

Relationship Between Psychological Well-Being, Sense of Control and Social Adjustment Among Married Individuals

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ABSTRACT

Background & Aims: *A harmonious marital relationship marked by mutual understanding, effective communication, and shared responsibilities enhances mental health and overall life satisfaction, whereas marital conflict and dissatisfaction often lead to stress, anxiety, and emotional instability. Within this context, a strong sense of control the belief in one's ability to influence life outcomes serves as a protective factor that promotes resilience, effective coping, and psychological well-being. Similarly, social adjustment, which involves adapting to social roles and maintaining fulfilling interpersonal relationships, is essential for sustaining marital satisfaction and emotional stability. Difficulties in adjustment can weaken a person's sense of control and diminish overall well-being. Recognizing the interdependence among these constructs, the present study aimed to examine the relationship between psychological well-being, sense of control, and social adjustment among married individuals, while also exploring how these factors vary across gender, age, residence, and family system to provide insights for fostering healthier and more resilient marital relationships.*

Method: *A sample of 400 participants (191 males, 209 females) was selected through purposive sampling. The Psychological Well-Being, Sense of Control (personal mastery, perceived constraint), And Social Adjustment Scales were used to assess mental well-being, control and adjustment outcomes. Statistical analyses included independent sample t-tests, correlation analyses, and regression analysis to examine differences and relationships among variables.*

Results: *The findings demonstrated substantial associations between psychological well-being, sense of control, and social adjustment among married people. Perceived constraints were shown to have a substantial negative connection with psychological well-being ($r = -.38, p < .01$) and social adjustment ($r = -.22$ to $-.49, p < .01$), indicating that persons experiencing more limits reported lower well-being and poorer adjustment. Personal mastery has a significant positive link with psychological well-being ($r = .19, p < .01$) and social adjustment in various areas, including job, home, and family interactions ($r = .39$ to $.56, p < .01$). Multiple regression analysis verified that psychological well-being ($\beta = .42, p < .001$) and social adjustment ($\beta = .37, p < .001$) were significantly predicted by sense of control (both perceived constraint and personal mastery). Independent t-tests revealed significant gender and age differences. Middle-aged adults reported higher psychological well-being ($M = 102.6, SD = 15.7$) than young adults ($M = 95.0, SD = 17.3; t(398) = 3.12, p < .01$), while females reported higher perceived constraints ($M = 57.4, SD = 6.9$) than males ($M = 54.3, SD = 7.2; t(398) = 2.68, p < .01$). Urban inhabitants performed substantially better on social and leisure activities ($M = 27.1, SD = 4.6$) than rural residents ($M = 23.8, SD = 5.1; t(398) = 3.94, p < .001$). There were no major variations observed between family systems. Overall, these*

findings indicate that higher personal mastery and fewer perceived constraint lead to better psychological well-being and more effective social adjustment in married people.

Conclusion: *The study emphasizes the importance of a sense of control and social adjustment in the psychological well-being of married people, arguing that stronger personal mastery and effective social adaptation correlate to greater emotional stability and marital happiness.*

Implications: *These findings can be used by mental health practitioners and counselors to develop therapies that improve couples' personal mastery, communication, and problem-solving skills. Such measures may help people better handle marital stress and improve emotional resilience. Furthermore, the findings emphasize the necessity of developing community programs and awareness campaigns that promote social support, empowerment, and strong marriage relationships, resulting in better mental health and overall life satisfaction among married people.*

Keywords: *Psychological Well-being, Sense of Control, Social Adjustment*

BACKGROUND

Marriage is one of the most important social structures for people's emotional stability, psychological well-being, and overall quality of life. When couples have mutual understanding, empathy, and efficient communication, their emotional health and marital satisfaction improve, boosting their overall psychological well-being (Can et al., 2021). A supportive marriage atmosphere fosters feelings of security, belonging, and self-worth, enabling both couples to thrive emotionally. In contrast, marital discontent, a lack of communication, and unresolved conflict frequently result in increased stress, anxiety, and depression, compromising psychological well-being (Hsu & Barrett, 2020). Thus, the quality of the marital link has a significant impact on both couples' mental health results.

A key psychological aspect in this context is a sense of control, which is described as an individual's conviction in their ability to influence life events and outcomes (Grundström et al., 2021). Individuals who believe they have more control over their circumstances exhibit stronger coping strategies, lower stress, and higher levels of life satisfaction. Within marriage, a balanced division of responsibilities and reciprocal support improves each partner's sense of control and autonomy, creating empowerment and resilience (Joslin, 2021). This sensation of mastery fosters a positive cycle of emotional stability and relationship satisfaction, but feelings of helplessness or constraint can result in reliance, conflict, and poor psychological health.

Similarly, social adjustment the capacity to successfully adapt to social roles and sustain interpersonal relationships is an important predictor of marital well-being. It includes communication skills, empathy, and conflict resolution, all of which are required to sustain harmony and mutual respect in relationships (Wang and Kanungo, 2020). Individuals that are socially well-adjusted have better support systems and more marriage satisfaction, whereas adjustment challenges can result in isolation, misunderstanding, and poor emotional health (Shaud & Asad, 2020).

The relationship between psychological well-being, sense of control, and social adjustment is dynamic and reciprocal. A healthy married connection can improve psychological well-being, which strengthens

one's sense of control and ability to adjust to social responsibilities (Grundström et al., 2021). In contrast, problems in any of these areas might set off a negative chain reaction, diminishing overall life satisfaction and emotional balance (Kim & Jang, 2020). Previous study has shown that couples with greater autonomy, emotional control, and social adjustment abilities had better mental health and relationship quality (Huntington et al., 2022).

