



# Marital Adjustment in Working and Non-Working Women

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**ABSTRACT**

The aim of the present study was to find out the Marital Adjustment among working women and non-working women. Marriage in reality is a way of living. It is not always full of roses; but its success depends upon adjustment on the part of both the partners involved. With the rise in the number of dual-career families, the adjustment and marital relationship are major challenges in most of the families. This study aimed at finding out marital adjustment among working women and non-working women. A sample of 60 women (30 non-working women and 30 working women) is selected randomly. For this study Marital Adjustment Inventory measured by Pramod Kumar and Kanchan Rohatgi Gujarati translates by Dr. Yogesh A. Jogsan. Here 't' test was applied to check the significance of marital adjustment among working and non-working method is used. Results revealed that there is significant difference in marital adjustment among working and non-working women.

**KEYWORDS**

Marital Adjustment, Working and non-working women.

➤ **Introduction :**

Marital adjustment is 'the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (Thomas, 1977). Issues of work and family have always been important, but social changes in the institutions of both work and the family have interacted to increase their salience for adults in many societies. Marriage is a social security for all the individuals, i.e. society through marriage system provides security of needs and cares thereby its existence and prosperity is secured. Marriage is for pleasure, happiness and peace of mind on account of satisfaction through interactions with others, trust, understanding and fulfilling social obligations and enriching personality development (Goel, 2013). Marital adjustment is a process which is created during couples' life because it is necessary for taste conformity, person's traits recognition, behavioral rules creation and relational models formation. Thus, marital adjustment is an evolutionary process between a couple (Aminjafari, 2012). Marital adjustment has been related to personality, job & home stresses, mental illness, depression, education, sex role attitude, happiness and success in life. Marital adjustment has been related to personality, job & home stresses, mental illness, depression, education, sex role attitude, happiness and success in life (Hashmi et al, 2007). The present study is an attempt to investigate marital adjustment among working women. Working women at present are more prone to marital adjustment problems because they have to work in two environments, one is the work environment and the other is home environment.

➤ **Problem of the Study:**

1. The problem of present study is to find out the marital adjustment among working and Non-working women.

➤ **Objective of the study:**

1. To find out the significant differences in marital adjustment among working and non-working women.

➤ **Hypothesis :**

1. There would be no significant difference in marital adjustment among working and non working women.

• **Methodology :**

➤ **Variable**

1. In depended variable

A. Working women.

B. Non working women.

2. Depended variable

To gets score on marital adjustment among working & non working women.

➤ **Sample:**

The present study was carried out on working and non working women of Ahmadabad. Elements of the study are 60 Women (30 working women and 30 Non-working women).

➤ **Tools :**

Marital Adjustment Questionnaire developed by Dr.Pramod Kumar & Dr.Kanchana was used from the study. (1999). the marital adjustment questionnaire (MAQ) has totally 25 'Yes-No' type items divided into three area like Sexual, Social, Emotional. The reliability of 0.96 and has been frequently used in Indian studies. According to this questionnaire, the higher the score, better is the adjustment like Sexual includes item 9,20,23,25; Social includes item 3,4,5,6,12,14,15,18,19; Emotional includes item 1,2,7,8,10,11,13,16,17,21,22,24. The researcher explained the study to all subjects and informant consent was obtained prior to completion of the questionnaires. The data collected were analyzed and findings were depicted in the form of percentages and proportions. This scale reliability of 0.71 and a validity of 0.84.

➤ **Statistical :**

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

➤ **Result and Discussion :**

**Table. No. 1**  
Showing the Mean, SD and 't' value of marital adjustment among Working and Non-working woman

variables	N	Mean	SD	t	Sig.level
working women	30	21.42	6.78	3.40	0.01
Non Working women	30	20.19	4.80		

• **Significance= 0.01=2.66, 0.05=2.00**

The result obtained on the basic area of marital adjustment Reveals Significant Difference of working and non-working woman.

The working woman received higher mean score 21.42 as compared to the non working woman 20.19. The standard deviation score of working woman received 6.78 and the non-working woman received 4.80. The study indicates that working married women have to face more difficulties in their lives as compared to non-working married women. It concludes that on some aspects working married women cannot contribute significantly for the well being of their family. Their attention is diverted because of working in two situations. They cannot give proper attention to their marital lives and this cause marital mal adjustment. Working women because of the added responsibilities of job may suffer from more severe causes of maladjustment at home or in the office, while on the other side they have to take care of the children, husband, and in-laws and perform other domestic duties. So, It is clearly revealed from Table-1 shows the 't' test value is 3.40 which is significant at 0.01 level. It means hypothesis is not accepted. The result revealed that working women face more marital adjustment problems in comparison to non working women

➤ **Conclusion**

We can conclude by data analysis as follows:

There were significant differences in marital adjustment among Working and non-working woman. The result revealed that working women Face more marital adjustment problems in comparison to non working women. So, we can say that working women because of the added responsibilities of job may suffer from more severe cause's maladjustment at home or in the office.

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