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Marital Understanding Among Working Women with Special Reference to School Teachers

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ABSTRACT

Marital dissolution is a serious social issue in terms of its negative consequences for the mental and physical health of spouses and their children. Marital dissolution occurs for many reasons, most often stemming from difficulties communicating, solving problems, misunderstanding and coping. Misunderstanding is the basic factor which leads to many marital problems. Thus marital understanding plays an important role in reducing the marital problems. This study focused on the marital understanding of the working women and concluded that moderate level of understanding was found among the respondents. The demographic variables do influence the level of marital understanding. The demographic variables like age, education, occupation,. Religion, type of marriage, place of living and number of children do influences the level of marital understanding.

Keywords : marital understanding, marital satisfaction and marital adjustment.

INTRODUCTION

A survey states that over the past four years the divorce rate in Delhi, the capital city of India has almost doubled and is projected to be 12000 by the year 2008. In 2006, Bangalore, the IT hub of India it was recorded that 1,246 cases of divorce were filed in the court that pertain to the IT sector exclusively. It has been estimated Mumbai has shot up to 4,138 in 2007 while cities that are acknowledged for their cultural richness and social values like Kolkata and Chennai, are no less behind. Agro based states like Punjab and Haryana are now seeing an increase of 150% of divorce rate since the last decade. Kerala, known to be the most literate state has experienced an increase of divorce rate by 350% in the last 10 years.(http://www.indidivorce.com/divorce-rate-in-india.html)

It is been realized that problems in marriage are bound to come, because two individuals having different personalities meet. In such conditions, clashes are bound to take place. When a person gets married, there are lots of added responsibilities that one has to bear. Amidst the day-to-day tensions, sometimes the person is not able to keep up the expectations of his/her partner. However, this does not mean that he/she does not love his/her partner.

Marital dissolution is a serious social issue in terms of its negative consequences for the mental and physical health of spouses and their children (Levinger & Moles, 1979; Emery, 1988). Marital dissolution occurs for many reasons, most often stemming from difficulties communicating, solving problems, and coping (Bodenmann et al., 2007). Everyday stressors also, over time, are a main component in contributing to divorce (Bodenmann et al., 2007). Learning how to improve marital satisfaction and identifying markers for marital satisfaction are both important keys reducing divorce rates.

Nowadays the hectic rhythm of life sometimes creates overwhelming obstacles for the couple. Those women with jobs or careers find it more and more difficult to cope with work and their families at once. The reason for this is that basically it is impossible to do so. A woman has a set of family responsibilities at home, especially when children are young, and if on top of that she also has job responsibilities and datelines this will cause stress and fatigue that will then lead to the deterioration in the couple's relationship. One of the basic factors binding any relationship is the understanding. Marital understanding is considered as an important factor in the marital life of the couple. Thus this study focused on the marital understanding of the working women.

REVIEW OF LITERATURE

Anita Bali, Rajni Dhingra and Anamika Baru, (2010) Childlessness had great effect on the marital adjustment of the respondents and from the entire sample group it was found that different people have different styles for spending their leisure time. Women faced both physiological as well as psychological problems due to childlessness. The investigation of infertility may pose additional trauma, interfere intolerably with sex life and even erode the love a couple feel for each other. It was also found that with the increase in marital duration there was increase in marital adjustment. Brian D. Steffy and Donald Ashbaugh. (1986), Dual-career planning and spouse support were found to be negatively associated with interrole conflict and positively associated with problem-solving effectiveness in the marriage. Interrole conflict was found to be positively associated with job stress and negatively asociated with marital satisfaction. Cleek & Pearson, 1985; Douglass & Douglass, (1993). found that money has also proven to be one of the major sources of conflict in marriage. Douglass and Douglass (1993) found that problems causing the most relationship conflicts were husbands' and wives' mood/temper and disciplining children. Henry, Miller, & Giarusso, (2005). found that Money is a continuing and persistent source of marital conflict across the married life cycle.