Creating social support networks and therapeutic procedures that improve marriage relationships requires an understanding of these links. Mental health practitioners can create counseling techniques that support resilience, empowerment, and marital harmony by determining the ways in which social adjustment and a sense of control contribute to psychological well-being (Heidrich & Ryff, 2021). Additionally, laws that promote community programs and mental health resources for couples can lessen the negative impacts of marital stress and improve the psychological well-being of people and families as a whole.

Self-determination theory

According to Edward Deci and Richard Ryan's (1985) theory of self-determination, mental health is grounded in the fulfillment of fundamental psychological needs, including autonomy, competence, and significance. This idea was proposed by the two individuals. The term "autonomy" refers to the sensation of being in control of one's own actions and choices; "ability" refers to the experience of being effective and proficient in one's own activities; and "relevance" refers to the process of making meaningful connections with other people. Individuals experience higher enjoyment and motivation when these requirements are addressed, which ultimately leads to an improvement in their overall mental health, as demonstrated by SDT (Gagné et al., 2022).

Locus of control theory

Julian Rotter made a distinction between an internal and external locus of control in his 1952 theory of control points, which he suggested. In contrast, persons who have an external locus of control feel that their outcomes are determined by external forces (such as fate, luck, or others), whereas those who have an internal locus of control believe that they have the ability to affect events and outcomes by their own actions. Couples who have control points may have a greater sense of confidence in their ability to deal with difficulties in their relationship and to take part in constructive issue solving after they are married. Those who have an external trajectory, on the other hand, may experience a greater sense of helplessness or may give in to the external environment, both of which may result in dissatisfaction and tension within the relationship (Saleh, 2021).

Social support theory

According to House (1981), the social support theory places an emphasis on the significance of social networks and the assistance that these networks offer in the process of fostering social adaptation. Individuals are able to better manage stress and adjust to their social duties, according to this hypothesis, when they have access to social support that is emotional, informative, and instrumental nature. The ability of a person to retain mental health and cope with the obstacles that come with a relationship can be improved by having a partner who is supportive and a solid social network while they are married. Having

social support can help to mitigate the negative effects of stress and contribute to the successful adaption to social situations (Chouhy et al., 2020).

LITERATURE REVIEW

Psychological well-being and sense of control

Marriage at a young age is a prevalent practice in many different cultures, despite the fact that it frequently has a negative effect on the mental health of individuals. Mental health and early marriage: a large number of researches have looked into the mental health of those who got married at an early age. The findings of the survey are consistent in their conclusion that adults who married at a younger age have a higher frequency of mental health issues such as sadness, anxiety, and low self-esteem. These individuals frequently deal with difficulties stemming from insufficient education, unstable economic circumstances, and limited personal growth, all of which contribute to the deterioration of their mental health (Hussain, et al., 2020).

When it comes to stress and disagreements in marriage, having a strong feeling of control can help couples cope with them more successfully, which in turn can lead to increased levels of marital satisfaction. (Glasser & Newton, 2001) conducted research that demonstrated that those who believe they have the ability to regulate the dynamics of interpersonal relationships have higher levels of mental health and lower levels of stress in their marriages. An example of a reciprocal dynamic is provided by this relationship. One's level of happiness can be improved by having a strong sense of control, and it can also help improve the results of relationships (Vaingankar et al., 2020)

More recent research has shed light on this connection, demonstrating that therapies that attempt to strengthen a person's sense of personal control can have a positive impact on mental health. According to Seligman et al. (2005), certain types of therapy, such as cognitive behavioral therapy, which focuses on providing patients with the skills to manage their thoughts and behaviors, can effectively promote well-being and lessen symptoms of anxiety and depression. Cohen and Wills (1985) discovered that the support of social networks can mitigate the effects of stress and boost a sense of control, so contributing to an improvement in general mental health (Heidrich & Ryff, 2021).

Psychological well-being and social adjustment

Studies have demonstrated that a person's mental health has a substantial impact on their capacity to adjust to social situations. These studies were conducted to investigate the relationship between mental health and social adjustment. As an illustration, Diener and Seligman (2004) conducted a study in which they highlighted the fact that individuals who have a better feeling of well-being are more likely to have social connections that are not just satisfying but also demonstrate stronger social skills. In general, these individuals have improved interpersonal skills and are better able to manage their interactions with others, which allow them to more successfully integrate into society.

Furthermore, Ryff and Singer (2006) discovered that mental health had a favorable impact on social support networks, which is required for efficient social adaption. This was in accordance with their findings. They came to the conclusion that happiness has a role in facilitating the establishment and

maintenance of sexual relationships, which in turn assists in coping with the problems and pressures that are imposed by society (Heidrich & Ryff, 2021).

On the other hand, social adjustment is also an important factor in terms of mental health. According to the findings of research conducted by (Gove & Tudor, 1973), successful social adjustment is associated with a higher level of mental health. The findings of their study indicate that individuals who are able to adapt well to social situations have less stress in their social duties and a greater sense of fulfillment, both of which have a beneficial effect on their mental health as a whole (Arslan et al., 2021). In addition, (Kim & Lee, 2022) conducted a study not too long ago in which they discovered that social adaptation, which can be defined as the capacity to adjust to social norms and to keep relationships that are productive, is a significant factor in determining mental health. They emphasized that individuals who are able to adjust well to social expectations and effectively manage interpersonal interactions have a tendency to report greater levels of life satisfaction and emotional stability (Scardera et al., 2020).

