



MARITAL ADJUSTMENT AMONG WORKING AND NON-WORKING WOMEN

Psychology

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ABSTRACT

In our modern society, marital life changes are critical to the personal development of future generations in order to create a stable living environment for families. The present study is aimed at examining the level of marital adjustment among working and non-working married women. The research was conducted on 120 women in the age range of 24–55 years. The sample of the study consisted of 60 unemployed and 60 employed Indian women. A random sampling method was used in order to select the subjects for the present study. An online survey method was adopted for the collection of data. Locke, H. J., & Wallace, K. M. (1959). The short marital adjustment and prediction tests were used to analyse the data with the mean, SD, and 't' test being utilised. The fast-paced modern world has come to a halt due to widespread marriage misunderstandings. As a result, these erroneous marital decisions and a lack of knowledge have a direct or indirect impact on the community. A change in the lives of two people has resulted in sceptical views in other couples. The data shows that there is an urgent need to comprehend and give importance to the difficulties that are prevalent in our social structure.

KEYWORDS

Marital Adjustment, Unemployed, Employed and Satisfaction.

Marriage is a social pact between two people in which they agree to share their joys and sorrows emotionally for the rest of their lives. Marital is derived from the Latin word maritalis, which means "belonging to married people." Marital adjustment necessitates maturity, which leads to an understanding of the couples towards growth, development, and adjustment. In most marriages, the individuals come from various backgrounds and begin to live together, creating a new life. This is when they develop a sense of empathy for one another and adjust to one another comfortably. This is where the dreams fade and reality takes over. All expected and unexpected conditions between the spouses must be taken into account, and new obligations must be understood.

The function of marital adjustment is influenced by numerous factors, such as the ideal spouse, the need for pleasure, shared backgrounds, the formation of a sync, and perspective similarities. The adjustment of married partners is unlike that of any other human relationship; they must function as a unit, and cooperation becomes the root for each spouse. These forces determine the level of adjustment, the nature of the interaction, and the degree of conflict.

Two things play a vital role in the adjustment with a mate: -

- Willingness and ability to express affection
- Willingness and ability to communicate

However, marital relationship is the foundation of family life because it involves the union between a man and a woman as husband and wife by wedlock. Conception of marriage and the standards of adjustments in marital life in distinct societies can always influence the adjustment level. It can also be considered as a state of accommodation. Adjustment with the family probably, Interaction between married partners shows their satisfaction with marital life and also the regard and respect for one another. Thus, marital contentment can be actualized as a relatively enduring state. It is a means by which psychological procreation, social, emotional and security needs are satisfied with ample amount of interaction between the partners. With the changing time various factors influence marital relationship and has seen a tremendous change in recent times. Before parents decided partners for their children and hence there were no cultural, economic and sociological differences between both of the counterpart and they adjusted quite easily.

It's worth noting that, previously, the female counterpart did most of the adjusting. The main reason for this was that girls were trained to accept their fate and comprehend it. However, in today's social environment, people and society want substantial proof of the acts taking place around them. Women's restrained conditions within four walls have now changed. The number of educated women is steadily plummeting, and they play an increasingly important role in today's

society. Marriage is a complicated agreement in India, as is divorce. It is a proven fact that well-adjusted couples have longer marital relationships than those who do not.

METHODS

Sample

The sample of the study is of Working and Non-Working women. The data is collected from 120 women, i.e., 60 Working women and 60 Non-Working Women. Random sampling method was used to select the women for the current study. The respondents were from Chalakudy, Thrissur. Gender Working Women Non-Working Women Total No. of Respondents 6060120

Objectives

- To study the Marital Adjustments among Working and Non-Working Women.
- To study the Marital Adjustments of Working and Non-Working Women staying in rural and urban areas.
- To study the Marital Adjustments of both Working and Non-Working Women in Nuclear and Joint Family.
- To study the Marital Adjustments of Working Women in Government and Private Sector.

Hypothesis

H(1) There is significant differences in Marital Adjustments among Working and Non-Working Women.

H(2) There is significant differences in Marital Adjustments among Working and Non-Working Women staying in Urban and Rural areas.

H(3) There is significant differences in Marital Adjustments among Working and Non-Working Women in Nuclear and Joint Family.

H(4) There is significant differences in Marital Adjustments in Working Women in Government and Private Sector.

Tools used in the study

Locke, H. J., & Wallace, K. M. (1959). Short marital adjustment and prediction tests. This test is a 15-item scale that measures marital satisfaction. It was initially used to differentiate well-adjusted couples from distressed (unsatisfied) couples.

