

A Study of Domestic Violence and Marital Adjustment on Disturbed and Non-disturbed Married Couples

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ABSTRACT

Introduction: A marriage is a bond that exists between a man and woman abide by law and customs prevailing in the society. In ancient times, problems faced in marital life could be seen less because either the husband or wife had a complete devotion to each other or conclusive thinking. The connection between domestic violence and marital adjustment controversial and not clear-cut.

Methods: Now the present study sheds further light on the relationship between domestic violence and marital adjustment (in the form of disturbed and non-disturbed married couples) among couples in four districts (Sirsa, Fatehabad, Hisar and Bhiwani) of Haryana (India) that is previously untested. Revised dyadic adjustment scale and revised conflict tactics scale was used for data collection. A total of 400 farmers were selected and analyzed using the F test, and describing using two way ANOVA.

Results: Findings reveal that non-disturbed couples show a higher score and significant relationship in comparison to disturbed married couples on consensus, satisfaction, cohesion with others, on revised dyadic adjustment scale. Overall, finding reveals that family type was significantly associated with gender difference among non-disturbed and disturbed married couples.

Conclusion: This research gives insight and helpful for counselors to understand the perception and mindset of married couples about wealth.

Keywords: domestic violence, conflicts, marital adjustment

I. INTRODUCTION

Marital life is a very important bond in accordance with Indian society, which is associated with social and religious beliefs. Marriage between husband and wife is a socially recognized ritual that establishes rights and obligations between husband and wife, as well as establishes relationships between two families as well. Dating couples often assume their relationship to be serious leading to marriage. A marriage is a bond that exists between a man and woman abide by law and customs prevailing in the society (Hawar, 2013). Marriage rituals are seen today in different cultures and religions, but its definition varies according to the history of each culture and religion, which develops in both expand and narrow form, but generally, in every culture and religion it is a

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common institution in which interpersonal relationships are generally accepted. In any culture, in general, marriage is recommended before marriage or following them and marriage is considered compulsory. If marriage is widely defined, marriage can be considered universally as cultural at a cultural level. When looking at the history of marriage, the first marriage was described by Edward Westermarck (1922) as saying, "There is an important relationship between male and female since the birth of a marriage child, which can be more or less sustainable." But in the future in relation to marriage in Western Civilization (1936), he dismissed his pre-definition, saying that "marriage is a relationship recognized by society or law between one or more men and one or more women". Bowman (1974) proposed the idea of homogony in marriage and argued that some people fall in love and marry those who meet their needs.

- According to Stephens (1971) "Marriage starts with a socially legitimate sexual relationship, along with public beliefs, some ideas of sustainability, which are considered marriage and it is a contract that deals with mutual rights and obligations between husband and wife Tell."
- According to Nagarajun and Nandini (2013) "Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships". So, in short, it can be said that marital life is socially and religiously significant relationship, which also brings together two families, together with two families. Married life is a confluence that combines two patients physically and mentally and enhances some new duties and responsibilities.

Problems in Married Life

Marital life starts with the relationship of two different personalities, in which it is difficult to establish duty and adhere to the duties in the society and to adhere to their duties and due to which problems in marriage are common problems. In ancient times, there were some different dimensions of marital life, but today some of its meaning has changed. In ancient times, problems faced in marital life could be seen less because either the husband or wife had a complete devotion to each other or a conclusive thinking. Earlier, the entire adjustment was made, but today's era is the modern era which does not have the right adjustment due to problem of husband and wife.

Domestic Violence and Marital Life

Domestic violence is a behaviour in which a member of the family is hurt by another member (child, wife, elderly etc.). In ordinary words, domestic violence is a behaviour in a family that is not physical but also mental abuse to a family member. Many times a person of family considers self a leader and hopes that all members will behave according to him, if not satisfied according to will he may harm other members of the family which is called domestic violence. For the first time on October 26, 2006, in India, the Act was enacted to safeguard women from domestic violence, which defined domestic violence and stated that domestic violence does not mean only physical harm to others but also emotional, sexual etc. For this, the Government of India informed that this is a law for civil protection, which has been developing keeping in mind the security orders.