Sense of control and social adjustment

In 1966, Rotter carried out a significant study that investigated the connection between a sense of control and the ability to adjust to social situations. He was the one who first presented the idea of control source and made a distinction between internal control points and external control points. Subsequent study was impacted by this fundamental work, which demonstrated that persons who have internal control points (that is, those who believe that they can influence results through their own activities) tend to demonstrate superior social adjustment. According to Rotter (1966), individuals who exhibit these characteristics are more likely to engage in proactive activities, actively seek out social engagement, and effectively manage social circumstances. As a result, they contribute to the improvement of social integration and support networks (Xia & Ma, 2020).

Thoits (1995) conducted a study that investigated the function that a sense of control plays in the process of coping with social stressors. According to the findings of Tuitz, individuals who have a strong feeling of control are better equipped to deal with the stress that comes from social situations and are less prone to experience social withdrawal or isolation. This research highlights the significance of perceptual control in the context of maintaining social interactions and adjusting to the obstacles that are presented by society. The findings of Tuitz's research indicate that improving an individual's sense of control can be an effective intervention to increase social adaption, particularly in a social context that is stressful (Zhou & Yao, 2020).

A sense of control is a significant predictor of social adaption among the aged, according to the most recent research conducted by Infurna et al. (2011), which lends support to the notion that this is the case. According to the findings of their longitudinal research, elderly individuals who are able to keep a high sense of control are more likely to take part in social activities and to keep a robust social network. Continuous participation in social activities like these helps people adapt better to their social environment and increases their overall pleasure in life. The findings of this study also highlighted the fact that interventions that try to strengthen the sense of control that elderly people have can lead to improvements in social adaptability and mental health outcomes (Klug et al., 2021).

Perceived constraint has to do with the amount by which individuals view themselves as being constrained or trapped in their circumstances in relation to life and relationships (Wrosch et al., 2003). We have recognized it as a psychological stressor that interferes with the emotional well-being and any adaptive functioning. Perceived constraint, within the context of marriage, occurs from financial trouble, emotional dependence, social pressures, or conflicts, that lead to the feeling of being trapped and that you have little autonomy (Hayes, 2012).

It has been found that perceived constraint is negatively related with psychological well-being, that is, more constraint is negatively related to stress, anxiety and depressive symptoms (Keyes, 2005). This is especially the case when people perceive that their marriage is forced to continue, whether or not due to social norms, financial dependence, or an emotional commitment, and therefore they feel this lack of control that detracts from their life satisfaction and overall well-being (Lachman & Weaver, 1998). Studies indicate that there is a negative relation between perceived constraint, self-efficacy and emotional resilience, and the exacerbation of psychological distress (Bernier et al., 2015). Additionally, stress responses (like high cortisol levels) resulting from perceived constraint in marriage have been related to chronic stress (Saxbe & Repetti, 2010).

THEORETICAL FRAMEWORK

(Deci & Ryan's, 1985) Self-Determination Theory (SDT), which highlights the importance of three basic psychological needs autonomy, competence, and relatedness—for motivation, wellbeing, and social adjustment, serves as the foundation for this investigation. Autonomy in a marriage is the capacity to make choices on one's own and to feel in charge, which promotes empowerment and marital contentment (Deci & Ryan, 1987; De Man et al., 2020). Feeling capable of handling relationship dynamics and attending to a partner's demands is referred to as competence, and it improves interpersonal harmony, emotional stability, and self-esteem (White, 1959; Petrich, 2020). For psychological health and social adjustment, relatedness entails emotional intimacy, mutual understanding, and trust (Baumeister & Leary, 1995; Hussain et al., 2020).

SDT explains how fulfilling these needs strengthens resilience, emotional stability, and relational satisfaction, aligning closely with locus of control theory (Rotter, 1966), which suggests that perceived control enhances adaptability and problem-solving in marriage (Arslan et al., 2021). Overall, SDT provides a comprehensive framework for understanding how autonomy, competence, and relatedness interact to promote psychological well-being, a strong sense of control, and healthy social adjustment among married individuals.

Conceptual framework

DVs

IV

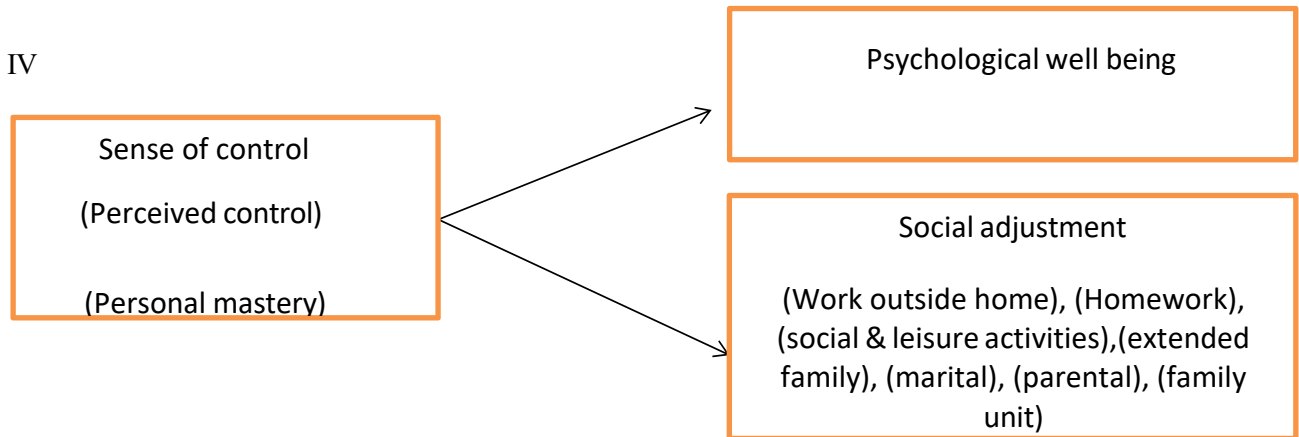


Figure 1: Relationship between psychological well-being, social adjustment and sense of control

METHOD

Research design

To achieve the objectives of the study, a correlational research design was employed to examine the relationships between the study variables. The research aimed to examine differences based on demographic variables such as age, gender, and residence. The English versions of Psychological Well-Being Scale (PWB) Sense of Control Scale (SOS), and Social Adjustment Scale

(SAS) were used in this study, as all participants had at least an intermediate education level, ensuring their ability to comprehend English.

