









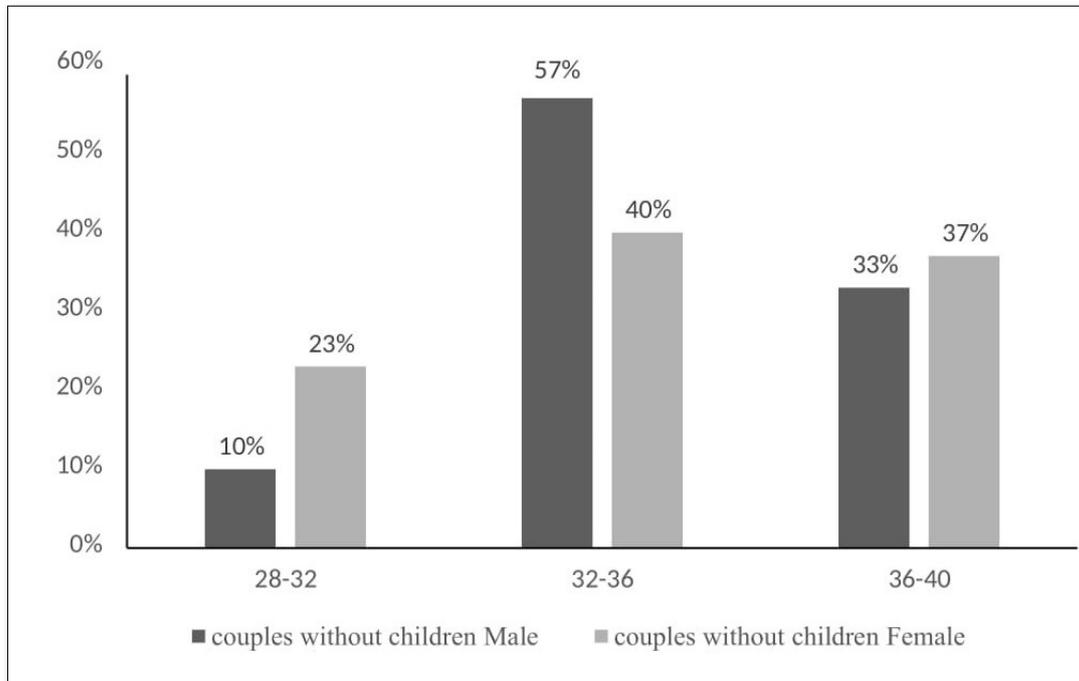




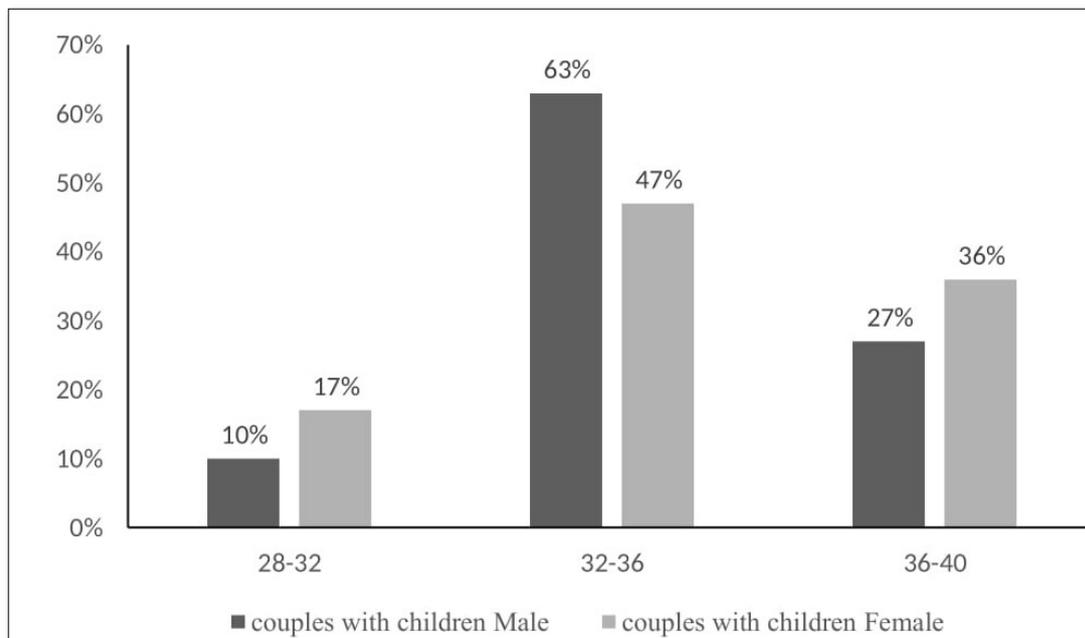


were supported by a study that the gender structure implies that men are quite dependent on a stable partner relationship in order to gain the full benefits of fatherhood, precisely because women are more likely to care for the children after separation. Hence, men have more to lose than women with respect to parenthood if the relationship dissolves [10].

The interaction effect of gender and presence or absence of children among married couples Relationship Quality was tested using Two-way Analysis of Variance. The obtained F value is 0.025 which is not significant at 0.05 level. Therefore, H03, is accepted (**Tables 4 and 5 and Figure 11**).



