



Marriage Adjustment among Working and Non-Working Women

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Abstract

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The aim of this study was to explore the difference in marriage adjustment by socio-demographic variables of working and non-working women. The participants in this study were 100 working and 100 non-working women. Marriage Adjustment Scale and Personal data sheet were used to collect data. The 't' test, one-way ANOVA followed by Duncan test and Coefficients of correlation was used for verifying hypotheses. Results revealed that significant difference between working and non-working women in marital adjustment and some socio demographic variables.

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Kerala is one of the fast developing states with high literacy rates in India. Due to the westernization and industrialization, more people migrate to the urban areas in search of jobs. Also both the husband and wife in the family have to work for achieving financial security. It is evident through the literature that in the present era of globalization and industrialization, majority of educated women are keeping their interest for working outside home. This not only provides recognition to the women but also adds their recognition to the society. However, due to this women especially employed face many problems. They had adjustment problem with in the family members, children and work place and especially with their married life, they also face marital adjustment problems because of multiplicity of tasks performed by them, which in turn affects their well-being too. The effect of distorted marital relationship may end up with divorce or separation. Marital maladjustment may be arising due to problem in adjusting in the married life. Some of the causes of marital maladjustment are lack of communication, finance, culture and life style difference etc. Thus, to know the nature of marriage adjustment in working and non-working women, the present study makes an attempt to examine the marital adjustment of working and non-working women.

Marriage is by far the most important personal relationship for any person and has been described as the most intimate, delicate and far-reaching relationship between man and woman. The stability and continuity of a marriage is important not just to the members of the marital dyad, but to their family and community as a whole. Traditionally, in Indian culture, people expected their marriages to be arranged by their elder extended kin who continued to play a significant role in the couple's lives. Marriage has been discussed in terms of the interdependence between two individuals (Lewin, 1948) and what happens to one individual is likely to influence the other. As a function of the interdependence in relationship, the nature of the relationship may undergo transformation to accommodate the changes in the partner's health and behavioural status (Kerns & Turk, 1985).

Marriage adjustment seems complex than it may appear. Basically, in marriage, two persons adjust to each other's sensory, motor, emotional and intellectual capacities. On the personality level they must adjust together to their total environment, including such matters as a new household, children, provision and preparation of food, relatives, friends, relations and work (Fonseca, 1966). The success of marriage life much depends upon the success in marriage adjustment by the husband and wife. Marriage maladjustment results in conflicts and tensions

and many a time divorce. Several studies have studied marriage adjustment in working and non-working women. For example, Nathawat and Mathur (1993) found that working women reported significantly better marital adjustment and subjective wellbeing than housewives; they also scored higher than housewives in general health, life satisfaction and self-esteem measures. Lloyd (1980) found that socioeconomic status is a contributing factor to marriage adjustment, and believed that higher income to be a significant factor. Similar findings have been supported by Adegoke (1987) and Rogers and May (2003) who reported that working class women are generally more satisfied with their lives than non-working women. However, the difference between these findings could be attributed to cultural differences. However, certain studies have reported contradictory findings. Kausar (2003) studied the effect of personality traits and socio-economic status on marriage adjustment in working women and found no difference between marriage adjustment of working women of low, middle and high socio-economic background and attributed that personality trait could be the factor liable for the marriage adjustment in working and non-working female rather being the socio-economic factor. Similar non-significant marriage differences in working and non-working women of Port Harcourt metropolis was reported by Nigeria-Tamunoimama Jamabo and Ordu (2012).

Marital adjustment as 'the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other'. The occupation is one of the most important factors which bring a lot of changes in the life of women. The occupation brings along with it many expectations, pressures, time demands and commitments which may affect the adjustment of women. The relationship between occupation and marital adjustment of women has been studied by several researchers. A study was found that the unemployed women received significantly more social support, in spite of that, the well-being measures indicating mental health was better in employed women.

The ultimate measurement of marriage is the degree of adjustment achieved by the individuals in their marriage roles and in interaction with one another. A well-adjusted marriage may be defined as a union in which the husband and wife are in agreement on the chief issue of marriage. There is a list of six areas of marital adjustment, which is defined by the psychologist, such as, religion, social life, mutual friends, in laws, money and sex. Another psychologist defines ten areas of marital adjustment, i.e. values, couple growth, communication, conflict resolution, affection, roles, cooperation, sex, money and parenthood. A study on marriage and marital adjustment in USA presents social activities and recreation, training and disciplining of children, religion, in law relationship, financial matters, sexual relationship, communication, mutual trust and companionship as the areas of marital adjustment.

According to Mishra and Srivastava (1977) in marriage, husband and wife should scarifies their egoistic attitude, to avoid mutual conflicts, feel mutual satisfaction, respect the each other interest and fulfil the expectations and aspiration related to marital life, all these will work in maintaining the good marital adjustment. According to him the six dimensions of marital adjustment are: 1) Feeling for spouse 2) Harmonious relations 3) Communication 4) mutual understanding 5) sexual relations 6) other factors related to the marital life.

