

## Do Individuals Bred in Dual Career Families Have Different Attitude Toward Romantic Relationships?

Anupriya Biswas\*

M.Sc. Applied Psychology Pondicherry University Kalapet, Puducherry, 605014 India

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\*Corresponding author: Anupriya Biswas

### Abstract

### Review Article

Earlier, women were deemed fit only to look after the house and children. But as we are emerging out of this cocoon of dogmatic gender role beliefs that have been shaped over the centuries, women seeking employment is no longer seen as a taboo or a makeshift alternative to a man's incapacity to earn the daily bread but as a respectable choice to economic freedom. Concomitantly, there has been a paradigm shift in the intimate relationship in a heterosexual couple, namely the power dynamics, equal share in decision-making and the onus of household work among the partners. How does this reflect in the attitudes toward women empowerment, of children brought up in such households, and is they supportive of their partners when they enter into a mature romantic relationship? The current survey examines the difference in gender role beliefs, attachment styles, attitude towards intimate partner violence in dating relationships and relationship satisfaction among adults from dual career families contrasted with adults who had one working parent. Standardized questionnaires were filled out by young adults (N = 124, age range 18 to 25) involved in a heterosexual romantic relationship from single and dual career families. Statistical analysis revealed significant gender difference in abuse in the sample that is men are more abusive than women. Being raised in dual or single career household does not determine traditional or feminist gender role beliefs, relationship satisfaction, and attitude towards intimate partner violence.

**Keywords:** Gender role beliefs, intimate partner violence, relationship satisfaction, dual career.

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## INTRODUCTION

In a society aspiring towards egalitarianism, a satisfying romantic relationship of two heterosexual adults entails emotional bonding, physical intimacy or sexual behavior and mutual respect. The purview of mutual respect ensures that decisions of the household involve both man and woman. However patriarchal mindset complicates the situation, in that lack of fluidity in gender roles, responsibilities and duties exacerbate the condition of partner violence which takes the form of physical, sexual, psychological torture and stalking. Gender role attitudes are the best predictor of domestic violence attitudes [1]. According to the household survey of International Center for Research on Women in India 65% of men are convinced that women must tolerate violence to maintain the family's cohesive structure and believe that there are situations in which women deserve to be beaten [2]. Another form of torture, economic abuse, refers to gaining access to a person's economic resources or not allowing them to work, thereby rendering them financially dependent on the perpetrator. However, the need and significance of

economic independence of women in shattering years of oppressive patriarchy and restrictive gender roles is immense. Working women experience higher psychological wellbeing, than homemakers or nonworking women however, women in dual career families receive lower social support as opposed to those of single career families [3]. Social support for working women in terms of household chores and child-rearing is an absolute necessity, nonfulfillment of which can cause dissatisfaction. Nontraditional women are least satisfied with family life and are of the opinion that men should equally share housework, whereas in traditional settings men are more satisfied with family life as women bear the bulk of responsibility of chores [4]. In the Indian context, a study done on women software professionals, similar themes have been uncovered to be influencing the balance between work and family namely, the influence of family on life choices, the multi-roles of women and their negotiating the responsibilities arising out of these roles, identity of the self (work identity and family identity), challenges that arise in work and effective coping strategies, office policies and social support [5]. Women trapped in bad