**Figure 1.** Age of couples without children.



**Figure 2.** Age of Couples with children.

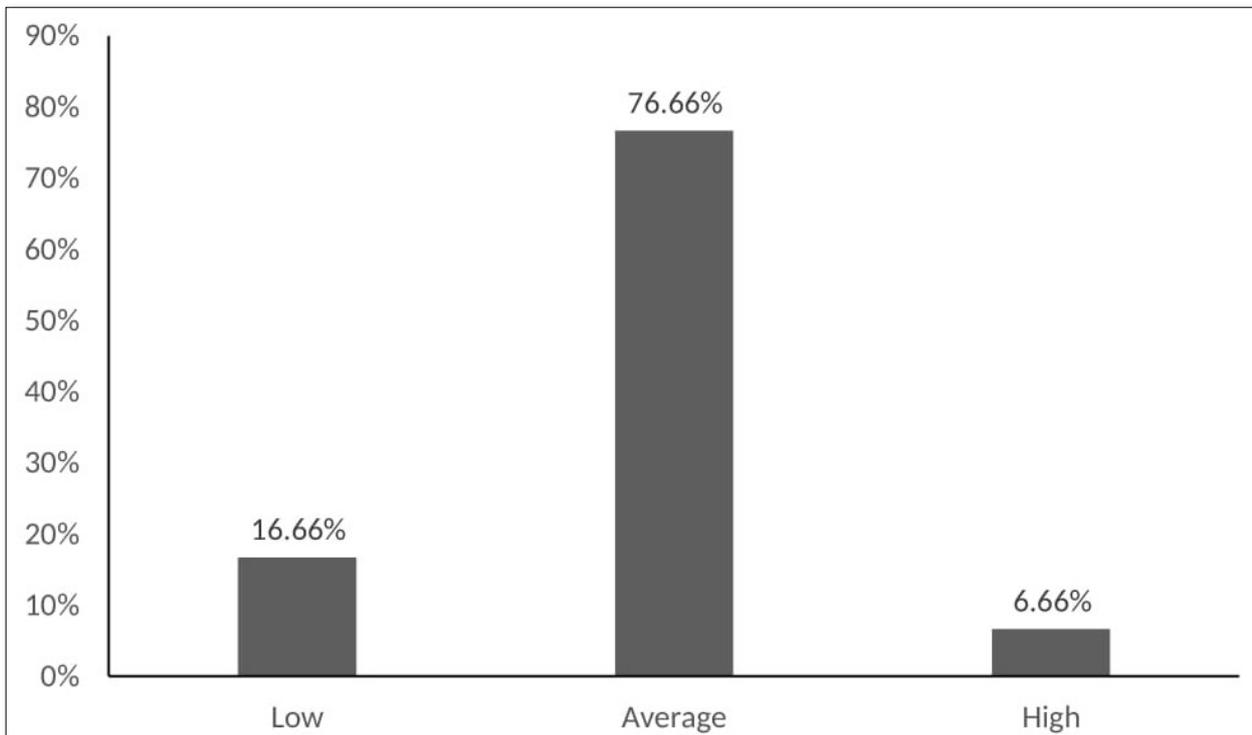


Figure 3. Level of Relationship Quality among Males without children.

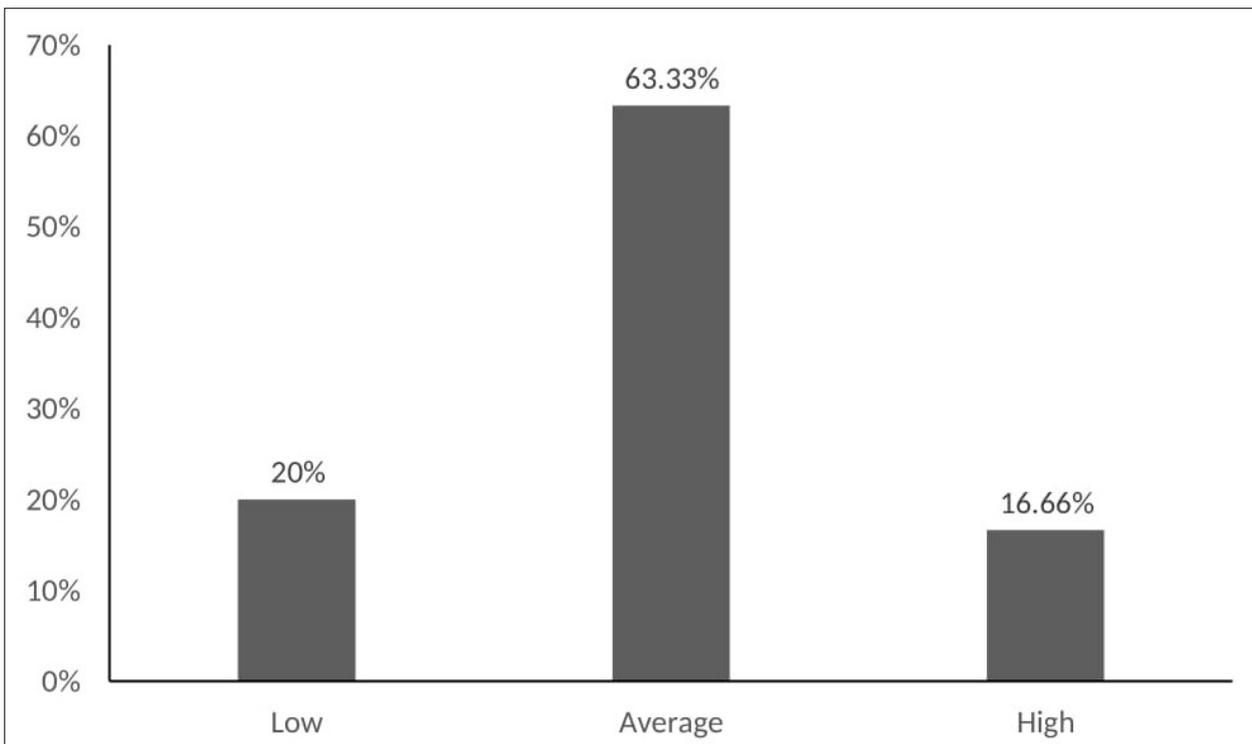


Figure 4. Level of Relationship Quality among Females without children.

