



ORIGINAL RESEARCH PAPER

Psychology

A COMPARATIVE STUDY OF MARITAL ADJUSTMENT AMONG LOVE MARRIAGE COUPLES AND ARRANGE MARRIAGE COUPLES

KEY WORDS: Marital adjustment, marriage, love marriage, arrange marriage

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ABSTRACT

The present study is aimed at exploring the marital adjustment between love marriage couples and arranged marriage couples. Success of any marriage depends on mutual adjustment of the couple. It was very important to see the adjustment level between different domains of marriage as love marriage and arranged marriage. There are several factors that affect marital adjustment. Marital adjustment is strongly linked with our happiness. Marriage is an essential part of our society. According to different customs of marriage it affects adjustment level. In this study Marital Adjustment questionnaire which was constructed and standardized by Pramod Kumar and Kanchana Rohtagi were used for finding marital adjustment between couples. This study was conducted on 25 arranged marriage couples and 25 love marriage couples. Results reveal that there is a significant difference in marital adjustment between love marriage couples and arranged marriage couples.

INTRODUCTION

Marriage is a legally or formally recognized union of two people as partners in a personal relationship. Every individual wants to have a perfect match, but the criteria for choosing the partner is different. Marriage as "socially legitimate sexual union, begun with public announcement and underbraken with some ideas of performance, it is assumed with more a less explicit marriage contract, which spells out the reciprocal rights and obligation between the spouse and future children."

There is no doubt that the choice of marital partner is one of the most important decisions one makes in her/his 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 sacred bond between two souls. It is not union of two human beings but also of two families. Marriages fulfill the primal human needs for intimacy and emotional nourishment. There are mainly two types of marriages- love marriage and Arranged marriages.

Arranged marriage is a type of marriage where the partner is selected by a third party, particularly by parents, relatives or friends. Before marriage both husband and wife are unknown to each other and even if they know each other there is no love and emotional bond development among them. Arranged marriages are based on trust and understanding rather than love at first sight. Commitment is the strongest point in arranged marriages, which brings two people together and love gradually blossoms.

In love marriage, couples know each other before marriage. Love and mutual attraction is the basic foundation of marriage. They have an intimate relationship, long courtship and experience of love. The couple may develop an emotional involvement or they find that they are compatible and enjoy each other's company and so finally they decide to marry, with or without consent of parents.

For a successful marriage, marital adjustment plays an important role in the couples. Well-adjusted marriages are going for a long time, while poorly adjusted ones end in divorce. 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. All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectation. 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 are close to each other. According to Vangelisti & Huston (1994) different factors that impact marital adjustment for men and women can be defined into eight major domains: communication,

sexual relationship, own leisure, division of household tasks, time together, external network and finances.

Bin Dost, M. K., Shafi, N., Shaheen, W. A. and Khan, M. A. (2011) they studied regarding love marriage and arranged marriage comparison. They quoted that people supporting love marriage because it gives importance to partners to know each other better way before marriage. The arranged marriages are more successful than love marriages but love marriages people are spending more happy life than arranged marriages.

Anadkat Dolly (2007) studied 74 Indian arranged marriage couples living in India and 29 Asian Indian couples immigrated. In love marriage, couples living in USA, their finding showed no significant differences in marital satisfaction between native Indian and USA immigrated couples.

Myers, Madathil and Tingle (2005) studied arranged marriage couples from India and marriage of their choice (love marriages) and measured their marital satisfaction. They concluded that no significant difference was observed among arranged marriage couples from India and marriages of their choice from USA on marital adjustment.

MATERIAL AND METHOD

Purpose

To assess the level of marital adjustment among love marriage couples and arranged marriage couples.

Objectives

- To determine the level of marital adjustment among love marriage couples and arranged marriage couples.

Variable

Independent variables: Marital adjustment

Dependent variables: Couples (Love marriage and Arranged marriage).

Hypotheses

According to objectives of study hypotheses will be

- There is no significant difference in marital adjustment among love marriage couples and arranged marriage couples.

Sample

The sample of the study comprised of 100 married individuals (50 couples) out of 50 couples 25 love marriage couples and 25 arranged marriage couples are participated in this research work from Jaipur city.

Research design

Descriptive survey method was used to collect data with the help of questionnaire.

1983;12:49-63

9. Vangelisti, A. L., & Huston, T. L. (1994). Maintaining marital satisfaction and love. In D.J. Canary & L. Stafford (Eds.), *Communication and relational maintenance*. San Diego, CA: Academic Pre pp. 165-186

Tool of measurement

For resent study researcher has used "Marital Adjustment Questionnaire" developed by Pramod Kumar & Kanchana Rohtagi. The scale involves 25 questions with dichotomous options (Yes/No). A 'yes' response is assigned a score expect for items 4, 10 and 19 in which case reverse is applicable.

Statistical Analysis & Result

To find out the level of marital adjustment of married couples researcher used t-test to see the differences between two groups (love marriage couples and arrange marriage couples).

Table no. -1

Showing Mean, SD, t-ratio value of marital adjustment between love marriage couples and arrange marriage couples:-

Group	Mean	SD	t
Love Marriage Couple	43.4	1.58	-13.3
Arrange Marriage Couple	39.36	2.58	

DISCUSSION & CONCLUSION

The purpose of the present study was to find the level of marital adjustment among love marriage and arranged marriage couples. The result of this study obtained on the basic area if the marital adjustment. There is significant difference. Table 1 shows the mean, SD, SED, t-test score and significant level of love marriage couples and arrange marriage couples. The mean score of love marriage couple came out to be 43.4 and arrange marriage couple was came out be 39.36. The t-test score obtained from these mean score is -13.3, which is significant.

Through this study we found that love marriage couples has good marital adjustment as comparison to arrange marriage couples. It may be because love marriage couples know each other of their life partner very well before the marry, they understand each other, they communicate very well but there is one problem with love marriage couples is about their family. As comparison arrange marriage couple they may be have less communication factors they hesitate in many things they are not as open as love marriage couples have.

From above discussion it may conclude that love marriages and arrange marriage have their own merits and demerits. According to this study that love marriage couples have good marital adjustment as comparison to arrange marriage. Its several causes as in arrange marriage, there is no dating phase, you may only get to see, touch or know the person you about are about to marry on the wedding day itself for some people the getting to know you stage is critical at choosing a lifetime partner. Family was deeply involved in the wedding and this involvement continues throughout marriage life, they interfere with almost everything like privacy and compromise with individuality. Major thing in the arrange marriage is mutual respect. In love marriage, one has complete freedom to select of his/her life partner, they know the weak and positive points to adjust easily matrimony, and marriage is not impose. It is an independent choice.

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