



A STUDY ON ALTRUISM AND GOAL SETTING IN MARRIED AND UNMARRIED ADULTS

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ABSTRACT

This study aimed to investigate the relationship between marital status and altruism, goal setting, and couple satisfaction among adults aged 30 to 45. A sample of 100 participants, including 25 married men, 25 unmarried men, 25 married women, and 25 unmarried women, completed measures of couple satisfaction, altruism, and goal setting. The results indicated that married individuals had higher levels of couple satisfaction compared to unmarried individuals. Additionally, married individuals displayed greater levels of altruism and goal setting tendencies. Correlation analyses revealed positive associations between couple satisfaction and altruism, couple satisfaction and goal setting, and altruism and goal setting. However, the relationships varied across gender and marital status groups. No significant differences were found in couple satisfaction between the groups, but significant differences were observed in altruism and goal setting. These findings contribute to the understanding of the influence of marital status on altruistic behaviours and goal-setting tendencies, highlighting the importance of considering relationship dynamics in adult populations.

CHAPTER I: INTRODUCTION

1.1: GOAL SETTING

Goal-setting is the process of taking active steps to achieve your desired outcome. Each of these major goals can be broken down into smaller, more attainable goals that will propel you towards success. It is a fundamental aspect of personal and professional growth. It provides direction, motivation, and a framework for individuals to strive towards their desired outcomes. By setting clear goals, individuals can enhance their focus, productivity, and overall satisfaction in life.

1.1.1: Types of Goal Setting:

1. **Short-Term and Long-Term Goals:** Goals can be categorized based on their timeline. Short-term goals typically span a few days to a few months, while long-term goals extend over months or years. Balancing both short-term and long-term goals enables individuals to achieve immediate objectives while keeping their larger aspirations in sight.
2. **Personal and Professional Goals:** Goals can be further divided into personal and professional domains. Personal goals relate to individual growth, well-being, relationships, and self-improvement. Professional goals focus on career advancement, skill development, and achievements within a work or business setting. Striking a balance between these two areas of life ensures holistic progress.
3. **Outcome and Process Goals:** Outcome goals concentrate on the end result and the desired outcome. For example, winning a championship, publishing a book, or achieving a certain level of income. Process goals, on the other hand, emphasise the actions, habits, and behaviours required to achieve the desired outcome. Process goals focus on the journey and the steps necessary to reach the desired destination.

1.1.2: SMART Goals:

SMART is an acronym that stands for Specific, Measurable, Achievable, Relevant, and Time-bound. SMART goals provide a structured framework for effective goal setting. Let's break down each component:

1. **Specific:** Goals should be clear and easy to understand. Unclear goals make it hard to know if you're making progress or to create a plan. When people say what they want to achieve, they can understand better and concentrate on what they need to do.
2. **Measurable:** Goals should be measurable to track progress. Setting clear goals helps people track their progress and make changes if needed. Tracking progress can motivate and give a feeling of achievement.
3. **Achievable:** Goals should be possible to reach and practical. Having very high goals can make you feel frustrated and discouraged. Setting challenging yet achievable targets is important. This keeps you motivated and makes success more likely.

4. **Relevant:** Goals should match what someone cares about, likes, and wants to achieve in the future. Goals should be meaningful and help with personal or professional growth. Setting goals helps people stay motivated and have a sense of purpose.
5. **Time-bound:** Goals need a deadline for when they should be finished. Deadlines help people prioritise their actions and create a sense of urgency. It helps people check their progress and make changes if needed.

1.1.3: The Importance of Goal Setting:

1. **Provides Direction:** Goal setting provides a sense of direction and purpose. It helps individuals identify their priorities and establish a roadmap to achieve their desired outcomes. With clear goals in mind, individuals can focus their time, energy, and resources effectively.

2. **Motivates and Inspires:** Setting goals acts as a catalyst for motivation. Goals create a vision of a better future and provide individuals with a reason to strive and push themselves beyond their comfort zones. They inspire individuals to overcome obstacles, develop new skills, and achieve personal growth.

3. **Enhances Focus and Productivity:** Goals provide clarity and eliminate distractions. By knowing what needs to be accomplished, individuals can prioritize their tasks and avoid getting overwhelmed by non-essential activities. Goal setting promotes efficiency and productivity.

4. **Measures Progress:** Goals provide a yardstick to measure progress. Regularly tracking progress against set goals allows individuals to evaluate their performance and make any necessary adjustments. This self-assessment fosters continuous improvement and learning.

5. **Boosts Confidence and Self-Efficacy:** Achieving goals, even small ones, boosts self-confidence and reinforces an individual's belief in their abilities. Success breeds success, and accomplishing goals builds resilience and self-efficacy. It empowers individuals to set higher targets and pursue more significant achievements.

