

Unheard and Unadjusted: Exploring Adjustment Difficulties in Family Environment among Married Men

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ABSTRACT

The current research attempts to bridge the gap in literature suggesting the fact that very little empirical research has been conducted on the adjustment levels of married men in the family environment, especially in the Indian context. This relationship is vital to understand because the long-term consequences of unaddressed emotional distress on personal well-being, marital stability and family operations are critical. Using 206 primary datasets collected from married men using a structured questionnaire, the study establishes the relationship across the three dimensions of family environment scale while considering adjustment levels. The findings reveal that married men tend to have fairly steady family functioning in terms of relationship quality, personal development, and system maintenance despite changes in such psychological and behavioural variables of sleep, fatigue, loneliness, and procrastination. Although no major changes seem to affect the core family structures and roles, some minor variations can be noticed, as poorer well-being, especially feelings of fatigue and behavioural tendencies such as delayed work, are related to slightly lower relationship satisfaction and perceptions of personal growth. Meanwhile, increased control and organized family settings are not always associated with an improved outcome of relationships, and rigidity thus might not complement but may co-exist with emotional distance and promote well-being. Altogether, the results indicate that, though married men have functional family systems, the adjustment-related challenges that lie unspoken under the surface of such systems affect the extent of emotional involvement and personal growth in such relationships.

Keywords: Unheard and Unadjusted, Family, Environment, Married, Men, India, Adjustment.

Introduction

Marriage is commonly considered to be one of the key social institutions, which offer emotional support, companionship, and psychological safety. Marriage, in most cultural settings, especially in India, is not just a self-reward but also a socially imposed pressure in terms of stability, satisfaction, and health (Fuller & Narasimhan, 2008; Vikram, 2024). Although there is a significant amount of research that has studied marital relationships and mental health, a large part of the available literature has been either female, children, or family dynamics based. In comparison, little is known about the adjustment levels of married men, with the majority disregarding the topic as a result of the current societal policies that define men as emotionally resilient and less prone to experiencing a psychological crisis (Du et al., 2022).

Over the last few years, there has been an increasing awareness that male individuals, despite being integrated into family and marriage systems, could be emotionally isolated, suffer stress and unspoken psychological problems (du Plooy & de Beer, 2018; Knoke et al., 2010). Important components

in the family environment such as conflict, cohesion, expressiveness or control go unnoticed among married men. For example, men in marriage might experience special stress, which is connected with financial demands, role pressures, work-life balance, and socialized masculinity, which might result in internal stress and subdued expression of emotions. These can also affect their adaptability in marital relations and affect their general mental wellbeing (Burlinson & Denton, 1997). Also, although marital satisfaction can be considered the measure of quality of relationships, it does not necessarily reflect the level of emotional closeness or individual adaptation in the relationship. Men can complain of moderate or acceptable marital satisfaction and latent loneliness or detachment, implying that relational structure and emotional experience are disconnected. The effects of adjustment like fatigue, sleep habits, behavioural inclinations, and attitude to marriage also complicate this relationship and it is significant to analyse these variables as a group.

The justification of the current research is in the fact that very little empirical research has been conducted on the adjustment levels of married men in the family environment, especially in the Indian context. This relationship is vital to understand because the long-term consequences of unaddressed emotional distress on personal well-being, marital stability and family operations are critical. In addition, this research fills a significant gap by embracing adjustment-related behavioural indicators, which introduces a more practical and observable aspect to psychological assessment. In such a way, the study will go beyond the traditional measures and will strive to encompass the lived experiences of married men on a daily basis and, thus, provide a more holistic view of their mental health.

The proposed study aims at answering the following research question based on the above rationale:

- *How does adjustment levels among Indian married men impact the various factors affecting the family environment?*

Research Methodology

This is the main aim of the current research to study the extent to which married men adjust in family environment and to test their relationship. In order to meet this goal, a quantitative research design has been embraced in a systematic and structured manner. The research employs both primary and secondary data sources in order to have a detailed understanding of the problem. The secondary data has been collected by conducting a thorough literature review based on the available literature such as peer-reviewed journal articles, books, reports, and reliable online literature.

This assisted in coming up with gaps in the research, conceptualising the variables as well as coming up with the theoretical basis of the research. The data on the primary data were collected through a carefully designed survey tool, the specifications of which will be described below.