Objectives

- To study the relationship between psychological well-being, sense of control and social adjustment among married individuals.
- To study the impact of sense of control on psychological well-being and social adjustment among married individuals.
- To explore the influence of social adjustment on psychological well-being among married individuals.

- To study the mean differences of gender, age, residence and family status on psychological well-being, sense of control and social adjustment among married individuals.

Hypothesis

- Sense of control (Perceived constraint) will negatively associated with psychological well-being among married individual.
- Sense of control (perceived constraint) will be negatively associated with social adjustment (work outside home, homework, social & leisure activities, extended family, marital, parental, family unit) among married individuals.
- Sense of control (Personal mastery) will positively associated with psychological well-being among married individuals.
- Sense of control (Personal mastery) will positively associate with social adjustment (work outside home, homework, social & leisure activities, extended family, marital, parental, family unit) among married individuals.
- Middle age adult will report high level of psychological well-being as compared to young adult among married individuals.
- Female will report high level of perceived constraint as compared to male among married individuals.
- Urban residents will report significantly higher engagement in social and leisure activities compared to rural residents

PROCEDURE

This study was approved by the Institutional Review Board (IRB) of Riphah International University, ensuring compliance with ethical standards. All participants provided informed consent, emphasizing their voluntary involvement and the freedom to withdraw at any time. To ensure confidentiality, no personal identifiers were recorded, and data was securely maintained solely for research reasons. Data were collected using self-administered surveys, with supervised administration available for individuals who needed it. Surveys were completed in person in 10-15 minutes, and researchers were ready to answer any questions. This systematic strategy guaranteed ethical transparency, data accuracy, and participant safety.

Instruments

Ryff Psychological well-being scale

Psychological well-being scale by (Ryff & Keyes, 1995) a self-report instrument that comprises 18 items measuring six dimensions of psychological well-being, autonomy, environmental mastery ,self-acceptance, personal growth, positive relations with others and purpose in life. The items are rated on 7-point Likert scale, ranging from 1= (strongly agree) to 7= (strongly disagree). High internal consistency

of psychological well-being scale is ($\alpha=.70$). Recently, it has been used in psychometric properties based on classical test theory and item response theory by (Danilo Garcia et al., 2023).

Sense of control scale

Sense of control scale by (Lachman, 1979) is a self-report instrument. The scale consist of 12 items measure two dimensions of sense of control, perceived constraint and personal mastery. The items are rated on 7- point Likert scale, ranging from 1= (strongly agree) to 7= (strongly disagree). The alpha reliability of sense of control scale is ($\alpha=.86$). This scale has two subscales: perceived constraint which has alpha reliability of .75 and personal mastery which has alpha reliability of .88

Social Adjustment scale

Social Adjustment scale by (Weissman & Bothwell, 1976) was used. There are 45 items in this self-reported questionnaire, and each item was rated on a five-point Likert scale with 1=(being the not at all) to 5=(being all the time).High internal consistency has been demonstrated by the SAS ($\alpha =0.80$). This scale has 7 subscales and its alpha reliability varies from .75 to .85.

Data analysis results

The statistical analyses in this study including chi-square tests, correlation analysis, regression analysis, and independent sample t-tests were chosen to explore relationships and differences among psychological well-being, sense of control, and social adjustment across demographic variables. Chi-square tests were used to determine whether there were significant associations between categorical demographic variables (e.g., gender, age, family system and residence) and the study's variables outcomes. Pearson correlation analysis was conducted to assess the strength and direction of the relationship between psychological well-being, sense of control, and social adjustment among married individuals. Regression analysis was conducted to determine the predictive influence of sense of control on psychological well-being and social adjustment among married individuals. Independent sample t-test was conducted to examine mean differences in psychological well-being, sense of control, and social adjustment across gender, age, residence, and family system. Table 1 presents the demographic characteristics of the participants, while Table 2 reports descriptive statistics and reliability coefficients for the study variables. Correlation analysis revealed that higher personal mastery was associated with greater psychological well-being and social adjustment, whereas higher perceived constraints were linked to lower levels of both. A multiple regression analysis was performed to investigate the predictive effect of sense of control on psychological well-being and social adjustment, and the results revealed that sense of control had a substantial influence on both outcomes. Independent sample t-tests were used to evaluate mean differences across demographic characteristics such as gender, age, residency, and family system, revealing that middle-aged people and urban dwellers reported higher levels of well-being and social engagement. Descriptive and inferential studies combined to create a thorough picture of how sense of control and social adjustment influence psychological well-being in married people.

RESULTS

The study's assumptions were analyzed by using SPSS versions 25.0. This chapter presents a comprehensive analysis of demographic data, psychometric properties, correlations, and regression analyses for the study variables. The psychometric scales demonstrated good reliability, with alpha coefficients ranging from 0.66 to 0.83.

Table 01

Frequency analysis of the demographic variables of the study (N=400).

