



A COPMARATIVE STUDY: MARITAL ADJUSTMENT OF WORKING AND NON- WORKING WOMEN

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ABSTRACT

Marital adjustment is defined as the state in which a couple despite of having different personality traits, compliment each other and achieve happiness and satisfaction with their marriage and which each other. The purpose of this study is to compare marital adjustment of working and non-working women. For this purpose, 60 women (30 working and 30 non-working) were selected from Haldwani city. Marital Adjustment Questionnaire (MAQ) developed and standardized by Dr. Pramod Kumar and Dr. Kanchani Rohtagi is used to measure the level of marital adjustment of working and non-working women. For statistical analysis, Mean, S.D. and t-test are applied. Results indicate that there is no difference in the marital adjustment of working and non-working women.

Keywords: *Marital adjustment, working and non-working women*

INTRODUCTION

In India, marriage is not only considered a union between two individuals but between two families and their extended families. The decision of marriage is most of the time taken by the family members. Both individuals have to accept and learn each other's traditions and rituals, adjust to new environments and relations, and take responsibility for each other and their family members. It is a tradition of arranged marriages in India with a common belief of adjustment in marriage than personal satisfaction or choice. Marriage is considered an essential aspect of an individual's life. As the most important and divine social custom, it has usually been approved to achieve an adult's security and emotional needs (Kaplan & Benjamin, 2001). Marriage is a life-long commitment of love, care, peace, responsibility, happiness and development of strong family relationships. It also involves legal and emotional commitment which is important in an adult's life. (Landis 1954) Marriage and family are not an option in India, they are quite necessary in one's life. It involves the most intimate type of emotional and sexual relationships between the two individuals. For non-working women, it provides a safe and secure future. To make a marriage successful, both husband and wife make sure that they have an understanding and love between them because lack of satisfaction in a marriage not only has a negative influence on the spouses' socio-psychological condition but also children and other family members (Sadeghy, 2000). Journal of consulting and clinical psychology (1969) in marriage we take the positive for granted and focus on blaming the negative.

Adjustment is an adaptive behavior that allows us to learn new things and meet the demands of the environment. A well-adjusted marriage leads to well-adjusted lives. Sinha and Mukerjee (1990) defined marital adjustment as the state in which there is an overall feeling of happiness and satisfaction between husband and wife in their marriage. Now days, women employees have increased greater in number due to the employment of female workers in the workplace. Even though it helps to gain a second earning in the family, it also has certain negative impacts on the marital life of a couple. It increases high level of maladjustment in the relationship due to shared responsibility of child rearing, finance and family care.

REVIEW OF LITERATURE

Barik & Panda studied the gender differences and adjustment of elderly. The results of the study showed that the male elderly have higher adjustment in the area of health, home, social, marital, emotional and financial than the female elderly.

Sheema Aleem et al. demonstrated that there is no significant difference in marital satisfaction among the dual career women and single career women.

Voydanoff and Donnelly (1989) carried out a research on the effect of mental health on marital adjustment among single employee couples. Findings revealed that non-working women had a significant effect on their mental health.

Kerkmann et al., (2000) reported positive relationship between finance and marital adjustment.

Gupta et. al demonstrated that non-working women were better at marital adjustment than working women.

Elloy and Smith (2003) found that dual earning couple experienced more stress, role ambiguity, conflicts in family and family role, and work-family pressure than single earning couples.

Singh (2004) found that dual earning couples show better marital adjustment due to better higher education and employment with average salary, despite of the difficulties they come across.

Aleem and Danish (2008) have portrayed that hassles and work pressure affects marital satisfaction and also leads to anxiety, especially among women.

Narang (2012) concluded that women showed much better adjustment in recreational activities whereas men were more group oriented.

Jaisri and Joseph (2013) concluded that wives had better marital adjustment and independence than their husband among dual career couples.

Jamabo et al found that there is no significant difference in marital adjustment between working and non-working women of Port Harcourt metropolis in Nigeria.

Rinku (2013) concluded that non-working women have more marital adjustment than working women.

Hashmi et al demonstrated that working married women have to face more problems in their married life as compare to non-working married women.

METHODOLOGY

Objectives:

- To find out the marital adjustment of working women.
- To find out the marital adjustment of non-working women.
- To find out the difference in marital adjustment of working and non-working women.

Hypothesis:

There will be no significant difference in marital adjustment of working and non-working women.

Sample:

Total sample selected to conduct this study was 60 women between the age group of 28 to 58 years in which 30 were working women and 30 were non-working women. Data was collected from the Haldwani city of Nainital district, Uttarakhand, India, on the basis of purposive sampling method.