marriages differ from women in good marriages in terms of social support and acceptance they receive [6]. Thus, attitudes and behaviors towards division of labor need to be congruent, or close to congruent in both the genders. Gender role stereotypes propagate idiosyncratic or normative ways of behavior, thought, action of a particular gender category, encompassing major aspects of lifestyle such as ones profession, choosing ones partner and responsibilities bestowed in the household, way of clothing and even acceptance of violence. Men and women perpetrate intimate partner violence and are victimized in their relationships, however, mostly men tend to initiate violence and their female partners respond with violence [7]. Men with a traditional masculine orientation are the ones who are most aggressive in a relationship [8]. An unfortunate yet necessary buffer to perpetration of intimate partner violence is benevolent sexism. A more practical solution to healthier relationships is having feminist partners since such a relationship provides longer relationship stability and sexual satisfaction [9]. Rigid gender role stereotypes culminate in unachievable expectations from partners. The consumption of body-objectifying media socially conditions one to objectify one's partner's body. This however is predictive of lower levels of relationship satisfaction. Self and partner objectification are related to lower levels of sexual satisfaction in males [10]. The basic tenets of exchange theory suggest that individuals choose to be part of a particular relationship because they envision a certain outcome from that relationship, which according to them seem more fulfilling those other competing relationships. However, the subjective feeling of the affective experience of happiness that arises in a relationship as well as the subjective perception of relationship satisfaction that enhances relationship quality and determines longevity of the relationship is based on a multitude of factors. Adult attachment style is a predictor of satisfaction in romantic relationships and conflict resolution behaviors [11]. Individuals with high levels of anxiety and avoidance as well as individuals with avoidant spouses experience lower levels of sexual satisfaction. The relationship between sexual and marital satisfaction is stronger for more anxiously attached individuals and those with more anxiously attached spouses [12]. Intimate communication is key to concurrent levels of relationship satisfaction and sexual satisfaction [13]. Intimate partner aggression is common in dissatisfied relationships [14]. However, attitudes accepting of aggression are not linked with either history of abuse or current abuse. It is an amalgamation of attitudes and history of exposure resulting in significant variance in physical and emotional aggression inflicted on adult female partners. There is a strong influence of abuse in the family of origin of men who are pro-aggression and actual physical and emotional aggression toward female partners, whereas for men who do not support aggression, this does not apply [15]. In the Indian context, there have been studies on personality factors

that contrast husbands in good marriages with husbands in bad marriages [6]. Femininity and masculinity have also been explored with respect to marital quality [16]. Additionally, studies on intimate partner violence in concert with gender roles have only focused upon sex workers. However, domestic violence as a phenomenon cannot be categorized to be prevalent only in the lower rungs of the society. Over the years many researches have been conducted on gender stereotypes and relationship satisfaction, however, very few studies have been done to explore the consequences of gender stereotype beliefs on children in single career and dual career household families. Preconceived notion is that a single career household family could provide more social support to children than dual career households, as children with dual career household have to be responsible for self-care for a significant portion of the day or have to be without adult supervision for a considerable part of the day. Studies on such "latchkey children" as an increasing global social phenomenon, report that they are more independent than children with single career household parents. Daughters with employed mothers, belonging to different age categories, show more positive assertiveness and exhibit less acting-out behavior than their unemployed mother counterparts [17]. Working-class boys also display more positive social adjustment when their mothers are employed, and this holds true for both one-parent as well as two-parent families. However, parents being involved in career full time outside the house also causes stunted parent-child bonding. Emotional and physical attachment to one's primary caregiver reflects in one's later relationships. Significant body of research substantiates the finding that faulty learning about relationship from parents' affects career, marriage, life satisfaction and subsequently parenting in various ways [18]. However, all these western studies are based on individualistic society. Now the question arises as to what will be the pattern of gender role beliefs, attachment style, attitudes toward intimate partner violence and relationship satisfaction on children with single and dual career families in our collectivistic society? To gain insight about how these variables cumulatively reflect as a product of parenting to the next generation, the present study aims at exploring the outlook of Indian children from single and dual career household families on above mentioned variables in a coherent manner.

## OBJECTIVES

- To determine whether individuals brought up in single career households differ in attachment styles, gender role beliefs, attitude towards intimate partner violence and relationship satisfaction from those brought up in dual career households.
- To study the gender difference in attachment styles, gender role belief, attitudes toward intimate partner violence and relationship satisfaction among young adults.

- To study the relationship among attachment styles, gender role belief, attitude towards intimate partner violence and relationship satisfaction among individuals brought up in single career households and dual career households.

### Sample

The data was collected from 124 young adults (male=37, female=87) involved in a heterosexual romantic relationship from both single and dual career households using random sampling method from various universities. The age range of participant is 18 to 25. None of the subjects were chosen for the study with any clinical evidence of psychiatric or other major physical illness. Incomplete responses were eliminated.

### Tools Used

Socio demographic details sheet that enquired about participants' personal information such as age, gender, educational qualification, occupation, type of residence, family type, relationship status, duration of relationship; parents' information namely occupation, educational qualification, monthly income, reason for quitting job, etc.

Gender Role Beliefs Scale shortened version [19] is a 7-point rating scale with 10 items that assesses gender role beliefs. The questionnaire consists of statements like "Women with children should not work outside the home if they don't have to financially" and "It is ridiculous for a woman to run a train and a man to sew clothes." In the scale 1 represents strongly agree, 4 is undecided and 7 is strongly disagree. Lower scores indicate more traditional gender role belief and higher scores show more feministic gender role belief. The scale has an Alpha Coefficient value of 0.80.

