

Relationship between University students' Marriage View and Quality of Life

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Abstract

This study was a cross-sectional descriptive study that analyzed the effect of quality of life on marriage views in college students. The purpose of this study was to identify the relationship between quality of life and marriage view. The study targets were 195 male and female university students aged between 20 and 25. The data collection was done only by those who voluntarily agreed to the study using online questionnaires, and the data collection period was from October 1 to October 30, 2020. Data analysis was performed using SPSS 18.0 for frequency analysis, χ^2 analysis, Pearson correction, t-test, and simple regression analysis. The result of the study that men had higher conservative marriage view ($M=3.22$, $SD=.716$) than women ($M=2.21$, $SD=.903$, $p<0.01$), women had higher active marriages ($M=3.94$, $SD=.955$) than men ($M=3.41$, $SD=.933$, $p<0.01$), and women had higher exclusive marriage views ($M=3.94$, $SD=.955$) than men ($M=3.41$, $SD=.933$, $p<0.01$). And people with high quality of life positively influenced romantic marriage view ($R^2=.029$, $p<0.05$), but negatively affected passive marriage view ($R^2=.029$, $p<0.05$) and conservative marriage view ($R^2=.034$, $p<0.05$). Based on the results of this study, a program is needed to create a positive marriage view for the married age group, create an environment for married people to positively engage in social and economic activities, and propose a program for creating healthy family relationships.

Keywords: Marriage view, Quality of Life, University students

1. INTRODUCTION

Korea has traditionally had a marriage view based on collective family values that require individual sacrifice for the family, but with various social changes, marriage has changed to a tendency to value individual needs and individuality based on individual-centered values and awareness of gender equality [1]. This change is further expanding the marriage of families and communities beyond the obligation and social norms to the selective realm of individuals seeking personal needs or happiness. According to data from Statistics Korea in 2019, the results of the "2018 Social Survey" conducted on 25,000 households nationwide, the percentage of people who think marriage should be married has decreased from 62.7% in 2012 to 48.1% in 2018. Also, 47.9% thought they might or may not do it, and 6.2 percent thought they did not need to do it [2]. It can be seen that this has definitely changed from the older generation, who understood marriage and family formation as one

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of the natural life processes. In other words, it can be seen that for the younger generation, marriage is changing from a view of what they see as a personal preference or choice, from a point of view that marriage is justifiable or essential to life [3].

Marriage refers to individual values for marriage, living together, choosing a spouse, divorce, etc. [4-5]. Studies have shown that the views on marriage have been divided into stable-romantic, conservative-toolish, and passive-betrayal, a stable-romantic view of marriage means having a positive and romantic expectation of marriage by meeting a lifelong partner and living a stable life, as a conservative-toolish marriage is a traditional value for marriage, which means that there is an appropriate age for marriage, is a way to get a chance to give birth to a child, and that the spouse provides financial support, and as a passive-betrayal view of marriage means that one's work is more important than marriage, and that one prefers to live an independent and free life economically [6]. As a variable affecting marriage, people with high levels of anxiety and avoidance tend to have a high degree of passive-beta marriage, stable-romantic marriage and conservative-to-tool marriage were found to be low [5]. Conservative people showed a conservative-to-tool view of marriage, with emphasis on legal sex and tooling for childbirth, people who feel a great deal of pressure about the reality that it is difficult to maintain a work-family relationship after marriage have shown a passive-multiple view of marriage [7]. Individualist tendencies, income and employment and housing instability also affect marriage views [8]. In addition, the more positive they were about their relationship with their parents, the more traditional and positive they were about marriage [9]. It turns out that people who perceive their families to be healthy have a positive image of marriage and childbearing, so they have a high stable-romantic marriage view, a high-conservative-toolish view of marriage, and a low passive-beta view of marriage [7], [10-11].