The research targets married men in India, which have received comparatively low mental health research compared to women, adolescents and old age. In order to make the study contextual and diverse, the geographical setting of the investigation is limited by the region of Delhi NCR which is a heterogeneous group of people with different socio-cultural backgrounds.

Thus, the population of the study includes men who are currently married and residing in India.

Sampling Technique

The research uses non-probability purposive sampling approach, where the researcher is able to choose respondents according to certain set criteria. In this way, it is guaranteed that the sample will consist of only the relevant participants, who will stay consistent with the research goals.

The inclusion criterion is the following:

- The respondents should have a marital duration of 2 to 5 years.
- They have to be living with their spouses.
- They should not be in the midst of separation or divorce during the data collection process.

Sample Size

A sample size of 200 as postulated by (Kline, 2016) is deemed sufficient when employing more complex statistical methods like a multiple linear regression. In this regard, the original aim of the study was 210 respondents. Upon data screening and elimination of unfinished or inconsistent responses, the final sample size was 206 respondents.

Questionnaire

A set and modified 3-scale structured questionnaire was used to collect primary data to measure loneliness, marital satisfaction, and adjustment in married men.

Table 1: List of Questionnaire Items

Scale	Sub-Factors	Number of Items	Score
Family Environment Scale	Cohesion	13	1-5
	Expressiveness	9	
	Conflict	12	
	Acceptance and Caring	12	
	Independence	9	
	Active- Recreational Orientation	8	
	Organisation	2	
	Control	4	
Adjustment Inventory		5	Yes/No
Total		74	

In order to analyse the data collected, descriptive and inferential statistical tools were used. The family environment factors and adjustment levels in the married men were estimated using descriptive statistics. The study uses a detailed cross tabulation analysis to investigate the role of adjustment levels of loneliness and marital satisfaction.

Results and Discussion

In order to estimate the levels of family environment and adjustment levels among the married men included, a rigorous statistical method must be initiated. In the first level, the descriptive analytics measuring each level among respondents is conducted. It is followed by understanding the role of adjustment across both aspects.

Firstly, the descriptive analysis investigating family environment scale factors are provided below. The family environment scale includes a total of three dimensions as follows:

- Relationship Dimension - Cohesion, Expressiveness, Conflict and Acceptance and Caring
- Personal Growth Dimension - Independence and Active-Recreational Orientation
- System Maintenance Dimension - Organisation and Control.

The descriptive analysis investigating the Relationship Dimension is provided below.

Table 1: Descriptives for Relationship Dimensions

	N	Mean	Median	SD	Minimum	Maximum
Cohesion						
We enjoy doing things together.	206	3.09	3.00	0.849	2	5
Togetherness is the basic feeling of our family.	206	3.09	3.00	0.864	2	5
Any new situation that arises is discussed openly in the family in order to get ideas and suggestions from every body	206	3.09	3.00	0.849	2	5
Everyone comes together to sort out any new situation that may arise in our family	206	3.09	3.00	0.849	2	5
Whenever something needs to be done in the house, everyone joins in, happily	206	3.08	3.00	0.858	2	5
When someone is sick in our family everyone participates in looking after the person	206	3.10	3.00	0.884	2	5
When a family vacation is planned we all give our suggestions.	206	3.10	3.00	0.870	2	5
When in trouble, all of us stand up for our family member	206	3.08	3.00	0.858	2	5
In our family, we enjoy sitting together and talking to each other.	206	3.15	3.00	0.904	2	5

