

## Marital Satisfaction in Family: The Need of Intervention in Premarital and Marital Counseling

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Marital satisfaction is a mental state that reflects the perceived benefits and costs of marriage to a particular person. Multitude of factors have contributed to a satisfactory marital union which include feelings of love, trust, respect and fidelity, social support, commitment, equity of tasks, gender roles, and sexual interaction. However, developing countries like Sri Lanka still face unsolved and serious issues within families. Within this backdrop, the main objective of this research was to explore the marital satisfaction among married couples. A field study was conducted in this regard in three Grama Niladhari Divisions named Julampitiya, Ulahitiyawa and Pahalaobada in Hambantota district. Based on purposive sampling of forty-five married couples were selected for the study. The KANSAS Marital Satisfaction Scale (KMS) and in-depth interviews were utilized for primary data collection. The key sources of secondary data were official documents and representations. The findings revealed that the marital satisfaction among married couples was significantly low. Further to that the study revealed that more than 85% of married couples have marital problems such as economic problems, job insecurity, irritating habits, relationship problems, household responsibilities, communication problems, sexual problems and personality problems. When comparing gender differences towards marital satisfaction, the study revealed that married females have low marital satisfaction compared to the male. In this backdrop, intervention of premarital counseling and marital counseling has become a prime need for marital satisfaction. Family counselor can be an educator, guide, advocator, trainer and a motivator in enhancing their marital satisfaction through establishment of a healthy family.

**Keywords:** Counseling intervention, family, marital satisfaction, premarital and marital counseling