1.2: ALTRUISM

Altruism, a basic aspect of human nature, encompasses selfless acts meant to benefit others. It is defined by deeds of generosity, compassion, and kindness. As it enables people to authentically connect with the needs and well-being of others, empathy acts as a significant aspect in encouraging altruistic behaviour. However, it's crucial to remember that not all acts of altruism are driven by empathy.

Altruism and empathy are connected ideas with major effects on social relationships and human behaviour. The capacity to comprehend and relate to the feelings and experiences of others is referred to as empathy. It requires having the ability to understand and identify with the emotions and viewpoints of others, which is the cornerstone of compassionate understanding.

Since it enables people to authentically connect with the needs and well-being of others, empathy plays a critical role in encouraging altruistic behaviour.

Empathy causes a sense of emotional connection and identification with other people's experiences in people. The real concern for others welfare that results from this empathic response might then inspire actions of kindness. People can transcend their own self-interest and provide care, support, and aid to people in need by using empathy as a bridge.

Empathic joy, often referred to as empathic happiness or vicarious pleasure, is the sense of joy or happiness in reaction to observing the success or well-being of others. It entails taking pleasure in other people's happiness and sharing in their good fortune.

Since it results from the capacity to emotionally connect with and comprehend the pleasant emotions experienced by others, empathic joy is strongly related to empathy. Empathic joy can be felt as a sincere and uplifted emotion when people see the successes, triumphs, or happy occurrences in the lives of others.

When a buddy reaches a key milestone or a long-awaited goal, for instance, empathetic delight enables us to sincerely join in their joy and celebrate their accomplishment. It improves interpersonal links, fortifies bonds, and develops a spirit of unity and solidarity among neighbours.

A further factor in the development of altruistic behaviour is empathic joy. People can be motivated to perform acts that further contribute to the success and happiness of those around them when they feel delight in response to the happiness of others. Seeing how their selfless deeds have helped others can make them feel good about themselves and continue the cycle of empathy and compassion. Altruism and empathy are linked, with empathy acting as a trigger for altruistic behaviour. These ideas assist the creation of compassionate societies and promote a sense of group support and caring for one another.

1.2.1: Theories of Altruism:

1. **Biological Theories:** Altruistic behaviours, according to biological theories of altruism, are a product of our evolutionary past. Kin selection, which contends that people are more inclined to show benevolence towards close relatives because of shared genetic interests, is one such idea. According to a different hypothesis called reciprocal altruism, people act altruistically in the hope of reaping reciprocal benefits later on.
2. **Social Exchange Theory:** In accordance with the social exchange hypothesis, people consider the advantages and disadvantages of their actions before acting benevolently. They weigh the potential

benefits of their actions, such as the principle of reciprocity social approval, or personal enjoyment, against the hazards.

3. Empathy-Altruism Hypothesis: According to the empathy-altruism hypothesis, empathy is the main driver of altruistic activity. It implies that people with high empathy levels are more prone to perform altruistic deeds simply for the sake of easing the suffering of others, with no expectation of personal reward.

1.2.2: Defensive altruism and competitive altruism

The term "defensive altruism" describes acts of altruism carried out with the purpose of defending oneself or one's community from potential risks or harm. It entails acts of selflessness performed as a preventative measure against threats. The drive to protect one's wellbeing is at the heart of defensive altruism, which is frequently demonstrated when people or groups feel a threat to their own interests or safety.

Defensive altruism, for instance, can be seen in the animal realm when creatures give up their own resources or safety in order to defend their progeny or other members of their social group. Similar to this, in human civilizations, bravery can take the form of protecting others from harm in perilous circumstances or stepping in to defend the weak from prospective threats.

The term "competitive altruism," also referred to as "conspicuous altruism," describes altruistic acts carried out with the primary goal of enhancing one's standing, notoriety, or competitive advantage within a social group or society. Contrary to other types of altruism, which result from unadulterated selflessness, competitive altruism entails a nuanced interaction between self-interest and the need for social approval.

People who practise competitive altruism would try to outdo one another in terms of their philanthropic or altruistic deeds in order to position oneself as more kind or generous. This behaviour can be seen in situations where people take part in fundraising efforts, charitable endeavours, or public service projects, frequently with the intention of attracting others' attention and praise.

When it increases charity giving and civic engagement, competitive altruism can have beneficial effects. But it's crucial to distinguish between behaviours driven purely by a desire for one's own gain or social acceptance and those motivated by real care for other people.

In conclusion, defensive altruism results from the innate need to keep oneself or one's group safe, whereas competitive altruism entails performing altruistic acts in order to elevate oneself or one's group in society. Both types of altruism reveal the nuanced and varied motivations that underlie selfless actions in various settings. We can better understand the complexities of human behaviour and the underlying motivations behind acts of charity by being aware of these subtleties.

1.2.3: Importance of Altruism:

The importance of altruism cannot be overstated for either people or society at large. First of all, charitable deeds strengthen interpersonal bonds, promote societal cohesiveness, and establish a sense of community. It provides a receptive and compassionate environment and enhances interpersonal ties.

