

**THE MARITAL LIFE HAPPINESS IN THE DUAL EARNER FAMILY UNIT****Mukesh Chand, Ph. D.***Associate Professor, Department of Sociology, B.S.A. College Mathura***Abstract**

*For almost two decades, the practice of dual earner family unit has also increased in families. Dual earner refers to the paid job of husband and wife. When both the people are working in the families, then their biggest challenge comes with the division of labor in the house like who will do what work at what time etc. In all this, women mainly have to look after the household chores, while they also go to work outside the house. By doing this, there is no shortage in the family's expectations from her in the family, despite being a working woman; family's member wants to take full contribution in the household chores from her, as their mother or grandmother used to do. In such a condition, a working woman has to go through a stressful life or overloaded life role, due to which an attempt has been made in this research paper to know what effect it has on the happiness of her marital life. The Dyadic Adjustment Scale has been used as a tool to study the effect of being in a working or paid job on the happiness of a husband -wife's married life. In his study, the researcher found that working women have a great influence on the happiness of her married life. Despite being a working woman in the society, there has been no change in the expectations of being a woman. Which has a direct effect on the happiness of the marital life of the working woman and the working woman seems to be adjusting with all these, and probably will keep making adjustments like this until the society changes.*

**Keyword:** *Dual earner family unit, overload life role, marital life, happiness.*



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**I. Introduction**

From the last 2 or 3 decades, the practice of dual earner family unit in families has increased a lot. This type of practice also gives experience to the division of work in families. Such families seem to revolve around the service of husband and wife. Many researchers have done research on this subject in the past, but most of the research has been done about how women's work will affect their mental health or such research has also been done which shows that What are the consequences of women's going to work ? In the recent research, studies have been done

on the effect of women working outside their home on the happiness of their married life; similar studies have been tried by the researcher in this paper.

The presence of dual earner family unit has increased over the last years, as there has been a shift away from the traditional male breadwinner and female homemaker family type. The breadwinner homemaker model waned in prevalence as women entered the workforce in large numbers, especially after the 1950s. The influx of women into the workplace occurred for a number of reasons, including more equal access to education and occupations, greater demand for workers in the service sector of the economy, and social changes brought on by the women's movement. As a result, an increasing number of women provide significant financial support to their families.

Families with lower incomes have historically been more likely than those with middle or higher incomes to rely on the earnings of two workers. Today, however, advantaged women are increasingly likely to contribute to their family incomes. Dual earner family unit are more common in part because of the declining value of men's wages. Although women's wages have risen over time, women still earn substantially less than men for nearly all occupations.

Dual earner family unit are diverse in their family situations and experiences. They can be married with children, married without children, cohabitating heterosexual couples, or cohabitating same sex couples. The experiences associated with having two workers in the household also vary depending on one's stage of life. Despite this diversity in experience, dual earner family unit often encounter particular benefits, strains, and tensions as they integrate and balance two careers with a romantic relationship and home life. Dual earner family unit often make decisions about when and whether to have children with the concerns of balancing two careers and a family in mind. In addition to delaying children, some dual earner family unit chooses not to have children.

Now day's advancements have been made in the education of women and their economic opportunities, while there has been a decline in conservatism. However, many women are still struggling with the dilemma. Employment will bring economic security, but it may create problems in the family unit. Problems may include: children of an employed mother may miss her at meal time, she will have less time to entertain relatives and guests, and the pressures of work may be reflected in her dealing with family unit members, which may in turn disturb the family unit peace and happiness. It may not be easy for a woman to resolve the conflicts resulting from her dual responsibilities- at home and in the work place.

## **. II. Objective**

Researchers have just explored the career and relationship stressors and benefits that shape the life of the dual earner family unit. The purpose of this study was to investigate the career-marriage balance in couples and the affects of multiple factors and strategies on marital and career happiness.

## **III. Research Methodology**

We generated a list of 100 dual earner family units convening the study criteria from the professional and social area. Subsequently data were composed from required numbers of dual earner family unit .For this study the Dyadic Adjustment Scale is used devised by Spanier (1976) (3) to measure the dyadic adjustment of family unit .This scale has four sub scales such as “Consensus”, “Cohesion”, Satisfaction”, and “expression”. Participants were asked how they manage the family unit and career demands. In this scale the couples filled out all answer separately without discuss their answer with each other. There are 32 items under this category and the DAS is scored by assigning number of each item. The Responses to questionnaire items were coded and entered on a computer.

## **IV. Review of literature**

Frisco 2003(1) it is often found that perceived inequality in the division of household labor is negatively associated with reported marital happiness, especially for wives. It should be noted, however, that both the division of household labor and its subjective assessment are strongly dependent on the social context.

Greenstein (2004) (2) found out the association between marital happiness and female employment is likely to be mediated by the way in which the husband and wife participate in housework. In general, the wife’s additional work outside the home should require a change in the division of household labor, as by. Correspondingly, frictions caused by the adjustment to the division of labor or a failure to cope with them may reduce the subjective well-being of the married couple.

Marshall & Barnett, 1993 (3) The dual career couple is engaged in constant negotiation between at least three commitments: his career, her career, and maintaining a meaningful marital relationship. Many terms have been used to describe the bidirectional impact of marriage and career: role strain, role permeability, spillover, stress contagion, stress crossover, family unit-to-work and work-to-family unit conflict or spillover

Kinnunen, Feldt, Geurts, & Pulkkinen, 2006 (4) These terms imply that most spillover affects are negative and as a result research has largely focused on the problems that arise when stress is carried over from one domain into another.

Mennino, Rubin, & Brayfield, 2005 (5) Largely due to their perceptions about the unequal distribution of household labor, women with children report more family unit-to-work conflict than do men. A limited amount of research has been devoted to studying the positive impact of work on family unit and family unit on work.

Fuwa, 2004 (6) It should be noted, however, that both the division of household labor and its subjective assessment are strongly dependent on the social context. National-level gender equity or gender ideology in society is often used as a reference, especially by married women, when determining an appropriate division of housework, and it mediates the effect of perceived fairness on marital happiness.

## **V. Results of Analysis**

In this table all the four aspects of DAS has been taken and the scores of males and females in each aspect has been compared.

**Table: 1**

<b>Aspects</b>	<b>sex</b>	<b>mean</b>	<b>s.d.</b>	<b>N</b>	<b>D.f.</b>	<b>P(0.5)</b>
DYADIC CONSENSUS	M	46.65	12.53	100	198	1.87
	F	36.25	11.25	100		
DYADIC SATISFACTION	M	30.09	13.56	100	198	1.85
	F	29.87	8.52	100		
DYADIC COHESION	M	8.305	2.76	100	198	1.73
	F	8.145	2.32	100		
DYADIC EXPRESSION	M	8.895	2.05	100	198	1.72
	F	8.65	1.52	100		

## **VI. Summery and Discussion**

In his study, the researcher found that the respondent took part in all the four parts of the DAS scale i.e Dyadic Consensus, Dyadic Satisfaction, Dyadic Cohesion and Dyadic Expression and with great pleasure put his answers in the questionnaire. From the analysis of all the parts it is concluded that the male participant has earned more marks than the female, which shows that females and males have to make a lot of adjustments in the happiness of their married life due to dual earner family unit.

Men and women's marital happiness is positively associated with housework and emotion-work happiness and women's status-enhancement work. Marital happiness is also a product of complex household labor relations. Household-labor relations for women are influenced by her gender ideology, degree of economic dependency, and the number of children in the household.

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