

# Marital Satisfaction, Attitude Towards Gender Norms, and Coping Mechanism among Househusbands

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**Abstract** –This research study aimed to determine marital satisfaction, attitudes toward gender norms and coping mechanism among house husbands. It also sought to determine if there is a significant difference on the variables of the study when grouped according to the profile variables in terms of age, no. of children, years of being househusband, educational attainment and family's income; it aimed to find the significant relationship between the variables of the study and proposed an intervention program, marriage counseling program that would enhance marital relationship of the respondent. Findings showed that the respondents were satisfied with their marital relationship high on their attitude toward gender norms and employed planning as their coping mechanism. Marital satisfaction was found to be significant in annual income while attitude toward gender norms were significant to educational attainment and annual income. There are number of subscales in coping mechanism that are significant to the profile variable except to the no. of children and researchers recommended to have an intervention program for enhancement of their marital satisfaction.

**Keywords** –marital satisfaction, gender norms, coping mechanism, househusband

## INTRODUCTION

In this generation, being a househusband is no longer new in the society because millions of housewives are now working abroad to earn money for their family. In the Filipino settings, the Filipino bound patriarchal culture was no longer used because typically the husband does the chores and the wife acts as the breadwinner; nevertheless, the househusband accepts the reverse roles of the family. But not all men accept this setting because their egos are much affected by the changes. The turn out to them was womanized and spending money for the family to show they are still the boss even though they are at home. This setting of man being a househusband is not fully accepted in this civilization. Despite the growing attention placed by

research scholars on the experiences and challenges of men that are involved in domestic labor, existing literatures still offer very limited facts in the case of the minority of househusbands whose wives left their family for overseas work. This unique situation of househusbands with absentee wives not only creates a myriad of important issues and concerns in the family but also introduces a vast amount of information that significantly differentiate them from men who live with their working wives.

In line with the relationship of a househusband, marital satisfaction is the value of marriage where it reflects the apparent benefits that a person has. The argument about heterosexual marriage changes from the traditional down to the division of labor. In particular, married men hinge the household to increase the work participation. The gender-role convergence perspective argues on the perspective of change because some women have a larger share in household work but failed to do it while married men has a greater role in housework and in terms of childcare. The dramatic response is caused by the rise of wives "employment and labor pay.

In addition to this, attitude theory provides a conceptual analysis of how attitudes toward men relate to gender stereotypes. It is a social role and behaviors considered acceptable, appropriate and desirable. Gender roles are usually known for masculinity and femininity although only masculinity is used pertaining to househusbands. The essentials regarding this expectation may vary among cultures [1].

Furthermore, according to Madlangbayan and Calma [2], the increasing number of househusband indicates changes in the society where there is a changing of roles in the members of the family. Having a househusband in a family is a way of coping mechanism where there is more opportunity for the women to work and for the men to stay at home in order to meet the needs of the whole family.

In this study, the researchers found what men think of this norm especially those who have a role of a

mother. This study dealt with the beliefs and satisfaction of men in their unique kind of family. Also, this study provided information for the psychologists to help those househusbands to deal with different problems and issues. Similarly, it provided information about the thoughts and feelings of men when it comes to gender ideology or gender roles for the society to understand and help them. As such, results of this study would be helped everyone to accept new things and just deal with this kind of belief.

## OBJECTIVES OF THE STUDY

This study determined the relationship existing between marital satisfaction, attitudes toward gender norms and coping mechanism of househusbands towards the development of a marriage counselling program. Specifically, it determined marital satisfaction, attitude towards gender norms, and coping mechanism of the househusbands; tested if there is significant differences on the variable of the study when grouped according to age, number of children, years of being a househusband, educational attainment, and family income; established possible relationship between the variables of the study; and proposed a marriage counselling program that would enhance marital relationship of the respondents.

## MATERIALS & METHODS

### Research Design

This study used mixed method of research which is composed of qualitative and quantitative measures for collecting, gathering and analyzing data. The researchers used sequential explanatory design where there is an initial collecting of quantitative data followed by qualitative data where all the answers of the respondents were transcribed and analyze to form emerging concepts, sub categories, categories and theme. Qualitative design consists of data including open-ended information that is gathered through interviews, observations, and focus group discussions. The data gathered were usually in words, text or also behaviors from the participants. They were analyzed by aggregating them into groups of information that present diversity in ideas gathered [3].

### Participants

In this study, there were 150 househusbands from Batangas Province who are unemployed, stay at home and whose wives are working. Majority of them were ranging from 31-40 years of age, high school graduate with three to four (4) children and a house husband with six to ten years with the family income of 100,001 to

150, 000. The participants were gathered through snowball sampling (or also known as chain-referral sampling). This sampling method involves primary data sources nominating another potential primary data source to be used in the research.