All of us participate together in family functions/programmes.	206	3.10	3.00	0.869	2	5
Whenever any work comes up, everyone tries to get out of the situation	206	3.04	3.00	0.823	2	5
Family members do not get along with each other	206	3.12	3.00	0.861	2	5
There is no sense of closeness in our family	206	3.07	3.00	0.851	2	5
Expressiveness						
Our feelings of happiness are shared openly with others in our family.	206	3.13	3.00	0.881	2	5
We talk about our personal problems to each other in our family	206	3.09	3.00	0.849	2	5
At home we feel free to anything we want to	206	3.11	3.00	0.871	1	5
When any member is feeling upset, he/she talks to some one in the family	206	3.11	3.00	0.861	2	5
Expressing an opinion about matters at home is strongly encouraged in our family	206	3.11	3.00	0.861	2	5
Family members often do not express their feelings	206	3.11	3.00	0.861	2	5
It is difficult to express ourselves openly for fear of someone reacting to it angrily	206	3.13	3.00	0.919	1	5
Complaining about something that we don't like is not accepted in our family.	206	3.10	3.00	0.855	2	5
Family Members often keep their feelings to themselves	206	3.08	3.00	0.858	2	5
Conflict						
Beating up people in anger is not seen in our family.	206	3.11	3.00	0.876	2	5
Everyone tries to sort things out if there is a disagreement in the family	206	3.08	3.00	0.858	2	5
Shouting in anger is not common in our family	206	3.11	3.00	0.866	1	5
Whenever anyone in our family is angry with another member, he makes sure to sort out things with him	206	3.10	3.00	0.855	2	5
Our family believes in not letting differences continue unsorted out	206	3.07	3.00	0.863	1	5
Showing anger by banging doors is rarely seen in our family	206	3.10	3.00	0.870	2	5
Breaking things in anger is quite common in our family	206	3.07	3.00	0.871	1	5
When members are angry, they do not talk to each other for days together	206	3.10	3.00	0.867	2	5
Finding faults with each other is quite common in our family.	206	3.11	3.00	0.907	1	5
The members of our family constantly keep bickering over small matters	206	3.13	3.00	0.918	1	5
Whenever a family member does something well, the other members feel upset about it	206	3.13	3.00	0.892	1	5
Quite often members of our family fail to arrive at a mutually acceptable solution	206	3.13	3.00	0.926	1	5
Acceptance and Caring						
Affection is expressed openly, quite often in our family	206	3.08	3.00	0.861	2	5
Everyone in our family listens to what each one of us has to say	206	3.04	3.00	0.890	1	5
There is plenty of time and attention for everyone in our family	206	3.08	3.00	0.908	1	5

We are careful not to hurt anyone in the family by making thoughtless remarks	206	3.09	3.00	0.857	2	5
In our family if anyone is upset, there is always some one to comfort them	206	3.12	3.00	0.914	1	5
When things get tough there is always someone in the family whom we can turn to	206	3.12	3.00	0.896	1	5
There is a lot of affection amongst our family members	206	3.10	3.00	0.889	1	5
If any member gets into trouble he/she gets help and sympathy from other family members	206	3.08	3.00	0.863	2	5
Nobody bothers to look after anyone else in our family	206	3.08	3.00	0.828	2	5
Only when we do something well we get praise and attention from others in our family.	206	3.13	3.00	0.895	2	5
When anyone makes a mistake, the other members ridicule him	206	3.14	3.00	0.900	2	5
Members of our family are very critical of each other	206	3.15	3.00	0.919	2	5

The descriptive statistics of the four dimensions of relationships, which include Cohesion, Expressiveness, Conflict, and Acceptance and Caring, portrays a uniformity of moderate family relationship quality among married men in India. The range of the means of all 46 items lies between a 5-point Likert scale of about 3.04 and 3.15, and the median of the mean values is always 3.00, which shows a non-negative to fairly positive perception of family and marital relationships. The fact that the standard deviation values are relatively low (approximately, 0.84-0.92) also indicates that there is some homogeneous response in terms of shared experience among the sample.

Regarding Cohesion, the respondents have a moderate feeling of togetherness, inclusion, and shared functioning in the family. Although there are activities like spending time together and supporting one another, higher mean scores are lacking implying that family bonding is functional but not intensive enough indicating routine interaction over strong emotional attachment. The Expressiveness dimension also shows a moderate score, which means that although family members share feelings and communicate, there are also barriers to open emotional expression at the same time. Objects emphasizing reluctance to say or express feelings or fear of being negatively responded to indicate that emotional communication is somewhat impaired and probably due to cultural values and interpersonal sensitiveness.

In relation to Conflict, the findings indicate that there were moderately but significantly occurring family disagreements. Although there is moderate consensus in terms of conflict management and resolution, there are parallel responses that suggest behaviours, like criticism, fault finding, and unresolved disagreements. This is indicative of the tendency of conflict existing but not severe in nature and the presence of the resolution mechanisms that may not necessarily be completely effective.

Lastly, the Acceptance and Caring dimension shows that there is a moderate amount of affection, support and emotional security in families. The respondents admit that they have care and support in hard times but the availability of the items associated with criticism and conditional appreciation proves that support is sometimes inconsistent or conditional but not unconditional. In general, the results indicate that the family environment of Indian married men can be described as moderately stable with functional relationships, but having restricted access to emotional depth, openness, and unconditional support. This average standing on all fronts is an indicator of a compromise between the old family set-ups and the new relational demands, as the relationship is not necessarily emotionally fulfilling, but supported nonetheless.

