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Happiness Is the Production of Self Love and Its Reflection to Marital Status of Aged Women

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A B S T R A C T

A sample of 100 aged women (50 married and 50 unmarried) was selected to determine their psychosocial profiles. The variables selected for this study were narcissism and happiness. Data analysis revealed interesting findings that married women were found to be more sociable and happy in adjustment context. Less hassles and less anxiety illuminated their lives with more enjoyment and more harmonious relations and less narcissistic manifestation in behavior pattern. On the other hand, less orientation towards social acceptance make never-married women easy victims of impaired quality of life, higher authoritative attitude, exhibitionism, exploitativeness, vanity and narcissism that leads to less commitment to relationships. Also, they have a tendency to exhibit lack of empathy, marked levels of hostility. Further analysis for finding out the interrelation between happiness and narcissism in case of married aged women also revealed that satisfactory maintenance of conjugal relationships actually increases their ego strength and creates a self-pride in them but unmarried counterparts always guarded by a grandiose feelings and use dominance as a weapon to guard their feelings of inferiority, insecurity, inadequacy and with narcissistic traits perceives the possible threats to their personal importance, see themselves in an unrealistically positive way.

Keywords: Psychosocial profile, marital status, aged women.

INTRODUCTION

The universe is embarked with abundance of resources in the line of physical and mental, political, economics, and religious, spiritual and so on. The concept of ability aims and aspirations are bounded with inmates. The human, the topper at the evolutionary ladder owing to their rationality are designers of life. The fabric layout of life endorses their attempts to achieve something of their choice. The outcome is either in affirmative, resulting in satisfaction, satiation and happiness or else in negative, in tune of frustration or depression borne out of failure. The set goal of life, both in instinctive term and social emotional term is to be 'happy'. The folds of happiness being either materialistic or else realization-based inner

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achievements, the average mass of the society with their limited personal resources go for the former kind of happiness. Psychologically in the realm of well-being, this is also of no less importance.

Happiness may be closely related to yet another personality component, namely narcissism. Narcissism describes the character trait of self-love, based on self-image or ego. Narcissism is an emotional investment into the self. When normal, it leads to sustained self-regard and mature aspirations. When pathological, it is accompanied by inordinate demands upon the self, excessive dependence upon others, and deteriorated capacity for interpersonal relations. Considering the earlier knowledge the present study is an attempt to probe this kind of happiness frames in older women, keeping mind their marital status.

“What is happiness”? The question is probably as old as mankind itself. The greatest human minds have struggled with this issue. ‘Happiness is a term that conveys several different meanings including momentary joy, satisfaction with life and long-term enjoyment. The term is also used as a popular and short-hand way of speaking about subjective well-being’¹.

Positive psychology works under the assumption that happiness is a scientifically unwieldy term and that its serious study involves dissolving whole into at least three distinct better defined roots to happiness ².

1. Positive emotions and pleasure.
2. Engagement and
3. Meaning.

Argyle³ presented a tripartite conceptualization of happiness:

1. The average level of satisfaction over a specific time period.
2. The frequency and degree of positive affect.
3. The relative absence of negative affect as depression and anxiety.

Again, Veenhoven⁴ stated, “happiness can be regarded as a trait if it meets three criteria (of)

1. Temporal stability.
2. Cross situational consistency.
3. Inner causation.

Happiness is a match between our life expectations and our deeds; it is the result not of chance but of using for the best all the opportunities that we encounter in our lives.

Considering the above discussions, Lucas and Diener⁵, pointed out that pleasant affect tends to decline with age, but life satisfaction and negative affect do not change with age. Cummins⁶ says Australian research shows a U-shape happiness curve only applies to people who do not have good relationships. Thus, findings suggest that, social support and quality of life are responsible for poor psychological adjustment and low levels of happiness.

