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“Relationship Between Tolerance for Disagreement and Mindfulness in Married Males and Married Females”

Jahnavi Jha

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A COMPARATIVE STUDY BETWEEN TOLERANCE FOR DISAGREEMENT AND MINDFULNESS AMONG MARRIED MALES AND MARRIED FEMALES

Jahnavi jha & Mrs. Vasudha K.G.

ABSTRACT

This study aims to investigate the role of tolerance for disagreement and mindfulness in married males and married females. The study hypothesizes that mindfulness will be positively associated with tolerance for disagreement. The study sample consisted of 160 participants (80 females and 80 males) chosen through convenient sampling technique. The objective of the study is to measure the relationship between tolerance for disagreement and mindfulness. Other objectives of the study are to measure the level of tolerance for disagreement and mindfulness separately with respect to gender differences. Tolerance for Disagreement Scale and Five Facet Mindfulness Questionnaire (FFMQ) along with demographic sheet were administered to the participants for data gathering. Alpha reliability coefficient for FFMQ was 0.87 and for TFDS was 0.726. The Pearson correlation coefficient showed that there was a significant positive correlation between tolerance and mindfulness. T-test analysis shown that gender differences were not found amongst spouses in the context of tolerance for disagreement, but there was significant difference between the mindfulness levels between the genders. On the basis of the results the study recommends to further investigate this area of research to have a more robust understanding of tolerance for disagreement and mindfulness. This can further help in marital and family therapy.

KeyWords: Married, Mindfulness and Tolerance for disagreement