According to current data on marriage, as of 2019, the average age of first-time married men in Korea is 33.37 years old and 30.59 years old for women, the total fertility rate is 0.92, the lowest ever and it was ranked the lowest among OECD countries. Also according to the results of the "long-term population estimate" the nation's population is estimated to decline after peaking at 5,194 million in 2028 [2]. Experts' opinions on this phenomenon are that as women's education levels have risen and economic participation has increased, individual-centered values have spread along with the growth of consciousness. This is due to the significant improvement in women's social status and level, which also led to an increase in the proportion of high-income single women with college degrees or higher. As more women enter society, the age of marriage is being delayed, the number of single women based on solid jobs and economic power is increasing, and the values of marriage are changing. It can also be said that the recent economic recession and uncertainty about the future have affected the negative attitude of marriage as both men and women have increased their economic base and their importance to their work [6]. In addition, the 2019 annual report by the Korea Institute for Health and Social Affairs, the study of 'People's Perception of Low Birth Rate and Aging Society and Operation of In-depth Survey System on Desire,' examined the factors that negatively recognize marriage between women and men. According to a survey of 947 unmarried young people aged 19-49, the reasons for not getting married were found that 31.0% of unmarried women answered "relaxation and comfort of solitude" as the first reason not to get married, while 22.7% of unmarried men chose "relaxation and comfort" as the third reason, and 25.5% of unmarried women answered housing instability as the third reason for not getting married, while 35.0% of unmarried men chose housing as the first reason [12].

Therefore, marriage values are one of the cultural phenomena that changes in the situation. It can be defined as guidelines and grounds for determining the purpose of marriage, the process of marriage, the choice of spouse, and the type of thinking and behavior associated with post-marriage life design, depending on the individual's diverse experience, the background of the times, and social and cultural values, and it can be said to be affected by various factors [13].

The quality of life is related to one's goals, expectations, norms and interests within the context of the culture and value system in which an individual lives, also, quality of life is a subjective assessment that focuses on a personal perception of the state in life, a cultural, social and environmental background [14]. marriage values, an extremely subjective point of view, are deeply related to the quality of life. Therefore, it will be necessary to confirm the relationship with the quality of life of an individual to discuss the marriage outlook. Therefore,

this study was conducted through an online survey to help college students express their opinions in a more free atmosphere. This study seeks to examine the relationship between marriage values and quality of life according to demographic and sociological characteristics and examine the factors affecting marriage to provide the basic data of policies for raising the birth rate.

2. METHODS

This study is a research study that aims to identify the general characteristics of college students and the relationship between marriage quality and how opinions on quality of life affect marriage view through an online survey. The survey tools for this study were used by existing marriage view and life quality tools to gather feedback through an online Google survey. The study participants were 20-25 years old, with a total of 195 participants. The purpose of the study was explained in the online questionnaire and recommended that only those who wish to participate voluntarily should respond.

2.1 The purpose of research

This study used the SPSS 18.0 program for analysis as a cross-sectional descriptive survey study that examined the opinions of the participants using a structured questionnaire. The specific purpose of this study is to: First, check the general characteristics of university students. Second, check the relationship between marriage and quality of life. Third, check the impact of quality of life on college students' marriage views.

2.2 Research tools

2.2.1. Quality of life

of life means indicators of life in which humans can feel subjectively satisfied, along with objective living conditions. The measure of quality of life used in this study was developed in Korea by CG Min., etc., [14]. in accordance with the World Health Organization (WHO) guidelines [15]. This measure measures four areas of quality of life: physical health, psychological health, social relations and environmental areas, and is a five-point scale of 24 categories, and the higher the score, the higher the quality of life level. In this study, the reliability for analysis was obtained by appearing as Cronbach Alpha=0.857 of this research tool.