Literature survey about happiness and unhappiness in old age revealed that aged persons carry over attitudes formed earlier as a result of success and failure of their past achievements and adjustments⁷. Foster et al⁸ examined the

association among narcissism, age, ethnicity, world region, gender using a large (N=3445) sample, and suggested that narcissism declines in older participants and females report being less narcissistic than males. Thomas⁹ investigated the separate effects of several dimensions of giving and receiving social support on the well-being of older adults, with hypotheses guided by identity theory. Data derive from the Social Networks in Adult Life survey, a national probability sample of older adults (N = 689). Ordinary least squares regression was used to examine the impact of total support, size of support network, number of types of support, and types of alter support relationships—both given and received—on well-being. Providing support to others is beneficial to older adults' well-being, as illustrated in the relatively strong, positive associations of total support given, the number of types of support given, and support given to friends and children on well-being. Receiving support was less important to well-being except when received from a spouse or sibling. Evidence from this analysis provides support for hypotheses predicted by identity theory, which highlights the importance of examining, giving and receiving support net of the other, and suggests that it is often better for the well-being of older adults to give than to receive. In another study, *Sotgiu et al*¹⁰ investigated the subjective representation of the components of happiness and their attainment in older adults from two countries with different economic well-being and cultural orientations: Italy and Cuba. Two hundred and nine Italians and 186 Cubans completed a questionnaire. Respondents were asked to write down at least five components that made them feel happy. A measure of overall happiness was also obtained by asking the subjects to rate to what extent they had attained each component in their life and calculating their mean. The results showed that there was agreement amongst the participants over their choice of components used to represent happiness; however, there were cross-cultural differences regarding the frequency of citation and importance of these components. The fact of living in Italy or Cuba was not a predictor of overall happiness, despite the difference in national income. Considering Indian literature among several studies, *Sahu and Rath*¹¹ examine the perceived self-efficacy of working and non-working women in the context of involvement. An attempt was also made to examine the association between self-efficacy and well-being. A total 240 woman (120 working and 120 non-working, aged 30-55 years) participated in the study. The non-working women were categorized into involved and less involved groups on the basis of their median split of their scores on family involvement. Results indicated that working women's higher self-efficacy compared to non-working women. Similarly involved women showed more self-efficacy than non-involved women. *Dubey et al*¹² conducted a study to understand the feeling of the elderly residing in the old age homes and within the family setup in Jammu. The sample of elderly women was selected using the "Purposive sampling" technique to select 30 elderly women from the old age home as well as a similar number from the family setups. The data was collected using a specially designed interview schedule and observation

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technique through a house- to-house survey for those residing in the families. Non-working status of these women and above 60 years of age was criteria for sample selection. Results of the study revealed that most of the elderly felt the attitude of the younger generation to be unsatisfactory towards them especially those who were in old age homes in terms of getting respect, love and affection from the family members instead they were considered as burden for others. Women living in the families had a positive attitude towards old age. The social relationship of the elderly women living in families and those living in old age home also differed. Noticeably; there was a fall in the overall efficiency, sociability, degree of involvement in work and hobbies. On the other hand, better social relations were maintained by the family dwellers because they had regular interaction, expressions of feelings and support from the family.

Narcissism refers to a “pervasive pattern of grandiosity” that is characterized by arrogant behaviours, feelings of entitlement and superiority and a lack of sympathy for or concern about others¹³. A current investigation examined the association among narcissism, age, ethnicity, world region, gender using a large (n=3445) sample, suggesting that narcissism declines in older participants and males report being more narcissistic than females⁸. Hotchkiss¹⁴ summarizes the history of narcissism theory and offers thumbnail sketches of what narcissism looks like from the perspective of several major theorists. From these conceptualizations are derived six key concepts that recur in narcissism theory, which are as follows:

- (1) Differentiation
- (2) Internal objects
- (3) Primitive defenses;
- (4) Envy;
- (5) Superego development
- (6) Affect regulation.

The word narcissism is derived from a great myth which is about Narcissus, a handsome Greek Youth, who rejected the desperate advance of the nymph echo. As punishment, he was deemed to fall in love with his own reflection in a pool of water. Unable to consummate his love, Narcissus pined away and changed into the flower that bears his name, the Narcissus¹⁵. In other words, it relates to an exaggerated self-love. However the term may consist of a variety of meaning depending on the orientation.

In this present context, the study of narcissism is felt to be important as its concept has been extended from the restricted domain of mental illness to encompass many tendencies among ostensibly normal individuals¹⁶. The construct has been found to be closely related with performance and self-regard. Different types of work styles and consequent professional demands have been found to influence their narcissistic compositions among other personality traits.

