

Periodic Research

A Comparative Study of Males and Females on Marital Adjustment in Dehradun City



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Abstract

Marital adjustment has been a popular topic in research studies. In the present study found that adjustment level especially in middle aged (25-45) couples is difficult. According to the survey many positive and negative aspects of marriage is seen such as age between couples, understanding problems, financial status of family and role of the partner in success of marriage. The objectives of the study are to know the adjustment level of married couples (age 25-45) based on several parameters, those effect marital adjustments, such as educational level, age difference etc and to study the relationship between their in-laws and other family members. Results revealed that females play an important role in the marital adjustment.

Keywords: Marital Adjustment, Adjustment Level, Relational Statistics.

Introduction

One of the most important relationships between man and women is Marriage. After tying the knot the new couple will enter into marital adjustment where they will establish their place within the relationship found their feet in the new life. It is a process during which partners in marriage adapt and change to their new rules complementing each other acting as a team appeared to two separate units, it is also important to unify the interests and values, maintaining open lines of communication and encouraging the expression of each other's communication. Marital adjustment has long been a popular topic in studies of the family probably because the concept is believed to be closely related to the stability of a given marriage. Well adjusted marriages are expected to last for a long time, while poorly adjusted ones and in divorce (1-4).

All the marriages are aimed at happiness in one of another way. Marital adjustment is the process of modifying, adopting or altering individual and couple's pattern of behavior and interaction to achieve maximum satisfaction in the relationship. Middle life is generally a time period of higher fulfillment, better health, more authority & greater financial stability than any other stage of life there physical and psychological changes associate with this time period that is different for women and men. Simple as it seems, the notion of marital adjustment is difficult to conceptualize and difficult to measure through empirical research. After more than half a century of conceptualization about and research on marital adjustment, the best can be said may be that there is disagreement among scholars about the concept, the term and its value. In fact, several scientists have proposed abandoning entirely the concept of Marital adjustment and its etymological relatives. Over the course of life, people learn to establish different relationships, with different values, expectations and commitments one of those relationship is the marital relationship. For a good marital relation marital adjustment is essential. There is a list of many areas of marital adjustment which is define by the psychologist, such as social life, education, in laws, money, sex, time etc (7-8).

Comprehensive study of husbands and wives investigated some of the factors that contribute to marital satisfaction. Some of their findings revealed existing social, cultural, educational level greater satisfaction. Occupation and income, which are often thought to be associated with levels of satisfaction, have no relationship with it. The number of children too offers marital adjustment. A husband is considered as head of family

while wife is expected to make home & companion, on the wife may be expected to be the strong one, upon whom the husband can rely. It can be seen that the phenomenon of marital adjustments that is given a priority in all cultures, as marriage is one of the most important commitments of an individual makes in his or her life. The present study is an attempt to investigate marital adjustment in middle aged adults. A study of 90 couples, 45 males and 45 females. The existing literature also clarifies the concepts. It is also important to co-relate the concepts by reviewing the earlier studies.

Objectives of the Study

1. To study the adjustment level of married couples (age 25-45).
2. To know the personal factors that affect the marital adjustment.
3. To study the relationship between couples, in-laws etc.
4. To study – Does the education level effect the marital adjustment?

Review on Marital Adjustment

The section reviews research that studies factors associated with marital adjustment. The research in the area of marital relationship frequently utilizes concepts like marital success, satisfactions, consensus, companionship, or some such synonym reflective of adjustment of marital life. Spanier and Lewis (1980) (2), in a review of literature, note that marital adjustment was the most frequently investigated phenomenon in the field of family studies. In the discovery that marital adjustment was multidimensional, a distinction was made between marital satisfaction and marital adjustment. The former was a measure of an interpersonal phenomenon (and one-dimensional) and the latter was both a measure of an interpersonal as well as an intra personal phenomenon. Marital satisfaction is primarily a subjective interpretation of a married person's marriage. Similar terms are: Marital happiness or satisfaction with the relationship. Marital adjustment was seen to be more inclusive and included such dimensions as communication, happiness, education and satisfaction with the relationship.