Relationship Assessment Scale [20] is a 7-item rating scale, that assesses relationship satisfaction. The questionnaire consist of statements like "How well does your partner meet your needs?" and "How many problems are there in your relationship." In the scale 1 represents low satisfaction 5 represents high satisfaction. The scale has an Alpha Coefficient value of 0.82.

Attitudes toward Intimate Partner Violence in Dating Relationships [21] is a 17-item scale that assesses attitudes toward intimate partner violence in individuals who are in a relationship. The questionnaire consists of items such as "I would be flattered if my partner told me not to talk to someone of the other sex" and "It would never be appropriate to hit or try to hit one's partner with an object." In this scale 1 represents

"Strongly agree" and 5 represents "Strongly disagree." A split-half reliability was performed and the Spearman-Brown coefficient value was found out to be .63.

Revised Adult Attachment Scale [22] is an 18-item rating scale that assesses attachment style. The questionnaire consists of items such as "I find it relatively easy to get close to people" and "I am not sure that I can always depend on people to be there when I need them." In the scale 1 represents "Not at all characteristic of me" and 5 represents "Very characteristic of me." A split-half reliability was performed and the Spearman-Brown coefficient value was found out to be 0.71.

### Procedure

Data from 189 participants was collected through online survey method. Informed consent was taken from each of the participants before the experiment. The purpose of the research and benefits to scientific knowledge base were clearly mentioned to the participants and they were assured of confidentiality of their data. They were also informed of their right to withdraw from the study at any stage. The instructions to the participants were mentioned specifically depending on every rating scale.

### Ethical Consideration

This research was conducted based on the ethical guidelines set by Pondicherry University as part of M.Sc. Dissertation curriculum. 124 responses were eligible to be considered for the study. 30 data could not be utilized due to incomplete responses and 35 were discarded, as the individuals did not meet the inclusion criteria. At the end of the survey, subjective report was taken from the participants regarding the evaluation of their relationship, their understanding of gender role attitudes, and they were allowed to mention any personal remarks if they wanted. Some of the participants also provided feedback using contact information of the investigator provided in the consent letter after filling the questionnaires.

## RESULT

Mean standard deviation and independent t statistic was computed to understand the group difference in the variables between the genders and individuals from single and dual career families. Pearson product-moment correlation was also computed to estimate the influence of dual and single career households' upbringing on these variables. The results are presented in the tables 1 to 4.

**Table-1: Showing descriptive and independent t statistics of individuals from dual and single career households on gender role beliefs (GRB), relationship satisfaction (RS), subdomains of attitude towards intimate partner violence scale (control, abuse, violence), subdomains of revised adult attachment styles scale (anxiety, close, depend) H<sub>1</sub>: There is a significant difference between individuals brought up in single career households and dual**

**career households in attachment styles, gender role beliefs, attitude towards intimate partner violence and relationship satisfaction.**

Variables	Dual Career Mean SD	Single Career Mean SD	t Value	p Value	Significance Level
GRB	60.51 7.61	59.45 9.42	0.64	0.52	NS
RS	30.55 3.76	29.69 3.90	1.19	0.23	NS
Control	14.35 2.73	14.02 3.31	0.56	0.57	NS
Abuse	15.18 5.33	15.01 5.85	0.15	0.87	NS
Violence	18.47 2.65	17.67 3.26	1.39	0.16	NS
Anxiety	15.73 6.09	16.43 5.91	0.62	0.53	NS
Close	21.68 3.20	21.54 3.73	0.21	0.82	NS
Depend	14.15 2.61	13.15 3.12	1.82	0.71	NS

NS – Not Significant

H<sub>1</sub> is rejected: The above table suggests that there is no significant difference between individuals from dual and single career households in terms of attachment styles, gender role beliefs, attitude towards intimate partner violence and relationship satisfaction.