Ageing may be understood in the context of different elderly samples like those of married and never-married to have a better view of their differential

ageing profiles, with effectiveness or ineffectiveness in certain respects. Married elderly partners constitute a bulk of the elderly population. To unfurl their psyche from the personality perspective, they form a chunk of the sample in the present investigation. In fact, marriage has been defined as a more or less durable connection between male and female, lasting beyond the mere act of propagation till after birth of offspring. With family environment, marriage is seen as instrumental in fulfilling such personal needs as affection, security and maintaining life style¹⁷. Love, companionship, escape from loneliness and unhappy home situation are few other reason that may constitute a person's dispositions for marriage¹⁸. Sociologists have studied the change in attitude towards marriage in the last few decades. It was found that in last ten to twenty years, individuals' attitudes have changed from viewing marriage as a sacrosanct, solemnized primarily for the good of the individual and for his personal happiness and satisfaction.

Though the position of women in Indian society is of a complex nature which differs with respect to religious, social customs, economic level of community and heritage effects, even then it is not derivable that status of women in India has undergone some changes in recent years with increasing details of freedom and equality. The comprehensive change can be perceived all over the world but it may vary from society to society and culture to culture. Yet it is a fact that a large number of women continue to remain underprivileged and are still humiliated, harassed and tortured.

Virtually all societies consider married life the most desirable type of existence- and advocate relatively stable union between husband and wife. The marital union involves such activities as living together, having children and rearing them. But surprisingly it varies from society to society. In some societies it is almost unknown for a woman not to marry, and marry, moreover, at once soon after the onset of puberty. In others a good number of women remain single for life.

It is common knowledge and experience that never married women constitute a special human category which is different from such social categories as divorced and widowed women. Their life style, attitudes, behavior patterns, purpose for savings and accumulation, patterns of spending, relation with relatives, plans and attitudes after and towards retirement, sexual needs, religious beliefs, and values are likely to be different from those who are belonging to married categories. The low level of happiness of the single woman is likely to be attributable either to lack of gratifications associated with marriage, or to the difficulties of living in a marriage oriented world. It is the primary arena of identity and self-realization; providing "back stage" areas for personal control and intimacy¹⁹. To the extent that marriage is successful in fulfilling these needs, the never- married may be less happy, precisely because they lack this "significant validating relationships".

The present investigation aims to study psychosocial profile of married and unmarried elderly women with respect to key variables of happiness and

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narcissism. The utility of the present study seems to be manifold in character for which fruitful use of the results of the present study is expected to prove worthwhile for the betterment of human beings individually as well as social welfare.

Considering these the present study purports to examine:

- To locate, the difference, if there is any, between married and unmarried aged women with regard to happiness and narcissism
- To locate, the relationship, if there is any, between narcissism and happiness for married aged women
- To locate, the relationship, if there is any, between narcissism and happiness for unmarried aged women

METHODOLOGY

A total number of hundred aged women among which fifty belonging to each group namely married and unmarried aged women were selected. The subjects were selected on the basis of the following criteria:

Inclusion Criteria:

Sex- Female

Age- 50 - 60 years

Educational level- Graduation

Working status-Working at government offices and private sectors

Marital Status-Married/Unmarried

All of them were from middle class socio-economic status, belonging to the Hinduism religion were Bengali.

Exclusion Criteria:

Marital Status-Remarried/Widowed/Divorcee

Working Status- Retired

Clinical Status- Presence of psychopathological symptoms

Candidate who not yet reached menopausal state was excluded.

Tools Used:

i) Information Blank- Consisting information like name, age, sex, religion, mother tongue, marital status, education, family history, working status, personal hobby, future economic plan, and major illness.

ii) General Health Questionnaire (GHQ) by Goldberg and Hiller²⁰ is used for eliciting psychiatric morbidity among the sub-samples. GHQ-28 containing 28 items is derived from factor analysis of GHQ-60 and consists of four subscales; each subscale assesses separate factors like somatic symptom, anxiety and insomnia, social dysfunction and severe depression. It is as good as any other version of GHQ as a case detector. At the same time it gives scale sub-scores. Each item has four response alternatives. In GHQ, correlation co-efficient of each item with total score is significant at 0.01 level. The split-half reliability is 0.97. Its sensitivity and specificity are 1 and 0.88 respectively.

iii) The Oxford Happiness Questionnaire (OHQ) by Hills and Argyle²¹. An improved instrument OHQ has been derived from the Oxford Happiness Inventory