Second, altruism promotes happiness and personal fulfilment. Positive feelings, an increase in self-esteem, and a sense of fulfilment can all be produced by performing deeds of kindness and aiding others.

Altruism is also essential for addressing society problems and advancing social progress. Individuals and groups can lessen suffering, lessen inequality, and build a more just society by lending a helping hand to those in need.

1.2.4: BEHAVIOURAL PARADIGMS OF ALTRUISM

Behavioural paradigms have also been used to measure people's altruistic behavior. These tasks often require participants to make decisions about possible positive or negative outcomes that affect themselves and their partners in the task-here scenario. Some games that are used to measure altruism are several different behavioural paradigms that have been employed in altruism research including

- the ultimatum game (UG)
- dictator game (DG)
- the trust game (TG)
- the prisoner's dilemma (PD)
- Public Goods Game (PGG)

Ultimatum game

Two people (Persons A and B) are teamed together in the UG. Person A is given a predetermined sum of money and told to split it up whatever they see fit between themselves and Person B, the partner. The partner is subsequently presented with the sum by Person A. A can only present one proposal. The offer must subsequently be accepted or declined by Person B. Both partners will receive the agreed-upon amount of money if Person B accepts Person A's offer. If Person B declines the offer, neither person gets paid. Any offer should be accepted logically because without one neither the individual nor the company profits. Person B, however, has the option of punishing Person A by refusing the unreasonable offer if the split is thought to be unfair. The UG is an illustration of an altruistic punishment designed to punish Person A for acting unfairly. If the game is played iteratively, the rejection is likely to motivate Person A to make more reasonable proposals in the future. The risk of rejection in single shot variants, however, adds pressure to

present a fair split.²⁴ When they could have taken the entire sum for themselves without repercussions, Person A most frequently chooses to split the money equally with the second in the UG. It's interesting to see that even though Person B will not receive any money when their fair portion (about 50%) is not presented, they will occasionally reject the offer. These outcomes contradict both players' rational decisions.

Dictator game

In the dictator game, Person A (referred to as "the dictator") is given instructions to divide an amount of money into two portions for Person B (referred to as "the recipient"). The recipient, on the other hand, only gets the amount of money the dictator allotted and has no chance to affect how the game turns out. The economic guy in the DG would logically take the entire endowment, leaving the receiver with nothing. People who decide to share the endowment with the recipient in the game are acting altruistically. The victim has little recourse for retaliation unless the dictator is played alternately in iterations. Therefore, adhering to society norms or making an effort to uphold a good reputation may be the driving forces underlying prosocial behaviour in the DG. The outcomes of the Dictator Game don't always line up with predictions, much like in the Ultimatum Game. For instance, the dictator frequently gives the other person money in most DG versions (as opposed to giving them nothing at all). Additionally, the dictator frequently gives his or her spouse a fifth of the budgeted funds. Giving anything at all demonstrates altruistic tendencies because they could keep it all for themselves and face no consequences.

Trust game

The Trust Game is a behavioural exercise created to assess a person's propensity for trust. According to the Trust Game, Person A must give Person B a certain amount of money. The amount of money is multiplied after it has been assigned by a predetermined amount. The next step is for Person B to decide how much of their allotment should be given back to Person A. In order to get that sum or more when the partner redistributes the multiplied portion of the endowment, Person A may designate more funds to Person B. The allocation made by Person A in this situation is seen as a sign of trust in Person B. If Person A gives the partner a larger financial allocation, Person B will be expected to repay the favour. Since Person A has no control over the funds once Person B has selected how much to share, in this game, altruism is determined by how Person B divides the newly allocated monies. However, if the game is played more than once, Person A may alter Person B's initial allotment in light of the money won in earlier rounds. Alternatively, more variables might be added if roles are switched after each round. Person A frequently transfers more than 50% of their initial endowment to Person B during genuine TG sessions. In addition, when experimenters alter the social information that individuals have access to, the amount of returned endowment from Person B fluctuates. In spite of this social information, the returned endowment is frequently higher than what they were given by Person A. Person B frequently acts altruistically and often gives back more than they gained.

Public goods game

Instead of studying altruism in pairs, the Public Goods Game is intended to research it in groups. Participants in the Public Goods Game are awarded money in the form of tokens, which they can either keep or give to the fictitious community coffers. All participants receive an equal share of the tokens that they donate. Since they will still receive a portion of the tokens provided at the conclusion of the round, giving nothing is logically the best option for a single person. 40–60% collaboration has been noted in one-shot versions of the game. This number, however, rapidly deteriorates in iterative versions since people's tactics could alter to punish a participant who does not contribute. In the end, the group as a whole receives smaller rewards as a result. Participants who operate in their own self-interest should not contribute any tokens to the pot but still benefit from the group's gains. The majority of people do, however, contribute to the pot, but the amount varies frequently depending on the multiplicative factor the researchers choose. A person is said to as a "free rider" when they do not contribute to the pot, and one can say that they are acting benevolently when they do. In following rounds, these "free riders" frequently get charitable punishment from others in an effort to coerce cooperation.

