

Factors Leading Conflict with Mother in Law and Effects of Conflict with Mother in Law on Psychological Well-Being among Daughter in law at Selected Areas of Pandharpur, Solapur

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Abstract: Background: The mother - in - law and daughter - in - law conflict is a prevalent issue that has long been a common family issue that severely impacts many women throughout their lifetimes. Conflict with the mother - in - law can have a variety of effects on the daughter - in - law's psychological health and ability to adjust to marital life. Objectives: To assess factors leading to conflict between mother in law and daughter in law at selected areas to find out psychological well being among daughters in law and to find an association between level of psychological well being among daughters in law with their selected socio demographic variables. Methodology: A quantitative approach with exploratory descriptive survey design was adopted for the study. The samples from the selected areas of district were selected using convenient sampling technique. The sample consisted of 50 daughters in laws. Results: The study result reveal that, majority 35 (70%) of participants were had moderately good level of psychological wellbeing, 10 (20%) of participants were had good level and remaining 5 (10%) of participants were had poor level of psychological wellbeing. Association between level of psychological wellbeing of participants is found to be statistically significant at 0.05 levels for age of the participants. Conclusion: There is a need for the prevention and early resolution of conflict between mother in laws and daughter in laws. Also, daughter in laws require social support, support from the husband and parents family to cope with the situation in the husband family in early marital life.

Keywords: Psychological well- being, mother in law, daughter in law, conflict

1. Introduction

The mother - in - law and daughter - in - law conflict is a prevalent issue that has long been a common family issue that severely impacts many women throughout their lifetimes. A main triggering circumstance for 34 percent of daughters - in - law and 43 percent of mothers - in - law among women mental patients has been documented to be the conflict between mothers - in - law and daughters - in - law.

Additionally, a large body of research shows that conflict between the mother - in - law and the daughter - in - law frequently causes marital discord and is detrimental to women's ability to adjust to marriage. In addition, issues with the in - laws have been identified as a significant factor in female divorce.

Therefore, it shows that the disagreement between the mother - in - law and the daughter - in - law is a significant cause of stress for married women, affecting their psychological health and ability to adjust to marriage.

Mothers - in - law could think that they are vying for their sons' time and attention with their daughters - in - law. According to some studies, older women are more prone to experience neglect as a result of strained relationships with their daughters - in - law, while mothers - in - law may worry that their child and his or her new partner would alienate them.

Nevertheless, little research has been done on the variables that might affect the psychological and marital distress of

women who experience conflict with their mother - in - law or daughter - in - law, despite the evidence—both scientific and descriptive—that suggests that conflict between mother - in - law and daughter - in - law has negative effects upon both women's psychological wellbeing and marital adjustment.

Furthermore, the frequency, duration, and intensity of the conflict between the mother - in - law and the daughter - in - law are not clearly measured in terms of the possible reaction dimensions. The frequency, duration, and perceived intensity of the conflict would seem to have various effects on women's psychological health and marital adjustment.

Not all daughters - in - law experience the conflict at the same levels of severity, despite the fact that it may occur in the same places for the same amount of time. The frequency, duration, and intensity of conflict must therefore be studied in order to fully comprehend the impact of conflict with the mother - in - law on the daughter - in - law's psychological wellbeing and marital adjustment.

Levels of psychological well - being and marital adjustment are believed to be influenced by two groups of variables. Conflict with the mother - in - law can have a variety of effects on the daughter - in - law's psychological health and ability to adjust to marriage, depending on (1) the resources available to meet the demands brought on by the conflict, such as social support and self - efficacy, and (2) how the conflict is defined or perceived, including perceived severity, positive evaluation of the conflict, and attributions of blame.

By considering above facts and figures present study is conducted to assess the factors leading to conflicts between mother in law and daughter in law and effect of conflict on psychological well being among the daughter in laws.

2. Objectives

- 1) To assess factors leading to conflict between mother in law and daughter in law at selected areas
- 2) To find out psychological well being among daughters in law
- 3) To find an association between level of psychological well being among daughters in law with their selected socio demographic variables.

Hypothesis

H₁: There is statistical significant association between levels of psychological well being among daughters in law and their selected socio demographic variables.

3. Methodology

- **Research Approach:** Quantitative Research Approach
- **Research Design:** Exploratory descriptive design
- **Sampling technique:** Non - Probability; purposive Sampling Technique
- **Sample size:** 50
- **Setting of study:** Selected areas of Pandharpur, Solapur district, Maharashtra
- **Method of data collection:** Interview technique

Tools Used:

Section I: Socio - demographic variables of Participants

Section II: Factors leading to conflict assessment scale

A factor leading to assessment scale is prepared by the investigator for assessing the related factors leading conflict between mother in law and daughter in law. It consist of 16 factors leading to conflict between mother in law and daughter in law divided in to 6 sub areas like feeling isolation, excessive demand, interference or scolding often, comparison, lack of communication and jealousy. There were two options for each item YES or NO, from which the participants have to choose one best option by encircling it. The option Yes is scored as 1 and No is scored as 0.