Amolza & Booth (1992) (3) did an analysis of a longitudinal study of the stability of and the development changes of marital adjustment over an 8 year of period. They measured marital adjustment using 5 dimensions: One an intra-personal one that taped the personal evaluation of the relationship and for interpersonal ones: amount of interaction, amount and intensity of disagreement behavioral attributes that cause a problem in the marriage. Johnson and Talitman (1997) (3) conducted an exploratory study to examine the nature and magnitude of fluctuations in marital adjustment. Drawing on a national sample of married persons in interviewed three times over an 8 year period, they found that marital adjustment is a stable phenomenon.

Findings are supported in parts by Rawat and Rawat (1986) (4). They found increased participation of the women of migrant household in the

village level economy and politics. This made them self-dependent to some extent. However the women experienced a greater workload also. Infidelity and extra-marital sexual relationship are among the chief complaints and source of conflicts in the marital life when the partners happen to remain physically separate. In a study conducted in this topic in Koreans, Kin (1983) (5) found that about 7% workers in a large company, who terminated their contract in order to return home, reported their wives' infidelity as reasons for the same. Kin reports that counseling centre of Korean company which have contract in middle eastern countries often deal with family affairs including unfaithful or run away wives.

After reviewing the evidences on age differences and marital success, Udry (1974, p. 108) (6) concluded that there is as yet no conclusive evidences of any significant relationship between them, that whatever differences might be created by husband- wife age differential, their effect on marital adjustment appears to be negligible. Srivastav et al., (1988) (8) studied that effect of certain demographic characteristics such as age differences, duration of marriage, education, occupation, socio-economic status and number of children on marital adjustment. The analysis indicated that the age differences between husband and wife highly contributed toward marital adjustment. Adjust mental problems are seen more among the younger groups.

The study conducted by Srivastav et al., (1988) (8) to examine the effect of demographic characteristic on marital adjustment reveals that differences in educational level of the spouse were evident in the maladjusted couples. The finding of Pothan (1996, P.155) (7) is that the level of education of couples plays an important role in the husband wife relationship, especially in the early days of marriage. Also the education of the female spouse affects the marriage much more than the education of male. His study reveals that the female graduates had closet love relationship with their husbands. The less educated group did not say that they had close relationship with their husbands.

Methodology

Research Design

Research design in the conceptual structure within which research is conducted, it constitutes the blue print for the collection, measurement and analysis of data. Research design is needed because it facilitates the smooth sailing of the various research operations, share by the making research as efficient as possible yielding maximal information with minimal expenditure of effort, time and money.

Sampling

Sampling may defend as the selection of some part of an aggregate or totality on the basis of which a adjustment or inference about the aggregate or totality is made. In other words it is the process of obtaining information about an entire population by examining only a small part of it. 100 respondents have been chosen from the Dehradun as a sample. They were further divided in two groups (gender wise) (50 males and 50 females).

Data Collection

There are two types of data were collected for the accomplishment of the study.

Primary Data

Primary data were collected by survey method on were structured interview schedule through interview method from the respondents.

Secondary Data

Secondary data were obtained from respondents through questionnaire, secondary data was collected from the published data such as book, magazine, various records and publications.

Field for the Study

The present study on marital adjustment among males and females is based on the field work conducted at Dehradun.

Results and Discussion

Q 1. Does education level make difference?

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	20	45	18	40
2.	No	25	55	27	60
	Total:	45	100	45	100

Table 1

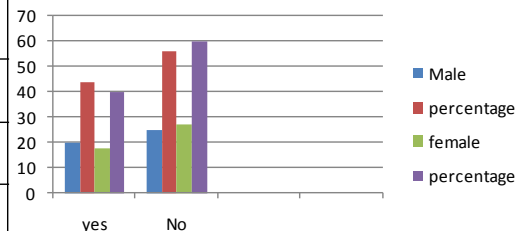
Analysis of Data

Percentage method is employed for the analysis and interpretation of the data (Graphs and Tables) to show the analysis and comparisons of data.

