

### Abstract

The present study aim to find out the relationship between Self-Construal, Marital Aggrandizement and Mental Health in Married People. The sample of 120 married (60=males & 60=females) people were selected through purposive sampling strategy. Self-Construal Scale, Marital Aggrandizement Scale and Mental Health Inventory Translated were used as measurement tools during this research procedure. Results indicated that interdependent self-construal is positively related to marital aggrandizement ( $r=.294$ ,  $p<.01$ ) and psychological wellbeing ( $r=-.202$ ,  $p<.05$ ). Marital aggrandizement is negatively related to psychological distress ( $r= -.489$ ,  $p<.01$ ) and positively related to psychological wellbeing ( $r=.568$ ,  $p<.01$ ). Furthermore, stepwise multiple linear regression analysis depicted that marital aggrandizement positively predict psychological wellbeing ( $\beta=.568$ ) and negatively predict psychological distress ( $\beta= -.489$ ). Moreover, it was also revealed that any psychological problem ( $\beta=.171$ ) predict psychological distress in married people's life. Independent Sample T-test found significant difference in independent self-construal and marital aggrandizement due to family system and in mental health due to no. of family members. Significant differences were also found in self-construals and psychological wellbeing and distress due to any psychological problem. It was also indicated that there is a significant difference in psychological wellbeing and distress due to partner's psychological issues. Moreover, One Way Analysis of Variance depicted significant difference in self-construal ( $F=3.19$ ,  $p<0.05$ ) and independent self-construal ( $F=2.90$ ,  $p<0.05$ ) due to partner's monthly income.

*Keywords:* Self-Construal, Marital Aggrandizement, Mental Health