A STUDY ON JEALOUSY, MARITAL SATISFACTION, AND MENTAL HEALTH COMPARING THE FIRST AND SECOND WIFE IN PAKISTANI POLYGYNOUS FAMILIES

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ABSTRACT
The current study investigated the differences in jealousy, marital satisfaction and mental health between first and second wives in Polygynous families. A sample of 192 women from polygynous families was drawn through snowball sampling. The first wives had an age range of 25-60 (M = 40.30, SD = 7.86) and second wives 18-30 (M = 26.60, SD = 7.41). The sample was collected from different cities of Punjab, Pakistan. It was a comparative study with cross-sectional design. Revised Dyadic Adjustment Scale (Busby et al., 1995) and Mental Health Inventory (Veit & Ware, 1983) along with newly developed indigenous Jealousy Scale for Polygamous Women (Naseer, Khan & Malik) were administered for measuring concerned variables. The Results revealed the significant difference in study variables between first and second wives. Mean scores revealed that first wives have higher emotional jealousy, behavioral jealousy, anxious jealousy, possessive jealousy and psychological distress while lower consensus, satisfaction in relationship and psychological well-being than the second wives. While mean scores of second wives also revealed higher insecurity jealousy as compared to first wives. The Implications of the findings for home settings, policy maker guidance, clinical and family advisors were discussed in the context of Pakistani culture.

Keywords: Jealousy, Marital Satisfaction and Mental Health

INTRODUCTION
Polygamous marriages have become a prominent feature of numerous societies across the world. More than 850 societies and cultures have covered such family structure (Krieger, & Renner, 2020). Polygamy is a practice in which a husband has multiple wives at a given time (Thobejane & Flora, 2014). The percentage of men having multiple wives although is relatively minuscule. Only third part of the world's population allows their communities polygamy (Fenske, 2015). The result of polygamy due to discriminative and unequal treatment of the husbands with their wives as jealousy, lack of marital satisfaction, suicidal ideations, psychological distress, and other behavioral problems among the wives have been evaluated (Al-Krenawi, Graham, & Al Gharaibeh, 2011; Rabia, 2011; Rabia, 2017; Aburabia, 2017; Berger-Polsky et. al., 2020). The polygamous families have badly affected the psychological and social functioning of polygamous women and children (Elbedour et al., 2002; Shepard, 2013).

Therefore, it is a crucial demand of time to highlight the mental and psychological issues which are arising in polygamous women irrespectively concerning their social, cultural and economic context. Polygamy is also further classified into two categories. First one is polyandry, a marriage which allows a woman to marry more than one man at a given time. Second one is the ‘polygamy’ refers to ‘polygyny’ a husband having two wives at one time.
currently discussed the latter one in the study. In polygyny the first wife is considered as senior wife while second wife is the junior wife who is the most recent wife (Golomski, 2016). In many societies the senior wives hold a status and control over domestic system as they have command over the junior wives as well as they are entertained special privileges. On the other hand, in some societies junior wives being young received more love, care and attention from their husbands than the senior wives (Yılmaz, &Tamam, 2018). Polygamy is common practice in Muslim communities, and it has been said in Quran that “Marry women of your choice, two, or three, or four; But if ye fear that ye shall not be able to deal justly (with them), then only one”. It is also permitted by Pakistani “Muslim Family Laws Ordinance” 1961 to the men (Ali, 2002). A fair and legal relationship of polygamy protect from many sexually transmitted abnormalities and illegal sexual contacts. But if the man is unable to sustain the equality and justice between the multiple then he should prefer only one wife (Abrams, 2016).

It is needed to follow the original context of Doctrine. So, can be avoided the provoking mental health issues like jealousy, low marital satisfaction, and psychological distress in polygamous women either first or second wives A. Jealousy is very common in polygamous women. As the reaction which is provoked by the husband or wife when his or her partner involved in some situation or activity with a person other than his or her own partner is called jealousy. This reaction can be conceptualized as cognitive, emotional or behavioral in nature as per multidimensional theory of jealousy (Pfeiffer & Wong, 1989; Guerrero, Spitzberg, & Yoshimura, 2004). These feelings, thoughts and behavior are aroused particularly in polygamous women due to some threat or uncertainty and insecurity about their husbands either caused by others wife or some external circumstances (Buunk, et al., 2008).