Previous research on the relationship between wife employment and marital adjustment has produced conflicting results: some investigations report a positive relationship between wife employment and marital adjustment others suggest a negative relationship.

Nathawat and Mathur (1993) did a study in India about marital adjustment and subjective well-being in Indian educated housewives and working women. Their results indicated that working women had better marital adjustment and subjective well-being. Working women reported high scores on general health, life satisfaction and self-esteem

measures & lower scores on hopelessness, insecurity and anxiety whereas the housewives had lower scores on negative affect than the working women.

Researches demonstrated that Non-working married women are better marital adjusted than working married women this implies that working women cannot pay full attention to their family and are unable to satisfy their members. Whereas the non-working married women have more time to their household task and their married life goes smooth. According to the researches working married women cannot properly adjust with their married life because they have many roles to play at a time to find out the level of mental health of working and non-working women.

Objectives

1. To find out whether there exist significant differences between working and non working women on Marriage Adjustment.
2. To find out whether there are significant correlation between marriage adjustment and certain socio demographic variables.

Hypotheses

1. There will be significant difference between working and non-working women on Marriage Adjustment.
2. There will be significant correlation between marriage adjustment and certain socio demographic variables.

Method

Participants

The present study was carried out on a sample of working and non working women residents of Kerala, India. Hundred working women and 100 non-working women living with their spouses participated in this study. All the participants were selected from middle class socio-economic status with education (36.5% up to PDC, 41% Degree and 22.5% above degree) belonging to the urban (43.5%) and rural (56.5%) area and 23.5 percent of couples belonged from joint family while, 76.5% were from nuclear family.

Instruments

1. Marriage Adjustment Inventory: The Marriage Adjustment Inventory developed by Deshpande (1997) was used for measuring the adjustment in married life, specifically the inter-spouses adjustment as related to their experiences with in-laws, social participation, bringing up of children, purchases, food habits, temperament, sexual satisfaction, love and affection, personal daily activities, likes and dislikes, etc. Inventory consists of two parts: 'A' and 'B'. There are 25 items in this inventory, among this 15, the participants have rate on a five point scale. The remaining 10 items are to be checked by the subject on five point scale of agreement-disagreement. Reliability of the inventory is 0.83 as measured by split-half method using even-odd scores. Validity is measured against their personal adjustment scores, applying biserial correlation and it was found to be .49.
2. Personal Data Sheet: The personal data sheet was used for collecting the demographic information such as age, education, socio-economic status, etc. of the participants.

Procedure

The Marriage Adjustment inventory along with the personal data sheet was administered to the selected participants after getting their written consent. The sampling method was purposive. The instruction for responding to each instrument were clearly given in the instrument itself, even then the investigators clarified their doubts related to the instrument. In addition to it, each participant was requested to ensure that they have responded to each and every item of the test booklet. The confidentiality of their responses was assured to them. The

complete self-report scale was scored as per the standard scoring procedure given in the manual and the completed data was collected back and checked for omission. Then the data was entered in to a spread sheet for further statistical analysis.

Results and Discussion

The first objective of the study was to find out whether there exists significant difference between working and non working women in Marriage Adjustment. For this the mean marriage adjustment scores of working and non-working women was compared and the results are presented in table 1.

Table 1

Means, SD and 't' value of Marriage Adjustment by working women

Variable	Working Women (N=100)		Non Working Women (N=100)		't'
	Mean	SD	Mean	SD	
Marriage Adjustment	50.34	9.61	43.76	8.22	5.20**

*p< .01

Table 1 shows the means, standard deviation and the 't' value in marriage adjustment of working and non working women. The mean and standard deviation of marriage adjustment of working women are 50.34 and 9.61 respectively and that of non working women are 43.76 and 8.22 respectively. The calculated 't' value is 5.20 which is statistically significant at 0.01 level.

From the table, it can be seen that there is significant difference in the mean scores obtained by the working and non working women in marriage adjustment, which means working status has significant effect on women's in marriage adjustment. We can see that working women's marriage adjustment score is little higher than the non working women. The result of the present investigation supports the earlier findings of the study conducted by Nathawat and Mathur (1993); Rogers and May (2003) which indicates that the working women are more satisfied and adjusted in their marital life.

However, other contradictory findings have reported poor adjustment of working women. For example, some other researchers are of this view that the life of working women has been viewed, as problematic period of one's life as compared to non-working women.

Table 2

Summary of one-way ANOVA of Marriage Adjustment by Age

Variable	Between group			Within group			F
	Sum of square	d f	Mean square	Sum of square	d f	Mean square	
Marriage Adjustment	545.665	2	272.83	17461.83	197	88.63	3.07*

*p< .05

Table 2 shows the sum of square, degrees of freedom, mean square and the F value based on different age group of working women. The results presented in the above table clearly indicate that there is significant difference on working women different age groups in marriage adjustment.