**Table-2: Showing descriptive and independent t statistics of male and female on gender role beliefs (GRB), relationship satisfaction (RS), subdomains of attitude towards intimate partner violence scale (control, abuse, violence), subdomains of revised adult attachment styles scale (anxiety, close, depend) H<sub>2</sub>: There is a gender difference in attachment styles, gender role belief, attitudes toward intimate partner violence and relationship satisfaction among young adults**

Variables	Male Mean SD	Female Mean SD	t Value	p Value
GRB	57.67 9.58	60.75 8.32	1.80	0.07
RS	29.84 4.13	30.08 3.76	0.31	0.75
Control	14.41 3.46	14.03 2.96	0.60	0.54
Abuse	16.84 5.15	14.32 5.70	2.31	0.02**
Violence	17.95 2.57	17.97 3.27	0.03	0.97
Anxiety	16.68 4.91	15.97 6.37	0.60	0.54
Close	21.54 3.35	21.62 3.63	0.11	0.90
Depend	13.49 3.36	13.53 2.81	0.07	0.94

\*\* Significant at 0.01 level

**H<sub>2</sub> is partially accepted**

The above result table reveals that there is a significant gender difference in attitude toward abuse at 0.01 level.

**Tables 3 and 4**

Showing correlation of gender role beliefs (GRB), relationship satisfaction (RS), attitudes toward IPV (control, abuse, violence), attachment styles (anxiety,

close, depend) in individuals from dual and single career families

H<sub>3</sub>: There is a significant correlation among attachment styles, gender role belief, attitude towards intimate partner violence and relationship satisfaction among individuals brought up in single career households and dual career households.

**Dual Career**

	GRB	RS	Control	Abuse	Violence	Anxiety	Close	Depend
GRB		0.34*	-0.14	-0.37*	0.14	0.10	-0.06	-0.16
RS			-0.07	-0.18	0.32*	-0.22	-0.18	0.22
Control				0.03	0.16	-0.19	-0.10	0.25
Abuse					-0.19	0.17	0.03	0.04
Violence						-0.17	0.00	0.08
Anxiety							-0.13	-0.15
Close								0.26
Depend								

**Single Career**

	GRB	RS	Control	Abuse	Violence	Anxiety	Close	Depend
GRB		0.18	-0.16	-0.46**	0.32**	-0.16	-0.06	-0.21
RS			-0.19	-0.10	-0.02	-0.28*	0.15	-0.13
Control				0.39**	0.04	-0.07	0.05	0.05
Abuse					-0.31**	0.12	-0.03	0.20
Violence						-0.02	0.04	-0.09
Anxiety							-0.21	-0.06
Close								0.23*
Depend								

\*\* Significant at 0.01 level      \* Significant at 0.05 level

### H<sub>3</sub> is partially accepted

The above tables show that abuse is negatively correlated to gender role beliefs in both dual and single career families. There is significant positive correlation between feminist gender role beliefs (higher scores in gender role beliefs scale) and relationship satisfaction in dual career bred individuals. Relationship satisfaction also has a significant positive correlation with attitude towards violence among individuals from dual career family backgrounds. In individuals brought up in single career households, there is significant positive correlation between feminist gender role beliefs (high score in gender role belief scale) and attitude towards violence. Relationship satisfaction has a significant negative correlation with anxious attachment pattern in single career household individuals. Attitude towards control and attitude towards abuse have a positive correlation among individuals brought up in single career households. Attitude toward abuse and attitude toward violence are negatively correlated in single career bred individuals. Close and depend attachment styles are positively correlated in single career bred individuals.

## DISCUSSION

In contemporary societies, owing to the rise of the phenomenon of dual income families, the sociocultural milieu is going through a change in terms of gender roles, dynamics of heterosexual relationships, and parenting styles. Literature on intimate partner violence indicate that parental attachment shapes gender roles, that is, whether an individual is traditional or feminist in outlook, which in turn has an effect on perpetration of violence on intimate partners. The present study attempts to throw light on whether growing up in an environment where both parents are working has any impact on the attachment styles, gender role beliefs, attitude toward partner violence as well as concomitant relationship satisfaction. It is found that there is no difference in gender role beliefs of individuals who grew up in single career families and dual career families. Thus, being raised in a household where the mother is a homemaker does not have any differential effects on the children's gender role beliefs than when the mother is a professional. Hence, among families where both parents are earning members as well as single career families, feminist gender role beliefs (gender role belief scores above average) are inculcated among the young members of the family. This is refuted

by the findings of Forste & Fox, in that men do not feel that they should be more involved in housework and the social support received by professional women is not adequate [4]. The crux of this result is that men need to be more involved in the family as a prerequisite in understanding the need of lending additional support to their working spouses as an aid in maintaining their professional and family life and effectively dealing with more complex role demands. In this context, another study done has also found contradicting evidence to the current study of divorce rate for single career marriage where the husband is working to be lower than in case of single career marriage with women professionals [23]. However it should be taken into consideration that the taboo of a separation is more severe in collectivistic societies that prevent couples from undergoing separation. In fact, Holahan & Gilbert are also of the opinion that it is difficult to maintain two professions and a stable, satisfactory married life; they found that high career aspirations were positively correlated with role conflict in women but negatively correlated in men [24]. This must commensurately have effect on upbringing of children, parental attachment as well as gender roles fostered via the family structure.