Expression of moderate level of jealousy can be viewed as positive connotation when it secures the relationship with husband in polygamous marriage for strong intimate relationship. But the extreme jealousy causes negative inferences and deteriorate the marital or relationship satisfaction which leads to mental health issues of an individual. Dynamic Goal theory of marital satisfaction proposed that marital satisfaction can be maximized by fulfilling the expectations which the partners having towards each other. The marital couples usually have realistic and unrealistic expectations with each other. The marriage which provides comfort and satisfaction between life partners and also causes emotional and psychological health between both of them (Kaplan, & Maddux, 2002; Li, & Fung, 2011). On the other hand, in the polygynous marriages, the men and the most recent wife in the beginning, amuse their relationship. But latter on the man is failed to maintain the equality in all the possessions, and in the physical and psychological needs among multiple wives. At this stage both men and women particularly, the polygamous females face a number of mental health issues (Heath, Hidrobo, &Roy, 2020). This conflicted environment creates intimate partner violence which has been explored in many recent multiple studies throughout the world (Devries et.al, 2013; WHO, 2013). The results of intimate partner’s violence directly harmed physically and mentally to the polygamous women (Ellsberg et. al, 2008; Hidroboet al., 2016).

In numerous qualitative studies with polygamous women such as Hassouneh-Phillips (2001) observed in American Muslim families of spousal abuse to their wives. The new or second wife was considered as a distressing experience due to the discriminatory behavior of their husbands for the first wives and their children. The first wives also suffered economic, physical, and sexual abuse (Elbedour et al., 2006). The injustice in husband's emotional feelings, sexual attention and affection cause jealousy. Co-wife conflicts can also lead to loneliness, unhappiness, and lack of intimacy with the spouse (Tabi, Doster & Cheney, 2010). Literature also suggested the women who perceived themselves as old also reported poor

Objective of the Research
The main objective of the study is to investigate the differences of jealousy, marital satisfaction and mental health between first and second wives in polygynous family structure.

Hypotheses
HI: Jealousy is likely to have a negative relationship with marital satisfaction and mental health of polygynous women.
H1: First wives are likely to have higher jealousy, lower marital satisfaction and poor mental health than the second wives in polygynous marriages.

METHODOLOGY
Sample
The sample was comprised of 212 polygynous women, first wives (25-60 age range) and second wives (18-30). It was collected by snowball sampling. Descriptive statistics of demographic characteristics are given in Table 1.

Table 1
Descriptive Statistics of Demographic Characteristics (N=192)

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>First Wife f (%)</th>
<th>Second Wife f (%)</th>
</tr>
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<tbody>
<tr>
<td>Age (in years) M (SD)</td>
<td>40.30(7.86)</td>
<td>26.60(7.41)</td>
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<tr>
<td>Wife Status</td>
<td></td>
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<tr>
<td>Love marriage</td>
<td>102(54.7)</td>
<td>90 (45.3)</td>
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<tr>
<td>Arrange marriage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Husband Age (in years)</td>
<td>49.09(8.91)</td>
<td>51.32(7.40)</td>
</tr>
<tr>
<td>Monthly Income</td>
<td>35142(17304)</td>
<td>38338.8(24479.04)</td>
</tr>
</tbody>
</table>

Measures
Jealousy Scale for Polygamous Women (JSPW): For jealousy between first and wives an indigenous developed tool as Jealousy Scale for Polygamous Women (Naseer & Malik) was used based upon 54 items having five subscales as emotional, insecure, behavioral, anxious and possessive jealousy. It is a four point Likert Scale. With the range of 0-3. In the present study Cronbach’s alpha coefficient of overall scale and its subscales showed respectively .96, .96, .87, .80, .80, and .73.

The Revised Dyadic Adjustment Scale (Busby et al., 1995): Marital satisfaction was measured by the Urdu translated version of The Revised Dyadic Adjustment Scale (RDAS: Busby, Christensen, Crane, & Larson, 1995). It was consisted of 14 items. It assessed three main dimensions consensus, satisfaction in relationship and cohesion having seven further domains. The measure has 5 and 6 response categories. In the present research Cronbach’s alpha coefficient was .78, .62, .68, and .91.

Mental Health Inventory (Veit & Ware, 1983): Urdu version of Mental Health Inventory (Veit & Ware, 1983) was used for measuring mental health of the participants. It is composed of 38 items. The scale has two subscales as Psychological Distress comprised of
22 items and Psychological Well-being consisting of 16 items. In the current study Cronbach’s alpha coefficient was .72, .96 and .96 reliability respectively.

