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WELL-BEING AND MARITAL ADJUSTMENT OF SOCIAL NETWORKING SITES (NSSs) USERS' WORKING WOMEN

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ABSTRACT

This research is attempting to understand the relationships among the well-being of social networking sites (NSSs) users working women and their marital adjustment.

The review of literature is done in order to understand the well-being and marital satisfaction of working women, who are social networking sites users. Lastly with the help of previous researches the relationship of social networking sites with well-being, occupational stress and marital satisfaction is explored. It is very clear from the result that social networking sites affects more well-being of working women rather than their marital adjustment. In other words, it can say that there is less well being in working women due to frequently use of social networking sites and due to it their marital adjustment is affected also.

Keywords: Social Networking Sites, Well-Being, Marital Satisfaction, Marital Adjustment.

INTRODUCTION

Well-being can be understood as how people feel and how they function, both on a personal and social level, and how they evaluate their lives as a whole. To break this down, how people 'feel' refers to emotions such as happiness or anxiety. How people 'function' refers to things such as their sense of competence or their sense of being connected to those around them. How people 'evaluate' their life as a whole is captured in their satisfaction with their lives, or how they rate their lives in comparison with the best possible life. There is clear evidence that well being is affected by both top down and bottom-up factors. Sheldon and Elliot (1999) and Emmons (1986) made a similar point when they argued that well being is enhanced most when one's experiences and achievements are concordant with valued goals and strivings. Longer term judgments of well being are likely to be grounded in the continued experience of daily well being, the processes of daily level of well being are likely to affect long-term well being as well (Shelley et al. 2004).

According to Dictionary of the English Language (2000) well being is a contented state of being happy and healthy and prosperous. Melamed (2000) explained that well being is also known as wellness, the concept of wellness is dimension of attitudes, behaviours, thoughts and feelings which can enhance a subjective sense of well being and influence the individual's attention of selfcare and compliance with medical regimens. Blalock and Blalock (2002) explained that the overall feelings of well being refers to a state, that implies the ability to balance personal and work life and is associated with physical, psychological, social and spiritual health. Dunn (2002) defined well being as it involves comparative private experiences with regard to self-perceived quality of an individual's life; it also includes both affective and cognitive components.

Keys (2002) stated well being as the quality of life of an individual or other social unit. Pivot and Diener (2003) have defined well being as the subjective feeling of contentment, happiness, satisfaction with life's experience and one's role in the world of work, sense of achievement, utility belongingness and no distress, dissatisfaction or worry etc.

Adjustment refers to the psychological process through which people manage or cope with the demands and challenges of everyday life (Weiten & Lloyd, 2003). Marriage directly contributes to mental and physical health, serves as a buffer when stressful life events emerge and is a source of long term support for people undergoing chronic strain (Stanley, 1976). Earlier, it was believed that probably healthier people get married, and people with poor mental health do not get married, and thus the gap in the status of mental health between married and unmarried people. However, longitudinal studies indicate that the selection of healthier people into marriage does not account for the health and mental health advantages of married people as compared to unmarried people (Horowitz, MC Laughlin & White, 1997). The benefits of marriage presumably stem from the enhanced feelings of social support, belonging and attachment that are related to higher states of well-being among the married. Married people also have more satisfying intimate relationships which are associated with well-being. To optimize the positive effects of marriage, marital adjustment is a key determinant.



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REVIEW OF LITERATURE

Researches in the West have explored the impact of Social Networking Sites on Users' social capital (Ellison, Steinfeld, & Lampe, 2007; Steinfeld, Ellison, & C, 2008; Valenzuela, Park, & Kee, 2009; Burke, Kraut, & Marlow, 2011; Ellison, Vitak, Gray, & Lampe, 2014), psychological well-being, community and social involvement (Weiser, 2001) that have yielded mixed results. Some studies have linked usage of online social networking with greater trust in people, better community involvement, better relationship maintenance and increased positive effect, whereas some show incidence of higher depressive symptoms, rise in narcissism or weak social ties, lack of empathy.

This research is attempting to understand the relationships among the well-being of social networking sites (NSSs) users working women and their marital adjustment.

The review of literature is done in order to understand the well-being and marital satisfaction of working women, who are social networking sites users. Lastly with the help of previous researches the relationship of social networking sites with well-being, occupational stress and marital satisfaction is explored.

