Power in marriage -Marriage and family research paper

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**Introduction**

*To what extent power in marriage could be attained through marital satisfaction?*

The above research question inquires the mental state of individuals reflecting the costs andbeneifts, i.e. marital satisfaction. When individual perceive more benefits to marriage the more, he would be satisfied with his partner and the marriage. On every aspect of human life, there is a greater influence on marriage and divorce like emotional and physical health of individuals. Relationships at some point may reach a stage where the struggle for power may emerge. This power struggle occurs in the family and romantic relationship. To keep the smooth functioning of the relationship balance of power is important because it makes healthy relationships. Marriage is known as the original contract between couples and creating a permanent union for the rest of their lives. The most basic unit of the society is family which is possible through marriage, and it defines their roles in society as well. For actual functioning of the satisfactory family, relationship are directly related to effective parenting because it improves the contact with each other and with their children. Relationship last longer when couples maintain a balance of power and don’t rise above one another. The human relationships are more about love, friendship, care and intimacy rather than the love of power. Not to increase conflicts in family and marriage couples need to maintain a balance of power.

**Discussion**

A study on exploring relationships between health, well being and marital satisfaction of individuals (Margelisch, Schneewind, Violette & Perrig 2017). The study analyzed the data of long term married couples by considering their marital satisfaction and comparing it with health and well being of these individuals. By identified two groups one unhappily married and one happily married. The happily married group showed greater health outcomes as compared to unhappily married. Variance in the health outcome is due to the psychobiological resilience and marital strain while long term marital satisfaction is closely associated with better health outcomes. Marital changes cause the most stressful events and have a negative impact on the well being of individuals.

Conflicts in marriage which arises due to marital dissatisfactions effects development and growth of children because if couples don't have marital satisfaction, it will increase social adaptability and self-esteem (Nourani, Seraj, Shakeri, & Mokhber, 2019). Individuals with greater adaptability have less psychological problems and are physically happier and healthier. Several factors affect marital satisfaction such as conflict resolution, personality traits, family income, wife's education, and infertility. According to the study, gender ideology is more associated with unfairness when it comes to appreciation from the partner for household work. onallly, the partner, feels that the household work Is fair when partner cares for her and appreciate her work. These factors are closely related to marital satisfaction. Counseling after marriages helps couples resolve conflicts further after the wedding and be able to understand each other better. The power factors arise when an individual doesn't support and respect each different opinion or work and causes instability in marriage. The balance of power works for the couples to resolve conflicts and make longer commitments in marriages.

For American millennial the incentive and disincentives have changed when they make marriageability decisions. The phenomenon has changed the gap between rich and poor in new profound ways known as the income inequality gap (Akers & Kohm, 2018). There is a variety of economic incentive which is driving intimate relationships in today's world, and family instability arises due to the income inequality gap. The more secure connection requires lower income gap between the couples and makes a stable environment for maintaining the stability of the family. Marriage according to the author seems an economic market which is affected by supply, demand, and preferences of individuals. Individuals prefer education, employment, and financial security because it further makes them able to take decisions for marriage. There are legal and economic aspects which affect the stability of marriage and considering them important would also decrease the income inequality gap. Since child rearing, child-bearing, and family strength are dependent upon the marital commitment, it has proffered that the solution to incentivize marriage for millennials may be increasing an understanding of the connection between human capital in children and prestige. Linking status to human capital in children provides individual self-esteem towards marriage and strengthens the organization of family. value good parenting because it has significant benefit and provides greater outcomes in society and also considering incentives while taking decisions regarding marriage. These policy decisions make them able to further take good care of their children and also decreases the marriage income inequality gap.

According to a study, the presence of children after marriage is essential for maintaining the stability of marriage and these children are considered significant investment which creates interdependence between wife and husband (Xu, Yu, & Qiu, 2015). Couples having more children have lower risks of divorce and keeps marital satisfaction. Based on the data from Panel of Chinese Family of the year 2010 was analyzed to study the relationship between divorce rate and variable related to the presence of children. These variables were having significant effects on the divorce rate in China. The first variable was associated with the stability of marriage by having more children which showed that there is greater stability when the couples have more children but also the marginal effect is declined as well. The second variable analyzed that the couples having younger children have lower risks of divorce as compared to the older ones. This study has resulted in the facts that children play an essential role in stabilizing marriage and resolving conflicts. These conflicts arise from infertility rate and cause changes in the values of friendship. Marital stability is maintained when couples have children and also decrease divorce rates.

The lack of intimacy in relationships or marriage is a primary concern for the experts of counseling and psychology (Kardan, Hamzeh, Asad, Mohammad & Khani, 2016). These intimacy issues have increased the divorce rates and required interventions, and counseling help couples take effective decisions when it comes to intimacy. There are strong associations between and quality of marriage. Psychological needs are fulfilled and provide marital communication which further has a positive influence on the mental health of couples. Increasing happiness resolve mental health issues, well being and reducing the risks of depression. Lack of intimacy causes mental disorders and depression. Familiarity is to exchange personal and private thoughts, and deep feelings and communication play an essential role because it promotes affection between couples. Handling effective, transparent and correct communication is a way to express needs, desires, and feelings. Trainings and counseling related to sex education can improve couples knowledge and helps them further enhance their intimacy. Lack of it makes the sexless life after marriages and makes it difficult for it to last longer. Intimacy is essential to sustain a marriage and create a physical and emotional bond with each other.

Since the marriages have changed dramatically in united states from 1950, at some point in the lives of men and women, they marry, but there are chances of getting divorced have also increased. Some scholars have argued that the low-income communities the marriages have been declined (Lundberg & Pollak, 2015). People in those communities have no proper education which makes it difficult for them to get a standard level of living for his soulmate and his children. Female mostly take care of her children because her husband is unemployed and uneducated. These problems in low-income communities create a barrier for people to get married. Education is essential for making a relationship last longer because couples can better understand and support each other. Couples prefer investing in their children by putting them in a better school and make them able in the future to earn for themselves. Education enhances the development of the children which most of the illiterate people also consider for their children. Most people get married to be able to make a mutual investment in their children regarding education which also makes a positive impact on their marriage. This impact would make the relationship lasts longer and further increase unity and integration within society.

**Conclusion**

Partners should be able to agree with aspects of one another to further enhance the marital satisfaction. Marital satisfaction is essential for mental and physical health and also for the development of their children. For the contemporary development of nations, unity and integration are crucial factors in society and marriages. Because marriage is not just a holy act. Education should be provided to couples on individual rights and for building spirit of national unity, peace development and integration. It is is possible due to the power of marriage and its ability to disseminate love, peace, affection, mercy, unity, wealth and children among individuals of society. There are spiritual, sexual, communication and age factors involved which affect marital satisfaction. Human life has different stages and marriage is also a critical stage because at that stage individuals decide to fulfill their psychological and physical needs. Income inequality is also the factor affecting the marital satisfaction. To keep the relationships healthy, the couples need to communicate, understand and support each other to make their marriages or connection lasts longer.

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