Section III: Modified Ryff's Psychological Well Being Scale

Modified Ryff's Psychological Well Being Scale is a 7 point scale consists 20 items employed to measure the psychological wellbeing of daughters in law. This scale comprises 20 items to estimate the overall psychological wellbeing. It asses the domain such as autonomy domain, environmental mastery domain, personal growth domain, positive relations with others, and purpose in life domain. Each item there are seven alternative response columns such as strongly agree, somewhat agree, a little agree, neither agree nor disagree, a little disagree, somewhat disagree and

strongly disagree. The psychological well being is arbitrarily divided as follows -

Total Scores ranges between: 20 - 140

Poor level: 20 - 60

Moderately good: 61 - 100

Good level: 101 - 140

Procedure of Data Collection:

Data was collected after obtaining administrative permission from administrative authority of selected area. The investigator personally explained the participants the need and assured them of the confidentiality of their responses. Data was collected by face to face interview by researcher. The data analysis was done by using both descriptive and inferential statistics.

4. Results

1) The findings related to socio - demographic variables of participants:

Study comprised of 50 participants. The socio demographic variables are presented in following table.

Table 1: Frequency & Percentage Distribution of participants according to socio demographic variables, n=50

S. No	Demographic variables	Frequency (f)	Percentage (%)
1	Age (in yrs)		
	a) 18 - 25	12	24
	b) 26 - 30	20	40
	c) 31 - 35	13	26
	d) Above 35	5	10
2	Religion		
	a) Hindu	36	72
	b) Muslim	9	18
	c) Christian	3	6
	a) Others	2	4
3	Educational status		
	a) ≤ Lower primary school	13	26
	b) High school	22	44
	c) PUC	12	24
	d) ≥ Diploma and Degree	3	6
4	Occupational status		
	a) House wife	18	36
	b) Agricultural work	23	46
	c) Govt/Private job	7	14
	d) Others	2	4
5	Years of marital life		
	a) 0 - 2 years	16	32
	b) 3 - 4 years	18	36
	c) 5 - 6 years	11	22
	d) Above 6 years	5	10
6	Type of marriage		
	a) Arranged	45	90
	b) Love marriage	5	10

2) Findings Related factors leading to conflict

Table 2: Factors leading to conflict, n = 50

Factors leading conflicts	Yes	
	f	%
Feeling isolation		
1) Mother in - law's intention not to include the daughter - in - law in decision - making processes concerning important family affairs	22	44
2) Mother - in - law's rebuff of daughter - in - law's suggestions or opinions on family affairs	21	42
3) Mother - in - law's concern about her sons and daughters but indifference to her daughter - in - law	25	50
4) Mother - in - law's discontent to daughter - in - law's attitudes and behavior toward her husband, sister - in - law, and brother - in - law	29	58
Excessive demand		
5) Excessive expectation toward daughter - in - law in serving father - in - law and other in - laws	28	56
6) Excessive expectation of customs and decorum in serving family guests	17	34
7) Complaints of her clothes, pocket money, and medicine to be in a good health	25	50
Interference or scolding often		
8) Household management	30	60
9) Financial management	20	40
10) Disciplining children	20	40
11) Food preparation and sewing	24	48
12) Visit to parents house	26	52
13) Blaming of her son's mistakes or bad luck on daughter - in - law	16	32
Comparison		
14) With other daughters - in - law in her family or other family	24	48
15) Lack of communication	16	32
16) Jealousy	30	60

- 3) **Findings Related to psychological well being among daughters in law**
 a) **Description of mean, median, mode, standard deviation and range scores of psychological wellbeing scale**

Table 3: Psychological wellbeing scores of participants, N = 50

Mean	Median	Mode	Sd	Range
88.24	93	85	17.22	38 - 112

Table 3 reveals the mean **psychological well being** scores of participants, it shows that, psychological well beings cores scale mean was 88.24, median was 93; mode was 85 with standard deviation 17.22 and range score of 38 - 112.

- b) **Description of findings related to level of psychological wellbeing among participants**

Table 4: Frequency and Percentage distribution of participants according to level of psychological well being, N=50

Level of psychological well being		
Poor level f (%)	Moderately good f (%)	Good level f (%)
5 (10)	35 (70)	10 (20)

The data presented in the **Table 4** shows level of psychological well being of participants, it reveals that, majority 35 (70%) of participants were had moderately good level of psychological wellbeing, 10 (20%) of participants were had good level and remaining 5 (10%) of participants were had poor level of psychological wellbeing.

- c) **Association between levels of psychological wellbeing of participants with demographic characteristics**

Computed Chi - square value for association between level of psychological wellbeing of participants and their selected demographic variables is found to be statistically significant

at 0.05 levels for age of the participants and not found significant for other selected socio demographic variables.

5. Discussion

Most of the participants in the current study had a relatively decent degree of psychological well - being and had been exposed to many variables that could cause conflict with their mother - in - law. There is a chance that daughters in laws also face different sources of conflict as this study only included standard circumstances identifying sources of conflict. This means that it's feasible for some daughters - in - law to have additional sources of conflict that are distinct yet significant. No research has been done in regard to factors determining differing levels of adaptation to the conflict, despite the fact that conflict between mothers - in - law and daughters - in - law has been documented to damage women's psychological and marital well - being. The most effective predictor of psychological well - being was found to be the perceived severity of conflict. The psychological health of the daughter - in - law improved when she felt the conflict was less stressful.

6. Conclusion

The findings revealed that there were different factors leading conflict between mother in laws and daughter in law. Most of the daughter in law were had moderately good level of psychological well being. This suggests that, there is a need for the prevention and early resolution of conflict between mother in laws and daughter in laws. Also daughter in laws require social support, support from the husband and parents family to cope with the situation in the husband family in early marital life.

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