The next table showcases the descriptive analytics involving the Personal Growth Dimension.

Table 2: Descriptives Personal Growth Dimension

	N	Mean	Median	SD	Minimum	Maximum
Independence						
Making decisions independently is strongly encouraged in our family	206	3.16	3.00	0.910	2	5
There are a lot of restrictions in our family	206	3.11	3.00	0.876	2	5

Whenever a marriage takes place in our family the person concerned is asked his/her views	206	3.08	3.00	0.858	2	5
There are a lot of restrictions in our family	206	3.15	3.00	0.891	2	5
Thinking for ourselves is not encouraged in our family.	206	3.08	3.00	0.858	2	5
It is difficult to do something on your own in our family, without someone feeling rejected or left out	206	3.08	3.00	0.858	2	5
Everyone is expected to accept all decisions made in the family, whether they like it or not.	206	3.11	3.00	0.861	2	5
All major decisions in our family are taken by the elders in our family, without asking anyone else's opinion	206	3.11	3.00	0.890	2	5
Active-Recreational Orientation						
In our family everyone is encouraged to play and interact with neighbours	206	3.13	3.00	0.881	2	5
Friends and guests are always welcome in our family	206	3.11	3.00	0.876	2	5
We often go out together for movies in our family	206	3.10	3.00	0.870	2	5
In our family, each person is left to do what they like.	206	3.11	3.00	0.861	2	5
Having hobbies is encouraged in our family	206	3.09	3.00	0.849	2	5
We go out often to visit friends or relations	206	3.10	3.00	0.870	2	5
Watching T.V. is our only form of entertainment	206	3.11	3.00	0.876	2	5
Our family members are just confined to either work or school.	206	3.09	3.00	0.864	2	5
Joking and laughing is not encouraged in our family	206	3.08	3.00	0.858	2	5

Descriptive statistics in the Personal Growth Dimension which consists of Independence and Active-Recreational Orientation show that the level of personal growth and autonomy in family contexts among the Indian married men is moderate. All items have a mean score of between 3.08 and 3.16, with the median value always at 3.00 indicating a moderate but not strongly emphasized focus on personal growth. The standard deviation values are relatively low (around 0.850.91), which is a sign of consistency in the responses, meaning that there are similar perceptions among the respondents. In the Independence dimension, the results show a doubled and rather contradictory pattern.

On the one hand, the respondents agree moderately that they are encouraged to make independent decisions (Mean = 3.16) and sometimes people are consulted in significant issues of their life like in marriage. Conversely, similar consensus is also observed with remarks that there are restrictions, decision-making is dominated by the elders, and little encouragement on independent thinking (Means \approx 3.083.15). This implies that although autonomy is recognized at the face of it, the traditional family set ups still have a say, resulting in conditional or partial independence. The overlapping of autonomy and control is indicative of the state of transition of the Indian family systems wherein the new values of individualism are becoming apparent and the old traditions of collectivism are still of a strong presence.

The dimension of Active-Recreational Orientation also depicts a moderate level of leisure and social activities. According to respondents, families foster social interactions with neighbours, open their doors to visitors, and at times, take them out on outings like movies or visiting their relatives (Means \approx 3.103.13). The existence of parallel answers, however, like restricted sources of entertainment (e.g. television), inability to indulge in humor or playfulness, and the absence of promotion of diversity or advanced activity has indicated that the recreational activity is existent, but not dynamic and varied. This means that families may have realised the value of leisure, but it is not necessarily given the high priority or integrated as part and parcel of life.

Generally, the findings indicate that Indian married men show moderate amount of personal development in their respective families with partial autonomy and moderate recreational activities. This growth is however limited to some extent by the traditional norms, role expectations and structured family hierarchies that may restrict the full manifestation of independence and holistic development.