Henry and Miller, (2004), found that women reported higher levels of perceived marital problems in only one out of fourteen areas: communication. Men, on the other hand, were more likely to report parents/in-laws as a problem. Henry & Miller, (2004), gender-role issues, violence, values, and spiritual issues are not problems commonly experienced by couples. Hina Ahmed Hashmi, Maryam Khurshid, Ishtiaq Hassan, (2007). Results indicated highly significant relationship between marital adjustment, depression and stress. The findings of the results also show that working married women

have to face more problems in their married life as compared to non-working married women. The results further show that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to educated working and non-working married women.

Steinmetz, Clavan &Stein, (1990). Suggests that marital satisfaction declines over the first 10 to 20 years of marriage and then increases again in late adulthood and retirement.

Stevens, Kiger and Riley (2001) believe that satisfaction with the division of household labour, is a useful predictor of marital satisfaction, particularly for women. Storaasli and Markman (1990), found that women reported money and issues with relatives as more intense problems in their relationships, while men reported children as a more intense problem. Ulla Kinnunen and Taru Feldt. (2004), unemployment among men was directly linked to reports of marital adjustment among women: the longer the man's total spell of unemployment, the poorer the woman's marital adjustment.

OBJECTIVES OF THE STUDY
1. To study the personal profile of the respondents.
2. To access the level of Marital Understanding among the Working Women.
3. To study the relationship between the demographic variables and level of understanding.

NEED FOR THE STUDY
The adjustment of married mates is unlike any other human relationship, it may share many conditions of friendship groups, peer groups, work groups or religious groups but the husband and wife relationship differs, marriage, involving two sexes in physical propinquity is public and binding in nature, being publicly sanctioned, marriage becomes more difficult to break being binding the members must act as unit and co-operation becomes essential, every decision must take in to account the desires and wishes of the spouse these forces determine to level of adjustment the nature of the interaction and degree of conflict. The level of adjustment of the couples mostly depends on the level of their understanding. Better marital understanding helps the couples to better adjust with their marital life. Many problems between husbands and wives come because of misunderstanding, which leads to divorce at end. Thus the present study focuses on the marital understanding of the working women.

METHODOLOGY
Descriptive research design is adopted for the present study. The universe of the present study is the women teachers working in the schools of Malappuram District, Kerala. Totally 12 schools were selected randomly for the study. Simple random sampling (lottery method) was used for selecting the sample of the study. The size of the sampling was conformed to 132 based on Krejcie, Robert V., Morgan, Daryle W, 1970. The researcher used interview schedule for the purpose of data collection. The interview schedule consists of 2 parts namely demographic profile and marital understanding scale. The demographic profile contains 14 questions and marital understanding scale contained 50 questions. The collected data were analyzed using various statistical tools like mean, t-test, coefficient of correlation and ANOVA.

RESULTS AND DISCUSSION
Demographic
The study shows that more than two-fifth of the respondents (42 percent) were below 30 years of age. less than half of the respondents had qualified TTC and nearly one third of the respondents (35.6 percent) had qualified their PG with B.Ed. less than one-third of the respondents spouse had completed their degree and 34.1 percent of the respondents spouses had completed professional education. Less than half of the respondents (46.2 percent) were working as primary teachers and 14.4 percent of them were working as secondary teachers. Less than one-third of the respondents spouse

were working as employees in private offices and 31.8 percent of them were professionals. Two-third of the respondents (66.7 percent) belonged to Hindu religion and 25.8 percent belonged to Muslim religion. Majority (87.1 percent) of the respondents were residing in rural and 12.9 percent were residing in urban. Majority of the respondents (93.2 percent) type of marriage was arranged and only 6.8 percent of them were love marriage. More than one-fourth (27.3 percent) of the respondents years of marital life was below 5 years and 22.7 percent were having marital life between 11-15 years and 21.2 percent were having more than 20 years. Less than half of the respondents (43.2 percent) had one child and more than half of them (52.3 percent) had 2 children. Less than half (43.2 percent) of the respondents' monthly income of the family was 20001-30000 and 28.8 percent of the respondents' family monthly income was 30001-40000. Three-fifth of the respondents (60.6 percent) of the respondents belonged to nuclear family and 29.5 percent of them belonged to joint family.