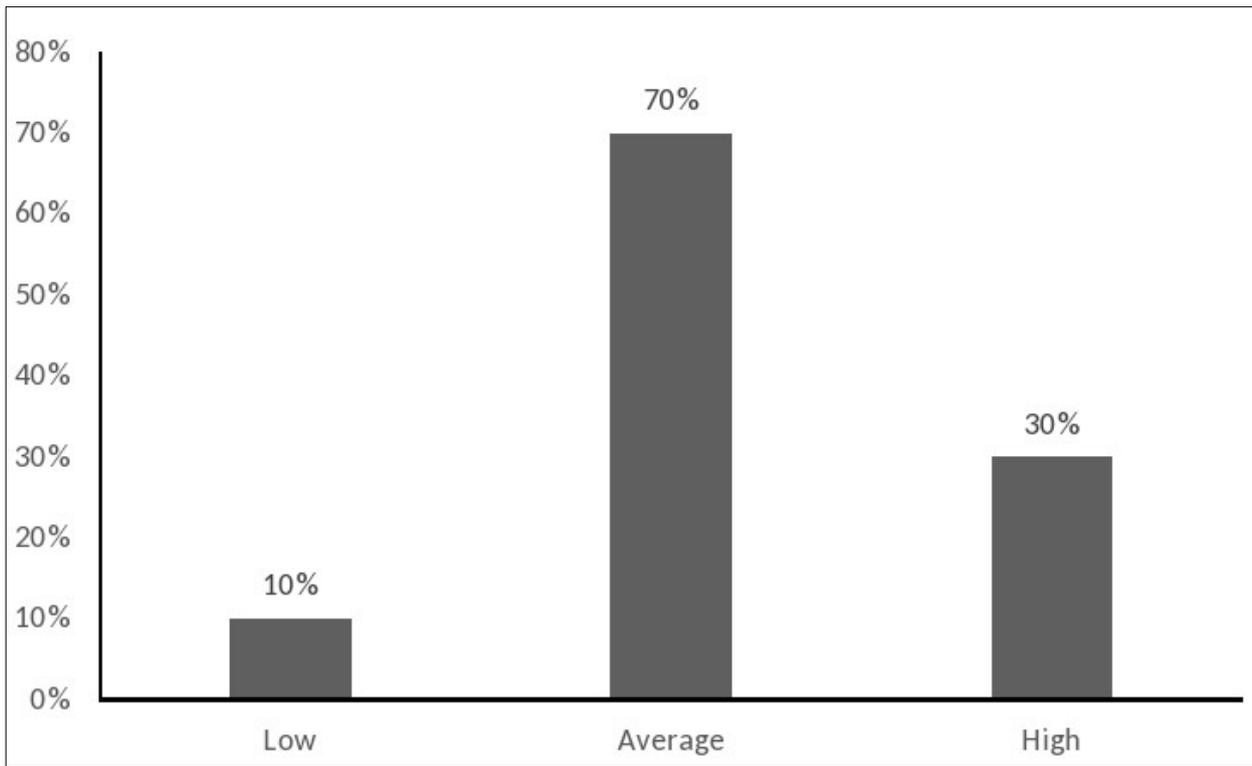


Figure 5. Level of Relationship Quality among Males with children.