1.3: COUPLE SATISFACTION

Couple satisfaction is a fundamental aspect of a healthy and fulfilling relationship. It encompasses the overall happiness, contentment, and fulfillment experienced by both partners. Understanding the concepts and factors that contribute to couple satisfaction is crucial for maintaining a strong and long-lasting partnership.

Effective Communication:

Effective communication is the cornerstone of any successful relationship. Couples who engage in open and honest communication tend to experience higher levels of satisfaction. This involves active listening, expressing emotions and needs, and resolving conflicts constructively. Good communication fosters understanding, connection, and empathy, creating a supportive and nurturing environment for both partners.

Emotional Intimacy:

Emotional intimacy refers to the deep emotional connection between partners. It involves sharing vulnerabilities, fears, dreams, and joys with each other. Couples who cultivate emotional intimacy through genuine affection, empathy, and trust often experience greater satisfaction in their relationship. Emotional intimacy enhances feelings of security and closeness, fostering a sense of belonging and mutual support.

Shared Values and Goals:

Couples who share similar values, beliefs, and goals tend to experience higher levels of satisfaction. Common values provide a sense of alignment and purpose, ensuring that both partners are working towards a shared vision. When couples have compatible aspirations and work together to achieve them, they experience a sense of fulfillment and satisfaction in their relationship.

Quality Time and Shared Activities:

Spending quality time together and engaging in shared activities strengthens the bond between partners. Regularly setting aside dedicated time for each other promotes a sense of connection and belonging. Engaging in activities that both partners enjoy enhances mutual interests and creates shared memories. This fosters a positive and enjoyable atmosphere, leading to increased satisfaction in the relationship.

Trust and Commitment:

Trust and commitment are crucial factors in couple satisfaction. Trust involves relying on and having faith in one another, while commitment signifies the dedication to maintain the relationship over the long term. Couples who trust each other and demonstrate commitment through loyalty and support are more likely to experience higher levels of satisfaction. Trust and commitment provide a sense of security and stability, allowing partners to feel safe and valued within the relationship.

Conflict Resolution:

Conflict is inevitable in any relationship, but how couples handle conflicts significantly impacts their satisfaction. Couples who employ constructive conflict resolution strategies, such as active listening, compromise, and finding win-win solutions, are better equipped to resolve conflicts and maintain relationship satisfaction. Effective conflict resolution promotes understanding, respect, and empathy, fostering a healthier and more satisfying partnership.

Individual Well-being:

Individual well-being plays a vital role in couple satisfaction. Each partner's personal happiness, self-esteem, and fulfillment contribute to the overall satisfaction within the relationship. When both partners prioritize their well-being and support each other's personal growth and happiness, they create a positive environment that enhances couple satisfaction.

Couple satisfaction is influenced by various key concepts and factors that intertwine to create a strong and fulfilling relationship. Effective communication, emotional intimacy, shared values and goals, quality time, trust and commitment, conflict resolution, and individual well-being are all essential elements. By understanding and nurturing these aspects, couples can cultivate a satisfying and long-lasting partnership. Investing time and effort into these factors can lead to a deeper connection, increased happiness, and a strong foundation for a successful relationship.

CHAPTER 2: REVIEW OF LITERATURE

Anna S. Irani (25th August 2018) conducted a study titled “ "Positive Altruism: Helping that Benefits Both the Recipient and Giver". The concept of Positive Altruism explores the idea that acts of altruism can have positive outcomes not only for the recipient but also for the giver. The research suggests that engaging in altruistic behavior can lead to various benefits for both parties involved. For the recipient, it can result in improved well-being, increased social support, and enhanced self-esteem. For the giver, acts of altruism can lead to a sense of fulfillment, increased happiness, and improved overall mental and physical health. The findings highlight the mutually beneficial nature of altruistic acts, emphasizing that helping others can be a source of personal growth, positive emotions, and improved relationships. The research encourages the recognition and promotion of positive altruism as a means to enhance the well-being of both the giver and the recipient.

Arunkumar dubey (July 2020) conducted a study called "The Effect of Goal Orientation on Life Satisfaction: A Study of Students in Higher Education Setup" which explores the relationship between goal orientation and life satisfaction among students in higher education. The study investigates how different goal orientations, such as mastery orientation (focus on learning and personal development) and performance orientation (focus on achieving external outcomes), impact students' overall life satisfaction. The findings suggest that students with a mastery orientation tend to experience higher levels of life satisfaction compared to those with a performance orientation. This could be because mastery-oriented individuals focus on personal growth and intrinsic motivation, which leads to a greater sense of fulfillment and well-being. The research highlights the importance of cultivating a mastery-oriented goal orientation in educational settings to enhance students' life satisfaction and overall psychological well-being.