Level of Marital understanding

Variables	Particulars	Frequency	Percentage
Marital understanding	Low	17	12.9
	Moderate	103	78.0
	High	12	9.1

The study shows that majority of the respondents (78 percent) had a moderate level of marital understanding and 12.9 percent had high level of marital understanding and 9.1 percent of them had low level of marital understanding.

RELATIONSHIP BETWEEN DEMOGRAPHIC VARIABLES AND MARITAL UNDERSTANDING

Variables	Statistical test	Result
Age and Marital understanding	r = -0.22	Significant
Educational qualification and Marital understanding	F = 6.04	Significant
Occupation and Marital understanding	F = 5.52	Significant
Religion and Marital understanding	F = 11.10	Significant
Place of living and Marital understanding	t = 3.66	Significant
Type of marriage and Marital understanding	t = -8.25	Significant
Marital years and Marital understanding	r = -0.13	Not Significant
No. of children and Marital understanding	r = -0.23	Significant
Family Monthly income and Marital understanding	r = -0.08	Not Significant
Type of family and Marital understanding	t = 0.72	Not Significant

The coefficient of correlation value (r=-0.22) shows that there is a significant inverse relationship between age and marital understanding. It is interpreted that higher the age lower is the level of marital understanding. It is concluded that age influences the level of marital understanding. The ANOVA value (F=6.04) shows that there is a significant difference in the level of marital understanding among different levels of education at 0.05 level. The mean value shows that those respondents who have completed their TTC (91.34) had better marital understanding followed by those who have completed their PG degree (87.2). The ANOVA value (F=5.52) shows that there is a significant difference in the level of marital understanding and occupation of the respondents at 0.05 level. The mean value shows primary teachers (90.97) and secondary teachers (90.63) had better understanding compared to others. The ANOVA value (F=11.10) shows that there is a significant difference in the level of marital understanding and religion of the respondents at 0.05 level. The mean value shows the respondents who belong to Christian religion (90.97) had better understanding than others. The t-test value (t=3.66) shows that there is a significant difference in the level

of marital understanding among rural respondents and urban respondents at 0.05 level. The mean value shows that rural respondents (89.51) had better understanding compared to urban respondents (82.12). The t-test value (t=3.66) shows that there is a significant difference in the level of marital understanding and type of marriage at 0.05 level. The mean value shows that love marriage respondents (94.44) had better understanding compared to arranged marriage respondents (88.13). The coefficient of correlation value (r=-0.13) shows that there is no significant relationship between marital years and level of marital understanding at 0.05 level. The coefficient of correlation value (r=-0.23) shows that there is a significant inverse relationship between number of children and level of marital understanding of the respondents at 0.05 level. It is interpreted that higher the number of children lower is the level of marital understanding. The coefficient of correlation value (r=-0.08) shows that there is no significant relationship between family income and level of marital understanding at 0.05 level. The t-test value (t=3.66) shows that there is no significant difference in the level of marital understanding among nuclear family and joint family respondents at 0.05 level.

CONCLUSION

Marital satisfaction is a complex process that has over time been thought to be influenced by many factors, including education, socio-economic status, love, commitment, marital communication, conflict, gender, length of marriage, the presence of children, sexual relations and the division of labour. Henry and Miller, (2004), found that women reported higher levels of perceived marital problems in only one out of fourteen areas: communication. Understanding plays an important role in the marital life of the couple. Misunderstanding is the basic factor which leads to many marital problems. Learning how to improve marital understanding and identifying markers for marital understanding are both important keys to reduce marital problems and marital dissolution. The present study concludes that moderate level of understanding was found among the respondents. The demographic variables do influence the level of marital understanding. The demographic variables like age, education, occupation,. Religion, type of marriage, place of living and number of children do influences the level of marital understanding.

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