The usage of social media is exponentially increasing in day to day life. This can be broadly classified into personal and professional life usage. Personal life usage includes sharing of information, and other activities to a bounded group of friends, relatives etc., for non-work purpose. Similarly social media usage for professional life involves only for work related activities and creates a network within the workplace for sharing data or for communication purposes. Both kinds of usage in social media have high impact towards the work-life balance. So this paper is all about measuring the impact of social media usage on work-life balance which has some serious effect on the individual, group & at the organization level. Many researchers have focused on understanding the impact of new social media on users' well being through measures of psychological well-being, attachment, life satisfaction or self-esteem (Vallor, 2012; Vallor, 2015) but less has been done to see the effect of SNS on work life. Research are also done on how social media usage varies across different generations of people were Gen-Y contribute more to social media usage (Bolton, A. Parasuraman, Ankie, Gruber, Yuliya, Loureiro, Solnet, 2013). The study on social media is extended on the various consequences of its usage describing how it affects the day to day activities in work. there are increased concerns regarding the possible negative impacts associated with social media usage addiction (Swar and Hameed, 2017; Kircaburun et al., 2020), particularly on psychological well-being (Chotpitayasunondh and Douglas, 2016; Jiao et al., 2017; Choi and Noh, 2019; Chatterjee, 2020). Smartphones sometimes distract their users from relationships and social interaction (Chotpitayasunondh and Douglas,2016; Li et.al.,2020a),and several authors have stressed that the excessive use of social media may lead to Smartphone addiction (Swar and Hameed, 2017; Leong et al., 2019), primarily because of the fear of missing out (Reer et al., 2019; Roberts and David, 2020). Social media usage has been associated with anxiety, loneliness, and depression (Dhir et al., 2018; Reer et al., 2019), social isolation (Van Den Eijnden et al., 2016; Whaite et al., 2018). Interestingly, recent studies (David et al., 2018; Bano et al., 2019; Barbosa et al., 2020) have suggested that the impact of Smartphone usage on psychological well-being depends on the time spent on each type of application and the activities that users engage in.

The use of the internet, which covers an essential part of the lives of individuals today, brings with various problems, and this situation is reflected in the family life, social life and business life of individuals. When we look at the literature on the subject, it is striking that the studies on problematic Internet use are primarily focused on high school and university students (Wang et al., 2011; Kormas et al., 2011; Derbyshire et al., 2013; Truzoli et al., 2020; Sela et al., 2020; Wartberg and Lindenberg, 2020; Dib et al., 2021; Kokka et al., 2021), while the number of studies on problematic Internet use on couples is low (Alonzo, 2005; Candemir-Karaburç and Tunç, 2020; Isanejad and Bagheri, 2018; Diba, 2017; Kumcağız, Şahin and Köksal, 2017). The current research results show that due to the increase in the time spent on the internet, there are negative relationships between problematic Internet use and marital adjustment, such as an increase in couple burnout (Candemir-Karaburç & Tunç, 2020), feeling of loneliness in marriage and online infidelity reducing the quality of marriage (Isanejad & Bagheri, 2018), the test scores of the partner's browsing behavior for sex content on the internet and the decrease in sexual intimacy in women at the same rate (Alonzo, 2005). Therefore, research on various variables and samples related to marital adjustment and problematic internet use will guide the development and implementation of studies on understanding the causes of Internet use affecting marital adjustment.

RESEARCH METHODOLOGY

Objectives of the study

The purpose of the research was to study the relationship between wellbeing and marital adjustment of the Social Network Site (Facebook) users' working women.



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Hypotheses

The objectives of the study and the review of related literature helped to frame the following hypothesis which was tested using appropriate statistical techniques:

H₀#1: There will be no significant relationship between well-being and marital adjustment of social networking sites users working women.

Sample

A total of 840 participants (social networking sites using working women) have been selected by using purposive sampling technique. Participants have been selected purposely working in different organizations like private and public sector banks and NGOs across the Kosi Division covering all the three districts like Saharsa, Madhepura and Supaul. All participants are having graduation degree or post graduation degree.

Descriptive statistics of the sample is given in Table-1 below.