According to Koss, White and Lopez (2017), "Domestic violence is a pattern of derogatory behaviour in a family relationship, which is used by a partner to maintain power and control over another intimate partner ". According to Findlater and Kelly (1999) "There is a lot of scope for domestic abuse in throwing objects, pushing, throwing objects, killing a person with something, and on the other side, including aggression, threats, unrelated sexual relationships As well as all kinds of emotional, financial and psychological abuse. " Domestic violence in marriage exposes weaknesses in our self-esteem. Many people think that they should not have any problem in case of domestic violence. However, it is particularly difficult to understand what is acceptable and what is not and what is the "real abuse"; about marriage, because the norms and traditions related to marriage have made things complicated.

In the marital life, domestic violence is often said to mean that one of the husbands or wives is troubling each other with physical, mental or sexual nature. Due to lack of adjustment in marriage, husband or wife, one of the two often behaves to hurt the other. A survey was conducted on married women in 2005 in the National Family Health Survey in 2005, in which 8% of women said that they have to get permission from the husband or in-laws to go to the market and 76% told that to meet friends and relatives entirely depend on husband's consent. According to APA, (2002) domestic violence is a serious social problem that shows the violation of human rights of women. Yoshikawa, Agrawal, Poudel and Jimba (2012) surveyed domestic violence on married women by using the Conflict Tactic Scale, which found that 40% of women experience the abuse of a partner.

World Health Organization has studied for domestic violence in South-East Asia (India, Maldives, Sri Lanka, Thailand, & Bangladesh) in 2013, which shows that in these areas women are more likely to be abused by the partner. Ackerson, Kawachi, Barbeau and Subramanian (2007) found that domestic violence can also be due to weak mental and physical health, which can also be caused due to tobacco, alcoholism, contraceptive pills and lack of condom use. Study on Domestic Violence for the National Criminal Council by Watson and Parsons (2005) has given us some information on gender prevalence of domestic violence in Ireland. The study found that: 15% of women and 6% of men face serious domestic abuse. When serious misbehaviour and minor incidents are combined then 29% of women and 26% of men face domestic abuse and 13% of women, and 13% of men face physical abuse or minor physical incidents. Studies have shown that 88,000 men and 213,000 women in Ireland have been severely abused by some household at some point in their life.

Marital Adjustment and Married Life

Every person has to make adjustments because the atmosphere cannot be according to the needs of all the people and no person is complacent. There are some flaws that force everyone to make adjustments in some quantity. Adjustment in psychology means that the challenges in the environment whether it is mental or physical, dealing with them and establishing complete adjustments.

Adjustment is a very important contribution to marital life because in marital life there is a confluence of two distinct personalities, which are unaware of each other's feelings, personality, values etc. Adjusting the common meaning of adjustment in marital life, adjusting with the norms and norms of society is to be established. According to Laswell (1982), the marital adjustment is a long-running process in which the husband

and wife have to make many adjustments to understand each other individually. According to Sinha and Mukherjee 1990, "Marriage adjustment is a state that shows mutual satisfaction and happiness of husband and wife." Therefore, adjustment in marital life implies real-life pre-conditions such as sexuality, economic, values, emotions, etc., as well as setting up the family and social adjustments.

Brennan, Christopher & Karen (2003), conducted a study related to adjusting on marital life by using Dyadic Adjustment Scale (DAS), as a result of which the husband and wife had similarities with the values and values of motherhood and parenthood Respect was more satisfaction in their marital life. Liatand, Hwusha and Morgenstern (2011), did a study related to mutual differences and adjustments on married couples, which found that the spouses associate with each other and the struggle is more positive towards the solution strategies, they make adjustments in marital life more efficiently, and who have sex Reducing and conflicting solutions are more negative towards strategies, they face more problems in marital life. Anish Shah and Ratan Isaac (2004), in a marriage related to the effect of the adjustment of sex role in marriage life, made a study related to the effect of 20 people who were happy in marriage and 20 were unhappy. The people who were performing well in the sex roles were found to be making more adjustments, and those who were problematic in it could get more disturbance in marriage.