There is significant difference between males and females when it comes to scores on attitude toward abuse. The items include "As long as my partner doesn't hurt me, 'threats' are excused", "It is no big deal if my partner insults me in front of others", "It is not acceptable for my partner to bring up something from the past to hurt me." The item connotations entail attitudes towards psychological abuse. The items try to tap into the test-taker's idea of differentiation between love and abuse. Males have a higher mean score in attitude toward abuse than females in the present study. This might be due to the equation of power in a heterosexual relationship in a patriarchal society. Hence, women are conditioned to be accepting of their position as the subject of psychological abuse, whereas males need to assert their superiority through psychological abuse. Besides gender, age also has a moderating role in intimate partner abuse; younger males and females experience more abuse than elder individuals [25]. However, there is no significant gender difference in attitude toward violence, which has items measuring attitude towards physical abuse. Ahmadabadi, Najman, Williams et. al has pointed to an emerging gender symmetry model in family violence [26]. Literature shows that women mostly use violence

in retaliation and it is mostly men who initiate violence [7]. Thompson in his “masculinity argument” has explained that physical aggression is indigenous to a man’s traditional role norms, and that men with a traditional masculine orientation are the ones who are most aggressive in a relationship [8]. However, in the current study, males and females from single as well as dual career households have reported to nurturing a feminist outlook. Therefore, there exists an incongruence between gender role beliefs of individuals and other belief sets as considered a harmonious accompaniment to feminist gender role beliefs such as intolerance for physical abuse. Thus, it can be harped upon that the unfortunate buffer to physical aggression namely, benevolent sexism, is involved in preventing physical violence on women in dating relationships.

There might be a shift from traditional gender role beliefs in men, to more feminist outlook, however there is a dissonance in their actions when it comes to implementing it in their relationship with their female partners. Thus, men might act in ways that suggest them holding a feminist perspective for gaining social desirability, for instance in workplace, in front of peers, or answering a questionnaire, but this might not be true of their behavior in case of interactions with their intimate partner.

The significant positive correlation (shown in table 3) between feminist gender role beliefs (higher scores in gender role beliefs scale) and relationship satisfaction in dual career bred individuals suggests that gender role beliefs as opposed to traditional gender roles will yield higher satisfaction in relationships where both partners are professionals. A lot of available literature supports this finding. This is supported by Forste & Fox’s study iterating that nontraditional women are unhappy in family life as they are burdened with bulk of household chores, for which their husbands do not provide any support [4].

Relationship satisfaction also has a significant positive correlation with attitude towards violence among individuals from dual career family backgrounds (table 3). The subdomain of violence includes items such as “It would never be appropriate to hit or try to hit one’s partner with an object”, and “I think it is wrong to ever damage anything that belongs to a partner.” This means that an individual with a feminist outlook hailing from a dual career household tends to concur that it is inappropriate to hit one’s partner or damage his or her belongings, would be more satisfied in a relationship, assuming that their partners also concur to similar attitudes towards violence. Hammett et al. state that dissatisfied couples are more likely to engage in intimate partner aggression, however, being dissatisfied is unlikely to increase the level of aggression a couple engages in overtime [14].

In individuals brought up in single career households, there is significant positive correlation between feminist gender role beliefs (high score in gender role belief scale) and attitude towards violence (table 4). The violence subdomain includes items that suggest that it is inappropriate to hit one’s partner with fist or an object. Thus, an individual raised in a single career household with feminist gender role beliefs would also simultaneously hold the notion that hitting one’s partner, be it with fist or an object is inappropriate. In other words, individuals hailing from single career background with feminist gender role beliefs tend to have negative attitudes toward use of violence in intimate partner relationships. Berkel, Vandiver & Balmer’s study has pointed out that gender role attitudes are the best predictor of domestic violence attitudes [1]. The items in violence subdomain assess the attitudes towards physical violence per se and not attitude towards psychological abuse, which is a separate subdomain of the scale. There exists no relation between gender role beliefs and attitude toward violence in adults from dual career families (table 3). This might be due to the fact that there exists no tolerance for physical violence per se, or attitudes inclining towards perpetration of abuse between partners where both are economically independent. However, positive correlation between gender role beliefs and attitude towards abuse is common among both single as well as dual career bred individuals (tables 3 and 4). This indicates that individuals from both single and dual career households with feminist gender role beliefs have also responded in favor of having positive attitude toward abuse (psychological abuse) towards their intimate partners.