2.2.2. Marriage view

Values refer to the view of how human beings judge what is good, right, and desirable about life or what subject. The marriage view described in this study means an individual's opinion of good, right and desirable marriage. The tool used in this study was a tool developed by BR Lee [6] referring to tools developed by HY Kim, etc., [16]. and consists of 19 questions consisting of two factors: 'Will for Marriage' and 'Marriage Values' (Figure 1). The marriage view scale is a Recruit five-point scale that gives one point for "not at all" and five points for "very so." Marriage values are divided into six factors, named 'romantic', 'passive', 'conservative', 'exclusive', 'active' and 'toolish'. In this study, Cronbach alpha=.605 was shown and reliability was secured in the analysis of the data.

Marriage View

Question No	Contents
Questions 1-5	Romantic marriage view
Questions 6-10	Passive marriage view
Questions 11-13	Conservative marriage view
Questions 14-15	Exclusive marriage view

Questions 16-17	Active marriage view
Questions 18-19	Toolish marriage view

Figure 1

3. RESULTS

3.1. General Characteristics

A Frequency analysis was conducted to identify the general characteristics of the participants (Table 1). According to the analysis, 27 males (12.8%) and 168 females (86.2%). 57 people (29.2%) were aged 23 years, followed by 39 people (20.0%), the aged of 24 and 25 was 36 people (18.5%), 24 people (12.3%) were aged 21 and three-bagger people (1.5%) were aged 20. Those without religion accounted for 123 (63.1%), followed by Protestants with 51 people (26.2%). There were 15 Buddhists (7.7%) and 6 Catholics (3.1%). The largest number of people without friends of the opposite sex was 129 (66.2%), 51 people (26.2%) had a friend of the opposite sex, 15 people (7.7%) said they had broken up. 63 respondents (32.3%) said they did not exercise at all, 57 respondents (29.2%) said they do it once a week, two to three times a week, 9 people (4.6%) said they exercise every day, while 9 people (4.6%) said they are others. 150 people (76.9%) said they sometimes drink alcohol, 24 people (12.3%) said they don't drink, 12 people (6.2%) said they drink frequently, and 9 people (4.6%) said they drink alcohol frequently. There were 138 people (70.8%) who did not smoke, 30 people (15.4%) who smoked, and 27 people (13.8%) who said they quit. The most common hobby was in the medical field with 111 people (56.9%), 39 people (20.0%) answered the others, 36 people (18.5%) answered culture, and 6 respondents (4.6%) answered "economy."

Table 1. General Characteristics

N=195					
Variable	Type	N(%)	Variable	Type	N(%)
Gender	Male	27(13.8)	Exercise	No	63(32.3)
	Female	168(86.2)		1/week	57(29.2)
Age	20	3(1.5)		2-3/week	57(29.2)
	21	24(12.3)		Daily	9(4.6)
	22	39(20.0)		Others	9(4.6)
	23	57(29.2)	Alcohol	Frequently	12(6.2)
	24	36(18.5)		Occasionally	150(76.9)
	25	36(18.5)		No	24(12.3)
Religion	None	123(63.1)	Smoking	Yes	30(15.4)
	Protestant	51(26.2)		No	138(70.8)
	Catholic	6(3.1)		Quit	27(13.8)
	Buddhism	15(7.7)	Hobby	Medicine	111(56.9)
Hetero Friend	Yes	51(26.2)		Economy	6(4.6)
	No	129(66.2)		Culture	36(18.5)
	Separate	15(7.7)		Others	39(20.0)

3.2 Correlation between Marriage Value and Quality of Life

A Pearson Correlation analysis was conducted to confirm the correlation between quality of life and marital values (Table 2). The analysis shows that the quality of life is related to a significant positive(+) correlation of romantic marriage ($r = .171, p < 0.05$), but there is a significant negative(-) correlation between passive marriage views ($r = -.294, p < 0.01$) and conservative marriage views ($r = -.185, p < 0.01$). In the Marriage view's correlation, people with romantic views indicated negative correlation ($r = -.313, p < 0.01$) with passive marriage views, the negative correlation ($r = -.371, p < 0.01$) with the exclusive view of marriage, but positive correlation ($r = .200,$