The descriptive analysis for the third dimension of System Maintenance is as shown below:

Table 3: Descriptives System Maintenance Dimension

	N	Mean	Median	SD	Minimum	Maximum
Organization						
Everyone in our family is well aware of their responsibilities	206	3.11	3.00	0.904	2	5
Responsibilities are not taken seriously in our family.	206	3.11	3.00	0.863	2	5
Control						
All members of the family are expected to be together for at least one meal in a day.	206	3.12	3.00	0.878	2	5
Going for programmes without informing at home is not accepted in our family	206	3.15	3.00	0.893	2	5
Nobody in our family is bothered about rules of my kind	206	3.11	3.00	0.862	2	5
Quite often members of our family stay out without informing at home	206	3.16	3.00	0.897	2	5

Descriptive statistics of the System Maintenance Dimension that encompasses Organization and Control demonstrate a moderate degree of organization and control in family systems of Indian married men. The average scores of all items vary within a very small scale of 3.11 to 3.16 with a constant median of 3.00 which represents a balanced perception of the family organization and the control mechanism. The values of standard deviation (about 0.86-0.90) indicate the relative homogeneity of the responses, which indicates the presence of common experiences of family functioning.

In the Organization dimension, the respondents have a moderate level of agreement that family members know their roles and responsibilities (Mean = 3.11). The same degree of agreement is however seen on the statement that responsibilities are not always taken seriously which shows a certain level of inconsistency in role execution. This implies that family structures can be well established, but their application can be different and can be characterized by a functional organization with some failure in accountability. The Control dimension points to an average level of rules, expectations, and monitoring in the family. The existence of structured norms and group practices is evidenced by such practices as the expectation of members to have at least one meal together and the discouragement of going out without informing family members (Means \approx 3.123.15).

Meanwhile, the answers also indicate consent with statements that indicate that rules are not always taken seriously or are not always followed, including staying out without telling or being indifferent of rules (Means \approx 3.113.16). This duality implies that not only are there control mechanisms, but they are not strictly used, and a certain amount of flexibility can be provided. In general, the results show that the system of married Indian men is moderately structured and controlled, and it is characterized by both structure and flexibility. Family settings seem to uphold fundamental norms and practices, but there is some flexibility in not following them, a pragmatic way of looking after systems.

In the next section, the responses generated against the 5 questions estimating the adjustment levels are put forward.

Table 6: Descriptives Adjustment Scale

Variable	Response	Frequency (N)	Percentage (%)	Cumulative (%)
Do you often sleep well?	No	74	35.9%	35.9%
	Yes	132	64.1%	100.0%
Do you often feel fatigued?	No	62	30.1%	30.1%
	Yes	144	69.9%	100.0%
Do you feel lonely?	No	167	81.1%	81.1%
	Yes	39	18.9%	100.0%
Do you put off work till tomorrow?	No	135	65.5%	65.5%
	Yes	71	34.5%	100.0%
Do you think marriage is for happy prospects in the future?	No	20	9.7%	9.7%
	Yes	186	90.3%	100.0%

The condensed frequency table will offer valuable information on the essential behavioural and mental adjustment trends in married men. All these indicators are indicators of physical health, emotional health, behavioural inclinations, and attitude to marriage. Most respondents (64.1) said that they sleep

well which implies a comparatively consistent basic physiological routine. This is however negated by the fact that a higher percentage (69.9) also reported to be generally fatigued most of the time. Such an apparent contradiction suggests that the amount of sleep can be sufficient, but the quality of rest or the levels of stress can be impaired, which suggests the possibility of mental or emotional stress.

Concerning emotional health, major majority (81.1%) of them said that they are not lonely although only 18.9% of them said that they were lonely. This is an indication that at the facade, the majority of married men do not directly view themselves as isolated. Nonetheless, it could be interpreted in conjunction with previously scale-based reports (moderate levels of loneliness) as an act of underreporting or the inability to consciously realise emotional loneliness which can be so subtle and internalised. Behaviourally, 34.5 percent of the respondents stated that they delayed their work, which is a significant proportion of procrastination tendencies among a percentage of married men. This can be linked to stress, de-motivation or conflicting individual and professional commitments, which is an adjustment issue with role management.

There is one very good result which comes out when there is a question about marital outlook where 90.3% of the people who responded to the question believe that marriage is related to happy future. This demonstrates that there is a high degree of optimistic orientation towards marriage meaning that in spite of the difficulties in adjustment or well-being, married men do not abandon the long term advantages of marital relationships. In general, the results portray a complex image of adaptation in married men.

Though there are good signs like having good sleep habits, and a belief in marriage, issues of fatigue, behavioural inefficiencies and latent emotional problems have remained. This indicates that the process of adaptations in married males is not only in the lack of the blatant issues but a man has to deal with the subtle mental and lifestyle issues, which could have long-term consequences on his mental health and marital happiness.