### Measures

**Index of Marital Satisfaction.** This was the standardized scale utilized or administered to determine marital satisfaction of the respondents. It was developed by Walter W. Hudson and designed to measure the degree or severity or magnitude of the problem a spouse or partner has in a partner relationship. It is composed of 25 items in which respondents are to respond None of the time, Very rarely, A little of the time, Some of the time, A good part of the time, Most of the time, All of the time. The scale consistently achieves an Alpha coefficient of .90 or larger.

**Gender-Equitable Men Scale.** This was the standardized tool utilized or administered to determine attitude toward gender norms of the respondents. It was developed by Population Council/Horizons and Promundo and designed to measure the intimate relationship or differing social expectations for men. It is composed of 34 items with a subscale of Equitable norm and Inequitable norm in which respondents are to respond Agree, Partially Agree and Do Not Agree. The estimated internal consistency or Cronbach alpha is .81.

**COPE Inventory.** This was the standardized test utilized or administered to determine coping mechanism of the respondents. It was developed by Carver and designed to measure coping and to assess different ways on how people deal with stress. It is composed of 60 items with 15 subscales of Positive Reinterpretation and Growth, Mental Disengagement, Focus on and Venting of Emotions, Use of Instrumental Social Support, Active Coping, Denial, Religious Coping, Humor, Behavioral Disengagement, Restraint, Use of Emotional Social Support, Substance Abuse, Acceptance, Suppression of Competing Activities, and Planning in which respondents are to respond I usually don't do this at all, I usually do this a little bit, I usually do this medium amount, and I usually do this a lot. The estimated internal consistency or Cronbach alpha is ranged .37 – .93 and with leaving out mental disengagement, the Cronbach alphas were all above .59, with the most above .70. The average alpha is .79

**Interview Guide.** The researchers created 41 open-ended questions. Each question refers to each subscale from the variables. The variables are marital satisfaction, attitudes toward gender norms and coping

mechanism. The following questions were asked to fully understand the underlying responses, opinions, and motivations. It has an estimated time of 10 minutes per interview. It will help in gaining and developing ideas and hypothesis on qualitative research study.

**Procedure**

The researchers conducted their study by gathering data from househusbands in different places in Batangas Province through snowball sampling. Before doing the research proper, the researchers first consulted different topics before proceeding to the data gathering. After the approval of the topic, the researchers presented it to the panel members for validation and proceed to the data gathering.

During the research proper and data gathering, the researchers went to different local villages (*barangays*) within their vicinity to search for househusbands. They also ask some of their friends if they know some househusbands. The participants were asked by the researchers if they are willing to participate for the research that they are conducting. Upon agreeing, the respondents filled out the consent form together with the demographic profile sheet. After filling out, the researchers gave the 119 – item questionnaires for them to answer. After answering, the researchers pick out some participants to be interviewed for the qualitative portion of the study.

After the data gathering process, the researchers gave thanks to respondents for being cooperative and helpful in the study and for their participation to make the study possible and successful. The researchers also told the respondents that every data that were gathered from them as well as their identity will be kept confidential.

When all the data have been collected, the researchers statistically interpreted the result of the participants using different statistical tools. The answer in the qualitative data was transcribed grouped the statement with similar meaning and analyzed to arrive to a theme. The researchers ensured every respondent’s confidentiality of their responses in conducting their study as well as their identity.

**Data Analysis**

After gathering the data needed for the study, the researchers used a quantitative and qualitative approach in computing and analyzing the data gathered. The quantitative data were taken from the questionnaires that were given and answered by the respondents. On the other hand, the qualitative data came from the

interview that was conducted with the selected respondents in the study.

For the quantitative analysis, different tests were used by the researchers in order to interpret the raw scores that were obtained from the questionnaires. Statistical tools such as the mean and standard deviation, weighted average mean to determine the levels of the subscale per variable, and correlation coefficient and one-way ANOVA to identify the relationship, statistical implication and significance between the professional quality of life and mindfulness.

For the qualitative analysis, the researchers conducted an interview with the selected participants in the study. The interview was about their professional quality of life and mindfulness and how it affects their works. The qualitative data were evaluated and analyzed manually by the researchers. Interpretative Phenomenological Analysis or IPA was used as the method in analyzing the qualitative data of the study. The IPA involves trying to understand the experiences an individual has in life, how they made sense of them and what meanings those experiences hold [4].

**Ethical Consideration**

Ethics is an important part of every research study. In this study, the researchers took into consideration that every respondent read and understood the consent form and accepted the terms of the study before participating. In anyways and situation, the participants should be concealed to any harm. Before making a study or research, full consent should always be signed and asked from the participants. Also, the researchers should always provide the protection of the participants’ privacy. Ethical consideration was also applied in the related literature gathered in this study by citing their sources.