Categories	Sub categories	Frequency(f)	Percentage (%)
Age	Young adult	192	48
	Middle adult	208	52
Gender	Male	191	47
	Female	209	52
Residence	Rural	160	40
	Urban	240	60
Family system	Nuclear	216	46
	Joint	184	54
Number of children	No children	19	4.8
	Only one	65	16.3
	Two children	145	36.3
	More than three	171	42.8
Qualification	Primary	97	24
	Secondary	115	28
	Undergraduates	28	7.0
	Graduates	125	31.3
	Post graduates	35	8.8
Partner qualification	Primary	29	7.2
	Secondary	49	12.3
	Undergraduates	65	16.3
	Graduates	118	29.5
	Post graduates	139	34.8

Note f= frequency, % =percentage

Table 02

Mean, Standard deviation and alpha reliability of the sense of control subscale (perceived constraint, personal mastery), psychological well-being, social adjustment subscale (work outside home, homework, social & leisure activities, extended family, marital, parental, family unit) variables (N=400)

Variables	K	α	M	SD	Range		Skew.	Kurt.
					actual	potential		
Perceived constraint	8	.66	56.0	7.0	14-48	8-56	-1.0	1.2
Personal mastery	4	.72	22.5	3.5	10-26	4-28	.76	-1.2
PWB	18	.83	98.8	18.0	45-120	18-126	-.49	-.56
Work outside home	6	.65	13.7	5.5	6-35	6-42	.90	-.88
Homework	6	.62	22.0	5.8	10-28	6-30	1.86	-1.3
Social & leisure Activities	9	.82	25.6	4.9	12-41	9-45	0.40	.66
Extended family	6	.83	19.7	5.33	8-29	6-30	-.15	-.92
Marital	10	.67	45.2	4.81	32-50	10-50	-1.0	.91
Parental	4	.68	15.5	4.97	6-19	4-20	.19	-1.9
Family unit	3	.61	12.6	3.59	5-14	3-15	-1.0	-.35

Note: Note. k = number of items, M = Mean, SD = Standard Deviation, α = alpha reliability

Table 03

Pearson correlation of the sense of control subscale (perceived constraint, personal mastery), psychological well-being, social adjustment subscale (work outside home, homework, social & leisure activities, extended family, marital, parental, family unit) study variables(N=400)

Variables	1	2	3	4	5	6	7	8	9	10
1.Perceived constraint	-	.376**	-.227**	-.495**	-.321**	-.315**	-.340**	-.094	-.746**	-.038
2.Personal mastery		-	.189**	.397**	.561**	.098*	.150**	.417**	.534**	.389**
3. PWB			-	.198**	.282**	.149**	.045	.300**	.287**	.118*

4. Work outside home	-	.350**	.318**	.421**	-.025	.740**	.013
5. Homework		-	.143**	.173**	.464**	.493**	.318**
6. Social activities			-	.413**	-.077	.346**	-.229**
7. Extended family				-	-.113*	.365**	-.235**
8. marital					-	.159**	.508**
9. parental						-	.148**
10. Family unit							-

Note: *p < .05. **p < .01

Table 04

Multiple regression analysis of Sense of control (perceived constraint, personal mastery) as predictor of psychological well-being (N = 400).

Predictor	95%CL				β	P
	B	S.E	LL	UL		
Constant	108.5	10.6	87.5	129.2		.000
Perceived constraint	-.46	-.13	-.72	-.20	-.18	.001
Personal mastery	.61	.26	.08	1.1	.12	.022
R	.25					
R ²	.06					
F	13.5					

Note: *p < .05. **p < .01

Table 05

Multiple regression analysis of sense of control (perceived constraint, personal mastery) as predictor of social adjustment (work outside home) (N = 400).

Predictor	95%CL				β	P
	B	S.E	LL	UL		

Constant	20.8	2.80	15.3	.26		.000
Perceived constraint	-.31	.03	-.38	-.24	-.40	.000
Personal mastery	.32	.70	.24	.52	.2	.000
R	.54					
R ²	.29					
F	83.8					

Note: *p < .05. **p < .01

Table 06

Multiple regression analysis of sense of control (perceived constraint, personal mastery) as predictor of social adjustment (homework) (N = 400)

Predictor	B	S.E	95%CL		β	P
			LL	UL		
Constant	8.3	2.9	2.6	14.0		.004
Perceived constraint	-.10	.03	-.17	-.03	-.12	.004
Personal mastery	.84	.07	.70	.98	.51	.000
R	.57					
R ²	.32					
F	97.0					

Note: *p < .05. **p < .01

Table 07

Multiple regression analysis of sense of control (perceived constraint, personal mastery) as predictor of social adjustment (social & leisure activities) (N = 400).

Predictor	B	S.E	95%CL		β	P
			LL	UL		
Constant	37.8	2.85	32.2	43.4		.000
Perceived constraint	-.22	.03	-.29	-.15	-.32	.000
Personal mastery	.03	.07	-.17	.10	-.02	.645
R	.31					
R ²	.10					

F 22.0
 Note: *p < .05. **p < .01

Table 08

Multiple regression analysis of sense of control (perceived constraint, personal mastery) as predictor of social adjustment (extended family) (N = 400).

Predictor	B	S.E	95%CL		β	P
			LL	UL		
Constant	31.3	3.04	25.3	37.3		.000
Perceived constraint	-.25	.03	-.32	-.17	-.33	.000
Personal mastery	.03	.07	-.11	.19	.02	.608
R	.34					
R ²	.11					
F	26.1					

Note: *p < .05. **p < .01

Table 09

Multiple regression analysis of sense of control (perceived constraint, personal mastery) as predictor of social adjustment (marital) (N = 400).