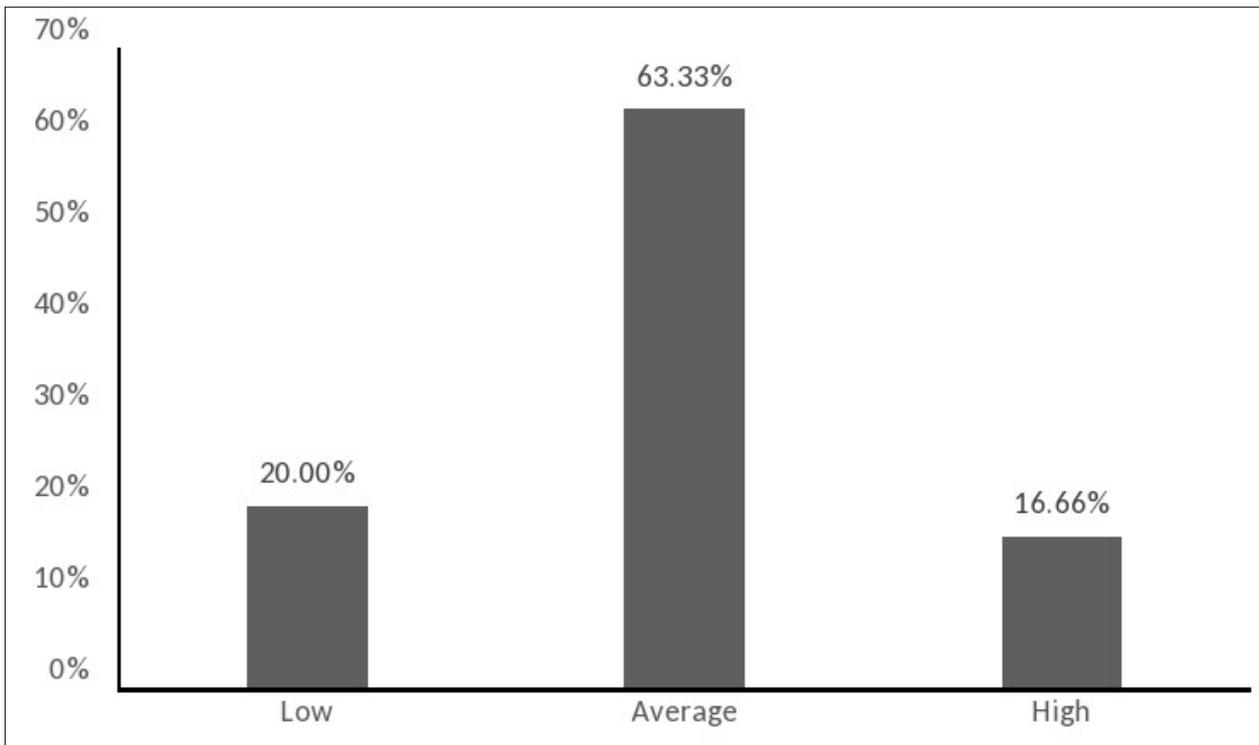


Figure 6. Level of Relationship Quality among Females with children.

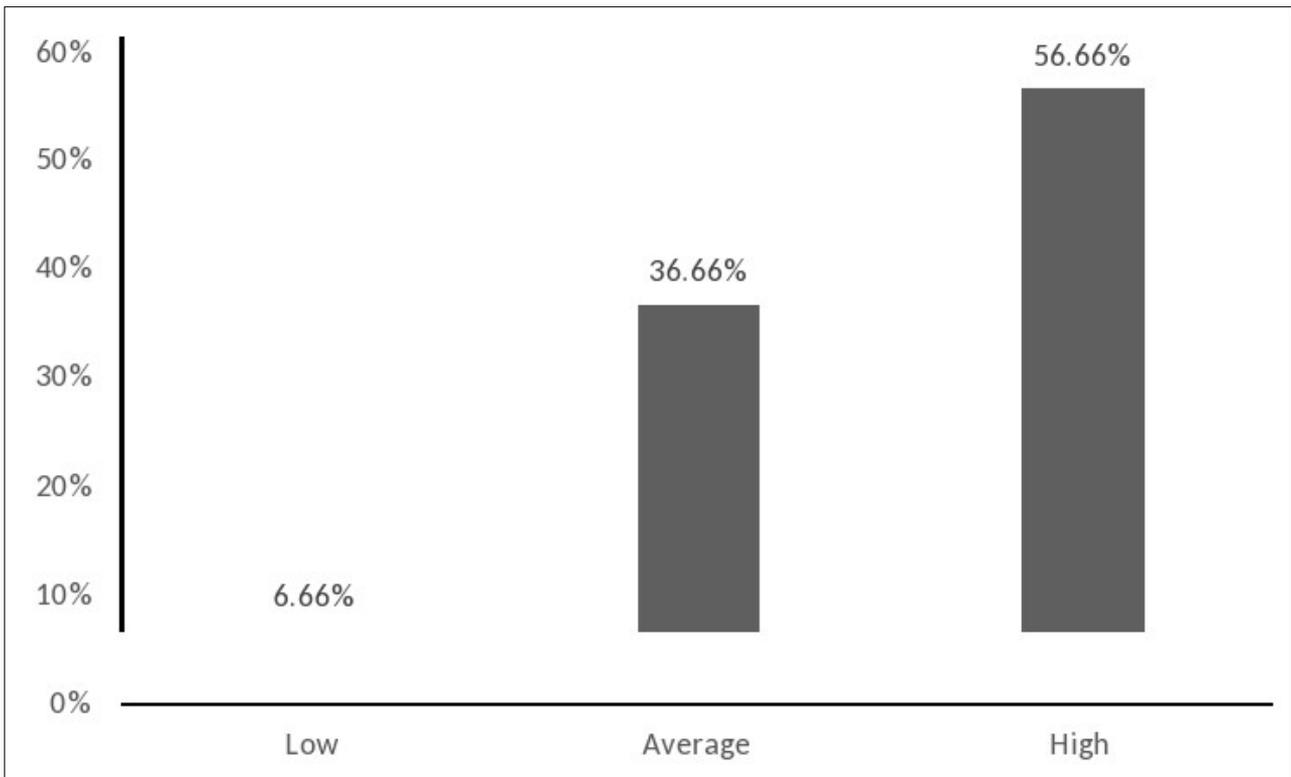


Figure 7. Level of Self-silencing among Males without children.