**RESULTS AND DISCUSSION**

**Table 1. Marital Satisfaction among the Respondents n = 150**

	Mean	Verbal Interpretation
Marital Satisfaction	20.773	Satisfaction with the relationship

*For interpretation: Scores below 30 = satisfaction with the relationship, 70 = severe distress*

Table 1 shows the househusbands marital satisfaction. It can be gleaned on the table that respondents have satisfaction with their marital relationship as reflected by their computed mean of 20.773.

Results indicated that househusbands have satisfaction with marital relationship. In some studies, that when the fathers are more into their children’s life, the children become happier and also when husbands can take care of the family and the household chores, their wives felt having high quality of marriage. Being a wife is considered as a profession since the early years [5]. Swapping the traditional roles can make the couple respect each other. Like in the family, being the homemaker and the breadwinner, both have big role, and when the wife and the husband experience each, they become to know and understand each other’s pressure and responsibilities. When a man learns to take household chores, he came to respect every girls and women around him even more [6].

The findings of Gottman’s study [7] confirmed that the process of actively reaching out is to understand one’s partner’s thoughts. By showing the compassion and demonstrating the capacity to describe his partner’s inner experience and having communication to understand so effectively that his partner feels like he “got” them [7].

It shows that househusbands are satisfied in their relationship with their wives. Their changed gender roles do not affect the relationship that they have. For them to be more satisfied, they need marriage counseling to enhance their relationship with each other.

Table 2 displays the emergence of theme mind setting for the variable marital satisfaction which is determined by positive predisposition characterized by personal values which are composed of family orientation, fairness, resourcefulness and belief in oneself.

Why is it only “sad” that a mother has to go out to work, but it is not a big deal when a father goes to work, as in the majority of cases? It is taken for granted that the father will go and spend a large part of the day away from his children. Fathers are rarely asked how do they “feel” about being away from their family because of their work. A stay-at-home-dad, fathers could ever expect their partner to give up their job and stay at home if they were not prepared to do it. So, while the idea took some getting used to, househusbands are grateful for the opportunity to spend time with their children, to watch them grow and develop, to accept the responsibilities of parenthood, and to support his wife in her career all at the same time [8].

As the table shows, it leads to the theme mind setting. For many fathers out there that became a househusband, for them to adopt and accept this fact, it

always starts with them accepting who and what family they own. According to Routly [9], as a househusband, embracing the role is one of the keys be an effective husband and father. If they wear the title as full-time dad proudly and unapologetically, most people will respect that. Regardless of how they got there, it becomes clear that this is something they choose to do, not something they are forced to do or are just doing until something better comes along.

**Table 3. Attitude Towards Gender Norms among the Respondents n = 150**

	Mean	Verbal Interpretation
Inequitable Norm	45.140	-
Equitable Norm	25.900	-
Total Score	71.040	High

*For Interpretation: Low equity is 1-23, moderate is 24-47 and high is 48-72*

Table 3 shown next page reflects househusbands’ attitude toward gender norms. There are two subscales which are inequitable (meaning not being fair) and equitable (meaning being fair) norms. The mean of inequitable norm is 45.140 while the mean of equitable norm is 25.900 and the total mean is 71.040 which has the verbal interpretation of High.

The table shows that the total score results with a verbal interpretation of high which means the respondents have high equity towards gender norms. This result means that househusbands have equality in terms of their relationship. House husbands accept and maintain right behavior to their partners. They accept the fact that they have to change roles in order to give their children everyday needs and to provide for their family.

Equity theory, created by John Stacey Adams, provides a structure for resolving conflict. The first idea for married couples is to consider how roles are determined and upheld within society and to then determine specifically what a couple can do to overcome inequalities. Gaining fairness in roles and responsibilities is one of the main goals that equity theory would prescribe to. Gaining fairness may be maintained only if couples are willing to compromise and to be flexible in their roles and ideas [10]. Unequal relationships in relation to unequal decision-making were found to create an environment where the couples became distressed and experienced higher levels of anger.

**Table 2. Emergence of the Concept, Mind Setting in the aspect of Marital Satisfaction among Househusbands (n=15)**

Respondent No.	TRANSCRIPTS	EMERGING CONCEPT	SUBCATEGORIES	CATEGORIES	THEME
11	Pinili kong maging househusband para Mapangalagan ko ng Mabuti ang aking mga anak at asawa.	Family orientedness	Personal values	Positive Predisposition	Mind Setting
7	Hindi kailangang ituon lang ang iyong atensyon sa isang bagay para sa ikakaganda nito.	Fairness			
14	Hanapan ng magagandang solusyon para malutas agad ang problema at magkaroon ng tiwala sa sarilina kaya mo itong gawin.	Resourcefulness Belief in oneself			

Some have suggested that spouses might have the perception that their power within a relationship is balanced when in reality it is not balanced [11].