Hypotheses

Hypotheses were drawn to arrive at the objectives of the study.

1. The adjustment level is low between the couples.
2. The personal factors effect the adjustment level.
3. Relationship between the couples and inlaws also effect the adjustment level.
4. The educational level effect the adjustment level of married couples.



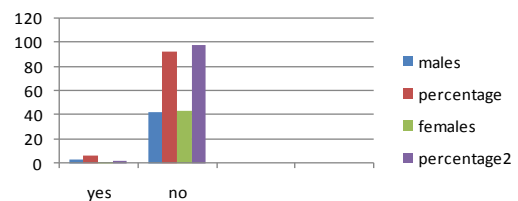
Description

Table 1 shows that 45% males and 40% females have same education and rest 55% males and 60% females and no far this question.

Q 2. Adjustment Problem?

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	03	6.66	01	2.22
2.	No	42	93.33	44	97.77
	Total:	45	100	45	100

Table 2



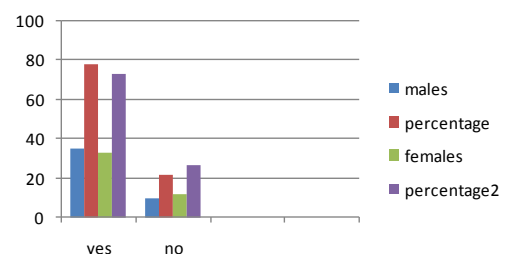
Description

Table 2 indicates that out of total sample 6.66% males and 2.22% females said yes and 93.33% males and 97.77% females said No regarding this.

Q 3. Spent quality time with each other?

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	35	77.77	33	73.33
2.	No	10	22.22	12	26.66
	Total:	45	99.96	45	99.97

Table 3



Description

Table 3 indicates that 77.77% males and 73.33% females spent quality time with each other and rest 22.22% males and 26.66% females don't spent quality time with each other.

Q 4. Views matches with each other?

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	39	86.66	38	84.44
2.	No	06	13.33	07	15.55
	Total:	45	99.99	45	99.99

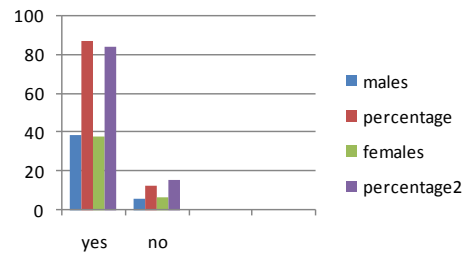


Table 4

Description

Table 4 shows that out of total sample 86.66% males and 84.44% females said yes that their views matches with each other, while 13.33% males and 15.55% females said No.

Q 5. Stay's together in odd situations of life-

S.No.	Views	Males	Percentage	Females	Percentage
1.	Sometimes	11	24.44	19	42.22
2.	Always	34	75.55	26	57.77
	Total:	45	99.99	45	99.99

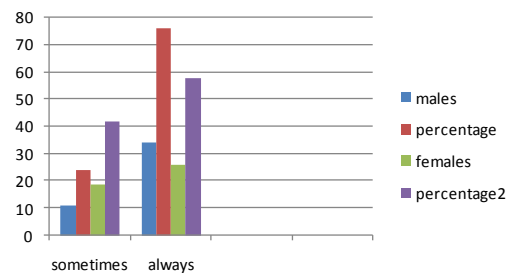


Table 5

Description

The above table 5 indicates that while giving answer to this 24.44% males and 42.22% females said sometimes and the rest 75.55% males and 57.77% females said yes we always stays together in the hard times.

Q 6. Make more effort for successful marriage?