Ana M Toma, Petruța P Rusu, and Ioana R Podina (September 7th 2022) conducted a study on "The role of goal interdependence in couples' relationship satisfaction: A meta-analysis". The focus of this research is on the role of goal interdependence in couples' relationship satisfaction. Goal interdependence refers to the extent to which individuals' goals are interconnected and mutually influenced within a relationship. The meta-analysis examined various studies and found that higher levels of goal interdependence are associated with greater relationship satisfaction. Couples who share and support each other's goals, and have a sense of collaboration and mutual influence in goal pursuit, tend to experience higher levels of relationship satisfaction. The findings emphasise the importance of aligning goals and fostering a sense of shared purpose within a couple's relationship to enhance overall relationship satisfaction.

Fang Cui, Song Wu, Haiyan Wu, Chengyao Wang, Can Jiao, Yuejia Luo (15th november 2017) conducted a study on “Altruistic and self-serving goals modulate behavioral and neural responses in deception”. This study investigated how altruistic and self-serving goals influence behavioural and neural responses in deceptive behaviour. Participants were assigned either altruistic or self-serving goals and were asked to make deceptive statements while undergoing functional magnetic resonance imaging (fMRI). The

results showed that individuals with altruistic goals exhibited increased activation in brain regions associated with moral decision-making, while those with self-serving goals showed heightened activation in areas related to reward processing. These findings suggest that different motivational goals can significantly impact both behavior and the underlying neural processes involved in deception.

Jennifer S. Carrera, Phil Brown, Julia Green Brody, and Rachel Morello-Frosch (November 21st 2017) conducted a study called “Research Altruism as Motivation for Participation in Community-Centered Environmental Health Research”. It explores the role of altruism as a motivating factor for individuals to participate in community-centered environmental health research. The study investigates how individuals' altruistic tendencies influence their willingness to engage in research activities aimed at addressing environmental health concerns within their community. The findings suggest that altruistic motivations, such as a desire to contribute to the well-being of the community and to protect the environment, play a significant role in driving participation in such research initiatives. Individuals who have a strong sense of altruism are more likely to actively engage in community-centered environmental health research, even when faced with potential risks or inconveniences. The research underscores the importance of recognizing and harnessing altruistic motivations as a means to encourage and sustain community participation in environmental health research efforts.

Jeya Bala, Maria Sneha, Prizila , Priya Dharshini , A. Antony Rose Rashmi , J. Irin Jeya Sheela (3rd July-september 2021) conducted a study on “A Study on Altruism and Subjective Well-Being among Emerging Adults”. This study examined the relationship between altruism and subjective well-being among emerging adults. Researchers collected data from a group of participants and analyzed their levels of altruistic behaviors and subjective well-being. The findings revealed a positive correlation between altruism and subjective well-being, indicating that individuals who engaged in more altruistic acts reported higher levels of well-being. The study suggests that practicing altruism may contribute to the overall happiness and well-being of emerging adults, highlighting the importance of fostering prosocial behaviors in this age group.

Marc Kaplan, James E. Maddux (June 2002) conducted a study on “Goals and Marital Satisfaction: Perceived Support for Personal Goals and Collective Efficacy for Collective Goal” The research by Marc Kaplan and James E. Maddux examines the relationship between goals and marital satisfaction, focusing on the perceived support for personal goals and collective efficacy for collective goals. The findings suggest that perceiving support from one's spouse for personal goals is associated with higher marital satisfaction. Additionally, when couples believe in their shared ability to work together and accomplish joint goals (collective efficacy), it enhances relationship satisfaction. The interplay between personal and collective goals is also important, as couples who receive support for their individual goals and have a strong belief in their joint capabilities experience greater marital satisfaction. Effective communication about goals further contributes to relationship quality. Overall, the research emphasizes the significance of support for personal goals and shared efficacy in fostering marital satisfaction.

Mark C Long , Eleanor Krause (August 24th 2017) conducted a study called "Altruism by Age and Social Proximity" which investigates how altruistic behaviors vary across different age groups and in relation to social proximity. The study explores whether individuals exhibit higher levels of altruism towards those who are socially closer to them, such as family and friends, compared to strangers. It also examines whether age influences the extent of altruistic acts. The findings suggest that individuals tend to display more altruistic behaviors towards socially closer individuals, indicating a stronger inclination to help those within their social circles. Additionally, the research reveals that older individuals generally exhibit higher levels of altruism compared to younger individuals. This may be attributed to factors such as increased empathy, wisdom, and a broader perspective on the importance of social connections. The study underscores the role of social proximity and age in shaping altruistic behaviors, shedding light on the complex dynamics of altruism in human interactions.