TABLE-1

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
MARITAL ADJUSTMENT	840	30.00	400.00	52.9857	31.65035
WELL-BEING	840	119.00	250.00	226.0738	25.66919
Valid N (listwise)	840				

Tools Used

1. Well-Being Scale

It can be administered to group or individual. It is widely used by researchers. It consisted of five sub-scale namely-physical well-being, mental well-being, social well-being, emotional well-being and spiritual well-being. Each sub-scale has ten items and there are 50 items in total. Scores on all the sub-scale are added up to get a composite score as total well-being. Minimum and maximum score can be 50 and 250 respectively. Only 10-15 minutes are required to administer the well-being scale. It consists 29 positive items and 21 negative items.

2. Marital Adjustment/Satisfaction Scale

Author: **Barunda Amrithraj and Indira Jai Prakash (1985)**

Purpose: To assess marital satisfaction/quality of marital life

Items: 30

Language: English

3. Biographical Information Blank (BIB)

A Biographical Information Blank (BIB) was prepared to obtain the data about Name, Age, Gender, Educational qualification, Permanent Residence, Religion, Cast, Family, No. of Family members, Parents Occupation, Internet Addiction in the Family, Income Level, Distance from Residence, Hours of leisure, Club Membership/Association, frequency of using Facebook and Interest etc. have been included.

Data Analysis

Data collected from the survey was mainly analyzed using:

- Descriptive statistics: Mean, Standard Deviation
- Inferential Statistics: Pearson’s correlation, t-test

RESULTS AND DISCUSSIONS

Our null hypothesis was **H₀#1: There will be no significant relationship between well-being and marital adjustment of social networking sites users working women.** In the same process we have analyzed the data and derived results are given below.



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TABLE-4.6
DESCRIPTIVE STATISTICS

Descriptive Statistics

	Mean	Std. Deviation	N
WELL-BEING	226.0738	25.66919	840
MARITAL ADJUSTMENT	52.9857	31.65035	840

Table-4.6 shows the result that Mean values of well-being of social networking sites users working women is $x = 226.0738$ and $\sigma = 25.66919$ $N = 840$. Whereas Mean values of marital adjustment of social networking sites users working women is $x = 52.9857$ and $\sigma = 31.65035$ $N = 840$.

In the next step we have tried to find out the correlations between wellbeing and occupational stress of social networking sites users working women. The derived results are given in Table-4.7 below.

TABLE-4.7
Correlations

		WELL-BEING	MARITAL ADJUSTMENT
WELL-BEING	Pearson Correlation	1	.034
	Sig. (2-tailed)		.321
	Sum of Squares and Cross-products	552823.424	23387.886
	Covariance	658.908	27.876
	N	840	840
MARITAL ADJUSTMENT	Pearson Correlation	.034	1
	Sig. (2-tailed)	.321	
	Sum of Squares and Cross-products	23387.886	840463.829
	Covariance	27.876	1001.745
	N	840	840

The Table-4.2 gives the main matrix of the Pearson's Correlation Coefficient. Variables have been arranged in a matrix such as their columns/rows intersect. In the cells there are numbers that tell about the statistical interaction between the variables. Three types of information are provided in each cell, i.e. Pearson Correlation, Significance and number of cases. The values on either side of the diagonal are mirror images of each other, i.e. the values are the same. Hence, one can ignore the information above the diagonal or below the diagonal as one wish.

The values against Pearson Correlation, i.e. 0.034 is the r-value. Since, the r-value is positive and not significant (2-tailed) value of .321 (the p-value) is high at 0.01, we accept the H_0 and reject the alternate hypothesis and infer that well being of social networking sites users working women is not related with the marital adjustment social networking sites users working women..Further we have calculated the data to see the difference between two groups of social networking sites users working women and for this purpose we have analyzed compared t-test. The results are given in Table-4.8 below.



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TABLE-4.8
T-Test
Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	WELL-BEING	226.0738	840	25.66919	.88567
	MARITAL ADJUSTMENT	52.9857	840	31.65035	1.09204

It is clear from the Tab4.8 that Mean value of well-being of social networking sites users working women is $x = 226.0738$ with standard deviation $\sigma = 25.66919$ and Mean value of marital adjustment of social networking sites users working women is $x = 52.9857$ with standard deviation $\sigma = 31.65035$.

TABLE-4.9
Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	WELL-BEING & MARITAL ADJUSTMENT	840	.034	.321

Table-4.9 indicates the paired sample correlations of well-being and marital adjustment of social networking sites users working women. Here, $r = 0.017$ is not insignificant at 0.01 level as the p-value is high $p = 0.321$.