Variables:

- Dependent Variable: Marital adjustment
- Independent Variable: Working and Non-Working women

Tools:

- **Marital Adjustment Questionnaire (MAQ):**

Marital adjustment questionnaire constructed by Dr. Pramod Kumar and Dr. Kanchana Rohatgi was used to measure the marital adjustment among working and non-working women. The marital adjustment questionnaire in its final form consists 25 highly discriminating 'Yes-No' type items with 22 positive and 3 negative items. The questionnaire studies 3 areas- Sexual, Social and Emotional. A 'Yes' response is assigned a score of 1 except for items 4, 10 and 19 in which case reverse is applicable. The sum of these values gives the marital adjustment score for the husband or wife. Since the responses contributing towards marital adjustment are given a score, the higher the total score, the higher would be the marital adjustment of the husband or wife.

Reliability: The split-half reliability, correlating odd-even items, applying the *Spearman-Brown* formula for doubling the test length, was found to be 0.49(N=60) with an index of reliability of 0.70.

The test-retest reliability was found to be 0.71(N=60) with an index of reliability of 0.84. The retest was given with a time interval of 3 weeks.

The r values, 0.49 and 0.71 respectively were found to be significant at 0.01 level.

Validity: The face validity of the questionnaire appeared to be fairly high. The questionnaire was also validated against Singh's Marital Adjustment Inventory (Singh, 1972). The coefficient correlation between the questionnaire and Singh's Marital Adjustment Inventory for a group of 20 wives was found to be 0.71 with index of reliability of 0.84.

Procedure:

In this study the above scale was used to assess marital adjustment of working and non-working women. The study was conducted in Haldwani city of Nainital district of Uttarakhand state, for a sample of 60 women, 30 working and 30 non-working women through purposive sampling method. Prior to the administration of marital adjustment questionnaire, proper rapport was established with the respondents and they were informed that their responses would be kept confidential. After that the questionnaires was given to each participant individually and were asked to give their responses according to their choices.

Analysis:

Data was collected and analyzed in terms of mean, standard deviation and 't-test'.

RESULT AND DISCUSSION

Table 1

Mean scores of working and non-working women

Groups	Mean
Working	22.3
Non-working	22.4

Clearly there is no difference between the mean scores of working and non-working women.

Table 2

Mean, S.D., calculated t-value and required t-value for significant difference

Groups	N	M	S.D.	df	Calculated value	Required t-value for significant difference	
						0.05	0.01
Working	30	22.3	2.11	58	0.227	2.00	2.66
Non-working	30	22.4	1.47				

Insignificant at 0.05 and 0.01 level.

The mean scores of marital adjustment of working and non-working women were 22.3 and 22.4 respectively with S.D. of 2.11 and 1.47. The calculated t-value was 0.227 with df 58 which is insignificant at 0.05 and 0.01 level. It means there is no significant difference in the mean value and the marital adjustment of working and non-working women. Therefore, the hypothesis that 'there will be no significant difference in marital adjustment of working and non-working women' is thus accepted.

The results clearly showed no difference in marital adjustment of working and non-working women. The same can be said for the mean values of working (22.3) and non-working (22.4) women. The hypothesis of the study is thus accepted. The findings of this study are supported by Jamabo et. al. who found that there is no significant difference in marital adjustment between working and non-working women and Sheema Aleem et. al. who demonstrated that there is no significant difference in marital satisfaction among the dual career women and single career women. Thus, it can be said that as a result of mutual trust, better understanding and sharing and respect for each other, both working and non-working women have equal and good marital adjustment.

Both working and non-working women can be good at performing all the household tasks and working women can still manage to go higher in their career. A good marital adjustment depends on both husband and wife. If the husband is supportive, loving, caring and most importantly proud of wives success then is it working or non-working, the marital adjustment of those women would definitely be higher. No difference in marital adjustment of working and non-working women can also be because of the family structure in which they live. Those women living with their in-laws have their support to take care of the children and home while working women can completely focus on their jobs and have a better relationship with their husbands while non-working women also have the support of their in-laws in taking care of the children and home and they can also focus on their marriage at the same time and have good marital adjustment.

CONCLUSION

The mean scores of marital adjustment of working and non-working women were 22.3 and 22.4 respectively with S.D. of 2.11 and 1.47. The t-value with df 58 was 0.227 which was insignificant at 0.01 level. The findings of the study revealed that there is no significant difference between the marital adjustment of working and non-working women. Thus, the hypothesis for the study made earlier was accepted. These results were supported by the findings of Jamabo et. al. and Sheema Aleem et. al. who concluded in their studies that there is no significant difference between the marital adjustment of working and non-working women.

Mutual understanding, love, trust and respect can be the key factors of good and equal marital adjustment of both working and non-working women. Another factor contributing to better marital adjustment of both working and non-working women can be their family structure in which they live. If they live with their in-laws and they are supportive and caring, then they can have a better marital adjustment as the in-laws can help them in taking care of children as well as their home.

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