Nultie, Karna, and McNultie (2004), in which married couples were taken, whose marriage was completed in 4 years. According to this study, those who are more positive in marital life, quickly take up quick adjustments. Kurdak (1991) did a study related to a matrimonial adjustment in which the result of examining the relevant values of the three ideological models presented: relevant, investment and problem-solving models. Their results confirm that relationship satisfaction co-vary with variables of each of the three models. But the interesting thing is that the median between the cognitive variables is more meaningful about the relationship and on one side where the representation is represented by the relevant and investment model and on the other hand the behavioural-oriented problem-solving model is used. The result of the study is the mediation model in which problem-solving variables support the relationship between cognitive variables and marital satisfaction.

II. Methodology

Participant

In this study the sample will be collected from four districts of Haryana (Hisar, Sirsa, Fatehabad and Bhiwani). A total sample of 400 persons will be collected. Out of these 400 persons 200 will be disturbed persons (100 males and 100 females) and 200 will be non-disturbed persons (100 males and 100 females).

Inclusion Criteria in Disturbed couple group

- Persons whose case of domestic quarrel/ divorce are pending will be included in this group.
- Persons having more than 3 years of marital experience will be included in this study.

Exclusion Criteria in Disturbed Couple Group

- Persons having any kind of mental disorder will be excluded from this study

Inclusion Criteria in Non-Disturbed Couple Group

- Persons who have not filed any complaint against their life spouse will be included in this study
- Persons having more than 3 years of marital experience will be included in this study

Exclusion Criteria in Non-Disturbed Couple Group

- Persons having any kind of mental disorder will be excluded from this study

Instrumentes

In the study revised dyadic adjustment scale and revised conflict tactics scales were used. The details about scales is below-

1. Revised Dyadic Adjustment Scale (D.M., Crane, D.R., Larson, J.H., & Christensen, 1995)

The Revised Dyadic Adjustment Scale (RDAS) is a self-report questionnaire that assesses seven dimensions of couple relationship within three overarching categories including **Consensus** in decision making, values and affection, **Satisfaction** in the relationship with respect to stability and conflict regulation and **Cohesion** as seen through activities and discussion. “[With] time constraints on therapists in clinical practice...the RDASalloys for a reliable and economical measurement of marital and relationship quality” (Crane, Middleton, & Bean, 2000, p. 54). The RDAS includes only 14 items, each of which asks the respondents to rate certain aspects of her/his relationship on a 5 or 6 point scale. Scores on the RDAS range from 0 to 69 with higher scores indicating greater relationship satisfaction and lower scores indicating greater relationship distress. The cut-off score for the RDAS is 48 such that scores of 48 and above indicate non-distress and scores of 47 and below indicate marital/relationship distress.

2. Revised Conflict Tactics Scale (CTS2) (Straus A., & Douglas M.2004)

The Revised Conflict Tactics Scale (CTS-2) is the most widely used instrument for measuring intimate partner violence. This article presents a short form to enable the CTS-2 to be used when testing time is very limited. It also presents procedures that can be used with either the full test or the short form to classify individuals on the basis of severity of behaviour toward a partner or by a partner and to classify couples on the basis of mutuality or symmetry in the behaviours measured by CTS2. Although the short form does not identify as many cases of partner violence as the full scale, it does identify a large number of cases and if there is insufficient time for the full scale, can be a useful screening instrument. CTS2 includes scales to measure an additional type of partner abuse (sexual coercion) and a consequence (physical injury from assaults by a partner). CTS2 measure five consequence negotiation, psychological aggression, physical assault, sexual coercion and injury.