The sum of square and degrees of freedom and mean square of marriage adjustment of working women between groups are 545.665, 2 and 272.83. Within group are 17461.83, 197 and 88.63 respectively. The obtained F value is 3.07 which statistically significant at 0.05 level. This

result shows that there will be significant difference between the different age of working women in marriage adjustment. The subsequent post hoc analysis done for the significant cases.

Some research shows that the length of marriage is positively associated with marital satisfaction (Bookwala, Sobin, & Zdaniuk, 2005; Hatch & Bulcroft, 2004; Kulik, 2004). Research has shown that marriage satisfaction is lower in long-term marriages than in those of short duration (Jansen et al., 2006). Hinchliff and Gott (2004) showed that long marriage duration improved sexual intimacy among some older couples since they were able to know each other better, knew about each other's likes and dislikes more and had a closer relationship as a couple. In contrast, Sandberg, Miller, and Harper, (2002) believe that depression has been found to negatively affect older marriages. Some researches consider marriage adjustment as a fluctuated phenomenon during life time. For example, Umberson et al. (2005) approached marital quality from a life course perspective, presenting it as a developmental trajectory that over time has ups and downs. They concluded that marital quality tends to decline over time, and is impacted more by age than marital duration.

The result of the present investigation opposes with the earlier findings of the study conducted by Soudabeh Ghoroghi1, Siti Aishah Hassan & Maznah Baba (2015). This indicates that there was no correlation between age and marriage adjustment remained fairly stable over time.

Table 3

The results of the post hoc-test for age and marriage adjustment

Age	N	Subset for alpha=0.05	
		1	2
20-30 years	58	45.1207	
31-40 years	89	46.8315	46.8315
41-50 years	53		49.5283
Sig.		.308	.108

The results in the above table show that the highest mean score in marriage adjustment was obtained by the participants belonging to the age group 41-50 and 31-40 but these two groups shows no significant difference in marriage adjustment and lowest mean score by participants from the age group 20-30 years. Proved that through the result it is age is a precipitating factor for marital adjustment.

Table 4

The result of the one-way ANOVA of Marriage adjustmentt by qualification

Variable	Between group			Within group			F
	Sum of square	d f	Mean square	Sum of square	d f	Mean square	
Marriage Adjustment	612.04	2	306.02	17395.45	197	88.302	3.466*

* $p < .05$

Table 4 shows the sum of square, degrees of freedom, mean square and the F value based on number of number of children of working women.

The sum of square and degrees of freedom and mean square of marriage adjustment of working women between groups are 612.04, 2 and 306.02. Within group are 17395.45, 197 and 88.302 respectively. The obtained F value is 3.466 which is statistically significant at 0.05 level.

From the table 4, it can be seen that none of the obtained F-values are partially significant. These results indicate that educational qualification is having any significant impact on marriage adjustment.

The result of the present investigation supports the earlier findings of the study conducted by Greenstein (1990) stated that better or higher education on the part of woman reduces the likelihood of marital dissolution. Probably because a woman's education reflect skills including communication that improve conjugal relationship. Like education, women's employment status also influences family functioning. Like education, women's employment status also influences family functioning. With a large number of married women taking up jobs, necessitated by economic and psychological factors, the role of women as homemaker cum wage earner is being widely accepted.

Table 5

The results of the post hoc-test for marriage adjustment by education.

Education qualification-MAI	N	Subset for alpha=0.05	
		1	2
Up to PDC	73	45.5342	
Degree	82	46.6951	
Above Degree	45		50.1556
Sig.		.491	1.000

The results in the above table show that the highest mean score in educational qualification was obtained by the participants from the above degree but this group shows no significant difference in education qualification from other two groups (up to PDC and Degree). It has been observed that when education increases marriage adjustment also is increasing.

Working women can always create a healthy atmosphere for their marriage adjustment. In fact, education enhances marriage adjustment of women which also implies that literacy contributes to marriage adjustment. Education enhances marriage adjustment via enhancing their communication skills, enabling them to talk over their problems/sources of conflict, enhance their reasoning ability and ability to logically arrive at solutions to conflicts.

Table 6

Correlation between some Socio-demographic variables and marriage adjustment

Variables	Age	Socio Economic Status	Education qualification
Marriage adjustment	.166	.155	-.116

From the table 6 it can be seen that there are no significant relationship between marriage adjustment and some socio- demographic data. No correlation between Marriage Adjustment and Socio-demographic variables like, age, socio-economic status and education qualification. A person's age, socio-economic status, and education qualification have no effect on marriage adjustment.

Conclusion

The finding of the present study is that the marriage adjustment of working women is higher than non-working women, which means working status has significant positive effect on women's in marriage adjustment like economic self sufficiency, duties and responsibilities may enhance the self concepts like confidence, efficacy, positive attitude life etc. At the same time non working women may suffer from a moving cog in the wheel. They have to move as per the



movement of the wheel. They have to depend their spouses for every single need of their day to day affairs.

In some socio demographic variables there is significant difference in working and non-working women like, age and educational qualification, which means a person's age and educational qualification have effect on marriage adjustment. In the case of age when age increases the capability to adjust with surrounding situation is also increases. In the case of educational qualification it has a positive effect.

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