Now, in order to estimate the role of adjustment levels on the three dimensions of family environment, a cross tabulation is initiated. The levels of relationship, personal and system maintenance levels are estimated using the scores derived by summing the responses across each item.

Descriptives												
	Do you often sleep well?	Do you often feel fatigued?	Do you feel lonely?	Do you put off work till tomorrow	Do you think marriage is for the happy prospects in future	N	Mean	Median	SD	Minimum	Maximum	
Relationship Dimension	Yes	Yes	No	No	Yes	42	141.9	143.0	35.04	97.0	218.0	
				No	No	5	144.0	143.0	46.20	97.0	218.0	
				Yes	Yes	23	143.2	143.0	31.20	96.0	188.0	
			No	No	3	163.0	172.0	17.35	143.0	174.0		
			Yes	Yes	10	136.9	143.0	36.00	97.0	183.0		
			No	No	3	163.7	174.0	17.90	143.0	174.0		
			Yes	Yes	9	142.9	143.0	37.78	97.0	189.0		
		No	No	0	NaN	NaN	NaN	NaN	NaN	NaN		
		No	No	No	No	Yes	21	143.9	143.0	35.33	97.0	222.0
				No	No	No	0	NaN	NaN	NaN	NaN	NaN
				Yes	Yes	7	143.6	142.0	48.87	97.0	222.0	
			No	No	0	NaN	NaN	NaN	NaN	NaN	NaN	
			Yes	No	Yes	7	163.6	174.0	14.66	141.0	174.0	
				No	No	0	NaN	NaN	NaN	NaN	NaN	
	Yes			Yes	2	155.5	155.5	17.68	143.0	168.0		
	No	No		0	NaN	NaN	NaN	NaN	NaN			
	No	Yes	No	No	Yes	22	142.5	143.0	36.73	97.0	222.0	
				No	No	2	172.5	172.5	2.12	171.0	174.0	
				Yes	Yes	16	139.1	143.0	32.23	95.0	189.0	
			No	No	1	143.0	143.0	NaN	143.0	143.0		
			Yes	No	Yes	4	133.8	133.0	42.45	97.0	172.0	
				No	No	3	153.0	174.0	49.00	97.0	188.0	
				Yes	Yes	1	145.0	145.0	NaN	145.0	145.0	
		No		No	0	NaN	NaN	NaN	NaN	NaN		
		No	No	No	No	Yes	14	138.9	143.0	30.02	97.0	174.0
				No	No	2	157.5	157.5	85.56	97.0	218.0	
				Yes	Yes	8	136.1	144.5	35.06	92.0	174.0	