(OHI). It consists of 29 items, each presented as a single statement which can be endorsed on a uniform six point Likert scale. Sequential orthogonal factor analyses of the OHQ identified a single higher order factor, which suggests that the construct of well-being it measures is uni-dimensional. OHQ is a self-administering questionnaire and instructions are given in the beginning of the questionnaire. There is no time-limit to complete it. The OHQ has high scale reliabilities with values of $\alpha(168) = 0.91$ respectively. The inter- item correlation for the OHQ ranged from -0.04 to 0.65. Highly significant difference ($p < 0.01$) was obtained between high and low group of OHQ score for every item of OHQ. This indicates that all items of OHQ are making a valid contribution to the measurement of overall happiness.

iv) Narcissistic Personality Inventory (NPI) by Raskin and Hall²². It is a forty item measure that assesses narcissism as a normally distributed personality trait²². The NPI distinguishes seven different aspects of narcissism, namely:

- Authority
- Self-Sufficiency
- Superiority
- Entitlement
- Exhibitionism
- Exploitativeness
- Vanity

The NPI is a self-administering test. There is no time-limit to complete it. The instructions to complete the questionnaire precede the items. Cronbach's α for internal consistency for NPI was 0.81. The NPI has been used widely and shows satisfactory convergent and discriminant validity^{23, 24, 25, and 26}.

Procedure:

Preparation of information Schedule:

An information blank / questionnaire in the form of information schedule were prepared at first in order to elicit certain basic information regarding the respondent. The proposed criteria for preparation of information schedule were as follows:

- a) Personal Identity
- b) Educational level
- c) Family Background
- d) Information regarding profession
- e) History of physical illness
- f) Profile of interpersonal relationships

Several items under each category were written and the responses were free choice type or open ended and the multiple choice type.

Administration:

To conduct the study, first consents were taken from subjects individually. The questionnaires were administered in a single session; the questionnaires were

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filled in the presence of only the assessor so that any clarification could be done immediately. Sufficient amount of rest was provided in between each of the questionnaires whenever required, to prevent the creeping of fatigue, boredom and monotony on the part of the subjects. The time taken to administer all the questionnaires to each of the subjects was approximately one and half hour.

Actual Procedural Technique:

The subjects were approached individually. First, the Information Schedule was handed over to each individual. "Today we would be starting our test session. Please be co-operative. All the information provided by you will be strictly confidential. So please do not hesitate in answering those freely."

After the information schedule was finished, ten minutes rest period was allowed to the respondents. Then the General Health Questionnaire was administered and following instructions were given.

"You have a questionnaire, where twenty-eight questions are given. In each statement there are four alternatives. We would like to know if you have had any medical complaints, and how your health has been in general, over the past few weeks. Remember that we want to know about the present and recent complaints, not those that you had in the past.

Please be free and frank in your answers and return the questionnaire to me as you finish answering all the statements".

After that with sufficient time-gap the rest of the questionnaires were randomly administered to all the respondents.

The instructions for the other questionnaires are as follows:

The Oxford Happiness Questionnaire: There are twenty-nine statements about happiness. Each statement has six alternatives: (1) Strongly Disagree (2) Moderately Disagree (3) Slightly Disagree (4) Slightly Agree (5) Moderately Agree (6) strongly Agree. Read each statement carefully because some are phrased positively and others negatively. Do not take too long over individual questions; there are no right and wrong answers and no trick questions. The first answer that comes to your head is probably the right one for you. Please indicate how much you agree or disagree with each by entering the above mentioned number. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time".

The Narcissistic Personality Inventory: "Following there are forty pairs of attitudes, choose the one that you most agree with. Mark your answer by writing either A or B in the space provided. Only mark one answer for each attitude pair, and please do not skip any items."

Precautions:

a) During the administration of each questionnaire, it was checked by the investigator whether the respondents were relaxed and willing to participate. If there was any tension on the part of any respondent, he/she was not forced to participate for that day, but a second appointment was fixed with her.

b) The respondents were made to sit in a well-lit and airy room and made to feel comfortable. One respondent at a time was given the questionnaire.

c) No time limit was given to the respondents while answering the questionnaires. However, it was found that most of the respondents covered the questionnaires within scheduled time.

d) It was noted that each individual being tested should interpret the questions for themselves. The investigator answered questions about any particular item.

e) It was assured to the respondents that the results of tests would be treated in strict confidence.

f) Lastly, the respondents were asked to answer the question freely, frankly and honestly.