Predictor	B	S.E	95%CL		β	P
			LL	UL		
Constant	29.1	2.6	23.9	34.3		.000
Perceived constraint	-.05	.033	-.016	.116	-.07	.137
Personal mastery	.60	.067	.472	.734	.444	.000
R	.422					
R ²	.178					
F	43.0					

Note: *p < .05. **p < .01

Table 10

Multiple regression analysis of sense of control (perceived constraint, personal mastery) as predictor of social adjustment (parental) (N = 400).

Predictor	<i>B</i>	<i>S.E</i>	95% <i>CL</i>		β	<i>P</i>
			<i>LL</i>	<i>UL</i>		
Constant	27.5	1.83	23.9	31.1		.000
Perceived constraint	-.44	.02	-.42	-.40	-.63	.000
Personal mastery	.41	.04	.32	.50	.29	.000
R	.79					
R ²	.63					
F	339.7					

Note: * $p < .05$. ** $p < .01$

Table 11

Multiple regression analysis of sense of control (perceived constraint, personal mastery) as predictor of social adjustment (family unit) (N = 400).

Predictor	<i>B</i>	<i>S.E</i>	95% <i>CL</i>		β	<i>P</i>
			<i>LL</i>	<i>UL</i>		
Constant	-.606	1.99	-4.52	3.31		.761
Perceived constraint	.064	.025	.015	.114	.126	.011
Personal mastery	.443	.050	.344	.542	.437	.000
R	.407					
R ²	.165					
F	39.3					

Note: * $p < .05$. ** $p < .01$

Table 12

Mean differences on age in psychological well-being, sense of control and social adjustment variables (N=400).

Variables	Young (n=20-30)	middle (n=20-40)	<i>t</i> (398)	<i>p</i>	95% <i>CI</i>	<i>LL</i>	<i>UL</i>	Cohn's <i>d</i>
	<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)						

PWB	96.1(18.0)	101.4(17.7)	2.9	.003	-8.8	1.7	.29
Perceived constraint	49.9(7.4)	50.2(6.6)	.43	.63	-1.6	1.0	-
Personal mastery	22.2(3.4)	22.7(3.6)	1.4	.15	-1.1	.19	-
Work outside home	14.2(5.7)	13.3(5.2)	1.6	.10	-.19	1.9	-
Homework	21.5(5.9)	22.6(5.6)	1.8	.07	-2.1	.09	-
Social leisure activities	25.5(4.7)	25.8(5.1)	-.52	.60	-1.2	.71	-
Extended family	20.0(5.1)	19.4(5.5)	1.0	.28	-.48	1.61	-
Marital	45.4(4.6)	45.0(5.0)	.88	.37	-.51	1.37	-
Parental	14.4(4.9)	14.6(4.9)	.46	.63	-1.21	.74	-
Family unit	12.4(3.7)	12.7(3.4)	.73	.46	-.97	.44	-

Note: *p< .05, **p< .01

Table 13

Mean differences on male and females psychological well-being, sense of control and social adjustment variables (N=400).

<i>Variable</i>	<i>Male(n=191)</i>	<i>Female(n=209)</i>	<i>t (398) p</i>		<i>95%CI LL</i>		<i>Cohn's d</i>
	<i>M(SD)</i>	<i>M(SD)</i>					
PWB	98.3(18.8)	99.2(17.2)	-.52	.60	-4.4	2.6	-
Perceived constraint	49.0(7.8)	51.0(6.0)	-2.8	.005	-3.3	-.58	.25
Personal mastery	22.7(3.7)	22.3(3.3)	1.1	.20	-.29	1.0	-
Work outside home	13.4 (5.3)	14.1(5.6)	-1.2	.19	-1.7	.37	-
Homework	22.3(5.9)	21.8(5.7)	.93	.35	-.60	1.6	-

Social & leisure activities	25.3(5.1)	25.9(4.7)	-1.1	.25	-1.5	.41	-
Extended family	19.3(5.3)	20.0(5.3)	-1.2	.20	-1.7	.37	-
Marital	45.6(4.6)	44.8(4.9)	1.7	.08	-.12	1.7	-
Parental	14.8(5.0)	14.2(4.9)	1.2	.18	-.31	1.6	-
Family unit	12.8(3.3)	12.3(3.7)	1.3	.18	-.22	1.1	-

Note: *p< .05, **p< .01

Table 14

Mean differences on the basis of family system in psychological well-being, sense of control and social adjustment variables (N=400).

<i>Variable</i>	<i>Joint</i>	<i>Nuclear</i>	<i>t (398) P</i>		<i>95%CI</i>		<i>Cohn's d</i>
	<i>(n=184)</i>	<i>(n=216)</i>			<i>LL</i>	<i>UL</i>	
	<i>M(SD)</i>	<i>M(SD)</i>					
PWB	98.7(19.5)	98.9(16.7)	.12	.89	-3.8	3.3	-
Perceived constraint	50.3(7.1)	49.9(7.0)	.59	.55	-3.8	3.3	-
Personal mastery	22.5(3.5)	22.5(3.5)	.11	.90	-.74	.65	-
Work outside home	13.5(5.3)	13.9(5.6)	.81	.41	-1.5	.63	-
Homework	22.0(5.9)	22.1(5.7)	.06	.94	-1.1	1.1	-
Social & leisure activities	25.7(4.9)	25.6(4.9)	.37	.70	-.79	1.1	-
Extended family	19.9(5.3)	19.5(5.3)	.69	.49	-.68	1.4	-
Marital	45.2(4.9)	45.2(4.6)	.05	.95	-.92	.97	-
Parental	14.5(4.9)	14.5(4.9)	.05	.96	-1.0	.95	-
Family unit	12.6(3.6)	12.5(3.5)	.14	.88	-.65	.76	-

Note: *p< .05, **p< .01

Table 15

Mean differences on the basis of residence in psychological well-being, sense of control and social adjustment variables (N=400).