TABLE-4.10
Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	WELL-BEING - MARITAL ADJUSTMENT	173.08810	40.06121	1.38224	170.37503	175.80116	125.223	839	.000

t-value, degree of freedom, significance level and 95% confidence interval for the mean difference are given in Table-4.10 above. The t-value of **125.223** for 839 degrees of freedom (df) is highly significant as significant value for two-tailed test is 0.000 in Table-4.10.

Therefore we infer that influence of social networking sites differ on well-being and marital adjustment social networking sites users working women.

The result has been shown in graph below in Graph-4.2 below.



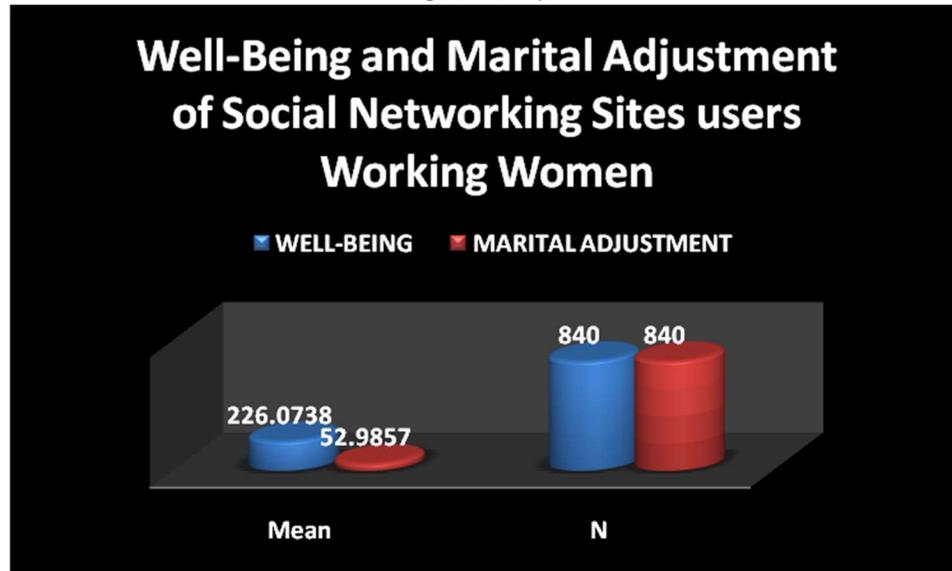
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GRAPH-4.2



It is very clear from the result as depicted in Graph-4.2 that social networking sites affects more well-being of working women rather than their marital adjustment. In other words, it can say that there is less well being in working women due to frequently use of social networking sites and due to it their marital adjustment is affected also.

Our present findings confirms that there are increased concerns regarding the possible negative impacts associated with social media usage addiction (Swar and Hameed, 2017; Kircaburun et al., 2020), particularly on psychological well-being (Chotpitayasunondh and Douglas, 2016; Jiao et al., 2017; Choi and Noh, 2019; Chatterjee, 2020). Smartphones sometimes distract their users from relationships and social interaction (Chotpitayasunondh and Douglas, 2016; Lietal.2020a),and several authors have stressed that the excessive use of social media may lead to smartphone addiction (Swar and Hameed, 2017; Leong et al., 2019), primarily because of the fear of missing out (Reer et al., 2019; Roberts and David, 2020). Social media usage has been associated with anxiety, loneliness, and depression (Dhir et al., 2018; Reer et al., 2019), social isolation (Van Den Eijnden et al., 2016; Whaite et al., 2018), and “phubbing,” which refers to the extent to which an individual uses, or is distracted by, their smartphone during face-to-face communication with others (Chotpitayasunondh and Douglas, 2016; Jiao et al., 2017; Choi and Noh, 2019; Chatterjee, 2020).

CONCLUSION

From the discussion it is evident that the use of social networking sites in India and worldwide has a positive effect and relationship with the virtues that are focused in this study. Virtues that develop in a social environment with practice and habituation are evident through one’s behavior and Facebook provides us with a perfect test case for the application of virtue ethics to information technology, knowing that human flourishing requires a rich social context to realize ones positive and negative traits. It is well-documented that SNS use is tied to negative health and wellness variables displacement hypothesis, with SNS so readily available and accessible, time spent on SNS may directly take time away from face-to-face interpersonal interactions. Moreover, social interactions through SNS could be more attractive initially but less satisfying and unable to fulfill personal needs, leading to deficits in well-being.

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