



## Marital Adjustment in Gender Difference

### KEYWORDS

marital adjustment

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**ABSTRACT** *The aim of the present study was to find out the marital Adjustment in gender difference. The random sampling method was used in this study. Sample size was 60 married person .30 of women and 30 of men selected from Bhavnagar city. Along with the respective personal data sheet and Marital Adjustment scale developed by pramod kumar and kanchan rohatgi used from date collection .data was analyzed by 't' test verify the hypothesis. The result shows that 't' value is 1.61 that is not significant at 0.01 level .so, the hypothesis is accepted.*

### INTRODUCTION:

Adjustment may ge decline as a process of altering .behavior to reach a harmonious relationship with the environment. When .people says they are in an adjustment period, they typically mean .they are going through a process of change and are searching for some level of balance. Or acceptance with the environment of others.

One of the most important relationships between a men and a woman is marriage. It involutes emotional commitment which is elite important in it. People marry for many purposes like love, happiness, physical attraction .and marital adjustment is an inevitable part of it .it is a critical isles with regard .to men and women .It can be decided. In to three parts like,

1. Personal adjustment
2. Family adjustment
3. Social adjustment

Marital adjustment has long been a popular topic in studies of the probably befalls the concept is believed to be closely related to the stability of a given marriage, well adjustment marriages are expected to last for a long time while poorly adjustment is difficult to concept alkalize and difficult to Mealier through empirical research .

Every Haman being tries to be successful in all the field of life whether of happiness or livelihood .He /she indulge him /her in to various activates and has to adjust with each of them. life comprises of man unavoidable aspects in it like birth, death ,marriage; occultation respectively .Among all, marriage is one of the prominent aspects with which he/ she has to adjust her /him self properly .it almost changes the whole life of the person in which women feel excessively .the girl who merely takes her own care and offers her parents has to be women and take care of everything from home to home men. They may have very different fantasies regarding marriage including men as they do have those fantasies' too. They consider marriage as a mere transition. But the reality leads as another way as it is different from what people think about it .Each and every couple has to adjust them saves after marriage in all kind of situations. That is where the concept of maturity becomes inevitable to get married .In modern times; people get difficult to adjust as against their conveniences. In that concept the scientific study helps as to make it clear and all then tics.

Good adjustment to a mate may by difficult when husband and wife have different racial, religious, or social backgrounds and this have different interests, values, and frames of reference. this as ally leads either to lack of communication or to good marital relationships .An coevally serious ob staple to good marital Adjustment is a highly romanticized concept

of a mate built up before marriage a concept that may have to be radically changed after ward this is a more common hazard of first marriages than of subservient ones because the individual has learned to be more realistic about a mate .

When adjustment to a mate are poor, many men abase their wives, even to the extent of beating then .when wife abs is sever and fervent, it is not an common from e for wives to ran away from their homes , leaving their husband and often their children .while wife abase and ran way wives are to be found in all socioeconomic groups ,there has been an increase in recent years in the higher socioeconomic groups running away from husband, children's ,and home is rarely a sudden decision, done on the impulse of the moment .As Canady has pointed out , "Husbands don't pick up the danger signals their wives send out " .

The first major in marriage is adjustment to a mate Interpersonal relationship play as important a role in marriage as in friendships and business relationships .However, in the case of marriages the interpersonal relationships are far more difficult to adjust to than in are complicated by factors not vividly present in and other area of the in any other arid of the individual's life.

The more experience in interpersonal relationships Goth the man and the women have had in the past, the greater social insight they have developed, and the greater their willingness to cooperate with others, the getter they will be able to adjust to each other in marriage

For more important to good marital adjustment is the ability of husband and wife to relate to relate emotionally to reach other and to jive and receive love men who were trained during childhood to control the expression of their Emotions with the possible exception of anger may have learned not to show affection, just as they learned not to show affection, just as they learned not to show fear. This lack of expression of affection, settle has pointed out, may take one of two forms : lack of indication of affection or lack of support and appreciation for the wife's efforts and behavior men may also rebuff expressions of affection from others and thus seem cold and aloof to their wives an attitude they regard as masculine.

Marital adjustment is a life longest process; although in the early days of marriage one had to give serious consideration. as lass well (1982) point out." understanding .the indhidltal trait of the spouse is an ongoing process in marriage; beeves even if two people know cache other before orate the time of marriage there is a possibility that people change during the; life cycle .marital Adjustment, therefore,calls understands growth and development in the spores .If this growth is not

experienced and realized that death in marital relationship is inevitable. Sienna and Makerjee (1990) defines marital Adjustment as, "the state in which there is an overall feeling, between happiness and satisfaction with their marriage and with each other. It therefore calls for experiencing satisfactory relationships between spouses characterized by mutual concern, understanding and acceptance, sexual compatibility and mutual enjoyment. It is an important factor contributing to the success of most marital relationships. The job of spouses shapes families in a variety of ways.

Marital adjustment is the state in which there is an overall feeling in husband and satisfaction with their marriage and with each other. Marital adjustment is a process which is created during couples' life.

#### Related study

Chavnc R. Windle, B.A. "Husbands' gender role conflict and withdrawal during marital interaction". North Dame, Indiana April 2010.

#### Methodology

##### Objective

To compare the study of marital Adjustment among men and women.

##### Hypothesis

There is no significant difference on marital Adjustment among men and women.

##### Variable

##### 1 Independent Variable

1. Married men
2. Married women

##### 2 Dependent variable

To get score on marital Adjustment among men and women.

##### Sample

The sample consisted of 60 married people. 30 of men and 30 of women the sample was selected by random method from Bhavnagar city.

##### Tools

In this research marital adjustment questionnaire was used. The marital Adjustment questionnaire was used from the data collection. The marital Adjustment questionnaire was standardized and standardized by Pramod Kumar and Kanchn Rohatgi. It was used from the study. This scale reliability of 0.71 and a validity of 0.84.

##### Research design

- (1) 30 of men
- (2) 30 of women

#### Statistical

Here in this study 't' test was conducted as a statistical technique to find out the aim.

variable	N	Mean	SD	SED	't' v	Sig .L
Women	30	22.50	3.24	0.70	1.61	0.01
Men	30	21.37	2.05			

#### Result Table

Sig L = 0.01 = 2.66

#### Result discussion

The main objective of present study was a study of marital Adjustment among women and men. In it statistical 't' method was used. A Result discussion of present study is as under.

The result obtained on the Marital Adjustment reveals no significant difference of women and men.

The women received higher mean score 22.50 as compared to the men. The men received mean score 21.37. The standard deviation score of women received 3.24 and the men received 2.05. So we can say that women have a good marital Adjustment than men. The 't' value of marital Adjustment was 1.61.

According to the 't' test the t-value that we get is 1.61 which is not significant at 0.01 Level. Therefore the hypothesis that there is no significant difference on marital adjustment among women and men is acceptable.

#### Conclusion

There is no significant difference in marital Adjustment between men and women. (t=1.61).

#### REFERENCE

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