<i>Variable</i>	<i>Rural</i>	<i>Urban</i>	<i>t(398) P</i>	<i>Cohn's</i>
	<i>(n=160)</i>	<i>(n=240)</i>	<i>95%CI</i>	<i>d</i>

	<i>M(SD)</i>	<i>M(SD)</i>			<i>LL</i>	<i>UL</i>	
PWB	98.2(16.8)	99.1(18.8)	.49	.61	-4.5	2.7	-
Perceived constraint	49.9(7.0)	50.2(7.1)	.48	.63	-1.7	1.0	-
Personal mastery	22.6(3.5)	22.4(3.5)	.63	.52	-.48	.94	-
Work outside home	14.0(5.7)	13.5(5.3)	.85	.39	-.62	1.5	-
Homework	22.4(5.7)	21.8(5.8)	.91	.36	-.62	1.7	-
Social & leisure activities	24.9(4.3)	26.1(5.2)	2.4	.01	-2.2	.22	.25
Extended family	19.3(5.2)	19.9(5.4)	1.1	.23	-1.7	.42	-
Marital	45.2(4.7)	45.2(4.8)	.15	.87	-1.0	.88	-
Parental	14.6(4.9)	14.4(4.9)	.47	.63	-.75	1.2	-
Family unit	12.6(3.4)	12.5(3.6)	.19	.84	-.64	.79	-

Note: * $p < .05$, ** $p < .01$

DISCUSSION

The purpose of this study is to examine the relationship between psychological well-being, sense of control and social adjustment among married individuals.

The 1st hypothesis of the study Perceived constraint will be negatively associated with psychological well-being among married individuals was accepted. According to existing research, married people's well-being and social interactions are severely impacted by perceived limitations, whether they be financial, social, or personal (Thoits, 2010). According to Seligman's Learned Helplessness Theory (1975), psychological well-being and perceived control are diminished when people are repeatedly exposed to helpless circumstances, such as financial hardship or constrictive marital roles. In a similar vein, the Self-Determination Theory (Deci & Ryan, 2000) highlights how emotional suffering and discontent can result from a marriage's lack of autonomy. Further research demonstrates that while a strong sense of control predicts better well-being (Infurna et al., 2018), people who perceive more limits report lower life satisfaction and increased distress (Lachman & Weaver, 1998). According to Neff and Karney (2017), external pressures such as family and financial obligations also increase perceived limitations and lower marital well-being.

The 2nd hypothesis of the study Sense of control will be negatively associated with social adjustment among married individuals was accepted. A strong sense of control promotes positive social functioning, while high perceived constraints hinder social adjustment across areas such as work, home, family, and relationships. Individuals who feel limited in their work or domestic roles often experience helplessness,

stress, and difficulty balancing responsibilities, leading to lower motivation, job dissatisfaction, and role tension within the family (Infurna et al., 2018; Greenhaus & Powell, 2006; Voydanoff, 2005). Due to decreased engagement in social and recreational activities, increased loneliness, and decreased relationship satisfaction, perceived constraints have a detrimental impact on social and family life (Mirowsky & Ross, 2003; Deci & Ryan, 2000). These limitations cause stress and emotional alienation in families, impede communication, and damage marriages and other relationships (Antonucci et al., 2014; Neff & Karney, 2017). Low perceived control in parenting is linked to greater levels of stress and inconsistent or authoritarian parenting techniques, which can hinder children's social and emotional growth and weaken the bonds within the family as a whole (Belsky, 1984; Grolnick et al., 1997; Conger et al., 2010).

The 3rd hypothesis of the study personal mastery will be positively associated with psychological well-being among married individuals was accepted. Research consistently emphasizes the importance of personal mastery and self-efficacy in maintaining mental health and marital satisfaction handle marital disputes successfully personalities are more likely to be emotionally secure, resilient, and able to successfully handle marital disputes (Skinner, 1996; Thoits, 2006). Personal mastery improves proactive coping, optimism, and emotional closeness (Bandura, 1997; Grolnick et al., 1991) and protects against psychological suffering under family or marital stress (Krause & Shaw, 2000). Higher mastery levels support long-term emotional stability and marital happiness even in the face of life's obstacles (Mroczek & Spiro, 2007; Haidt, 2006). Therefore, enhancing self-efficacy and mindfulness-based therapies to strengthen personal mastery may improve psychological well-being and long-term marriage satisfaction.

The 4th hypothesis of the study personal mastery will be positively associated with social adjustment among married individuals was accepted. According to (Mirowsky & Ross, 2003) assert that people who have a strong feeling of mastery build stronger bonds with others and are better able to balance their obligations to their families and their jobs. Strong control encourages proactive problem-solving and participation in social and communal activities (Lang & Heckhausen, 2001). According to (Conger et al., 2010), people with greater mastery deal with marriage and family difficulties in a positive way, improving harmony and cohesiveness. According to (Gustavson et al., 2016) increased mastery enhances work-life balance and lessens interpersonal friction. In a similar vein, married people with greater mastery report lower levels of stress and improved social engagement (Schönfeld et al., 2017). Personal mastery promotes long-term social stability, flexibility, and work–family balance, according to additional research by (Infurna et al., 2018).