$p < 0.01$) was shown with active marriage views. A passive marriage view showed positive correlation with an active marriage view ($r = .280$, $p < 0.01$), a tool marriage view ($r = .198$, $p < 0.01$), and an exclusive marriage view ($r = .489$, $p < 0.01$), while a negative correlation ($r = -.371$, $p < 0.01$). Conservative marriage views expressed positive relations with active marriage view ($r = .939$, $p < 0.01$) and toolish marriage view ($r = .263$, $p < 0.01$), while active marriage expressed positive relationships with toolish marriage view ($r = .198$, $p < 0.05$). The average quality of life was 3.52, and the standard deviation was 0.409, the highest average for a marriage view was 4.03 for a romantic marriage view, while the lowest was 2.41 for a conservative marriage view.

Table 2. The Correlation between Quality of Life and Marriage View

	Mean	S.D.	1	2	3	4	5	6	7
1. QOL	3.52	.409	1	.171*	-.294**	-.185**	-.015	-.129	-.108
2. Romantic	4.03	.556		1	-.313**	.099	.200	.080	-.371**
3. Passive	3.38	.768			1	.103	.280**	.176	.489**
4. Conservative	2.36	.944				1	.393**	.263**	-.210**
5. Active	2.41	1.022					1	.198	-.369
6. Toolish	3.47	.969						1	-.020
7. Exclusive	3.87	.867							1

*, Correlation is significant at level 0.05(both)

** , Correlation is significant at level 0.01(both)

QOL=Quality of Life

3.3. Friends of opposite sex by age

χ^2 analysis was conducted to confirm the presence of friends of the opposite sex by age (Table 3). Analysis shows that the presence of opposite sex friends by age has significant associations ($p < .01$). The age of the participants was 45 (78.95%), the highest number of friends of the opposite sex by age was 25 with 41.67%, and the highest number of respondents saying that friends of the opposite sex broke up was 23 years with 29.23%.

Table 3. Current Status of Friends of the Opposite Sex by Age

Variable	Type	No	Yes	Separate	χ^2 (p)
Age	20	3(100.0)	0(0.0)	0(0.0)	36.783 (.000)
	21	21(87.5)	3(12.5)	0(0.0)	
	22	24(61.54)	12(30.77)	3(7.69)	
	23	45(78.95)	12(21.05)	0(0.0)	
	24	24(66.67)	3(25.0)	3(8.33)	
	25	12(33.33)	15(41.67)	9(25.0)	
	Total	129(66.15)	51(26.15)	15(7.69)	

3.4. Gender-specific Differences in Marriage View

A t-test was conducted to determine the mean difference in marriage view by gender (Table 4). Analysis shows that the average difference in marriage views by gender is significant in terms of conservative, exclusive and toolish marriage view. The conservative marriage view was male ($M=3.22$, $SD = .716$) higher than female ($M=2.21$, $SD = .903$, $p<0.01$). Active marriage view was higher than women ($M = 3.91$, $SD = .834$) and men ($M = 3.41$, $SD = .940$, $p<0.01$). The exclusive marriage view showed that women ($M = 3.94$, $SD = .955$) were significantly higher than men ($M = 3.41$, $SD = .933$, $p<0.01$).

Table 4. Gender-specific differences in Marriage View

Classification	Mean		SD		t	p
	Male	Female	Male	Female		
Romantic	4.11	4.02	.535	.560	-.776	.439
Passive	3.56	3.35	.950	.733	-1.316	.190
Conservative	3.22	2.21	.716	.903	-5.501	.000**
Active	3.41	3.94	.940	.834	3.044	.003**
Toolish	2.69	2.67	1.194	.989	-1.495	.136
Exclusive	3.41	3.94	.933	.955	-2.778	.006**

*, $p<0.05$, **, $p<0.01$

3.5. The Influence of Quality of Life on Marriage View

A Simple Regulations Analysis was conducted to determine the effect of quality of life on marriage view (Table 5). The analysis showed that the quality of life affects romantic marriage view ($R^2=.029$, $p<0.05$), and passive marriage view ($R^2=.086$, $p<0.01$), and conservative marriage view ($R^2=.034$, $p<0.05$), both under statistical significance levels.