Procedure

The study compared four groups of married couples (Disturbed males, Disturbed females, Non-disturbed males and Non-disturbed females) on the five dimensions of revised conflict tactics scale and three

dimensions of revised dyadic adjustment scale. The study took advantage of a natural environment created when the researcher decided to go and administered all questionnaires at home, court or the workplace of couples. The respondents were assured regarding the confidentiality of their response, and therefore, requested for their anonymous responses. They were given the 'revised dyadic adjustment scale' by D.M., Crane, D.R., Larson, J.H., and Christensen, (1995) and 'revised conflict tactics scale' by Straus A., and Douglas M. (2004). Further data were analysed by the graph of mean plot and using the F test on IBM SPSS- 2020 to find out the relationship between domestic violence and marital adjustment in couples.

Data Analysis

We used IBM SPSS 2020 software to represent the data conditions. Descriptive statistics provided a check for the distribution of data into four groups, mean and standard deviation of each group. F test provided for check significant difference between the means of four independent groups.

III. Results

Mean, standard deviation, and F value of four groups of married couples on the three dimension of revised conflict tactics scale is shown in table no. 1 and five dimension of revised conflict tactics scale were shown in table 2.

Table 1 Mean, standard deviation, and F value of four groups of married couples dimension of revised conflict tactics scale

		N	Mean	SD	F	Sig.
Consensus	Non-disturbed Females	100	20.59	4.147	37.884	.01**
	Non-disturbed Males	100	17.87	3.129		
	Disturbed Females	100	15.85	4.569		
	Disturbed Males	100	17.44	4.764		
Satisfaction	Non-disturbed Females	100	15.57	2.536	116.66	.01**

	Non-disturbed Males	100	15.79	2.258		
	Disturbed Females	100	13.71	2.280		
	Disturbed Males	100	12.53	2.397		
Cohesion	Non-disturbed Females	100	2.30	13.31		
	Non-disturbed Males	100	12.79	1.945		
	Disturbed Females	100	11.21	2.271	57.591	.01**
	Disturbed Males	100	11.62	2.136		

Consensus

The finding in the below table reveal the impact of gender and family type on consensus as a consequence of applying 2X2 ANOVA. The F- values for the effect of gender [F (1,396) = 1.81<NS] and for family type disturbed or non-disturbed [F (1,396) = 37.88p<0.01] has been found to be significant. The F value for the interactional effect of gender and family type is 26.32 which has been also found significant at p<0.01. The mean for Disturbed family is 16.65 and for Non-disturbed family mean is 19.23. The mean score reveal that in marriage, Non-disturbed couples use their consensus more than disturbed couples.

Table 2 Two- Way ANOVA Results on Dyadic Adjustment Inventory (Consensus)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	668.223	1	668.223	37.884	.01
Gender	31.922	1	31.922	1.810	.179

Type of family (Disturbed or Non-Disturbed)	464.402	1	464.402	26.329	.01
X Gender					
Error	6984.890	396	17.639		
Total	136851.000	400			

Satisfaction

The finding mentioned in the below table reveal the impact of gender and family type on satisfaction as a consequence of applying 2X2 ANOVA. The tables reveals that F- values for the effect of gender [F (1,396) = 4.10<S] and for family type disturbed or non-disturbed [F (1,396) = 116.66 p<0.01] has been found to be significant. The F value for the interactional effect of gender and family type is 23.04 which has been also found significant at p<0.05. The mean for Disturbed family is 14.64 and for Non-disturbed family mean is 15.68. This depict that non-disturbed couples more on satisfaction as compared disturbed couples.

Table 3 Two- Way ANOVA Results on Dyadic Adjustment Inventory (Satisfaction)

Source	Sum of Squares	Df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	655.360	1	655.360	116.660	.01
Gender	23.040	1	23.040	4.101	.04
Type of family (Disturbed or Non-Disturbed)	49.000	1	49.000	8.722	.03
X Gender					
Error	2224.600	396	5.618		
Total	85896.000	400			

Cohesion

BelowTable carries information about 2X2 ANOVA for the impact of gender and family type on cohesion as revealed by revised dyadic adjustment inventory. An examination of F- values reveals that F –value

for the main effect of gender [$F(1,396) = .065 < NS$] and for family type disturbed or non-disturbed [$F(1,396) = 57.59 p < 0.01$] has been found to be significant. The F value for the interactional effect of gender and family type is 4.65 which has been also found significant at $p < 0.05$. The mean for Disturbed family is 12.23 and for Non-disturbed family mean is 13.05. This depicts that non-disturbed couples score more on cohesion as compared to disturbed couples.