This result shows that the househusbands are more understanding in terms of gender equality because of their experience. They tend to be more patient with the problems that they are encountering with their relationship. Being a househusband, they tend to take a different view to gender equality because they have a diverse experience and it brings the thought for equal concepts for both genders [5]. It is unfortunate that men are always expected as breadwinner or a provider of the family. And because of that they tend to do things that are more masculine and require strength. They cannot do things such as nurturing and caretaking. But if a man does not believe in this stereotypical gender role, his family is lucky to have a husband and a father who is not afraid to stand by his own way. They also tend to respect each other's opinion in a relationship.

Table 4 shown next page indicates the theme of emergence of the theme marital orientation for the variable attitude towards gender norms which is determined by couple expectations characterized by specific behavioral standards which are composed of shared responsibility, stereotyping, valuing each other's opinion, open communication and mutual decision making.

According to research conducted by Willough by Belt [12], when female partners had a greater intention to marry or a greater importance placed on marriage than males' partners, couples began to report lower assessment of couple well-being. Finding suggests that further evidence in cohabiting are not all the same and that marital orientations and engagement status are important indicators of relationship well-being for many couples.

**Table 4. Emergence of the Concept, Marital Orientation in the aspect of Attitudes toward Gender Norms among Househusbands (n=15)**

Respondent No.	TRANSCRIPTS	EMERGING CONCEPT	SUB CATEGORIES	CATEGORIES	THEME
1	Ang pagkakaroon ng isang anak ay isang responsibilidad ng parehong partido dahil pareho nila itongginugusto.	Shared Responsibility	Behavioral Standards	Couple Expectation	Marital Orientation
6	Dapat na mas higit na mataas ang Ama sa pamilya dahil bilang Ama dapat ikaw ang gagabay sayongpamilya.	Stereotyping			
8	Pinapahalagahan naming ang opinion ng bawat isa sa paraan ng pakikinig sa naisniyang ipabatid.	Valuing eachother's opinion			
9	Mahalaga na malaman ang gusto at hindi gusto ng bawat isa upang maiwasan ang mga бага yna ayawniya.	Open communication			
12	Dapat parehas kayo ang magdedesisyon,bigayan dapat.	Mutual decision making			

In line with this, the concept and the status of marriage are increasingly challenged by the wave of sweeping social changes. With the increasingly access to the socio-economic benefits, the traditional conjugal roles of husband and wife are merging to the extent that the stereotyped gender distinction re fast disappearing. A fathering expert explains that a father’s diverse style of interacting with their children builds a wider and gaining more experience for their children for different relationship interactions [13].

This means that being a househusband is a great opportunity to become a true father to his children because he can be with them and guide them when they are growing up. In addition to this, a pioneer in child psychology, Erik Erikson, said that mother’s love and father’s love are different. A father’s is more instrumental than a mother’s love. Father make a not so common contribution on parenting a child that even a mother cannot do [13].

**Table 5. Coping Mechanism among the Respondents (n = 150)**

	Mean	Rank
Positive Reinterpretation and Growth	13.220	3
Mental Disengagement	10.580	9
Focus on and Venting of Emotions	9.600	11
Use of Instrumental Social Support	12.373	6
Active Coping	12.993	4
Denial	6.740	14
Religious Coping	13.880	2
Humor	8.513	12
Behavioral Disengagement	7.653	13
Restraint	12.500	5
Use of Emotional Support	10.507	10
Substance Use	5.880	15
Acceptance	11.780	7
Suppression of Competing Activities	11.400	8
Planning	14.120	1

*For Interpretation: Highest rank is the most used type of Coping Mechanism*

Table 5 shows that among the coping mechanism the respondents, planning has the highest mean of 14.120, second is religious coping with the mean of 13.880 and third is positive reinterpretation and growth with the mean of 13.220. While the lowest with the mean of 5.880 is substance abuse followed by denial with the mean of 6.740 and behavioral disengagement with the mean of 7.653.

The table shows that in the subscale planning, it got the highest mean which means that most of the househusbands focus on what they should do in that day and on the following days. It also shows on the table

that the subscale substance abuse got the lowest mean score. This means that even though they have faced the challenges and situation of being a househusband, they did not face it through drinking alcohol or any bad substances for their health, they just enjoy being with their kids and wife.