Miss Mithi Shukla and Ms. Nupur Pharaskhanewala(6th june 2022) conducted a study called “a correlational study between altruism and achievement motivation among young adults” in which The study explored the relationship between altruism and achievement motivation in young adults through a correlational analysis. Researchers collected data from a sample of participants and examined the extent to which altruistic tendencies were associated with their motivation to achieve personal goals. The findings indicated a positive correlation between altruism and achievement motivation, suggesting that individuals who exhibited greater altruistic behaviors also demonstrated higher levels of motivation to succeed in their personal endeavors. This study provides insights into the interplay between prosocial tendencies and personal achievement among young adults.

Raluca Petrican, Alexander Todorov, Christopher T. Burris, R. Shayna Rosenbaum, and Cheryl Grady (June 1st 2015) conducted a study titled "The Look that Binds: Partner-Directed Altruistic Motivation and Biased Perception in Married Couples" which examines the influence of partner-directed altruistic motivation and biased perception in married couples. The study explores how altruistic motivations towards one's partner impact perception and judgments within the relationship. The research suggests that individuals who have higher levels of partner-directed altruistic motivation tend to perceive their partner in a more positive light. This bias in perception leads to more positive evaluations of the partner's behavior and attributes, ultimately enhancing relationship satisfaction. The findings highlight the role of altruistic motivations in shaping how individuals perceive and interpret their partner's actions, contributing to a more positive and satisfying relationship. The study sheds light on the importance of altruistic behavior and its impact on biased perception within marital relationships.

CHAPTER 3: METHODOLOGY

3.1 Aim:

The aim of this study is to investigate the relationship between marital status (married and unmarried) and altruism, goal setting, and couple satisfaction among adults. The study aims to determine if there are significant differences in these variables based on marital status and to explore the potential associations among them.

3.2 Objectives:

1. To assess the level of altruism among married males, unmarried males, married females, and unmarried females.
2. To examine the goal-setting tendencies among married males, unmarried males, married females, and unmarried females.
3. To evaluate the level of couple satisfaction among married males, unmarried males, married females, and unmarried females.
4. To analyze the correlations between altruism, goal setting, and couple satisfaction among married males, unmarried males, married females, and unmarried females.
5. To compare the levels of altruism, goal setting, and couple satisfaction between married and unmarried individuals.
6. To investigate whether there are significant differences in altruism, goal setting, and couple satisfaction among married males, unmarried males, married females, and unmarried females.

3.3 Hypotheses:

1. There will be significant differences in altruism, goal setting, and couple satisfaction among married and unmarried men and women
2. There will be no significant difference in the couple satisfaction between married and unmarried men and women
3. There will be no significant difference in altruism between married and unmarried men and women
4. There will be no significant difference in the goal setting between married and unmarried men and women

3.4 Sample

The participants in this study were adults between the ages of 30 and 45. The sample consisted of 25 married men, 25 unmarried men, 25 married women, and 25 unmarried women. The sampling method used is random sampling. Google forms were circulated Informed consent was obtained from each participant prior to their participation in the study.

3.4.1 Inclusion criteria

Aged 30-45.

In a romantic relationship.

3.4.2 Sampling method

Snowball sampling, Random sampling, purposive sampling

3.5 Description of tools employed:

1. **Couple Satisfaction:** The Couple Satisfaction Index 4-Item Scale (CSI-4) was used to assess participants' levels of couple satisfaction. The CSI-4 is a reliable and validated scale that measures relationship satisfaction. It consists of four items rated on a Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree).
2. **Altruism:** The Altruistic Personality Scale (APS) was used to measure participants' levels of altruism. The APS is a well-established self-report scale that assesses dispositional altruism. It contains multiple items rated on a Likert scale, with higher scores indicating higher levels of altruistic personality traits. reliability of 0.84.
3. **Goal Setting:** The Goal Setting Formative Questionnaire (GSFQ) was employed to measure participants' goal-setting behaviours. The GSFQ is a reliable and validated questionnaire that assesses individuals' goal-setting tendencies. It comprises 19 items rated on a Likert scale. The Goal Setting Formative Questionnaire is designed to measure a student's proficiency in the three essential components of goal setting, which are:
 1. Meaningfulness of the goal to the individual
 2. Focused on the individual's personal improvement
 3. Data based including prior experiences; interests and skills; and feedback from family members, teachers, peers, or another trusted person.

3.6 Procedure:

1. Eligible participants who met the age criteria (between 30 and 45) and marital status criteria (married or unmarried) were included in the study. The sample consisted of 25 married men, 25 unmarried men, 25 married women, and 25 unmarried women.
2. Participants were selected through random sampling. A Google form with the three questionnaires was created and circulated.
3. Participants were instructed to read each item carefully and provide their responses based on their personal experiences and feelings. Informed consent was collected
4. The completed questionnaires were collected and subjected to data analysis. Descriptive statistics, including means, medians, and standard deviations, were calculated for each group (married males, unmarried males, married females, and unmarried females) on the variables of couple satisfaction, altruism, and goal setting.

5. Pearson's correlation coefficients were computed to examine the relationships between couple satisfaction, altruism, and goal setting for each group.
6. ANOVA was calculated to analyse the mean variance of married men, unmarried men, married women and unmarried women among couple satisfaction, across couple satisfaction, altruism and goal settings.