After the collection of data, scoring was done for each test and the scores were subjected to statistical analysis.

Sampling:

Purposive sampling was followed for the present study.

Analysis:

Data for each of the questionnaires were scored following the scoring schedule for each of them accordingly. The scores were tabulated and statistical analyses were carried out that are presented in the section entitled "Results".

Descriptive Statistics: Computation of mean and S.D

Inferential Statistics: t-test and co-efficient of correlation will be used.

RESULTS

Table 1. Mean and Standard deviations of selected variable namely- happiness narcissism and its related dimensions of elderly married and unmarried female counterparts

Variables	Groups (N=50)	Mean	S.D
Happiness	Married	144.82	4.50
	Unmarried	30.64	1.89
Authority	Married	3.50	0.97
	Unmarried	4.08	0.57
Self-sufficiency	Married	2.88	0.77
	Unmarried	4.92	0.80
Superiority	Married	2.80	0.99
	Unmarried	2.18	0.44
Exhibitionism	Married	2.76	1.17
	Unmarried	7.18	0.69
Exploitativeness	Married	1.90	0.68
	Unmarried	2.02	0.14
Vanity	Married	1.96	0.78
	Unmarried	4.26	0.63
Entitlement	Married	2.30	0.91
	Unmarried	1.04	0.20
Narcissism	Married	18.10	4.47
	Unmarried	25.68	1.75

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The above table describes higher mean magnitude in case of happiness on the part of aged married than their counterparts. The result table also indicates higher mean magnitude in case of authority, self-sufficiency, exhibitionism, exploitativeness, vanity and overall narcissism on the part of unmarried aged women and higher trend in case of superiority, entitlement on the part of married aged women than their counterparts.

Table 2. Mean and Standard deviations and t-values of selected variable namely- happiness narcissism and its related dimensions of elderly married and unmarried female counterparts

Variables	Groups (N=50)	Mean	S.D	t-values (df=98)
Happiness	Married	144.82	4.50	114.18*
	Unmarried	30.64	1.89	
Authority	Married	3.50	.97	.58**
	Unmarried	4.08	.57	
Self-sufficiency	Married	2.88	.77	2.04**
	Unmarried	4.92	.80	
Superiority	Married	2.80	.99	.62**
	Unmarried	2.18	.44	
Exhibitionism	Married	2.76	1.17	4.42**
	Unmarried	7.18	.69	
Exploitativeness	Married	1.90	.68	.12
	Unmarried	2.02	.14	
Vanity	Married	1.96	.78	1.26**
	Unmarried	4.26	.63	
Entitlement	Married	2.30	.91	2.30**
	Unmarried	1.04	.20	
Narcissism	Married	18.10	4.47	7.58**
	Unmarried	25.68	1.75	

*p>0.05 level of significance

**p>0.01 level of significance

The above table shows significant mean differences with respect to happiness among the married and unmarried elderly counterparts. It also indicates significant mean differences with respect to all dimensions of narcissism except exploitativeness among the two above mentioned groups.

Table: 3 represent the co-efficient of correlation between happiness and all dimensions of narcissism of married elderly females

Variables and its related dimensions	Values of Pearson product moment co-efficient of correlation (N=50, df=48)
Happiness and authority	0.398**
Happiness and self-sufficiency	0.539**
Happiness and superiority	0.431**
Happiness and exhibitionism	0.325*
Happiness and exploitativeness	0.529**
Happiness and vanity	0.582**
Happiness and entitlement	0.108
Happiness and narcissism	0.577**

*p>0.05 level of significance

**p>0.01 level of significance

Results mentioned in the above table indicate a positive and significant relationship between narcissism and its related dimensions and happiness except entitlement in case of married aged women. The statement depicts the fact that happiness depends on self-love and as self-love increases or decreases it produces similar change in happiness so they are increasing or decreasing in the same direction for the above mentioned sample.