In line with the highest mean which is planning which is the basic management function involving formulation of one or more detailed plans to achieve optimum balance of needs or demands with the available resources, according to Your Tango [14], as a house husband, one can make their own schedule. They can make their own time for their wife and children because they have flexible time. On the other hand, with the third highest mean which is positive reinterpretation and growth, it grows as a person as a result of the experience, seeing events in a positive view. Fathers seem to understand that they are also capable of taking care of their children and taking over the responsibility at home. This scenario is good for the children because they felt that their father give interest to them [15].

In addition to the second lowest rank, behavioral disengagement means that the action or process of withdrawing from involvement in an activity, situation, or group. Even as today, many men cannot accept the role of being a househusband or stay-at-home dad because they worry that they will lose their job or career as a professional. They believe in this because many believe that when someone become a stay-at-home dad, they cannot get a job and just stay at home and the wife is at the working place. Because of this, the hard part of taking care of the financial and taking care of the children is as hard as working on a job [16]. And to the second lowest rank which is active coping which is characterized by solving problems, seeking information, seeking social support, seeking professional help, changing environments, planning activities, and reframing the meanings of problems. According to Razak [17], as a househusband himself, there is nothing wrong if the wife became the breadwinner of the family. Even there is a pressure that puts to him by the society, it does not matter to him. It also said that there is no big deal when the gender norms were reversed in a family because he considers himself lucky because he can be with his sons and watch them grow.

Table 6 shown next page indicates the emergence of the theme personal character for the variable coping mechanism which is determined by the attitudes characterized by negative behavior and positive behavior which are composed of redirecting one’s attention, showing aggression, being neutral, being

positive, shows of acceptance, openness, promptness in solving problems, having strong faith in God, being religious, having self-control and sense of focus.

Despite the fact that stay-at-home dads are accepted, they are always the center of criticism and judgements. These can make the househusbands feel like they are not belonged and do not have the right to take care of their children [18]. In addition to this, all education takes its root from the home. Children learn through imitation where their parents find themselves the reversal situation should endeavor not to over dramatize it. Both boys and girls in the family should be exposed

to equal educational opportunity including their career choices.

Being a househusband, it helps them to become more of a family man. They can be a better husband to their wife and most importantly they can be a better father to their children. Supporting this, it is good to see that many dads are willingly becoming a househusband to take care of their children. Even though it is not good for others and it is not right, this switching of roles has its own benefits. In some studies, it is shown that in this generation with new fathers, they considered their family as the center of their lives [19].

**Table 6. Emergence of the Concept, Personal Character in the aspect of Coping Mechanism among Househusbands (n=15)**

Respondent No.	Transcripts	Emerging Concept	Sub Categories	Categories	Theme
2	Kapag nagagalit ako itinutuon ko ang aking sarili sa ibang bagay  Minsan nakakapanakit din kapag sobra na ang galit na nararamdaman ko.	Redirecting one's attention  Showing aggression	Negative Behavior	Attitude	Personal Character
3	I try not to think about it.	Redirecting one's attention			
4	Malulutas ang isang sitwasyon kung wala kang papanian sa kanila o papaboran.	Being neutral	Positive Behavior		
5	Nagiisip ako ng mga postitbong solusyon para don. Nagiisip ako ng magaganda at masasayangpangyayari.	Being positive			
6	Hinayaannalangnanangy ari at tinanggapngmaluwag.	Shows of acceptance			
7	Sa pamamagitan ng pagsabi ng sitwasyon o problema sa kanila.	Openness			
8	Hahanap agad ng solusyon o aayusin agad para hindi lumala.	Promptness in solving problems			
9	Mapapatunayan ko na mayroon akong malakas na pananampalataya sa pamamagitan ng pagsimba o pagdarasal.	Having strong faith in God  Being religious			
10	Ginagawa kong mahinahon ang aking sarili ng sa ganun makapag-isip-isip ako ng maayos.	Having Self-Control			
11	Focus lang sa isangbagay at doon langnakatuon angisip.	Sense of focus			

**Table 7. Differences on Marital Satisfaction when grouped according to Profile Variables (n = 150)**

	F	p-value	VI
Annual Income	3.815	0.002	Significant
Below 100,000 & 100,001-150,000		0.017	Significant

For interpretation: Mean difference is significant at 0.05 level

Table 7 shown next page shows that in the differences on marital satisfaction when grouped according to profile variables, only annual income has the verbal interpretation of significant with the p-value of 0.002. In specific, between below 100,000 and 100,001 – 150,000, there is a significant different correlation.

The table shows that the annual income was below 100,000 & 100,001- 150,000; it affirms in the study conducted by Jackson [20] and his colleagues, which states that couples who have a low-level of income do not show a decrease in the level of satisfaction among them, moreover, they do not show that their satisfaction in the marriage life declines through each year. On the other hand, it shows that there is deterioration in the happiness and satisfaction of the married couple across the entire evaluation. Furthermore, there also shows a difference between the husband and wife. To sum up, the study suggested that efforts of the married couple to become stable is far effective than in enhancing their satisfaction only.