Personal Growth	Yes	Yes	No	No	1	143.0	143.0	NaN	143.0	143.0				
				Yes	0	NaN	NaN	NaN	NaN	NaN				
				No	0	NaN	NaN	NaN	NaN	NaN				
				Yes	0	NaN	NaN	NaN	NaN	NaN				
				No	0	NaN	NaN	NaN	NaN	NaN				
				Yes	0	NaN	NaN	NaN	NaN	NaN				
			Yes	No	Yes	42	52.3	51.0	15.11	34.0	85.0			
				No	No	5	52.8	51.0	19.32	34.0	85.0			
				Yes	Yes	23	52.4	51.0	13.34	34.0	69.0			
				No	No	3	62.3	68.0	9.81	51.0	68.0			
				Yes	Yes	10	50.2	51.0	16.01	34.0	75.0			
				No	No	3	62.3	68.0	9.81	51.0	68.0			
			Yes	No	Yes	9	53.7	51.0	16.76	34.0	75.0			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	21	53.3	51.0	15.27	34.0	85.0			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	7	53.4	51.0	20.65	34.0	85.0			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
Yes	No	Yes	7	62.6	68.0	8.04	51.0	68.0						
	No	No	0	NaN	NaN	NaN	NaN	NaN						
	Yes	Yes	2	57.0	57.0	8.49	51.0	63.0						
	No	No	0	NaN	NaN	NaN	NaN	NaN						
	Yes	Yes	22	52.9	51.0	16.05	34.0	85.0						
	No	No	2	68.0	68.0	0.00	68.0	68.0						
System Maintenance	Yes	Yes	No	No	16	50.9	51.0	13.20	34.0	68.0				
				Yes	No	1	51.0	51.0	NaN	51.0	51.0			
				Yes	Yes	4	51.0	51.0	19.63	34.0	68.0			
				No	No	3	57.0	68.0	19.92	34.0	69.0			
				Yes	Yes	1	51.0	51.0	NaN	51.0	51.0			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
			Yes	No	Yes	14	50.8	51.0	12.92	34.0	68.0			
				No	No	2	59.5	59.5	36.06	34.0	85.0			
				Yes	Yes	8	51.0	51.0	15.74	34.0	68.0			
				No	No	1	51.0	51.0	NaN	51.0	51.0			
				Yes	Yes	0	NaN	NaN	NaN	NaN	NaN			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
			System Maintenance	Yes	Yes	No	No	0	NaN	NaN	NaN	NaN	NaN	
							Yes	Yes	0	NaN	NaN	NaN	NaN	NaN
							No	No	0	NaN	NaN	NaN	NaN	NaN
							Yes	Yes	0	NaN	NaN	NaN	NaN	NaN
							No	No	0	NaN	NaN	NaN	NaN	NaN
							Yes	Yes	42	18.6	18.0	5.42	12.0	30.0
Yes	No	No				5	18.4	18.0	6.99	12.0	30.0			
	Yes	Yes				23	18.5	18.0	4.77	12.0	26.0			
	No	No				3	22.0	24.0	3.46	18.0	24.0			
	Yes	Yes				10	17.8	18.0	5.75	12.0	27.0			
	No	No				3	22.0	24.0	3.46	18.0	24.0			
	Yes	Yes				9	20.2	23.0	5.49	12.0	27.0			
Yes	No	No				0	NaN	NaN	NaN	NaN	NaN			
	Yes	Yes				0	NaN	NaN	NaN	NaN	NaN			
	No	No				0	NaN	NaN	NaN	NaN	NaN			
	Yes	Yes				0	NaN	NaN	NaN	NaN	NaN			
	No	No				0	NaN	NaN	NaN	NaN	NaN			
	Yes	Yes				21	18.9	18.0	5.42	12.0	30.0			
System Maintenance	Yes	Yes	No	No	0	NaN	NaN	NaN	NaN	NaN				
				Yes	Yes	7	18.9	18.0	7.29	12.0	30.0			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	7	21.9	24.0	2.85	18.0	24.0			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	2	20.5	20.5	3.54	18.0	23.0			
			Yes	No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	2	20.5	20.5	3.54	18.0	23.0			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	0	NaN	NaN	NaN	NaN	NaN			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	22	19.2	18.0	5.57	12.0	30.0			
			System Maintenance	No	Yes	No	No	2	24.0	24.0	0.00	24.0	24.0	
							Yes	Yes	16	17.8	18.0	4.68	12.0	24.0
							No	No	1	18.0	18.0	NaN	18.0	18.0
							Yes	Yes	4	18.0	18.0	6.93	12.0	24.0
							No	No	3	20.7	24.0	7.57	12.0	26.0
							Yes	Yes	1	18.0	18.0	NaN	18.0	18.0
Yes	No	No				0	NaN	NaN	NaN	NaN	NaN			
	Yes	Yes				0	NaN	NaN	NaN	NaN	NaN			
	No	No				0	NaN	NaN	NaN	NaN	NaN			
	Yes	Yes				0	NaN	NaN	NaN	NaN	NaN			
	No	No				0	NaN	NaN	NaN	NaN	NaN			
	Yes	Yes				0	NaN	NaN	NaN	NaN	NaN			
System Maintenance	No	No				No	No	14	18.0	18.0	4.62	12.0	24.0	
							No	2	21.0	21.0	12.73	12.0	30.0	
							Yes	Yes	8	18.0	18.0	5.55	12.0	24.0
							No	1	18.0	18.0	NaN	18.0	18.0	
							Yes	Yes	0	NaN	NaN	NaN	NaN	NaN
							No	No	0	NaN	NaN	NaN	NaN	NaN
			Yes	No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	0	NaN	NaN	NaN	NaN	NaN			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	0	NaN	NaN	NaN	NaN	NaN			
				No	No	0	NaN	NaN	NaN	NaN	NaN			
				Yes	Yes	0	NaN	NaN	NaN	NaN	NaN			

The table shows a multifaceted interplay of lifestyle indicators (sleep, fatigue, loneliness, procrastination, and perception of marriage) and three dimensions of family that include Relationship, Personal Growth, and System Maintenance. In general, the results show that family functioning in married men is moderately stable even in diverse psychological and behavioural states, nevertheless, some trends are identified that demonstrate the influence of adjustment-related factors.

