Original Research Paper

Cognitive Maturity and Martial Adjustment Among Working Couples

Dr. Vijayalakshmi S Asst. Prof. of Education Loyola College of Education Loyola Campus, Chennai

Abstract

This paper investigates the relationship between cognitive maturity and the marital adjustment of working couples in Chennai district of Tamilnadu. Data were collected by simple random sampling from 87 couple's i.e 174 individuals. For assessing cognitive maturity self constructed and validated scale was used, to assess the marital adjustment- Marital Adjustment Inventory developed by Singh (1974) was used. Inferential statistics like t test and correlation test was carried out. The result of the study indicates that husbands and wives differ in their cognitive maturity and marital adjustment. Further, no statistically significant correlation between cognitive maturity and marital adjustment among working couples.

Introduction

Martial adjustment is a process between husband and wife, where its outcome is validated with the happiness, satisfaction in their marriage life and with each other. Sociologists, Psychologists, Psychiatrists and other family related works have long consideration for marital adjustment. Marital adjustment is a process where its consequences are determined with couples' problematic conflicts, interpersonal tension and anxiety, couples' satisfaction, unity, cohesion and intellectual collaboration about marital important problems (Gong, 2007).

A person who manifests strongly with cognitive maturity takes actions into consideration when making important decisions. Cognitively matured person is likely to move forward when a speedy decision is required or to reconsider decisions if new evidence emerges. “A contextual view of knowledge that recognizes that multiple perspectives exist, depending on how people structure knowledge claim (and participating in) constructing evaluating and interpreting judgments in light of available evidence and frames of reference” (Baxter Magolda, 2004, p. 9).

Need and Significance of the study

The present world is the world of media and technology. The individual’s are spending most of their time in social media, where the fellow-feelings are maintained and shared more on social media. The affinities on the relationship are reducing day by day. It becomes need of the era that both the couples need to go for work to rise up their family and kids. The time spent by couples on mutual relations are abridged, there must be understanding, maturity and adjustment which helps them to run the marital life peacefully, happily and satisfactorily. Hence, it is felt need to study the cognitive maturity and marital stratification among working couples.

Objectives of the study

To find out if any, significant difference between the working couples in their cognitive maturity and marital adjustment.

To find out if any, significant difference between the working couples in their cognitive maturity and marital adjustment on the basis of type of marriage.

Hypotheses of the study

1. There is a significant difference between the working couples in their cognitive maturity.
2. There is a significant difference between the working couples in their marital adjustment.
3. There is a significant difference between the working couples in their cognitive maturity on the basis of type of marriage.
4. There is a significant difference between the working couples in their marital adjustment on the basis of type of marriage.
5. There is significant correlation between cognitive maturity and marital adjustment.

Operational definition

Cognitive maturity: refers to the awareness on multiple possible perspectives on any given situation.

Martial adjustment: It refers to the balance in the marital life between the husband-wife relationship and within the family.

Working couples: refers to both the husband and wife working.

Sample and sampling

The sample consist of eight seven (87) working couples, hence total sample of the study is 174 individuals from Chennai district of Tamilnadu. Purposive sampling technique was used in this study to collect data from working couples.

Tools and its description

Cognitive maturity: Self constructed and validated tool was used to assess the cognitive maturity in this study. The tool consists of 44 items. Each item has a maximum score of 10 and a minimum score of 1. SD refers to the awareness on multiple possible perspectives on any given situation.

Martial Adjustment Inventory (MAI): The Marital Adjustment Inventory developed by Singh (1974) was used to measure the marital adjustment of the couples. This tool had two forms, Form –A for husbands and Form –B for wives. Each form consists of 10 items. Each item is answered either in ‘yes’ or ‘no’ by choosing one point out of the ten points on the rating scale which ranges from +10 (most favorable) to +1 (least favourable). The scores of all the ten items are summed to obtain the score for general marital adjustment. Each item has a maximum score of 10 and a minimum score of 1. A higher score indicates better marital adjustment.

Personal data sheet: Personal data sheet used to collect information on the

Hypotheses wise analysis

1. There is a significant difference between the (husbands and wives) working couples in their cognitive maturity

<table>
<thead>
<tr>
<th>Working Couples</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>t</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Husbands</td>
<td>87</td>
<td>99.32</td>
<td>31.791</td>
<td>5.522**</td>
<td>S</td>
</tr>
<tr>
<td>Wives</td>
<td>87</td>
<td>119.46</td>
<td>12.10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From table 1, it is inferred that there is a significant difference between husbands and wives in their cognitive maturity. The mean score favour wives cognitive maturity. Hence, the hypothesis is accepted and there is a significant difference between husbands and wives in their cognitive maturity.

