



**ORIGINAL RESEARCH PAPER**

**Psychology**

**COGNITIVE MATURITY AND MARTIAL ADJUSTMENT AMONG WORKING COUPLES**

**KEY WORDS:** Cognitive maturity, marital adjustment and working couples.

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**ABSTRACT**

This paper investigates the relationship between cognitive maturity and the martial 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 martial 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 martial adjustment. Further, no statistically significant correlation between cognitive maturity and martial 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 martial life peacefully, happily and satisfactorily. Hence, it is felt need to study the cognitive maturity and martial 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 martial 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 martial adjustment on the basis of type of marriage.
5. There is significant correlation between cognitive maturity and martial 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 statements with three point 'Likert' type responses. Agree, undecided and disagree are the responses and scoring 3, 2 and 1 respectively.

**Marital 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 1** Significant difference between the working couples in cognitive maturity

Working Couples	N	M	SD	t	Remarks
Husbands	87	99.32	31.791	5.522**	<b>S</b>
Wives	87	119.46	12.10		

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 martial adjustment**

**Table 2** Significant difference between the working couples in marital adjustment

Working Couples	N	M	SD	t	Remarks
Husbands	87	77.70	20.43	2.85**	S
Wives	87	68.97	19.92		

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

Type of marriage	N	M	SD	t	Remarks
Love	62	127.26	4.000	7.824**	S
Arrange	112	99.50	27.742		

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 martial adjustment on the basis of type of marriage.**

**Table 5** Significant difference between the working couples in martial adjustment – type of marriage

Type of marriage	N	M	SD	t	Remarks
Love	62	84.39	9.83	5.732**	
Arrange	112	67.21	22.40		

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

**5. There is significant correlation between cognitive maturity and martial adjustment.**

**Table 6** correlation between cognitive maturity and marital adjustment among the working couples

Variables	r	N	p value
Cognitive maturity VS Martial adjustment	- 0.29	174	0.701

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

**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 martial 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.

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