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## Assessment on marital adjustment of men with respect to their length of marital life, level of education and income levels

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### ABSTRACT

*Men, among living beings, have the highest capacities to adapt to new situations. Men not only adapt to physical demands but also adjust to social pressures in the society. Individual behavior and social attitudes do not develop in a vacuum. In this attempt to fulfill his personal and social needs an individual make a variety of adjustments to people, circumstances and events. A healthy society requires a healthy family and marital adjustment is one of its requirements. Marital adjustment is the process of modifying, adopting or altering individual and couples of pattern of behavior and interaction to achieve maximum satisfaction in the relationship. There are many socio-economic factors which affect the marital adjustment. Hence the present study aimed to explore the effect of the length of marital life, education and income of men towards their marital adjustment.*

**Keywords**— *Modifying, Adopting, Marital life, Marital adjustment*

### 1. INTRODUCTION

Marriage is a life-long commitment process. It is the beginning point of the family. Marriages provide an opportunity to grow in selflessness in an individual. Marriage is not only a physical union but also the spiritual and emotional union of an individual.

The marital adjustment has long been popular in studies of the family. The family is the basic unit of society. The family is an organization, a group and also a small society of a social system. A healthy society requires a healthy family and marital adjustment is one of its requirements. This concept is mainly related to the stability of marriages. Well-adjusted marriages stand for a long time, while poorly adjusted one ends within short time.

Adjustment is the process of findings and adopting modes of behaviour, suitable to the environment or the changes in the environment. It is a continuous process in which a person varies his behaviour to produce a harmonious relationship between himself and his environment.

A sexual relationship which is able to satisfy both sides has an important and fundamental role in sexual function and its components can lead to sexual satisfaction that has an important effect on the couple's adjustment.

### 2. REVIEW OF LITERATURE

Graham, Fischer, Crawford, Fitzpatrick and Bina (2000) examined the relationship between parental status and marital adjustment of individuals. They found that men with children reported a high level of marital adjustment compared to men without children.

Fincham (2003) in his studies revealed that marital conflict has deleterious effects on mental, physical health of a family.

Hack (2007) in his research showed a relation between adult attachment styles and their interpersonal functioning. He investigated that couples in which both partners were insecurely evidenced have better marital adjustment than couples in which one or both partners were insecurely attached.

### 3. OBJECTIVES OF THE STUDY

- To find out the effect of marital life on the marital adjustment of men.
- To find out the relationship between marital adjustment and education in men.
- To find out the effect of income on the marital adjustment of men.

**4. HYPOTHESIS OF THE STUDY**

- H1: Men have no significant effect on their length of marital life on their marital adjustment.
- H2: Men have no significant effect on their educational qualification on their marital adjustment
- H3: Men have no significant effect on their income levels on their marital adjustment.

**5. LIMITATIONS OF THE STUDY**

- This study is confined only to sample N=35 sets limits to make generalizations about the effect of the marital adjustment.
- This study is not applicable for bachelors.
- This study is not applicable for mentally related couples
- This study is not applicable for men who lost their wives.

**6. RESEARCH METHODOLOGY**

This study is descriptive in nature and mainly based on primary data. The total number of 35 samples selected for the study from Kurnool district through random sampling method.

The tool has two forms, Form – A (husbands) and Form – B (wives) consisting of 20 questions for both forms. The rating scale ranges from + 10 [most favorable] to +1 [least favorable]. The tool was made by Dr Harmohan Singh. Form - A is used in the present study.

**7. ANALYSIS AND INTERPRETATION**

**Table 1: Chi-square test for the relationship between the length of marital life of men and their marital adjustment**

Length of Marital Life	MF	MSF	SF	F	MLF	IS
>10	3	2	3	2	0	1
11-20	3	2	2	1	1	1
21-30	2	2	1	1	1	1
31-40	1	1	0	2	1	1
Total	9	7	6	6	3	4
Calculated Value = 5.16, Table Value = 24.996, Result = Rejected						

The calculated value (5.16) of  $X^2$  is less than the table value (24.996). Hence the null hypothesis is rejected and we can conclude that there is a significant effect of length of marital life of men towards their marital adjustment.

**Table 2: Chi-square test for the relationship between the educational qualification of men and their marital adjustment**

Educational Qualifications of Men	MF	MSF	SF	F	MLF
Illiterate	2	2	1	1	3
S.S.O	2	2	0	1	2
Degree	3	3	1	1	0
P.G	2	2	1	1	1
Total	9	9	3	4	6
Calculated Value = 5.16, Table Value = 24.996, Result = Rejected					

The calculated value (5.82) is less than the table value (24.996). Hence the hypothesis is rejected and we can conclude that there is significant effect between educational qualification of men and their marital adjustment.

**Table 3: Chi-square test for the relationship between the income level of men and their marital adjustment**

Income Levels	MF	MSF	SF	F	MLF	LF	Total
0-5000	1	1	2	2	1	2	9
5000-10,000	2	2	1	1	1	1	8
10,001-16,000	3	2	2	1	0	1	9
>16000	2	3	2	2	0	0	9
TOTAL	8	8	7	6	2	4	35
Calculated Value = 5.16, Table Value = 24.996, Result = Rejected							

The calculated value (6.88) is less than the table value (24.996). Hence the hypothesis is rejected and we can conclude that there is a significant effect of income of men to their marital adjustment.

**8. FINDINGS OF THE STUDY**

- The opinion given by the husbands regarding marital life is favourable.
- The opinion given by the husbands regarding their education is in between favourable and just favourable.
- The opinion given by the husbands regarding their income is in between just favourable and slightly favourable.

**9. CONCLUSION**

Marriage is the most crucial interpersonal relationship which most individuals maintain in terms of their own personals and psychological welfare; the psychological effects of their children; the general effectiveness of their society in terms of its individual numbers.

If behaviours are learned they can be interrupted and modified, i.e. more effective behaviours can be substituted. Interactions pattern which operates to defeat participants fall in this category. Individuals learn certain patterns of family interaction behaviours in their families of origin whether effective; these patterns are posed from generation to generation through parent-child interaction.

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