**Procedure**

An authority letter from the institution was taken for data collection. A formal prior permission from the respective authors was also obtained for using the measures. A consent form was presented to the 212 participants to for voluntary participation in the current study. Only those participants were included in the study those were willing to take part in the study. The anonymity of the participants and confidentiality of the data was firmly maintained. No compensation was offered in return for participation. 6 participants refused to participate in the study while 7 participants were withdrawal from the study and refused to fill the questionnaires in the middle. Finally, the data of 199 participants was obtained in which 7 questionnaires were also discarded because of not fulfilling the criteria and missing information of the study. The response rate of the study was 91%.

**RESULTS**

The research was conducted to explore the relationship as well as differences between first and second wives’ jealousy, marital satisfaction and mental health in polygynous marriages. Pearson product moment correlation was carried out to assess the relationship between jealousy, marital satisfaction and mental health of polygamous women.

The findings of Table 2 showed that jealousy (emotional, insecure, behavioral and possessive) has a negative relationship with consensus, satisfaction in relationship, cohesion and psychological well-being while positive relationship with psychological distress. Anxious jealousy is also negatively correlated with satisfaction in relationship and psychological well-being whereas positively correlated with cohesion and psychological distress. Furthermore, consensus and satisfaction in relationship are positively correlated with psychological wellbeing and negatively correlated with psychological distress. Psychological well-being is also negatively correlated with cohesion.

It was hypothesized that the first wives are likely to have higher jealousy, lower marital satisfaction and poor mental health than the second wives in polygynous marriages. Independent t test was run to seek the difference between first and second wives in study variables.

<table>
<thead>
<tr>
<th>Variables</th>
<th>First Wife (n = 102)</th>
<th>Second Wife (n = 90)</th>
<th>95% CI</th>
<th>Cohen’s d</th>
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</thead>
<tbody>
<tr>
<td>M</td>
<td>SD</td>
<td>M</td>
<td>SD</td>
<td>t(190)</td>
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<tr>
<td>EJ</td>
<td>4.54</td>
<td>1.66</td>
<td>2.91</td>
<td>1.57</td>
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<tr>
<td>IJ</td>
<td>3.15</td>
<td>1.39</td>
<td>4.11</td>
<td>1.38</td>
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<tr>
<td>BJ</td>
<td>4.27</td>
<td>1.57</td>
<td>3.59</td>
<td>1.29</td>
</tr>
<tr>
<td>AJ</td>
<td>5.29</td>
<td>4.37</td>
<td>4.03</td>
<td>4.84</td>
</tr>
<tr>
<td>PJ</td>
<td>4.59</td>
<td>1.93</td>
<td>3.82</td>
<td>1.45</td>
</tr>
<tr>
<td>JSPW total</td>
<td>4.43</td>
<td>1.34</td>
<td>3.18</td>
<td>1.22</td>
</tr>
<tr>
<td>Con</td>
<td>4.71</td>
<td>1.40</td>
<td>5.30</td>
<td>1.81</td>
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<tr>
<td>SR</td>
<td>4.46</td>
<td>1.87</td>
<td>5.12</td>
<td>1.63</td>
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<tr>
<td>Coh</td>
<td>5.17</td>
<td>2.15</td>
<td>5.13</td>
<td>2.11</td>
</tr>
<tr>
<td>MS total</td>
<td>4.77</td>
<td>1.15</td>
<td>5.20</td>
<td>1.21</td>
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</tbody>
</table>
The findings indicated significant difference in overall jealousy and its subscales as emotional, insecure, behavioral, anxious, possessive, overall marital satisfaction and its subscales as consensus, satisfaction in relationship, overall marital satisfaction, and mental health as well as its sub domains, psychological well-being and psychological distress between first and second wives.

Mean scores revealed that first wives showed higher emotional jealousy (t(190)=6.95; p<.001), behavioral jealousy (t(190)=3.27; p<.001), anxious jealousy (t(190)=5.18; p<.001), possessive jealousy (t(190)=3.14; p<.01), overall jealousy (t(190)=6.70; p<.001), and psychological distress (t(190)=4.58; p<.001) while lower consensus (t(190)=3.17; p<.01), poor satisfaction in relationship (t(190)=2.45; p<.05) than the second wives. The first wives showed higher insecure jealousy (t(190)=4.76; p<.001), marital satisfaction (t(190)=2.51; p<.05), and psychological well-being (t(190)=4.06; p<.001) than the second wives.