Table: 4 represent the co-efficient of correlation between happiness and all dimensions of narcissism of unmarried elderly females

Variables and its related dimensions	Values of Pearson product moment co-efficient of correlation (N=50, df=48)
Happiness and authority	.332*
Happiness and self-sufficiency	-.140
Happiness and superiority	.302*
Happiness and exhibitionism	-.184
Happiness and exploitativeness	.332*
Happiness and vanity	.148
Happiness and entitlement	.063
Happiness and narcissism	.112

*p>0.05 level of significance

**p>0.01 level of significance

The results of correlation presented in the above mentioned table indicate that a positive and significant relationship was found out between happiness and authority, superiority, exploitativeness dimensions of narcissism scale. Only positive relationship was found out between happiness and vanity, entitlement and overall narcissism. The statement depicts the fact that happiness and self-love both variables were increasing or decreasing in the same direction for unmarried subsample. Negative relationship was found out in case of exhibitionism, self-sufficiency and happiness which mean that direction wise these two variables followed different pathways that is one is increasing and another decreasing.

CONCLUSION

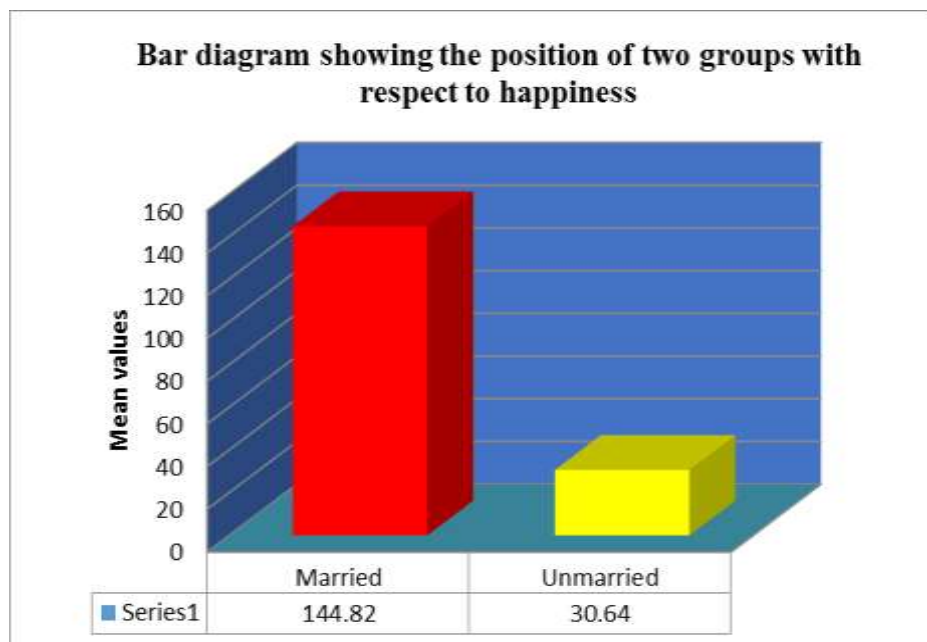
The total set of data was analyzed in terms of the descriptive statistics of mean and standard deviations of all the selected groups of samples. The significant differences obtained from t-test in many instances of the selected variables satisfied the main aim of the study. In the present study, significant differences were found to exist between the selected groups (i.e. married, unmarried) in terms of variables like happiness and narcissism. The findings are offered in the following fashion:

Happiness:

Highest scores in happiness for married aged women (Mean= 144.82 and S.D=4.50) (Table 1 and 2) reveals that their pleasant affect prompt them to smell

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the fragrance of marital satisfaction across a multitude of life domains ^{27, 28}. Their mitigation of interpersonal behaviour is the key component of secured life styles. Actually, their involvement in life circumstances such as friendships and work status help them to carry on stability in conjugal relationships and erase the negative effects from their core lives²⁹. Positive perspective in the emotionally involved life context helps them to have a feeling of bliss in the emotional context of conjugal life^{30, 31}.