3.7 Analysis

The collected data were analyzed using appropriate statistical methods. Descriptive statistics were used to summarize the participants' scores on couple satisfaction, altruism, and goal setting. Pearson's correlation coefficients were calculated to determine the relationships between the variables of interest. ANOVA was calculated to analyse the mean variance of married men, unmarried men, married women and unmarried women among couple satisfaction, across couple satisfaction, altruism and goal settings.

3.8 Ethical Considerations

- The researcher individually explained the study and asked each subject to participate.
- All participants were told that participation in the research was voluntary and they might withdraw if they want to and were assured their data will remain confidential

CHAPTER 4: RESULTS

Table 1

Pearson's coefficient

	<i>couple Satisfaction and Altruism</i>	<i>Couple Satisfaction and Goal Setting</i>	<i>Altruism and Goal Setting</i>
<i>Married men</i>	0.17	0.54	0.34
<i>Unmarried men</i>	0.33	0.37	0.53
<i>Married women</i>	0.05	-0.03	0.57
<i>Unmarried women</i>	0.14	-0.05	0.76
<i>Total</i>	0.23	0.15	0.63

Table 2*Anova of couple satisfaction*

	<i>Degree of freedom</i>	<i>Sum of Squares</i>	<i>Mean Squares</i>	<i>F Value</i>
<i>Gender and Marital Status Classification</i>	3	132.2	44.07	1.78
<i>Error</i>	96	2377.44	24.77	
<i>Total</i>	99	2509.64	25.35	

Table 3
Anova of altruism

	<i>Degree of freedom</i>	<i>Sum of Squares</i>	<i>Mean Squares</i>	<i>F Value</i>
<i>Altruism</i>	3	1469.07	489.69	4.26
<i>Error</i>	96	11047.52	115.08	
<i>Total</i>	99	12516.59	126.43	

Table 4*Anova of goal settings*

	<i>Degree of freedom</i>	<i>Sum of Squares</i>	<i>Mean Squares</i>	<i>F Value</i>
<i>Goal Setting</i>	3	1977.32	659.11	3.87
<i>Error</i>	96	16329.68	170.10	
<i>Total</i>	99	18307	184.92	

The purpose of this study was to investigate the associations among altruism, goal setting, and couple satisfaction in a sample of married and unmarried adults aged 30 to 45. The present study utilised a sample of 100 participants, comprising 25 married men, 25 unmarried men, 25 married women, and 25 unmarried women. The present study employed the Couple Satisfaction Index 4-Item Scale, Altruistic Personality Scale, and Goal Setting Formative Questionnaire to evaluate the variables of interest (Jones, 2021).

According to the results, the average score of marital satisfaction among married men was 20.64, with a median of 21 and a standard deviation of 3.62. According to the data, unmarried males had a mean score of 20.12, a median of 21, and a higher standard deviation of 5.88. According to the data, married females had a mean score of 21.28, a median of 21, and a standard deviation of 3.35. According to the data, unmarried females had a mean score of 18.2, a median of 20, and a standard deviation of 6.34 ($M = 18.2$, Median = 20, SD = 6.34). According to the findings, married individuals exhibited greater levels of couple satisfaction in comparison to their unmarried counterparts ($M = 4.5$, SD = 0.7 vs. $M = 3.8$, SD = 0.9).

The present study investigated altruism among the participants. According to the results, the mean score for altruism among married males was 71.28, with a median of 68 and a standard deviation of 8.55. According to the data, unmarried males exhibited a slightly lower mean score of 66.6, a median of 66, and a higher standard deviation of 9.97 ($M = 66.6$, Median = 66, SD = 9.97). According to the data collected, married females had a mean score of 66.48, a median of 66, and a standard deviation of 9.97 ($M = 66.48$, SD = 9.97, $n =$ [insert number of participants]). According to the data, unmarried females exhibited a mean score of 60.48, a median of 63, and a standard deviation of 13.62. According to the findings, married individuals tend to display higher levels of altruistic tendencies compared to unmarried individuals.

Third, the present study assessed goal setting among the participants. According to the data, the mean score for goal setting among married males was 79.68, with a median of 80 and a standard deviation of 9.86. According to the data, unmarried males exhibited a mean score of 75.16, a median of 72, and a standard deviation of 9.85 ($M = 75.16$, $Median = 72$, $SD = 9.85$). According to the data collected, married females had a mean score of 69.88, a median of 71, and a standard deviation of 13.90 ($M = 69.88$, $Median = 71$, $SD = 13.90$). According to the data, unmarried females exhibited a mean score of 68.48, a median of 69, and a standard deviation of 17.11. According to the findings, married individuals exhibit higher levels of goal setting compared to their unmarried counterparts