In addition to this, there are many reasons why couples in a relationship can be destroyed. One of those is comparing salaries. For example, when someone earns more, he/she is the one handling and managing the money and becomes the breadwinner. It is also one of the reasons why men felt that they do not have worth anymore [21].

**Table 8. Differences on the Respondent’s Attitude Towards Gender Norms when grouped according to Profile Variables (n = 150)**

	Inequitable		GEM			
	t/F	p-value	VI	t/F	p-value	VI
Educational Attainment	4.472	0.013	S	5.12	0.007	S
Annual Income	3.5	0.003	S	3.282	0.005	S

For interpretation: Mean difference is significant at 0.05 level VI = Verbal Interpretation, S = Significant, NS = Not Significant

Table 8 reflects that in the differences on the respondent’s attitude towards gender norms when grouped according to profile variables, educational attainment with p-value of 0.013 in Inequitable and

0.007 in GEM and annual income with p-value of 0.003 in Inequitable and 0.005 in GEM have the verbal interpretation of significant.

As you can see in the table the profile variables educational attainment and annual income affect the attitude of the respondents towards the equity between genders. According to a study by Thind et al. [22], the results showed that the educational attainment of the wife does and not affect the marital satisfaction of the married couple. On the other hand, when the wives are employed their husbands are more socially regulating than husbands with the wives who are non-employed. There is nothing wrong for the husbands or it does not matter to them the educational level and job status of their wives however, wives are emotionally affected by this.

On gender roles, the economy has a large effect. What plays a big role in marriage and family built is the traditional gender roles. Gender roles are set by the society, but as time passed by, it changed big over the centuries. Even though the wife is working, there is a conflict because of that belief. But as goes earlier, over the decades and centuries, due to economic and political changes, these norms seem to change.

Table 9 shown next page indicates that in the differences on the respondent’s coping mechanism when grouped according to profile variables, positive reinterpretation and growth, use of emotional support, acceptance and suppression of competing activities were all significant according to age. In the years of being househusband, the subscale that was significant is the religious coping. In the educational attainment, the significant subscales were mental disengagement, denial, and acceptance while in income the significant subscales were mental disengagement, use of instrumental social support, active coping, religious coping, behavioral disengagement, restrain, use of emotional support, acceptance, and suppression of competing activities.

The impact on how individual cope with stress is on age and development. Studies show that younger adults have different approach in terms of coping compared to older adults. Elderly adults are said to be less control on the environment which affects their coping strategies. Age differences in life satisfaction, younger adults with 18-40 years were apparent with stress and coping resources while at the age of 41-65 years above the stress decreases which reported that older adults have more effective coping rather than the younger adults. The efficiency of life satisfaction was the best predictor of coping styles.



**Table 9. Differences on the Respondent’s Coping Mechanism when grouped according to Profile Variables (n = 150)**

Coping Mechanism	Age		Yrs		Educ		Income	
	t/F	VI	t/F	VI	t/F	VI	t/F	VI
Positive Reinterpretation and Growth	2.713 (0.047)	S	1.251 (.294)	NS	0.208 (.813)	NS	1.943 (.078)	NS
Mental Disengagement	2.019 (0.114)	NS	0.695 (.556)	NS	5.232 (.006)	S	8.383 (.000)	S
Use of Instrumental Social Support	0.54 (0.656)	NS	0.616 (.606)	NS	1.729 (.181)	NS	6.016 (.000)	S
Active Coping	1.03 (0.381)	NS	0.407 (.748)	NS	1.62 (.201)	NS	4.397 (.000)	S
Denial	0.576 (0.631)	NS	0.703 (.552)	NS	6.814 (.001)	S	1.081 (.377)	NS
Religious Coping	0.202 (0.895)	NS	3.099 (.029)	S	1.571 (.211)	NS	2.402 (.031)	S
Behavioral Disengagement	1.842 (0.142)	NS	0.623 (.601)	NS	1.34 (.265)	NS	3.322 (.004)	S
Restrain	0.745 (0.527)	NS	0.793 (.500)	NS	1.732 (.180)	NS	3.626 (.002)	S
Use of Emotional Support	2.808 (0.042)	S	2.337 (.076)	NS	2.823 (0.63)	NS	5.942 (.000)	S
Acceptance	4.472 (0.005)	S	0.561 (.642)	NS	4.473 (.013)	S	9.486 (.000)	S
Suppression of Competing Activities	4.896 (0.003)	S	1.119 (.343)	NS	0.907 (.406)	NS	2.551 (.023)	S

For interpretation: Mean difference is significant at 0.05 level; VI = Verbal Interpretation, S = Significant, NS = Not Significant, No. = Number of child, Yrs = Years of being a househusband, Educ = Educational Attainment

Wife’s better career opportunities and family’s financial considerations are the most identified factors. The breadwinners and househusband are the conventional roles as the primary caregivers in changing of employment by the growing demand in the workforce. In work opportunities for men and women, couples choose higher salary even if it is in far place that would lead them in challenging the labor assignment of the family. Also, reversal of marital role is considered to financial conditioning. It says that the wife’s role is motivated since the husband stopped from providing financial support for the family [2].