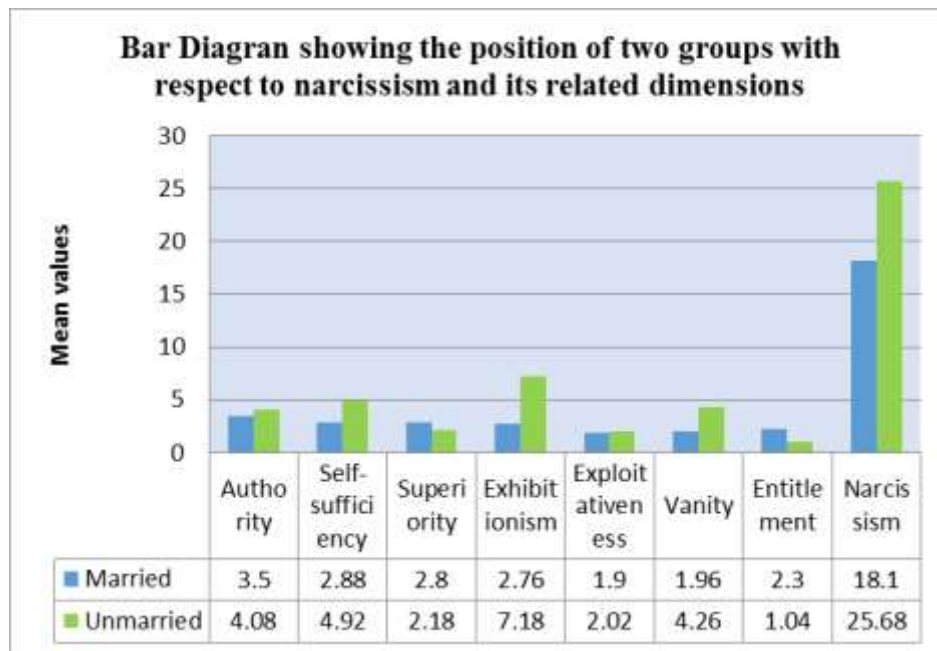


Beside them, due to negative self-image, frustration, anxiety never-married women are easy victim of excessive daily hassles ^{32, 33, 34}.which ultimately leads to least happiness (Mean=30.46 and S.D=1.89) (Table-1 and 2) among them. Unmarried status is simply not being appreciated in our society; this regressive negative feeling basically creates excessive sense of being hassled and impairs the quality of life by decreasing motivation and impairs problem solving ^{35, 36, 37}.

Narcissism:

Never-married women receives highest scores (Mean=25.68 and S.D=1.75) (Table-1 and 2) with respect to narcissism. Due to interpersonally inept they make good first impressions, yet are eventually regarded negatively as arrogant and self-centered ^{38, 39}. Due to less commitment to relationships, they have a tendency to exhibit lack of empathy, marked levels of hostility, especially in the face of failure feedback or social rejection ^{38, 39}. They tend to, lash out with aggression when they are rejected or insulted ^{23, 40}. Literature also revealed that many of these behaviours can potentially be explained by the link between narcissism and impulsivity^{41, 42}. They

reported that this apparent grandiosity seems to be the covering or underlying feelings of insecurity or inferiority.



On the other hand, literature suggests that elderly married females (Mean=18.10 and S.D=4.47) (Table-1 and 2) can be quite healthy (Campbell, 2001). They tend to report high trait of self-esteem⁴³ and such positive regard for self seems to confer upon their relative psychological benefit. Due to possession of greater sociability they display better self-regulation than other counterparts. The reason may be that, their more or less satisfied marital life prompts them to have a sense of security, definitely a sense of high self-esteem, meaning that they are able to carry on in conjugal relationship context, signifying a special set of narcissism and specially entitlement trait. Basically, this satisfaction creates a self-pride in them which they express openly⁴⁴. Literature also suggests that their concern about social dominance and admiration⁴⁵ enhances high levels of self-esteem which ultimately process narcissistic attitude among them.

The second fold of the analysis part is concerned with the description of coefficient of correlation between narcissism and happiness of married and unmarried female elderlies.

In case of married counterparts a significant positive correlation was found between narcissism and happiness (Table: 1 and 3). It indicates the fact happiness depends on self-love on their part. Theoretically, people going for marriage expect fulfillment of certain personal and social needs. A more or less satisfied marital life prompts them possibly to have the sense of security, definitely a sense of high self-esteem, giving rise to the positive terms of conjugality. A happy married life is

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expected to erase the negative concomitants of personality, like exploitativeness, dysfunctional relationship orientation etc rather than other subset of samples without partners either through choice or through natural consequences. Basically, this happiness put higher narcissistic flair in their personalities. Satisfactory maintenance of conjugal relationships actually increases their ego strength and creates a self-pride in them which they express openly⁴⁴.