Statistical techniques used in the study

In current research study Data Analysis was done using SPSS software wherein mean, standard deviation and t-test was done to analyze the results.

RESULTS

The obtained data is analysed as below:

Table No. 1: Level of Marital Adjustment.

Group	Marital Adjustment	
	Working Women	Nonworking Women
Mean	116.00	123.08
Standard Deviation	19.147	16.232
SEM	2.472	2.096
N	60	60
t-value	-2.186	
p-value	.062	

The table No. 1 lets out the level of Marital Adjustment among working and nonworking women. The mean scores of the level of Marital adjustment among working and nonworking women are 116.00 and 123, respectively. This score indicates moderately lower scores for working women, which indicates that out of the total samples taken, nonworking women are having more marital adjustment.

Table No. 2 Level of Marital Adjustment among women based on family type.

Group	Marital Adjustment	
	Nuclear Family	Joint Family
Mean	120.66	116.83
Standard Deviation	17.138	20.032
SEM	1.859	3.386
N	85	35
t-value	1.058	
p-value	.126	

The table No. 2 reflects the level of Marital Adjustment among working and non- working women based on nuclear and joint family. From the above table, the mean score for nuclear family is 120.66 and for joint family is 116.83. This score indicate that there is slight lower result for joint family than nuclear family. Henceforth, the above table reveals that there is no significant difference in Marital Adjustment among working and non- working women based on nuclear and joint family.

Table No. 3: Level of Marital Adjustment among women based on domicile.

Group	Marital Adjustment	
	Urban	Rural
Mean	120.05	118.36
Standard Deviation	18.202	17.815
SEM	1.986	2.969
N	84	36
t-value	.468	
p-value	.839	

The table No. 3 reflects the level of Marital Adjustment among working and non- working women based on domicile. From the above table, the mean score for urban area is 120.05 and for rural area is 118.36. This score indicates that there is slight lower result for rural area than urban area. Henceforth, the above table reveals that there is no significant difference in Marital Adjustment among working and non- working women based on domicile.

Table No. 4: Level of Marital Adjustment among women based on education.

Group	Education					
	SSLC	PU	UG	PG	Technical	Others
Mean	119.80	107.00	119.41	118.86	122.50	122.33
Standard Deviation	20.389	14.445	18.167	18.215	16.119	19.376
Sem	9.118	7.223	2.679	2.995	5.097	4.567
N	5	4	46	37	10	18
T-Value	.528					
P-Value	.755					

The table No. 4 reveals the level of Marital Adjustment among working and non-working women based on education. The mean score of the Marital Adjustment based on the education were 119.80 for SSLC, 107.00 for PU, 119.41 for UG, 118.86 for PG, 122.50 for Technical and 122.33 for others. Also, it is very evident that there is no significant difference in the level of Marital Adjustment among working and non-working women based on education.

Table No. 5: Level of marital adjustment among women based on religion

Group	Religion		
	Christian	Hindu	Muslim
Mean	120.71	113.41	118.43
Standard Deviation	18.161	16.711	18.716
SEM	1.854	4.053	7.074
N	96	17	7
T-Value	1.201		
P-Value	.305		

The table No. 5 reveals the level of Marital Adjustment among working and non-working women based on religion. The mean score of Marital Adjustment based on religion were 120.71 for Christian, 113.41 for Hindu and 118.43 for Muslim. Also, it is very evident that there is no significant difference in the level of Marital Adjustment among working and non- working women based on religion.

DISCUSSION

The study looked at the level of marital adjustment among working and nonworking women, and the results revealed that there was a considerable difference in marital adjustment between the two groups. The findings of the mean applied to each group show that both categories differ significantly in terms of marital adjustment.

The current study's findings are consistent with those of a prior study conducted by Dr. Rinku Rani (2013) [1] and Asiya Ameen (2017) [2], who found a substantial difference in marital adjustment between working and nonworking women.

Furthermore, the current study is linked to a earlier study by Dr.Krishna J. Vaghela (2014), who found a significant distinction between working and nonworking women living in rural and urban settings [3].

In addition, a study conducted by Kanchan Sabre (2016) [4], Tiwari, Jyoti & Bisht, Prabha (2012) [5] shows a distinct difference between working and nonworking women in nuclear and joint families.

Consequently, our findings that there is a significant difference in marital adjustment among working and nonworking women, looking at the results, are compatible with the prior studies.

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