Table 5. The Influence of Quality of Life on Marriage View

Independent Variable	Dependent Variable	Non-standardization factor		β	t	p	Statistics
		B	SD				
Quality Of Life	Constant	3.215	.342	-	9.412	.000	$R=.171$, $R^2=.029$, Modified $R^2=.024$, $F=5.831$, $p=.000$
	Romantic	.233	.096	.171	2.415	.017*	
	Constant	5.315	.457	-	11.633	.000	$R=.294$, $R^2=.086$, Modified $R^2=.082$, $F=18.267$, $p=.000$
	Passive	-.552	.129	-.294	-4.274	.000**	
	Constant	3.860	.578	-	6.851	.010	$R=.185$, $R^2=.034$, Modified $R^2=.029$, $F=6.851$, $p=.010$
	Conservative	-.427	.163	-.185	-2.617	.010*	
	Constant	4.675	.537	-	8.709	.000	$R=.108$, $R^2=.012$, Modified $R^2=.007$, $F=2.284$, $p=.132$
	Exclusive	-.229	.152	-.108	-1.511	.132	
	Constant	5.548	.637	-	4.001	.000	$R=.015$, $R^2=.000$, Modified $R^2=-.005$, $F=.046$, $p=.831$
	Active	-.038	.180	-.015	-.214	.831	

	Constant	4.545	.598	-	7.597	.000	R=.129, R ² =.017, Modified R ² =.012, F=3.259, p=.073
	Toolish	-.305	.169	-.129	-1.805	.073	

*, p<0.05, **, p<0.01

4. Conclusion

This study was a cross-sectional descriptive survey study of 195 college students to check their personal characteristics, quality of life and marital views, and then to see how the relationship between the quality of life and the relationship between the marriage views and the personal characteristics and quality of life affect the marriage view. Marriage values are extremely subjective values, and it is an important task to analyze the current situation to confirm their subjective opinions at a time when the non-marriage rate has been increasing recently. College students, in particular, are young people who are about to get married, and their ideas can be an important clue to predicting statistics on future marriages.

This study found that people with high quality of life have a positive influence on romantic marriage views. Quality of life refers to indicators of life in which humans can feel subjective satisfaction along with physical and objective living conditions [6], and it is known that the higher the residential environment, health, work-life balance, and economic power, the higher the quality of life. This study also showed that people who feel that the quality of life is high are romantically aware of marriage. However, the quality of life is not measured only physically, and even when the emotional happiness index is high, the application of programs to improve the quality of life can be a way to change the marriage view.

It can also be inferred that the higher the quality of life, the greater the negative perception of marriage by raising the quality of life, based on the negative consequence of being negative about passive and conservative marriage. Previous studies have shown that passive marriage views are deeply related to the experience of economic activities. It means the difficulties of social life for economic activities by marriage, indicating that today's younger generation puts greater weight on maintaining a social life in which they can engage in economic activities by choosing non-marriage [17]. This can be replaced by increasing the proportion of married people's roles in the area of economic activity [18], which also suggests the need for environmental changes that increase the proportion of marriage and maintaining a healthy social life. According to a recent study of marriage views among college students, people with family values report that they have a conservative marriage view. Familyist values mean that parents or children depend on their families for material and psychological reasons [7]. The marriage image received from the family ultimately shows that the meaning of a healthy and dynamic family is a major variable in marriage as a major factor affecting the decision of marriage. It is important to build healthy interrelationships between families in order to build a positive view of marriage based on these contents. Based on the above results, the study was able to conclude as follows: First, it is necessary to organize programs that improve the quality of life in order to form a positive marriage view.

Second, it is imperative to create a social and environmental atmosphere that can promote economic activities and marriage together for those in marriage age.

Third, to successfully achieve marriage, it is necessary to develop a healthy and dynamic family relations program.

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