Relationship satisfaction has a significant negative correlation with anxious attachment pattern in single career household individuals (table 4). Avoidance and anxiety are predominant predictors of relationship satisfaction and conflict resolution behaviors [11]. Although, Hammond & Fletcher concluded in their study that relationship satisfaction influences attachment styles and not the other way around [27]. Attachment style incongruence in couples can cause relationship discord [28]. There is no relation between anxious attachment pattern and relationship satisfaction in individuals from dual career households (table 3). This might once again be attributed to financial independence of both the partners. Whereas, among single career household bred individuals, the dependence on a single-earner, mostly the father, might be the source of anxiety, which can negatively impact relationship satisfaction.

Attitude towards control and attitude towards abuse (psychological) have a positive correlation among individuals brought up in single career households (table 4). That is, individuals hailing from single career household, who hold negative attitudes towards control, also endorse negative attitudes towards abuse and vice-

versa. Abuse and violence, also subdomains of the same scale are negatively correlated in this group. The wordings of the items need to be considered here. For instance, an item in the abuse domain is worded as “During a heated argument, it is okay for me to say something just to hurt my partner on purpose” and in the violence subdomain an item is framed in a negative narrative, such as item 16 reads “Threatening a partner with knife or gun is never appropriate.” Therefore, an individual brought up in single career household who responds in agreement with the item from the abuse subdomain disagrees with the item in the violence subdomain. This might be inferred from the subjective reports that physical violence, as such is tabooed in intimate partner relationships, whereas, psychological abuse is mistaken for love. In collectivistic societies, there is a high tolerance for psychological abuse as attachment is quite strong in these bonds. Such bonds are also impermeable due to societal pressure and taboo. Subjective reports suggest that break up or separation with intimate partner is seen as an alternative only in cases where psychological abuse escalates to physical violence.

Close and depend attachment styles are positively correlated in single career bred individuals (table 4). It can be reasoned that individuals bred in single career households imbibe dependence from their parental dynamics, where mostly the mother is dependent on the father for finances. Thus, dependence and closeness are perceived to be similar and not separate concepts by these individuals. The inability to segregate these two concepts can be contradicted with dual career raised individuals. In dual career bred individuals, dependence strictly pertains to financial dependence and closeness only relates to emotional or psychological needs. As mentioned earlier, relationship satisfaction has a significant negative correlation with anxious attachment pattern in single career household individuals. Thus, it might be pointed out that this anxiety for one’s financial responsibilities to be borne by one’s partner can be the cause of dissatisfied relationship. Frequently, dependently attached individuals have to undergo abuse since they cannot extricate themselves from an abusive relationship.

Between both the groups of dual and single career household bred individuals gender role beliefs are negatively correlated to abuse (tables 3 and 4). This can mean that in both the groups, disposition towards a feminist gender role belief will also necessarily exclude the proclivity to abuse one’s partner.

## CONCLUSION AND DIRECTION FOR FUTURE RESEARCH

The present study had certain limitations, though efforts were made to execute it comprehensively in terms of understanding of the influences of career choices of parents, gender stereotypical beliefs, attachment styles, attitudes towards intimate partner violence and

relationship satisfaction. This research indicates that individuals from single and dual career families do not differ in their way of imparting feminist gender role beliefs, however the implementation or actual practices of the same may yet not be a reality. The study can be done on larger sample and more methodological precision can be taken. Future researchers may examine relationships among other connected variables such as media influences on gender stereotypes, sexual satisfaction, and body image dissatisfaction in order to explore the causes propagating the dissonance or gap in gender role beliefs and egalitarian practices. Considering all the issues in a single attempt is beyond one’s scope; although, these limitations of the present study open the door for future researches. However, it may be noted that previous research linking dual and single career home environments to relationship satisfaction among young adults have not been conducted in the Indian context.

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