DISCUSSION

The current study was conducted to evaluate (N=192) the differences in jealousy, marital satisfaction and mental health of first and second wives of polygynous families. In findings mean scores revealed that first wives are facing more psychological issues than the second wives as high scores on different domains of jealousy, poor marital satisfaction and higher score on psychological distress. These factors lead towards a harm to the integrity of a family. In previous literature numerous factors have highlighted in polygynous women, especially in first and second wives in terms of violence and aggressiveness which is a serious threat between both of them (Doodman, 2015). Islam allows a man to marry up to four wives, but condition is equity between all the possessions whatever a man is holding. The issue is males remember the first part of the verse while forget the latter one (Jameelah 2001; Jamilah. 2012). Equity is very important particularly emotional equity between both wives which enhances the marital satisfaction which leads to the psychological health of both wives either junior or senior.

Husband’s equal and fair emotional response towards both wives develops emotional security that they are not ignored from her husband (Edalati, et. al, 2009). But in the current study injustice behavior towards the husband indicated significant difference in jealousy, marital satisfaction and mental health. The senior wives expressed higher jealousy (behavioral, emotional, anxious, possessive), lower marital satisfaction (Consensus, relationship satisfaction) and psychological well-being than the second wives. This might be triggered because of ignorance towards the husband as they perceived themselves as old and ugly than the younger and most recent wife. The same findings were found among senior wives in a previous study regarding in different constructs as conducted by Al-Krenawi (2001) which revealed the high symptoms of loneliness, and lower self-esteem. The first or senior wives reported poor marital satisfaction as in the present study as well as low self-esteem. Psychological, economic, physical and sexual abuses have also report in the previous one (Thobejane, & Flora, 2014.). Wife order in polygamous marriages is very important in their life satisfaction depending upon their culture of community. Either senior or younger may enjoy greater happiness (Elbedour et al., 2002). The older wives often failed to cater the
### Table 2
**Inter-Correlation of jealousy, Marital Satisfaction and Mental Health of Women in Polygynous Women (N=192)**

<table>
<thead>
<tr>
<th>Variables</th>
<th>1</th>
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<tr>
<td>1.Stat.</td>
<td>.02</td>
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<td>.14</td>
<td>.04</td>
<td>-.48***</td>
<td>.29***</td>
<td>-.23***</td>
<td>-.25***</td>
<td>-.20**</td>
<td>.21**</td>
<td>.19**</td>
<td>-.04</td>
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<td>-.32***</td>
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<td>2.Age</td>
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<td>.06</td>
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<td>.18**</td>
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<td>4.H.Age</td>
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<td>5.EJ</td>
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<td>-.57***</td>
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<td>6.IJ</td>
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<td>7.BJ</td>
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<td>-.37***</td>
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<td>12. Coh.</td>
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<td>13.PWB</td>
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*p<.05, **p<.01, ***p<.001.
standards of a successful life which are determined by their husbands or community. So, they have to face poor marital satisfaction (Al-Krenawi & Graham, 2000). As the current findings are in line with the previous one, the senior/first wives revealed lower scores on marital satisfaction than the second or junior wives. In different studies inferences has drawn that in most of the cases the husbands who commit love marriage with a woman who entered in a family as a second wife cause much threatening for the senior wives. So the senior wives reported high rate of mental health problems than the second or junior wives (Al-Shamsi & Fulcher, 2005). As in current findings the senior wives have reported high scores on psychological distress while lower on psychological well-being. This leads toward sever psychological mental health issues in polygamous women especially among senior wives (Al-Krenawi, Graham & Gharaibeh, 2011; Berger-Polsky et. al., 2020).

In some societies senior or first wives hold a status and control over the junior wives. They entertain special privileges (Al-Krenawi, Graham & Slonim-Nevo, 2002). This circumstance leads jealousy factor in junior or second wives for her husband. As in current study second wives reported higher insecure jealousy than the first or senior wives (Jankowiak, Sudakov, & Wilreker, 2005). Polygamous/polygamous is a legal solution for many social issues but it should be solution oriented rather to create many other problems as studies revealed polygamous women reported high mental health issues than monogamous women. So, the man should prefer one if unable to do justice and equality between multiple wives in order to develop a healthy society.

Limitations and Suggestions
The study was conducted only polygynous women while polygamous men and the children’s mental health is also very significant in order to evaluate the impact of polygyny/polygamy in their live in Pakistani context.

CONCLUSION AND IMPLICATIONS
The findings of the current study indicated that the first or senior wives are facing more problems in polygynous families than the second wives. The implications of the study can be discussed in terms of home setting, policy makers, family advisors and health professionals in order to take some healthy measures to improve the family environment of polygamous families especially for the sake of polygynous women either first or second wives. The implications of the study findings are important in Pakistan or throughout the world wherever polygyny is practiced.

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