Table 4 Two- Way ANOVA Results on Dyadic Adjustment Inventory (Cohesion)

Source	Sum of Squares	Df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	267.323	1	267.323	57.591	.01
Gender	.302	1	.302	.065	.799
Type of family (Disturbed or Non-Disturbed) X Gender	21.623	1	21.623	4.658	.032
Error	1838.130	396	4.642		
Total	61981.000	400			

Table 5 Results of five dimensions of revised conflict tactics scale

		N	Mean	SD	F	Sig.
Negotiation	Non-disturbed Females	100	19.97	6.08	151.909	.01**
	Non-disturbed Males	100	19.21	3.960		
	Disturbed Females	100	14.69	5.189		
	Disturbed Males	100	24.67	4.797		
Psychological aggression	Non-disturbed Females	100	12.52	6.08	200.174	.01**
	Non-disturbed Males	100	8.07	2.100		

	Disturbed Females	100	11.74	2.820		
	Disturbed Males	100	20.60	5.814		
Physical assault	Non-disturbed Females	100	16.45	8.04	611.765	.01**
	Non-disturbed Males	100	21.57	6.572		
	Disturbed Females	100	23.64	5.102		
	Disturbed Males	100	12.12	5.398		
Sexual coercion	Non-disturbed Females	100	19.92	6.72	107.965	.01**
	Non-disturbed Males	100	24.77	4.799		
	Disturbed Females	100	20.69	5.757		
	Disturbed Males	100	13.62	5.484		
Injury	Non-disturbed Females	100	8.62	2.32	17.557	.01**
	Non-disturbed Males	100	7.97	1.678		
	Disturbed Females	100	8.35	2.022		
	Disturbed Males	100	10.00	3.032		

Negotiation

Below table shows information about the effect of gender and family type on negotiation as a consequence of applying 2X2 ANNOVA. The reported F value for interactional effect of gender and family type [F (1,396) = 1.42<NS] was found non-significant and gender, gender and family type is significant $p < 0.01$. The mean of non-disturbed couples is 16.95, and mean of disturbed couples 23.00. It shows that disturbed couples relatively use negotiation more than non-disturbed couples.

Table 6 Two- Way ANOVA Results on Revised Conflict Tactics Scale (Negotiation

Source	Sum of Squares	Df	Mean Squares	F	Level of Significance
Type of family (Disturbed or	3654.203	1	3654.203	151.909	.01

Non-Disturbed)					
Gender	1548.423	1	1548.423	64.370	.01
Type of family (Disturbed or Non-Disturbed) X Gender	34.223	1	34.223	1.423	.234
Error	9525.850	396	24.055		
Total	174323.000	400			

Psychological aggression

The finding mentioned in the below table reveal the impact of gender and family type on psychological aggression as a consequence of applying 2X2 ANOVA. The tables reveals that F- values for the effect of gender [F (1,396) = 97.35 p<0.01] and for family type disturbed or non-disturbed [F (1,396) = 200.17 p<0.01] has been found to be significant. The F value for the interactional effect of gender and family type is 392.55 which has been also found significant at p<0.01. The mean for Disturbed family is 15.12 and for Non-disturbed family mean is 9.91. This depict that disturbed couples more psychological aggression as compared non-disturbed couples.

Table 7 Two- Way ANOVA Results on Revised Conflict Tactics Scale (Psychological aggression)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	2724.840	1	2724.840	200.174	.01
Gender	1324.960	1	1324.960	97.335	.01
Type of family (Disturbed or Non-Disturbed) X Gender	5343.610	1	5343.610	392.555	.01
Error	5390.500	396	13.612		
Total	77434.000	400			

Physical assault

Below table shows information about the effect of gender and family type on physical assault as a consequence of applying 2X2 ANNOVA. The tables reveals that F- values for the effect of gender [F (1,396) = 2.49<NS] and for family type disturbed or non-disturbed [F (1,396) = 611.76 p<0.01] has been found to be significant. The F value for the interactional effect of gender and family type is 32.93 which has been also found significant at p<0.01. The mean for Disturbed family is 21.30 and for Non-disturbed family mean is 12.60. This depict that disturbed couples more on physical assault as compared non-disturbed couples.

