Methodology

Research Approach – The research approach for this study is qualitative and quantitative in nature.

Research Design:

In order to study the main and the interaction effect of marital intervention program on marital adjustment issues and closeness of married Indian couples with adjustment issues, pre test and post test will be administered before and after the intervention. To measure the relationship between adjustment issues and closeness two standardized test Marital Adjustment Test (MAT) and Relationship Closeness Inventory (RCI) will be used.

Study Variables –
1. Marital Adjustment Issues of married Indian Couples
2. Closeness among married Indian couples having adjustment issues.
3. Marital intervention program designed by researcher.

Setting of the Study:
Couples approaching the counseling center for the purpose of seeking intervention in form of marital therapy, residing anywhere in India and consenting to take part in present research study will be taken as participant after giving Marital Adjustment Test and Relationship Closeness Inventory test.Intervention in the form of seven sessions, one per week, will be given to them. There closeness level and adjustment levels be measured post intervention.

Population: Husbands and Wives as a couple between the age group of 25 to 50 years having legally married as per Indian marriage law.

Research Method:
Mixed method of data collection and analysis will be used.

Sample:
Purposive sampling method will be used where by 200 couples (400 participants) desiring to improve adjustment levels in their marriage will be taken.

**Statistical techniques to be used:**

1. Descriptive statistics such as mean and standard deviation will be calculated.
2. t’ test will be used to measure the significance of differences between obtained means.
3. Correlation method will be used for objectives number 1,2 and 3.
4. Any other appropriate test required will be used.
5. Graphical representation will be made.

**Tools of Research**

**Marital Adjustment Test (MAT)**

Locke and Wallace’s Marital Adjustment Test - 1959 (MAT) has 15 items measuring 3 factors – agreement, satisfaction and companionship. Scores range from 2 – 158. Reliability is 0.90 by using the Spearman Brown formula.

**Relationship Closeness Inventory (RCI)**

Berscheid et al – (1989) RCI is a multi-dimensional instrument measuring 3 aspects of couple hood based on characteristics of close relationship stated by Kelley et al., 1983. Frequency of daily activities, strength of partner’s influence on other and diversity of shared activities are studied under a optional scale.

**Ethical Considerations:**

1. An informed consent was taken from the participants to participate in the study.
2. Participants were informed that they were free to either participate or leave the study at any time without any kind of repercussion.
3. No inducements of any kind were used to get participants for the study.
4. All participants were assured before hand that the data will be used only for research purpose and total secrecy will be maintained.
**Limitations of Study:**

1. Married couples falling under L.G.B.T group were excluded.
2. Couples out of the age bracket of 25 to 50 were excluded.
3. Participants having no proficiency of English language were excluded.
4. Participants having psychiatry problems were excluded from the study.
5. Participants suffering from drug or alcohol were also excluded.
6. Normal male females who have got married below the marriageable age limit have been excluded.
7. Individual participants were not included in the study.

**Work Plan:**

1\textsuperscript{st} Year:
- Completion of PhD course work
- Review of literature
- Identify research problems
- Formulate objectives, hypothesis, research methodology
- Prepare synopsis

2\textsuperscript{nd} Year:
- Presentation of synopsis
- Review of literature related topics
- Pilot study
- Data collection and analysis
- Tabulation and interpretation of data
- Chapter wise arrangement of thesis
- Summary of thesis
- Summary submission to university

3\textsuperscript{rd} Year
Finalize the thesis
Attend and present paper and conferences
Publication of paper in reputed journals
Checking thesis for plagiarism
Present pre-thesis viva
Hard binding of thesis and submission to university.