Table 10 shown next page displays that in the correlation matrix of the variables of the study, the subscale in coping mechanism called mental disengagement was negatively significant to marital satisfaction and gender equitable-men total score. The second subscale, active coping is also negatively significant to marital satisfaction. The next subscales are behavioral disengagement and use of emotional support which were also negatively significant to gender equitable-men total score. The next subscale is acceptance which is also negatively significant to

marital satisfaction.

**Table 10. Correlation Matrix of the Variables of the Study n = 150**

	Marital Satisfaction	Inequitable Norms	Gender Equitable-Men Total
Coping Mechanism			
Mental Disengagement	-.204*	-.279*	-.279*
Active Coping	-.165*	-.131	-.062
Behavioral Disengagement	-.150	-.316*	-.294*
Use of Emotional Support	-.110	-.248*	-.226*
Acceptance	-.277*	-.168*	-.143

For interpretation: Mean difference is significant at 0.05 level  
Numbers with (\*) are Significant

Coping styles and cognitive skills to solve problems are often applied. Facing with problems usually solved by finding the appropriate method of satisfaction in effective and ineffective way of coping style to determining the variance of marital satisfaction, well-being and distress. In effective style, coping increases marital satisfaction as well as well-being but reduces in

distress and for the ineffective coping styles the distress increases and the others are the same with effective coping.

Different people have different styles in coping. Some studies showed that men are more likely used problem based coping strategies to avoid or deny the problems. The biological male is the one to confront a problem arising in the family because women are more emotional in terms of handling problems. Also, women used coping styles in terms of emotion-oriented behavior to seek help from others [23].

In summary, the study has proven that househusbands have high satisfaction with their relationship. It is proven in the computed data. They also have high equality between different genders. They tend to understand each other's opinion and beliefs. And lastly, within their coping mechanism, planning was the highest which means that being househusband,

they become more organized with their time. On the other hand, substance abuse is not on their vocabulary because it has the lowest score.

The results that were discussed will be a useful tool for the other people, community and to the society to understand more the concept of being a househusband. It can also help to break the wall and to change the fixed concept towards the roles of a father and mother in the family.

Figure 2 is the framework of the qualitative data. According to the data gathered by the researchers, it is evident that the theme of marital satisfaction is mind setting which is characterized by predisposition through personal values. Attitude towards gender norms shows the theme of marital orientation which is categorized by couple expectation through behavioral standards. And lastly coping mechanism is characterized by attitude through negative and positive behavior.