Table 8 Two- Way ANOVA Results on Revised Conflict Tactics Scale (Physical assault)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	15141.303	1	15141.303	611.765	.01
Gender	61.623	1	61.623	2.490	.115
Type of family (Disturbed or Non-Disturbed) X Gender	815.103	1	815.103	32.933	.01
Error	9801.070	396	24.750		
Total	134093.000	400			

Sexual coercion

The findings mentioned in the below Table depict the F -value for the main effect of gender and family type on encouragement of sexual coercion as a consequence of applying 2X2 ANOVA. The F -values gender and family type and interactional effect of gender and family type were found to be significant at p<0.01. It suggests that gender and family type have significant to reveal their salience from the viewpoint of sexual coercion. The two groups formed on the basis of gender and family type have differ on sexual coercion. The mean of disturbed family is 22.73 and non-disturbed family 17.11. It shows that disturbed couples relatively use their sexual coercion more than non-disturbed couples.

Table 9 Two- Way ANOVA Results on Revised Conflict Tactics Scale (Sexual coercion)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	3158.440	1	3158.440	107.965	.01
Gender	210.250	1	210.250	7.187	.01
Type of family (Disturbed or Non-Disturbed) X Gender	3058.090	1	3058.090	104.535	.01
Error	11584.660	396	29.254		
Total	176734.000	400			

Injury

Below Table carries information about 2X2 ANOVA depict the F -value for the main effect of gender, gender and family type on injury as a consequence of applying. The F -values of family type [F (1396) = 17.55 p<0.01] and interactional effect of gender and family type were found to be significant at p<0.01. It suggests that gender and family type have significant to reveal their salience from the viewpoint of injury. The two groups formed on the basis of gender and family type have differ on injury. The mean of non-disturbed family is 9.07 and disturbed family 9.16. It shows that non-disturbed couples different from disturbed couples on injury dimensions of revised conflict tactics scale.

Table 10 Two- Way ANOVA Results on Revised Conflict Tactics Scale (Injury)

Source	Sum of Squares	df	Mean Squares	F	Level of Significance
Type of family (Disturbed or Non-Disturbed)	83.723	1	83.723	17.557	.01
Gender	54.023	1	54.023	11.329	.01
Type of family (Disturbed or	124.323	1	124.323	26.070	.01

Non-Disturbed)

X Gender

Error	1888.410	396	4.769
Total	31855.000	400	

IV. Discussion

Today, every society, whether it is financially high, middle or low, all are facing adjustment related problems in family life. Marital life is also not untouched by this dualism of modernism, because the desire for fulfilment of development and favours is not able to give time to each other, which implies an imbalance in marital life. Due to this imbalance in marital life, domestic violence, suicide and divorce etc. problems are seen in families, which are emotionally and socially very tragic and inadequate. Also, divorce is a terrible problem in marital life, which is increasing day by day, which rises the husband and wife's failure in marriage. In India, there is limited research related to adjusting to marital life. In the absence of proper and directional research, the policymakers are unable to know the problems coming in the marital life and solve them. Current research will be an appropriate effort to know the problems that will arise in marital affairs and to provide facts about dealing with them, which will help society and the government.

Future Direction:

In the absence of proper and directional research, the policymakers are unable to know the problems coming in the marital life and solve them. Current research will be an appropriate effort to know the problems that will arise in the marital affairs and to provide facts about dealing with them, which will help society and the government to formulate a policy related to an adjustment in marital life. Since a limited amount of research is available on marital adjustment. Therefore, more research is required in this field in India. This will make people aware of the problems related to marital life and will establish adjustments in marital life. I hope that this research will present proper problems in diagnosing their problems in marital life, and will fulfil their goals.

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