2. There is a significant difference between the (husbands and wives) working couples in their marital adjustment

<table>
<thead>
<tr>
<th>Working Couples</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>t</th>
<th>Remarks</th>
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</thead>
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<tr>
<td>Wives</td>
<td>87</td>
<td>119.46</td>
<td>12.10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From table 2, it is inferred that there is a significant difference between husbands and wives in their marital adjustment. The mean score favour wives marital adjustment. Hence, the hypothesis is accepted and there is a significant difference between husbands and wives in their marital adjustment.
From table 2, it is inferred that there is a significant difference between husbands and wives in their marital adjustment. The mean score favours husbands' marital adjustment. Hence, the hypothesis is accepted and there is a significant difference between husbands and wives in their marital adjustment.

3. There is a significant difference between the working couples in their cognitive maturity on the basis of type of marriage.

Table 3: Significant difference between the working couples in cognitive maturity – type of marriage.

<table>
<thead>
<tr>
<th>Type of marriage</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>t</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love</td>
<td>62</td>
<td>127.26</td>
<td>4.000</td>
<td>7.824**</td>
<td>S</td>
</tr>
<tr>
<td>Arrange</td>
<td>112</td>
<td>99.50</td>
<td>27.742</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From table 3, it is inferred that there is a significant difference between love and arranged marriage couples in their cognitive maturity. The mean score favours love married couples. Hence, the hypothesis is accepted and there is a significant difference between love and arranged marriage couples in their cognitive maturity.

4. There is a significant difference between the working couples in their marital adjustment on the basis of type of marriage.

Table 5: Significant difference between the working couples in marital adjustment – type of marriage.

<table>
<thead>
<tr>
<th>Type of marriage</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love</td>
<td>62</td>
<td>84.39</td>
<td>9.83</td>
<td>5.732**</td>
</tr>
<tr>
<td>Arrange</td>
<td>112</td>
<td>67.21</td>
<td>22.40</td>
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</table>

From table 5, it is inferred that there is a significant difference between love and arranged marriage couples in their marital adjustment. The mean score favours love married couples. Hence, the hypothesis is accepted and there is a significant difference between love and arranged marriage couples in their marital adjustment.

5. There is significant correlation between cognitive maturity and marital adjustment.

Table 6: Correlation between cognitive maturity and marital adjustment among the working couples.

<table>
<thead>
<tr>
<th>Variables</th>
<th>r</th>
<th>N</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognitive maturity VS</td>
<td>-0.29</td>
<td>174</td>
<td>0.701</td>
</tr>
<tr>
<td>Martial adjustment</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From table 6 it is inferred that there is no statistically significant correlation between cognitive maturity and marital adjustment among working couples. Hence, the hypothesis is not accepted and there is no significant correlation between cognitive maturity and marital adjustment among working couples.

Implications

Love married couples mean scores are higher than their counter partner of arranged marriage couples this may be due to understanding before marriage between the couples hence, the pre marital counselling can be made to mandatory for betterment and long, happy marital life. The cognitive maturity is higher in wives than the husbands mean value. The cognitive maturity can be enhanced in male which helps them to understand problems, perspective of females in all spheres of life.

REFERENCES


Working Couples

<table>
<thead>
<tr>
<th>Working Couples</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>t</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Husbands</td>
<td>87</td>
<td>77.70</td>
<td>20.43</td>
<td>2.85**</td>
<td>S</td>
</tr>
<tr>
<td>Wives</td>
<td>87</td>
<td>68.97</td>
<td>19.92</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

marriage working couples in their marital adjustment. Favour love married working couples.

Findings of the study

There is a significant difference between the working couples in their cognitive maturity. Favour wives cognitive maturity.

There is a significant difference between the working couples in their marital adjustment. Favour husbands marital adjustment.

There is a significant difference between the love and arranged marriage working couples in their cognitive maturity. Favour love married working couples.

There is a significant difference between the love and arranged marriage working couples in their marital adjustment. Favour love married working couples.

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