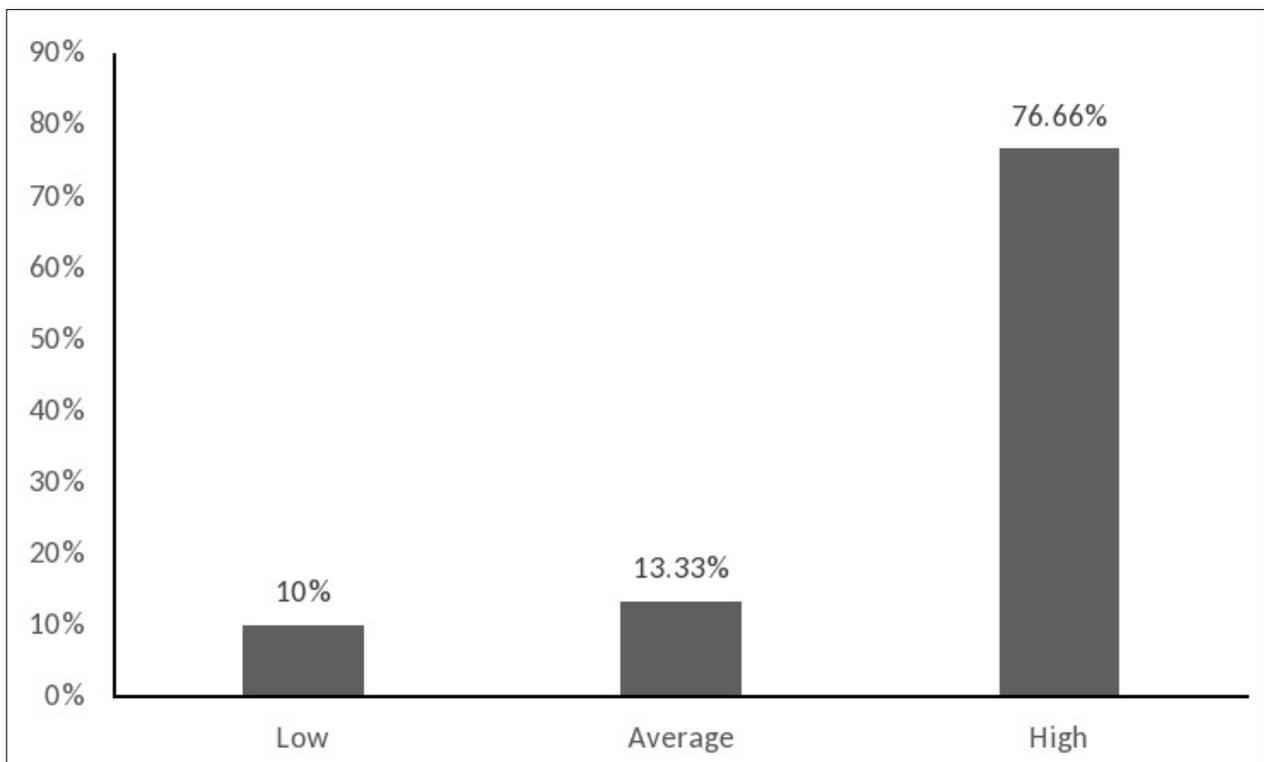


Figure 8. Level of Self-silencing among Females without children.

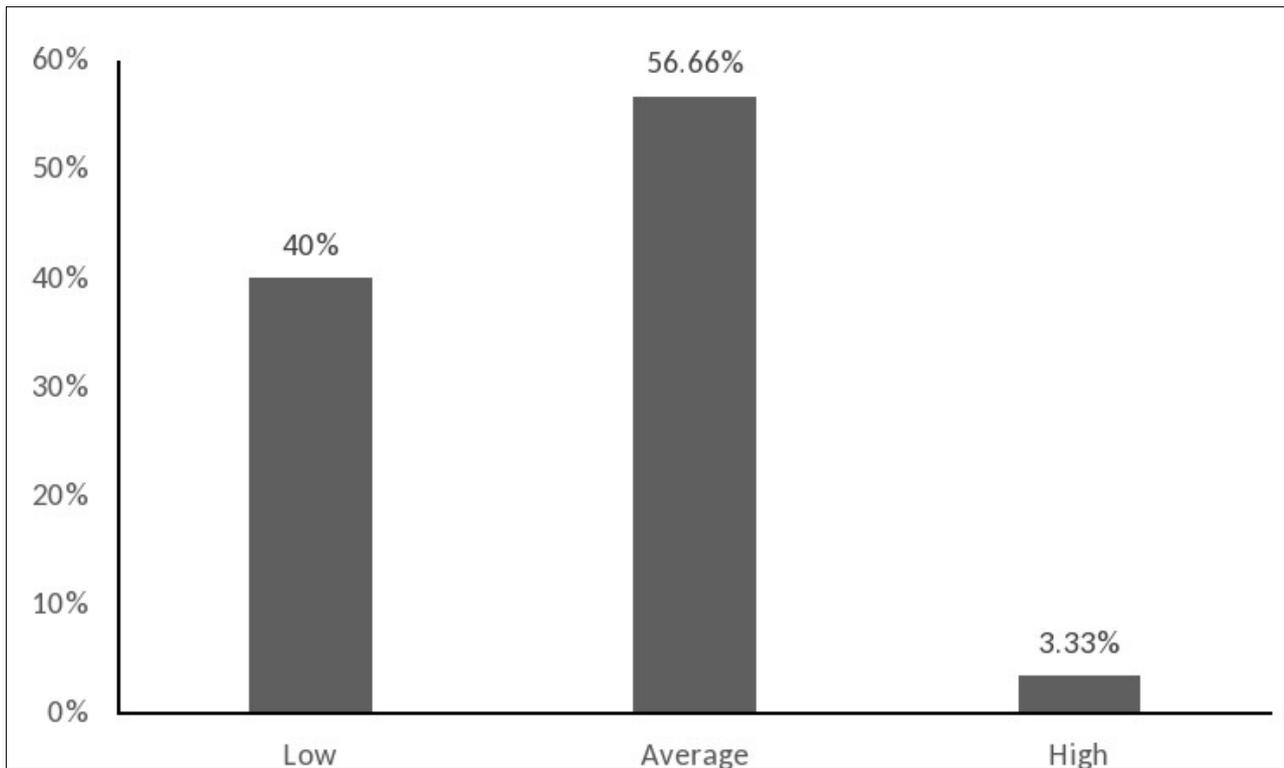


Figure 9. Level of Self-silencing among Males with children.

