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Assessment on marital adjustment among women with respect to length of marital life, education and income level

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ABSTRACT

Man as a social animal not only adapt to physical demands but he also adjusts to social pressures in the society. Fortunate is the individual who is adjusted and considers it so. Every individual, great or small, old or young, is comforted with the problems of adjustment. The problem of adjustment has been in existence on earth since the appearance of the human race. One of the main adjustment of an individual in their life is a marital adjustment. Both men and women are the basic elements of the family. Women are the key to sustainable development and quality of life in the family. Hence the present study mainly focused to explore the effect of length of the marital life, education and income of women towards their marital adjustment.

Keywords— *Marital adjustment, Social pressures, Physical demands*

1. INTRODUCTION

A healthy society requires a healthy family and marital adjustment is one of its requirements. Both men and women are the basic elements of the family. It just like a cart which needs both wheels to keep it balanced and moves forward, a marriage needs both a husband and a wife.

“A wife is the counterweight of her husband”.

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 thus has an important effect on couple adjustment. Marital adjustment is the process of adopting, modifying or altering individual and couples of a pattern of behaviour and interaction to achieve maximum satisfaction in the relationship.

Women are the key to sustainable development and quality of life, in the family. The varieties of the role the women assume in the family are those of wife, leader, administrator, manager of family income and last but not the least the mother. If there are good adjustments between couples there will be no conflicts in the home. The marital conflict has deleterious effects on mental, physical and family health.

2. REVIEW OF LITERATURE

- Fincham (2003): His studies reveals that marital conflict has deleterious effects on mental, physical health of a family.
- Ritu Singh Thind (2006): They investigate that husbands showed no variation on the emotional dimension of marital adjustment status, whereas, wives were seen to be more emotionally dependent on their husbands who were unemployed.
- Cailan, Geok (2010): Their studies examine the effects of marital conflicts and social support on the general health of couples. They also find out which type of perceived social support has a greater impact on an individual and his/her spouse's mental health.

3. OBJECTIVES

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

4. HYPOTHESIS OF THE STUDY

H1: Women have no significant effect of their length of marital life on their marital adjustment.

H2: Women have no significant effect on their educational qualification on their marital adjustment

H3: Women 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 to bachelors.
- This study is not applicable to mentally related couples
- This study is not applicable to women who lost their husbands.

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 ranging from +10 [most favorable] to +1 [least favorable]. The tool was made by Dr. Harmohan Singh. Form- B is used in the present study.

7. ANALYSIS AND INTERPRETATION

Table 1: Chi-square test of the relation between the length of the marital life of women and their marital adjustment

Years	MF	MSF	SF	F	MLF	LF	Total
>10	3	1	2	2	1	1	10
11-20	3	2	1	1	0	2	9
21-30	2	3	2	1	0	1	9
31-40	3	1	1	1	1	0	7
Total	11	7	6	5	2	4	35
Calculated Value = 6.68							
Table Value = 24.996							
Rejected							

The calculated value (6.68) 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 the marital life of women towards their marital adjustment.

Table 2: Chi-square test of the relation between the educational qualification of women and their marital adjustment.

Qualification	MF	MSF	SF	F	MLF	LF	Total
Illiterate	1	2	2	0	2	0	7
S.S.O	2	1	1	1	1	2	8
Degree	2	2	1	0	2	1	8
P.G	2	2	1	2	0	1	8
HOUSEWIFE	1	1	0	1	0	1	4
Total	8	8	5	4	5	5	35
Calculated Value = 7.41							
Table Value = 24.996							
Rejected							

The calculated value (7.41) 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 women and their marital adjustment.

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

Income	MF	MSF	SF	F	MLF	LF	Total
0-5000	1	2	0	2	1	2	8
5000-10000	2	2	1	2	1	0	8
10000- 16000	2	3	1	2	0	1	9
>16000	3	3	2	1	1	0	10
Total	8	10	4	7	3	3	35
Calculated Value = 10.11							
Table Value = 24.996							
Rejected							

The calculated value (10.11) 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 women to their marital adjustment.

8. FINDING OF THE STUDY

- The conclusion we get by wives regarding their marital life is between just favourable and slightly favourable.
- The conclusion we get by the wives regarding their education is slightly favourable.
- The conclusion we get by the wives regarding income is most favourable.

9. CONCLUSION

Adjustment is not a simple term like adaptation or accommodation. It is actually a condition or state of mind and behaviour in which one feels that one's needs have been or will be, gratified. The satisfaction of these needs, however, must lie within the framework and requirements of one's culture and society.

Adjustment brings harmony during difficult situations in life. There will be no conflicts in the home. Adjustment is because every event in this world is terminal, it will eventually come to an end, but if it lasts a long time and you do not adjust to it, then you be hurting both yourself and your spouse.

10. REFERENCES

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