



The Impact of Marital Roles on Marital Adjustment Among Male and Female Life Partners

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ABSTRACT

The present study is an attempt to investigate the impact of marital roles on the marital adjustment among Male and Female life partners. This study is based on the sample of 200 subjects equally divided into two groups on the basis of gender male and female. Marital Adjustment Questionnaire (MAQ) constructed and standardized by Dr. Pramod Kumar & Dr. Kanchana Rohatgi was used for data collection. Results reveal that there is no significant difference between the mean scores of marital adjustment among male and female subjects.

KEYWORDS : Marital adjustment, marital role, questionnaire.

Introduction-

One of the most important relationships between a man and women is marriage. It involves emotional and legal commitment that is quite important in any adult life. Moreover, selecting a partner and entering into a marital contract is considered both maturational milestone and personal achievement. There is no doubt that the choice of marital partner is one of the most important decisions one makes in his / her lifetime. People marry for many reasons, like; love, happiness, companionship, and the desire to have children, physical attraction, or desire to escape from an unhappy situation.

Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships. The process during which partners in a marriage adapt and change to their new roles complementing each other acting as a team opposed to two separate units, it is also important to unify the following- interests and values, maintaining open lines of communication and encouraging the expression of each other's communication. Marriage as "socially legitimate sexual union, begun with a public announcement and undertaken with some ideas of permanence; it is assumed with more or less explicit marriage contract, which spells out the reciprocal rights and obligations between the spouses and future children".

All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Therefore, in marriage two universes close together. Marital adjustment calls for maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realized fully, death in marital relationship is inevitable. A relationship between couples is not instantaneous rather a slow progress. "It is like the undetected cancer that kills silently and softly".

Marital role can be defined as set of attitudes and behaviors a spouse is expected to demonstrate in the content of the marriage relationship. A marital role comprises cultural expectations associated with the husband or with a wife. A husband is expected to provide used is considered as head of family while wife is expected to make home and companion, or the wife may be expected to be the strong one, upon whom the husband can rely.

Comprehensive study of husbands and wives investigated some of the factors that contributed to marital satisfaction. Some of their findings revealed existing social, cultural, educational level the greater satisfaction. Occupation and income, which are often thought to be associated with levels of satisfaction, have no relationship with it. The number of children too affects marital satisfaction. There is evidence that the pressures of managing multiple roles in women are the greatest, and the psychological benefits of employment are the least, under conditions of heavy family responsibilities that is, when young children are at home. But beyond specific factors such as these, what is important to marital satisfaction over the course of marriage is the ability of partner to adjust to a variety of changes and to cope with a number of stresses.

Working women may be prone to depression because they bear the double burden of housework and a job outside the home. Because they have to work in two environments, one is the office environment and the other is home environment. Both are vastly different from one to another. Stress arising from marital relationships is manifested in chronic disorders such as depression, insomnia and hypertension. Since a relationship depends on the nature of the persons involved, it helps to seek the middle path when the inherent individual differences surface.

Adjustment refers to the process of finding and adopting modes of behavior suitable to the environment. The process of adjustment starts right from birth of the child and continues till his death. Black (1988) defines adjustment as the degree of an individual's psychological comfort with various aspects of a new setting.

Marital adjustment refers to the state where there is an overall feeling between husband and wife of happiness and satisfaction with their marriage and with each other. The secret of healthy marriage does not mean the absence of conflict, but it means the ways of resolving the conflicts. Marital adjustment is an acceptance between the couple to the extent where there is presence of companionship between the two agreements on the need for affection and intimacy and also accommodation which the couple provides each other (Lock and Wallace, 1959). In 1939, Ernest Burgess and Leonard Cottrell published Predicting Success or Failure in Marriage, in which they systematically discussed marital adjustment. They defined adjustment as "the integration of the couple in a union in which the two personalities are not merely merged, or submerged, but interact to complement each other for mutual satisfaction and the achievement of common objectives".

There is a list of six areas of marital adjustment, which is defined by the psychologist, such as, religion, social life, mutual friends, in laws, money and sex. Another psychologist defines ten areas of marital adjustment, i.e. values, couple growth, communication, conflict resolution, affection, roles, cooperation, sex, money and parenthood. A study on marriage and marital adjustment in USA presents social activities and recreation, training and disciplining of children, religion, in law relationship, financial matters, sexual relationship, communication, mutual trust and companionship as the areas of marital adjustment.

It can be seen that the phenomenon of marital adjustment that it is given a priority in all cultures, as marriage is one of the most important commitment of an individual makes in his or her life. A good marriage not only produces a satisfied life but it also generates a sense of well-being. Recently a few studies have been done on the topic of marital adjustment. In them marital adjustment has been studied with its relationship to depression among working and non-working women, male and female initiation of psychotherapy female education level.

Review Of Literature

These findings are supported by the research conducted Ng et al.

(2009), Pimentel (2000), Xy and Lai (2004) find that women generally report lower marital quality than men. German (2008) found that trust and marital satisfaction is significantly higher among women than men.

Arshad et al. (2014) find significant positive in marital adjustment and life satisfaction. The results also indicate that there is a significant difference between late marriages and early marriages on life satisfaction.

Jaisri and Joseph (2013) who conducted a study on marital adjustment and emotional maturity among dual career couples. Results revealed significant difference between the couples. The wives had better marital adjustment and independence than their husbands. Age, type of marriage and number of children of the couples have significant impact on their marital adjustment and emotional maturity.

Rinku (2013) revealed that non-working women face more marital adjustment problems in comparison to working women.

Eng et al., (2005) examined the effect of change in marital status on health behaviors among men. They found marital termination have adversely affect on health and dietary behaviors of men.

Kerkmann et al., (2000) found positive relationship between finance and marital adjustment.

Garima et al., (2014) found that working and non-working women did not differ from each other on marital adjustment as well as on psychological well-being but on few dimensions of psychological well-being.

Gottman revealed that 69% of couples' problems will be what he calls, "perpetual problems", meaning largely unresolvable. He has found that in the case of the perpetual problems, it is important for couples to establish a dialogue, as opposed to a solution in these instances. When couples cannot dialogue about these issues, they often become "gridlocked", where each partner becomes frustrated and eventually emotionally disengaged. The role of communication therefore plays an important role in marital satisfaction.

Davidson, Balwick & Halverson (1983) did a study on the Affective Self-Disclosure and Marital Adjustment. It was based upon 162 married couples. The study explains that the greater is the discrepancy in partners affective self-disclosure, the lesser is the individual's marital adjustment.

Sprecher and Hendrick (2004) examined the relationship between self-disclosure and relationship quality and found a positive relationship between disclosure and relationship quality. Self-disclosure is an indicator of satisfaction in romantic relationships.

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