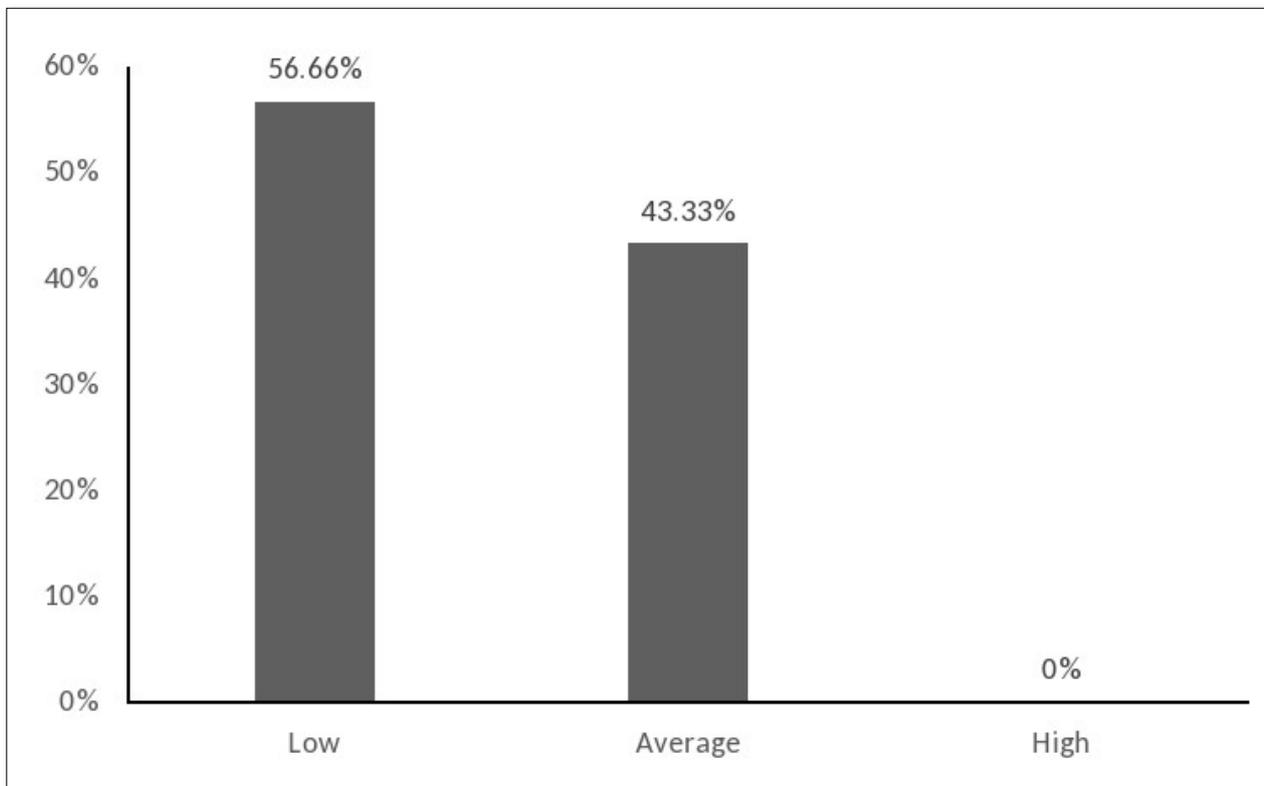


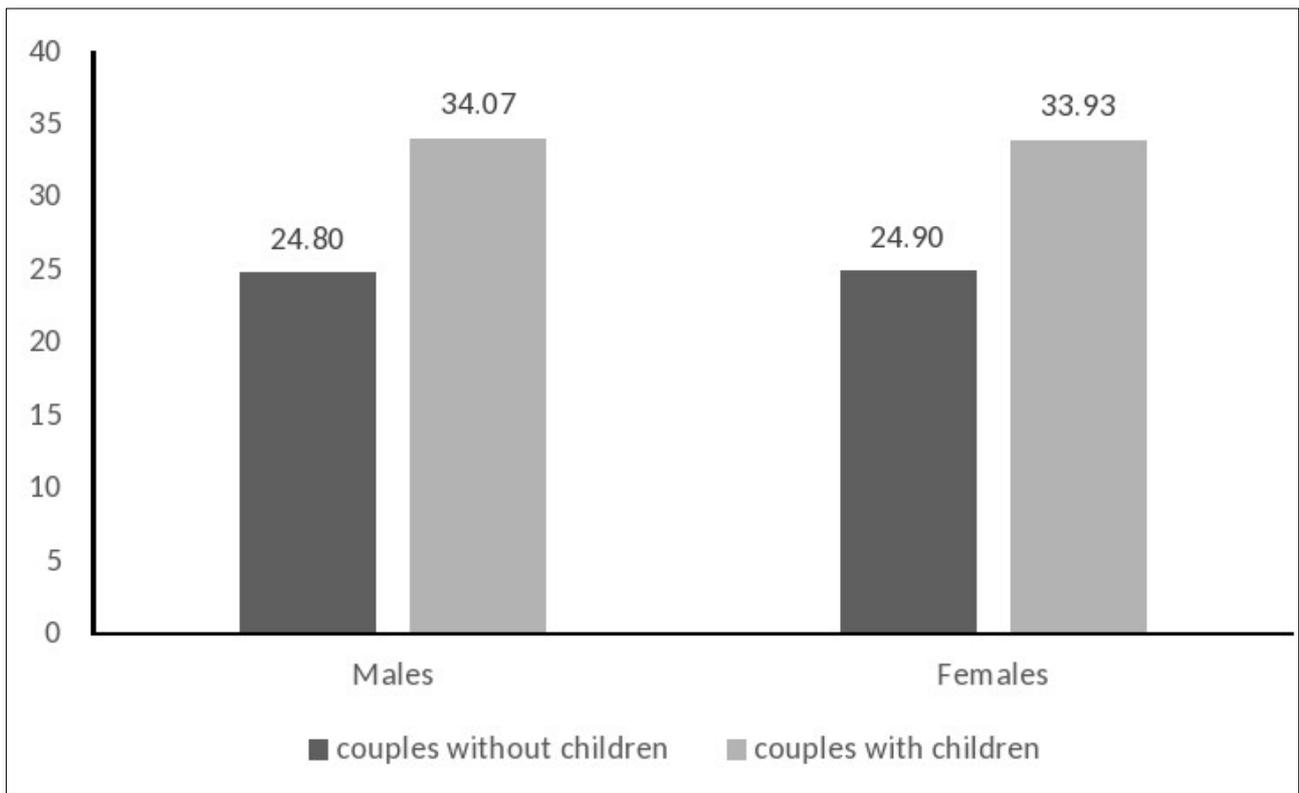
Figure 10. Level of Self-silencing among Females with children.

**Table 4.** Two- way analysis of Relationship Quality among married couples with and without children across the gender.

Variables	Sum of squares	df	Mean square	F	Sig
Married couples	2511.675	1	2511.675	152.603	0.982
Gender	0.008	1	0.008	0.001	0.001
Interaction Effect	0.408	1	0.408	0.025	0.875

**Table 5.** Mean and standard deviation on Relationship Quality among married couples with and without children across the gender.

	Gender	N	Mean	SD
Without children	Males	30	24.80	4.627
	Females	30	24.90	3.448
With children	Males	30	34.07	4.201
	Females	30	33.93	3.859



**Figure 11.** Mean scores on Relationship Quality among couples with children and without children.

The hypothesis stating that there is no significant difference in the level of Self-silencing among married couples with and without children was tested using Two- way Analysis of Variance. The obtained F value is 36.619 which is not significant at 0.05 level. Thus, the obtained result indicates that there is no significant difference in the Self-Silencing