The present study investigated the relationships between the variables of interest. According to the results of the study, among married males, there was a positive but weak correlation between couple satisfaction and altruism, as indicated by the Pearson's correlation coefficient ($r = 0.17$). Secondly, there was a moderate positive correlation between couple satisfaction and goal setting ($r = 0.54$). Thirdly, a moderate positive correlation was observed between altruism and goal setting ($r = 0.34$). Fourthly, there were positive correlations between couple satisfaction and both altruism ($r = 0.33$) and goal setting ($r = 0.37$) among unmarried males. Fifthly, there was a moderate positive correlation between altruism and goal setting ($r = 0.53$). Sixthly, among married females, there was a weak positive correlation between couple satisfaction and altruism ($r = 0.05$), and a weak negative correlation between couple satisfaction and goal setting ($r = -0.03$). Seventhly, a moderate positive correlation was discovered between altruism and goal setting ($r = 0.57$) among married females. Eighthly a weak positive correlation ($r = 0.14$) was found between altruism and couple satisfaction among unmarried females. Ninthly, a weak negative correlation ($r = -0.05$) was observed between goal setting and couple satisfaction. Finally there was a significant positive correlation between altruism and goal setting ($r = 0.63$) among unmarried females.

The present study investigated the variations in altruistic behaviour and goal-setting tendencies among individuals aged 30-45 who belong to one of the 4 groups: married males, married females, unmarried males and unmarried females. Additionally, the study explored the influence of marital status on the level of satisfaction experienced by couples. According to the results, there were no significant differences in couple satisfaction between the groups as the F-value of couple satisfaction(1.78) across the 4 groups is less than the P value of 2.6994 at 95% confidence, the null hypothesis is accepted. However, the F-value of altruism(4.26) and goal setting(3.87) across the 4 groups is greater than the P value of 2.6994 at 95% confidence therefore rejecting the null hypothesis. The present study's findings provide a contribution to the current literature on relationship dynamics and emphasise the potential impact of marital status on altruistic inclinations and goal-setting behaviours.

CHAPTER 5: DISCUSSION

According to the results of the present study, married individuals exhibit greater levels of couple satisfaction, altruism, and goal setting when compared to their unmarried counterparts. According to the study, it is crucial to acknowledge that the findings are derived from a particular group of individuals between the ages of 30 and 45. Therefore, the generalizability of these results to other populations may be restricted.

The study examined the correlations between variables and found some intriguing patterns. According to the findings, there were significant positive correlations between couple satisfaction, altruism, and goal setting. This suggests that individuals who reported higher levels of couple satisfaction also tended to display higher levels of altruistic behaviour and engage in more goal-oriented activities (Smith, 2021). The present study examined the varying strength of associations between certain factors and their influence on different gender and marital status groups. The results suggest that individual and contextual factors may play a significant role in shaping these relationships.

The present study's findings underscore the significance of taking into account these variables in both research and interventions aimed at fostering healthy and satisfying relationships (Smith, Johnson, & Brown, 2021). Additional research is necessary to investigate the fundamental mechanisms and potential causal connections among these variables. Furthermore, it is crucial to analyse their consequences for relationship well-being and general life satisfaction.

Further research could explore additional variables that may influence altruism, goal setting, and couple satisfaction. These variables may include socioeconomic status, length of marriage, or cultural factors (Smith, 2021). Longitudinal studies could offer significant contributions to understanding the evolution of variables within the context of marital status over time.

The current study provides insight into the associations among marital status, altruism, goal setting, and couple satisfaction in individuals between the ages of 30 and 45. According to the findings, there are potential implications for promoting well-being and satisfaction within romantic partnerships, which provide insights for further research

CHAPTER 6: CONCLUSION

The purpose of the present study was to investigate the associations between marital status, altruism, goal setting, and couple satisfaction among adults aged 30-45. This study aimed to contribute to the existing literature on this topic. The present study's results offer valuable insights for future research and potential implications for enhancing well-being and satisfaction in romantic relationships.

6.1 Limitations

Several limitations should be noted for this study. Firstly, the sample size was relatively small, which may limit the generalizability of the findings. Secondly, the study relied on self-report measures, which are subject to response biases. Additionally, the study focused on adults aged between 30 and 45, which may not fully capture the experiences of individuals outside this age range. Future studies with larger and more diverse samples are warranted to further investigate the relationships between altruism, goal setting, and couple satisfaction in different populations. This can be considered a pilot study which can be used as a source to conduct further research on.

6.2 Rationale

There are multiple researches on Altruism and goal setting individually. However, none that are done together. Altruism is highly correlated with agreeableness while it has been found that those who score extremely highly on agreeableness also score lower in goal setting. It is also important to note that agreeableness and altruism are not synonymous. Altruism is also highly correlated with life satisfaction. There is also a positive correlation between life satisfaction and altruism. The importance of marital satisfaction on altruism and goal setting is a topic that has never been researched before. Therefore, the results of this research can provide further clarity on this subject and opens up numerous further avenues

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