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	21	46.66	28	62.22
2.	No	24	53.33	17	37.77
	Total:	45	99.99	45	99.99

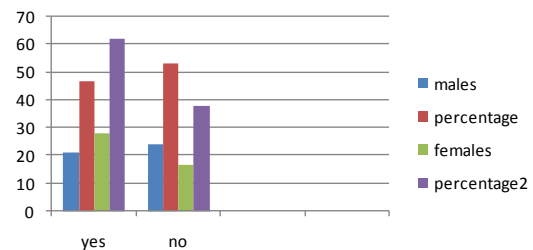


Table 6

Description

Table 6 shows that according to 46.66% males and 62.22% females said yes that we make more effort for a successful married life and the rest 53.33% males and 37.77% females said regarding this.

Q 7. Gets full cooperation of partner?

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	43	95.55	41	91.11
2.	No	02	4.44	04	8.88
	Total:	45	100	45	100

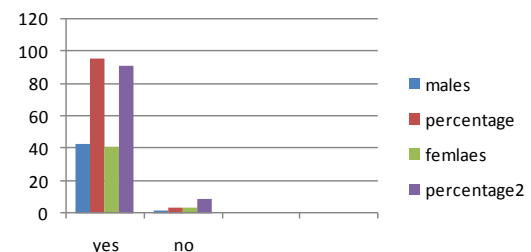


Table 7

Description

Table 7 shows that majority of respondents 95.55% males and 91.11% females said yes that they get full cooperation from their partners while the rest 4.44% males and 8.88% females said no.

Q 8. Role of females for making marriage successful?

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	36	80	33	73.33
2.	No	09	20	12	26.66
	Total:	45	100	45	100

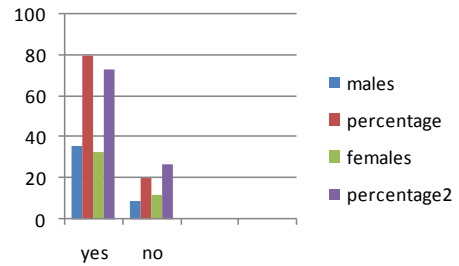


Table 8

Description

The above table 8 shows that 80% males and 73.33% females respondent said yes that female plays an important role to make marriage successful while 20% males and 26.66% females said No regarding this.

Q 9. Both make an effort in adjusting in family?

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	43	95.55	44	97.77
2.	No	02	4.44	01	2.22
	Total:	45	99.99	45	99.99

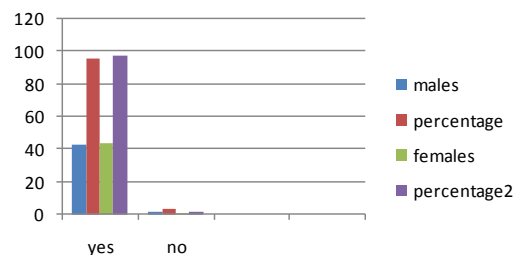


Table 9

Description: The above table 9 found that 95.55% males and 97.77% females said yes that they both make an effort for adjusting in the family and the left 4.44% males and 2.22% females said no.

Q 10. Effect of physical relations in marriage.

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	11	24.44	11	24.44
2.	No	34	75.55	34	75.55
	Total:	45	99.99	45	100

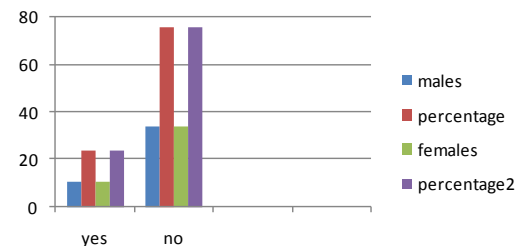


Table 10

Description: Table 10 shows that 24.44% males and 24.44% females said yes that marriage is also affected by physical relations and 75.55% males and 75.55% females said no, it doesn't affect the marital adjustment.

Q 11. Effect of improper marital adjustment in health and in mental health.