among married couples with and without children Therefore, Ho4, is accepted.

The hypothesis stating that is no significant gender difference in the level of Self-silencing among married couples with and without children was tested using Two-

way Analysis of Variance. The obtained F value is 0.337 which is significant at 0.05 level. Therefore Ho5, is rejected. Thus, the obtained result indicates that there is a significant gender difference in the level of Self-silencing among married couples with and without children. Females without children and Males with children has Self-silencing.

The hypothesis stating that is no interaction effect of gender and couples who are without children and with children on

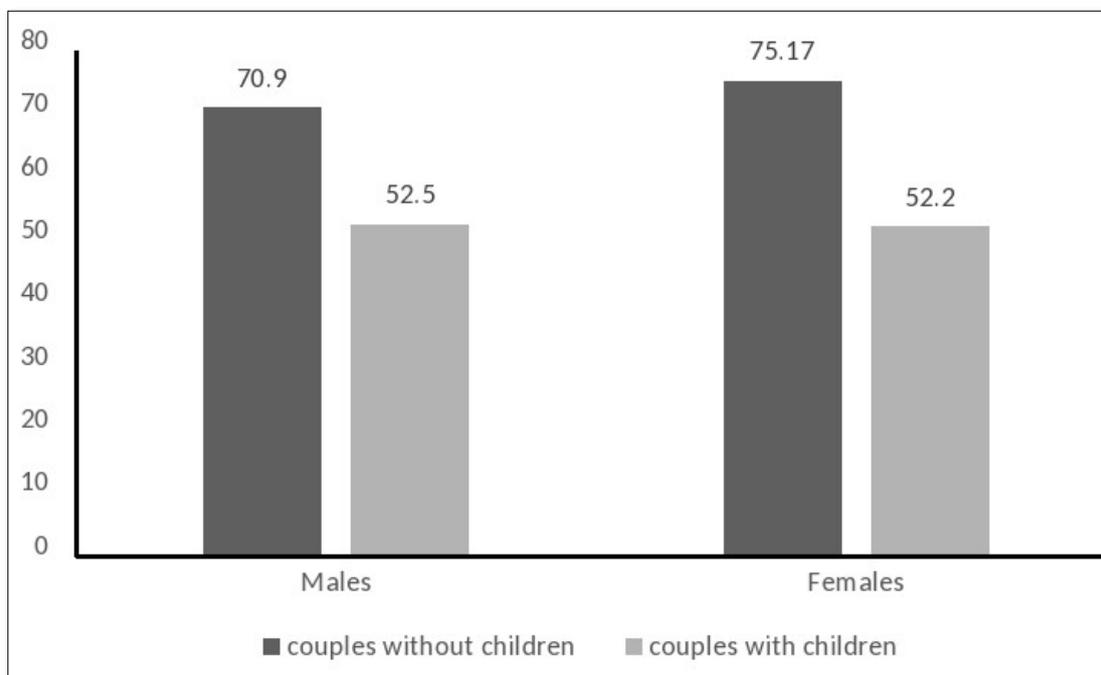
Self-Silencing was tested using Two- way Analysis of Variance. The obtained F value is 0.446 which is not significant at 0.05 level. Thus, the obtained result indicates that there is no significant interaction effect of gender and couples who are without children and with children on Self-silencing. Therefore, Ho6, is accepted (**Tables 6 and 7 and Figure 12**).