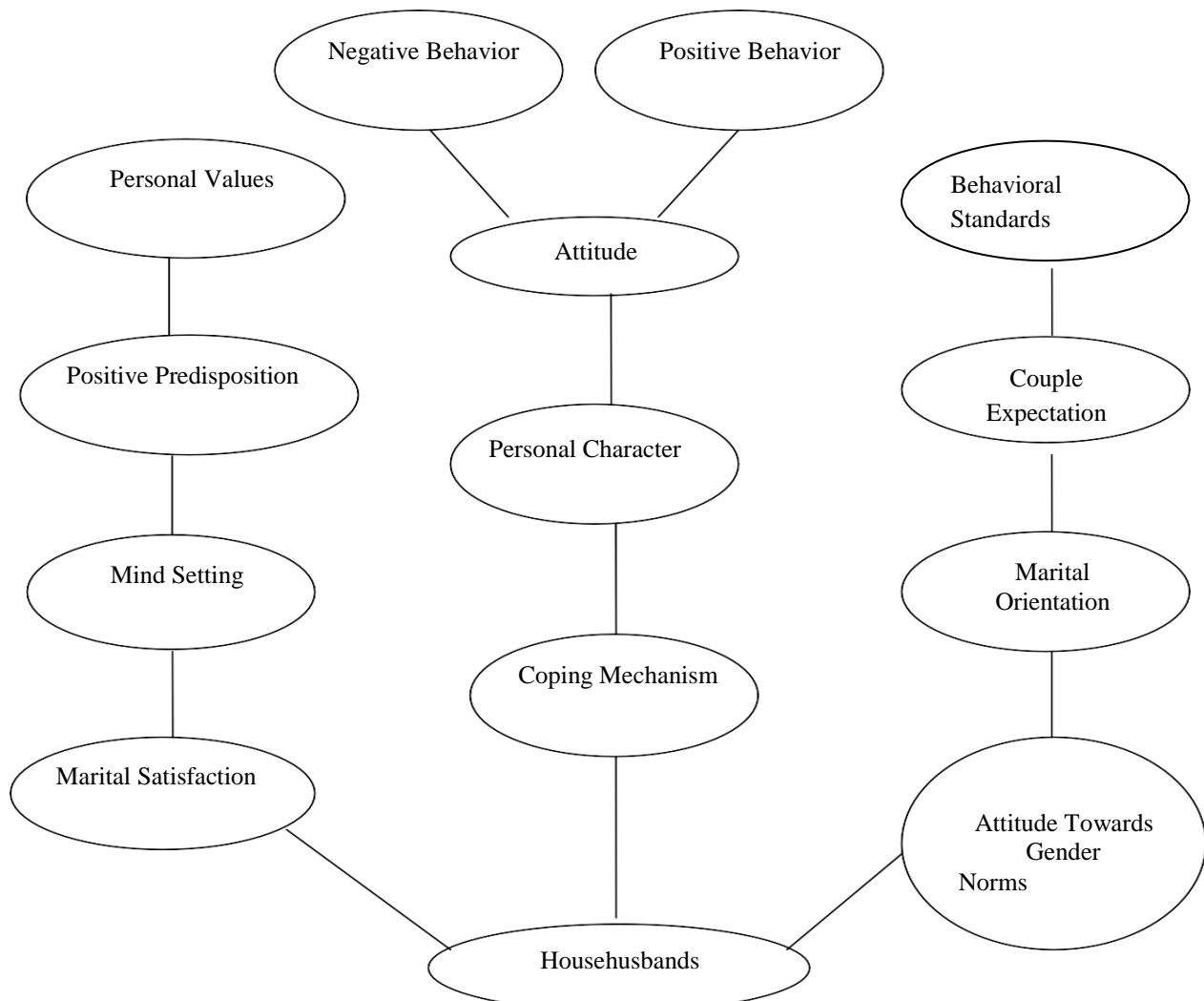


Figure 2. Framework of Marital Satisfaction, Attitude Towards Gender Norm and Coping Mechanism among Househusbands

**Table 11. Enhancing Marital Satisfaction Between Married Couples**

Program	Objectives	Strategy/Activity	Persons Responsible/ Participants	Evaluation
Workshop on Enhancing Marriage Counselling.	1. To teach couples and families skills to better communicate feelings to each other and work together to develop coping strategies	Relationship Enhancement Therapy	Speaker: Marriage Counselor Degree Program Information Participants: Married Couples	After 3 months, the researcher will go back to individuals to check whether the enhancement program had been effective.

There are seven principles penned by an acclaimed psychologist and marriage expert John Gottman; 1. Enhance your love map 2. Nurture fondness and admiration 3. Turn towards your spouse 4. Let your partner influence you 5. Solve your solvable problems 6. Overcome gridlock 7. Create shared meaning.

According to an article by Plett [24], these seven principles can be used as a pattern for team-building activities to help couples have a better relationship. These activities can build stronger relationship and foundation within the couple and the family.

**CONCLUSIONS**

Househusbands have marital satisfaction, high at attitude toward gender norm and employed planning as their coping mechanism. In the aspect of marital satisfaction there is an emergence of mind setting, in attitude towards gender norms there is an emergence of marital orientation and in coping mechanism there is an emergence of personal character. Income of the family’s respondent was found significant both to their marital satisfaction and attitude toward gender norms whereas educational attainment was significant to attitude toward gender norms. Acceptance coping mechanism is significantly difference from profile variable of age, no. of children, years of being househusband, educational attainment and family’s income. Among the subscales of coping mechanism, only mental disengagement was significant to marital satisfaction, and attitude toward gender norms. A framework for marital satisfaction, attitude towards gender norms and coping mechanism was created based on the results of the qualitative data. A proposed marriage counseling program was designed for househusband to enhance their marital relationship with their wives.

**RECOMMENDATION**

Respondents may continue being satisfied with their relationship despite the fact that they are dealing with changing roles. Wives of the respondents may also understand their situation and always support each other. Future researcher may also have the wives of the house husbands as a respondent and compare the gathered data to have a broad research study. Results of the current study may be incorporated in teaching major subjects in Psychology like Social/Personality Psychology and Research/Experimental Psychology respectively. The created framework may be checked and verified by panel of examiners for approval. Proposed marriage counseling program may be evaluated by marriage counselors and psychologists before its utilization.

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