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	24	53.33	25	55.55
2.	No	18	40	20	44.44
	Total:	45	100	45	100

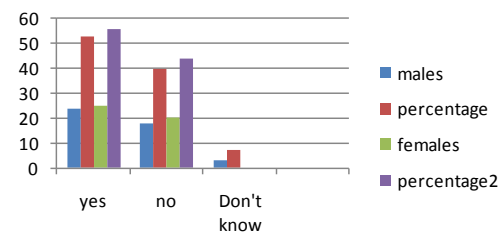


Table 11

Description

Table 11 shows that 53.55% males and 55.55% females said yes that improper marital adjustment affects the physical and mental health of an individual, 40% males and 44.44% females said no and the rest 6.66% males said don't know.

Q 12. Type of Marital Adjustment

S.No.	Views	Males	Percentage	Females	Percentage
1.	Normal	21	46.66	26	57.77
2.	Below normal	01	2.22	-	-
3.	Above normal	23	51.11	19	42.22
	Total:	45	99.98	45	100

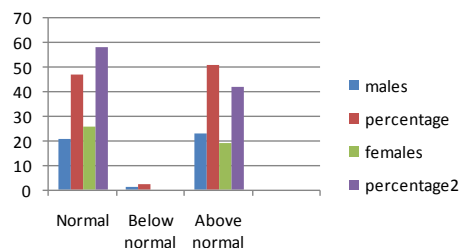


Table 12

Description: The above table 12 indicates that 46.66% males and 57.77% females have normal type of marital adjustment, 2.22% males have below normal and the rest 51.11% males and 42.22% females have above normal i.e., excellent.

Q 13. Effect of improper marital adjustment on children.

S.No.	Views	Males	Percentage	Females	Percentage
1.	Yes	28	62.22	34	75.55
2.	No	17	37.77	11	24.44
	Total:	45	99.98	45	99.97

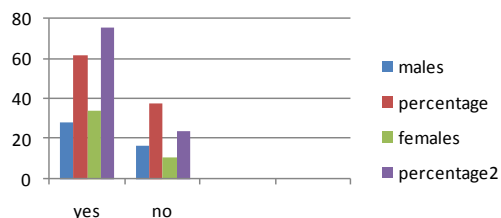


Table 13

Description

Table 13 shows that 62.22% male and 75.55% females said yes that improper marital adjustment affects the children also, while 37.77% males and 24.44% females said No for this.

Conclusion

The purpose of the study was to find the impact of marital adjustment among couples aged between 24-45 years in Dehradun. In the present study we try to know many aspects of family such as the adjustment level of families, their problems and the satisfaction level of their life etc.

According to the survey many positive and many negative aspects of marriage has seen. Such as difference of age between couples, understanding problems, financial problems faced by the couples, before and after marriage.

Result revealed a positive response and it was found that females play an important role in the marital adjustment, majority of respondents accepts that women's have a great influence in their life. Male respondents agreed with this term strongly and said females have equal rights to live.

We also found that the education of both the partners were not same, instead of this their ego doesn't hurt. Further the couples said that they both make efforts to adjust with the family. Questions about the effect on children of unhappy married life reveal presence of negativity in them.

In the further investigation most of the couples said that improper marital adjustment 'affect their mental as well as physical health'. Mostly couples agreed that their marriage is not based on only physical relationship but it is based on their true love and understanding.

Most of the couples said that essentials of happy married life are same educational level, understanding and love, these three factors are very important to make marriage happy and successful, and about the adjustment level most of them said they have normal and above normal married life.

Thus the overall conclusion of the study shows that females play an important role in making their married life more happy and successful.

Suggestions

1. To educate females for their rights.
2. To give marital counseling.
3. Try to give your full attention to each other and give 100% efforts for better adjustment.
4. Avoid ego, dominating nature and use of abusive words.
5. Don't demoralize the partner's views.
6. Give marriage therapy.
7. To understand each other's nature before marriage.
8. To neglect the normal drawback of the partner.

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