In the Relationship Dimension, the mean scores mostly fall within the range of 140 to 145 which implies that there is a moderate degree of relational quality regardless of the variations in sleep, fatigue or loneliness. Nevertheless, these scores are slightly higher (over 160) in smaller subgroups, especially among those who do not think about marriage positively or report ambivalent behavioural patterns, which means that relationship perceptions are at times inflated in smaller or specific sub-samples.

The scores in the Personal Growth Dimension also operate within the range of 50-55 with significant consistency which implies that there is a moderate level of autonomy and developmental support between groups. Interestingly, a bit higher scores (above 60) are detected in respondents who report stronger psychological adjustment or selective combinations of behaviour which implies that a less stressful condition and higher coping can result in perceptions of personal development. On the other hand, those who report feelings of fatigue, procrastination, or mixed adjustment problems were found to report relatively lower levels of personal growth, which demonstrates the sensitivity of this dimension to individual-level psychology.

The scores on the System Maintenance Dimension are relatively stable with a range of 17-20 indicating moderate levels of organization and control in the family. This implies that increased regulation of the system does not always imply improved relational or psychological outcomes, and in certain cases, may indicate compensatory processes in the family.

In all dimensions, representative of small size is represented by the presence of NaN values along with very small sizes of subgroups in many combinations and should be treated with care.

However, the general trend is that although family systems of married men tend to be stable and moderately functional, the adjustment related variables like fatigue, sleep quality and behavioural tendency imparts subtle impact of relationship quality, personal development and family structure. This supports the fact that mental and behavioural well-being is an essential, albeit understated, factor in the construction of family encounters even in structurally intact marital systems.

The findings of the study aligns with existing literature which suggests that marital structures, particularly in collectivist societies like India, often remain functionally intact despite underlying emotional strain (Dion & Dion, 1993; Singh & Bhayana, 2015). The persistence of moderate relationship scores despite fatigue and reduced well-being supports prior research indicating that men are often socialized to maintain role performance within marriage, even when experiencing internal distress (Courtenay, 2000). On the same note, the previous research on marital quality indicates that even though marriages might be seen to be stable, they might not be filled with more emotional satisfaction, which is consistent with the level of moderate satisfaction (Demir & Fişiloğlu, 1999; du Plooy & de Beer, 2018; Khezri et al., 2020).

In practical terms, the findings highlight the importance of interventions aimed at improving the mental health of men in a marital setting, with special attention to the quality of sleep, stress management, and behavioural control. Family-based interventions are supposed to increase emotional communication, and decrease excessive reliance on strict control systems, in favor of a more supportive and accommodating one. Also, workplace and community initiatives can be involved to deal with fatigue and work-life imbalance, which seemingly affect family processes quietly. All in all, the paper emphasizes that enhancing the personal adaptation and psychological well-being can indirectly, yet significantly, contribute to the enhancement of marriage and family functioning.

Conclusion and Directions for Future Research

The findings reveal that married men tend to have fairly steady family functioning in terms of relationship quality, personal development, and system maintenance despite changes in such psychological and behavioural variables of sleep, fatigue, loneliness, and procrastination. Although no major changes seem to affect the core family structures and roles, some minor variations can be noticed, as poorer well-being, especially feelings of fatigue and behavioural tendencies such as delayed work, are related to slightly lower relationship satisfaction and perceptions of personal growth. Meanwhile, increased control and organized family settings are not always associated with an improved outcome of

relationships, and rigidity thus might not complement but may co-exist with emotional distance and promote well-being. Altogether, the results indicate that, though married men have functional family systems, the adjustment-related challenges that lie unspoken under the surface of such systems affect the extent of emotional involvement and personal growth in such relationships.

On future research, there is much room to extend this study by integrating longitudinal research to determine the way adjustment with family environment change with time. Additional research can also consider the use of larger and more varied geographical samples in India to increase generalizability. Also, the qualitative research would be a good addition to gain more insights on the lived experience and emotional stories of married men. Future studies can also focus on the mediating functions of emotional intelligence, coping, and communication patterns, or use a more complex method, like structural equation modeling (SEM), to learn the causation better.

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