**Table 6.** Two- way analysis of Self-Silencing among married couples with and without children.

Variables	Sum of squares	df	Mean square	F	Sig
<b>Married couples</b>	12834.0	1	12834.0	36.619	0.563
<b>Gender</b>	118.0	1	118.0	0.337	0.001
<b>Interaction Effect</b>	156.408	1	156.408	0.446	0.505

**Table 7.** Mean and standard deviation on Self-silencing among married couples with and without children across the gender.

	Gender	N	Mean	SD
<b>Without children</b>	Males	30	70.90	21.67
	Females	30	75.17	24.09
<b>With children</b>	Males	30	52.50	13.33
	Females	30	52.20	13.18



**Figure 12.** Mean scores on Self-silencing among couples with children and without children.

**Karl Pearson’s Co-efficient of Correlation**

The hypothesis stating that there is no significant relationship between relationship quality and Self-silencing obtained was tested using Karl Pearson’s coefficient of correlation, the result shows that  $r = -0.645^{**}$ , which indicates the null hypothesis is rejected. So, there is a

significant relationship between Relationship Quality and Self-silencing. The present findings were supported by a study which says when faced with conflict in their marriage, couples cope with that conflict by attempting to hide their angry feelings and pretending to go along with their partner’s opinions or wishes (**Table 8**) [12].

**Table 8.** Coefficient of correlation between Relationship quality, Religiosity and Self-silencing among couples with and without children.

Variables	RQ	SS
RQ	-	-.645**
SS	-	-

Note:  $* < 0.05 = p$ ; RQ = Relationship Quality; RS=Resilience; SS=Self-Silencing

**SUMMARY AND CONCLUSION**

This chapter contains brief summary of the present research work, major findings, conclusions, implication, limitations, and scope for further research.

**Summary of the research**

The present study was undertaken to study the level of Self-silencing among Couples with children and without children. Couples with children and without children including the gender male and female is the independent variable; Self-silencing is the dependent variable. The sample included 60 participants, comprising of 30 Couples with children and 30 without children. The Purposive Sampling Technique was used to collect the data. The Sample Survey Research Design was adopted in the study. The participants who are in the age range of 28-40 years were included in the study. Couples who are married for 5 years and remain couples with children and childfree couples are also included in the study.

The silencing the self-scale questionnaire developed by Dana. C. Jack in 2017 was used to assess level of Self-Silencing among the participants of the study. The obtained results were analyzed Two- way Analysis of Variance.

**Findings of the study**

- Males have high Relationship Quality from than Females among couples with and without children.
- Females without children have high Self-silencing among couples with and without children.

Two-way analysis of variance is used to study the significant difference amongst the groups and interaction effect between the variables.

- There is no significant difference in Relationship quality among couples with and without children.

- There is a significant difference in gender in Relationship Quality among couples with and without children.
- There is no interaction effect of gender and presence or absence of children on Relationship Quality among married couples.
- There is no significant difference in self-silencing among couples with and without children.
- There is a significant difference in gender in self-silencing among couples with and without children.
- There is no interaction effect of gender and presence or absence of children on self-silencing among married couples.

**CONCLUSION**

Marital life provides an opportunity to grow in selflessness as you serve your wife and children. Indeed, many couples fare quite well across the transition to parenthood. The fact that many other couples experience a decline in marital satisfaction and an increase in marital conflict. Because of lack of care, love, affection of one another may encounter many psychological problems such as emotional imbalance, lack of emotional intellectual and tolerance to stress. Children indubitably has a role in the Relationship quality of their parents and so preferring be childfree is not a better option and also despite the many positive aspects of becoming a parent, these couples need to deal with the negative changes and manage the conflicts that might arise across the transition to parenthood also, it is always better to express one’s own opinion in an intimate relationship to maintain the harmony.

**Limitations of the study**

- The data of the study was collected mainly from the state of Kerala; hence caution has to be exercised while generalizing the findings.

- Other individual factors of the participants were not considered.
- Only questionnaire method was used.
- The data was obtained using only self-report inventories.

### Implications

- As being a good partner is one of the central life goals in emerging and young adults, giving them awareness about the interventions related to childlessness and its effects on couple relationship can in turn helps in the development of those skills. So, it could be better for them to build and sustain the relationship in which they are in and hence helps the adults not to step out of those relationships.
- So, this can be implied to the professional pre- marital and couple counselling settings.
- The findings of this study lend clarity to the multiple factors that could be affecting individuals with children, awareness of these factors will assist families in coping with the total role Change that occurs with children.

### SCOPE FOR FURTHER STUDY

- Understanding how or whether childless families led by gay or lesbian couples differ from those of heterosexual couples is therefore another area that future researchers could consider.
- Qualitative research methods can be done for improving the quality of the paper.

The study can be extended using Longitudinal Rese.

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