The 5th hypothesis that middle-aged adults will report a higher level of psychological well-being as compared to young adults among married individuals was accepted based on the findings of this study. Since middle adulthood is linked to increased emotional regulation, life experience, and useful coping mechanisms, psychological well-being often improves with age (Ryff & Singer, 2000). Higher levels of mastery, life satisfaction, and positive affect are frequently reported by middle-aged individuals, and these factors are strongly associated with improved mental health (Lachman & Weaver, 1998). Compared to younger adults, this era of life frequently delivers stability in both the personal and professional spheres, which lowers stress and anxiety (Parker et al., 2015). On the other hand, societal pressures, relationship difficulties, and job insecurity may cause young adults to have poorer psychological well-being (Arnett,

2000). Additionally, younger people's insufficient coping mechanisms may make it more difficult for them to control their stress and preserve emotional equilibrium (Helson, 2010).

The 6th hypothesis that "females will report higher levels of perceived constraint as compared to males among married individuals" was accepted based on the study's findings. The idea that one's capacity to make choices or affect life outcomes is constrained by cultural or external variables is known as perceived constraint (Rothbaum et al., 1982). Research reveals that women, particularly in traditional or patriarchal settings, have larger perceived limits in marriage, family duties, and job options (Hochschild & Machung, 2012). Women frequently take on a variety of responsibilities in married relationships, including managing the home, providing care, and supporting their spouses, which can make them feel limited (Kroska, 2007). Women's autonomy and decision-making authority inside families may be further diminished by cultural norms regarding gender roles (Simon, 1995). While marital stress affects both men and women, males are freer to pursue their personal and professional objectives, while women are frequently pressured by society to prioritize household responsibilities (Kroska, 2007).

The 7th hypothesis of the study is that Urban residents will report significantly higher engagement in social and leisure activities compared to rural residents is accepted, as the results of the independent sample t-test indicate a significant difference in social and leisure activity participation between these groups. More social, cultural, and recreational opportunities are available in urban settings, which encourages more people to engage in leisure activities (Van den Berg et al., 2010). Compared to rural areas, cities have more organized social groups and community events that promote social involvement (Stebbins, 2017). On the other hand, access to social and recreational facilities is frequently restricted for rural inhabitants due to geographical and infrastructure constraints (Carr & Kefalas, 2009). Additionally, rural lifestyles prioritize job and family obligations above leisure activities (Brown & Glasgow, 2008). While the socially dynamic and fast-paced aspect of metropolitan life encourages increased recreational activity, smaller, closer-knit social networks in rural regions may limit exposure to a variety of activities (Putnam, 2000). (Florida, 2014). Economic considerations also come into play because people in cities usually have more money to spend on paid leisure activities than people in rural areas (Christiansen et al., 2011).

IMPLICATIONS

The results of the study have significant theoretical and practical implications for family counselors, legislators, mental health professionals, and individuals wishing to advance marriage and family well-being. The study contributes to the growing corpus of research on psychological well-being from a theoretical perspective. Psychological well-being, social adjustment, and perceived limitations in marriage by offering perspectives on married people's gendered experiences. The fact that middle-aged people report higher psychological well-being than young adults emphasizes the importance of life stage changes and the part experience plays in marital satisfaction.

The finding of the research that women experience greater levels of perceived limitation than men highlights the necessity of addressing gender differences in household duties and marital decision-making. The results of this study have applications in counseling and therapy aimed at improving marital adjustment. Mental health professionals and marital counselors can use this information to develop

customized treatments that prioritize stress management, shared responsibilities, and effective communication between partners. Policymakers can also use these findings to support workplace policies that support maternity leave, work-life balance, and married people's access to mental health resources.

The study also highlights the importance of social activities, extended family involvement, and social support in fostering happy marriages, underscoring the need for community-based programs that foster robust support systems for couples. Additionally, considering the Future therapies may concentrate on giving people coping skills and self-efficacy training to assist them successfully handle marital issues, given the significance of personal mastery in enhancing psychological well-being and marital happiness. All things considered, the study offers practical conclusions that could be used to social, psychological, and policy-driven initiatives aimed at improving psychological well-being, fostering stronger bonds between spouses, and lowering marital stress.

Future research

Future studies should examine the fundamental processes that underlie married people's psychological health, social adjustment, and sense of control in a variety of cultural and socioeconomic circumstances. It is advised to conduct longitudinal research to look at how these factors change over time and affect emotional fortitude and marital satisfaction. To provide a more thorough knowledge of marital well-being, future research could also take into account other psychological elements such personality qualities, coping mechanisms, and social support. Furthermore, in order to fully capture the breadth of couples' lived experiences and find successful therapies that improve communication, adaptive adjustment, and personal mastery in marriage, future research may use mixed-method approaches.

CONCLUSION

This study highlights the critical relationship that exists between married people's psychological health, sense of control, and social adjustment. Perceived limitations were linked to stress and discontent, whereas a greater sense of personal mastery was linked to improved emotional stability, resilience, and marital satisfaction. Reduced conflict and increased life satisfaction were also influenced by effective social adjustment across positions in the home, workplace, and family. The results imply that improving social adaptation and personal mastery can improve marriage relationships, despite drawbacks like self-reported data and a cross-sectional methodology. In general, developing psychological well-being and long-term marital peace requires cultivating autonomy, emotional balance, and social competence.

ETHICAL CONSIDERATION

The study involved collecting data from a sample of married individual's through self-administered questionnaires. Informed consent was taken from the participants. Participants were provided with a detailed information sheet explaining the purpose of the study, the procedures involved, and their right to withdraw from the study at any time. Participants' personal information will be kept confidential and only disclosed to authorized personnel. The scale and other materials were utilized only after obtaining permission from the authors via email. Data was stored securely and in accordance with relevant data protection regulations.

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Availability of data and materials

The data sets used and analyzed during the current study are available from the corresponding author on reasonable request.

Authors' contributions/Author details

Sobia Qayyum Khawaja performed this study under the guidelines of Dr. Tahira Parveen

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