Similarly, for unmarried subsample positive but not significant correlation was found out between all dimensions of narcissism and happiness (Table: 1 and 4). With dominating role this particular sample tends to develop a kind of grandiose feeling about them. Actually, with this weapon, they tend to closely guard their feelings of inferiority, insecurity, inadequacy, incapability and embarrassment, their awareness that they are bluffing, their doubts about themselves and their marked sensitivity to criticism⁴⁶. Not only have that, lack of mutual understanding with other family members and feelings of loneliness stamped them as a separate category in our society. When these individuals with narcissistic traits see the possible threats to their personal importance, they see themselves in an unrealistically positive way^{47, 48} and would rather be admired than nurtured by others⁴⁹. Literature also suggests that, they may adopt a highly defensive self-regulatory style, denying negative experiences and overemphasizing positive ones⁵⁰. But on the other hand, negative correlation was found between self-sufficiency, exhibitionism and happiness. It pinpoints the fact that, as they want to depend on others so their level of self-sufficiency drops and hence by getting nurtured by others they become happy.

Result of correlation indicates a positive and significant relationship between narcissism and its related dimensions and happiness except entitlement in case of married aged women.

In case of unmarried aged women results of correlation indicates a positive and significant relationship between happiness and authority, superiority, exploitativeness dimensions of narcissism scale. Only positive relationship was found out between happiness and vanity, entitlement and overall narcissism. Negative relationship was found out in case of exhibitionism, self-sufficiency and happiness.

IMPLICATIONS OF THE PRESENT STUDY:

1. The present findings are of immense value in understanding the mental profiles of two groups of aged females.
2. The findings are also helpful for individual counseling in particular and family counseling in general if and when they are in requirement.
3. The findings seem to provide general awareness regarding specific socio-emotional status of two groups of aged individuals that would prompt us to take

certain resolution to help them in required social direction in life, so that nature of their stay will improve qualitatively in the long run.

In our country, probably no such systematic large scale study incorporating the mosaic pattern of the selected variables in respect of the psychology of ageing has been conducted before, so the research might be a contribution, reflected through this study and can definitely be claimed to be a new and original one in this arena.

LIMITATIONS OF THE PRESENT STUDY:

No research is free from its limitations. This study is also not an exception to this. The important limitations are as follows.

1. In the context of present investigation, it would have been ideal to conduct a longitudinal study rather than a cross-sectional one to see the changes in certain psychosocial dimensions associated with marital status. However, limitation of funds and time hindered such plans.

2. Another limitation of the study is that besides the urban population, the rural population, too, could be studied in order to obtain an overall perspective of marital status on ageing in different cultures as well as in societies.

3. Besides, the variables of happiness, narcissism and certain other variables could also be considered for the present investigation. Variables such as depression, loneliness, adjustment, life-satisfaction, locus of control, value system associated with aged individuals and their marital status could be interesting grounds for the investigation.

4. The sample included in this study involved working individuals; if a reasonable segment of house-wives could have been included then the specific findings would have borne more socio-emotional relevance in our culture-specific situation.

5. A larger sample size would have been better to warrant generalizations of the present findings as the present study essentially supports the idiographic research.

6. A number of questionnaires were used in this study. However, questionnaires may invite falsification and faking behaviour on the part of the subjects.

But unfortunately, the present study, being a time-bound one, did not permit the investigator to study the effect of marriage on aged individuals in such broader perspectives. It is therefore, left to future researchers working in this area who can make the use of these variables and make some additional new observations in the process of ageing.

SUGGESTIONS FOR THE FURTHER RESEARCH:

After a thorough investigation on the problems and different aspects of the psychology of ageing in context of different marital status, the researcher is of the opinion that the present study seems to have opened newer avenues in the field that remain to be explored.

1. Further research studies in this area may highlight on other aspects of the personality (e.g. locus of control, resilience, emotional intelligence, relationship profile, aggression, value profile) to attain a global psychosocial picture of elderly personnel's differing in their marital status.
2. Comparative studies may be undertaken between elderly personnel of different professional groups (e.g. doctors, lawyers, engineers, teachers etc.) to determine differences borne out of the different professional choices in relation to the selected personality correlates.
3. Longitudinal studies may be conducted using the same variables to yield an in depth picture.
4. Elderlies belonging to different socio-economic status may be taken up for future investigation to yield further trend of results in this light.

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