

A Comparative Study to Assess the Level of Marital Adjustment among Working Men and Working Women in Selected Urban Area of Delhi, NCR

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Abstract: Marital adjustment among working population is a dangerous problem of present-day society. The study aimed to compare the level of marital adjustment among working men and working women. A comparative study design was adopted. Non-probability convenient sampling technique was used for selecting 100 samples i.e. 50 married working men and 50 married working women. Marital adjustment rating scale was used to collect data. Result shows that in the working men group, majority of the samples had very-good adjustment and in working women group majority of the samples had moderate adjustment with the percentage score of 46% and 48% respectively. There was a significant difference between the mean marital adjustment scores of working men (64.12) and working women (58.04) at 0.05 level of significance. There was a significant association between marital adjustment score of working men and working women with some selected demographic variables.

Keywords: marital adjustment, working men, working women, information booklet, marital relationship enrichment

1. Introduction

Marriage is a big step in one's life. On one hand, marriage gives us the opportunity to create a new life of love, companionship and adventure while on the other hand, it demands us to walk the same path with another person, despite all differences and incompatibilities that might occur in the relationship.^[1] Marriage is a complex phenomenon in today's changing society. People marry for various reasons. Besides sex and sexual attraction which are primary considerations, love, economic security, companionship, protection, emotional security, escape from loneliness and unhappy home situation, adventure of common interests, and desire for having children are the few other reasons that may constitute a person's disposition for marriage.

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.^[2] Enormous adjustment with spouses is an important factor in determining family environment. Interpersonal conflicts in married life can create a lot of stress among spouses and other family members. Prolonged stress also leads to psychological disturbance. It is observed that people have changed their attitude towards marriage. Family structure has also seemingly undergone substantial changes in recent times especially in the context of roles performed by husbands and wives. Marital adjustment as a function is dependent on various factors like an ideal mate, fulfilment of needs, similarity of backgrounds, common interest, values and role concepts. Working men and working women at present are more prone to marital adjustment problems because they constantly have to transition their roles in two different environments, one is the work environment and the other is home environment. The

present study aimed to compare the marital adjustment among working men and women with a view to develop an information booklet on marital relationship enrichment.

2. Literature Survey

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 like men. According to a survey by Govt of India, the female working population constituted 17.9% of total working population in urban areas in 2011 which increased up to 28.5% in 2017.^[3] However, due to this, working men and working women face many problems.

Work life Balances are however more relevant today than ever before in Indian context. Career and competitive pressures are making more adjustment problems with the family members, children and work place and especially with their spouse. The effect of distorted marital relationship may end up with divorce or separation. A report says nearly 40% of the marriages are heading towards divorce in Delhi and Mumbai.^[4]

3. Statement of Problem

"A comparative study to assess the level of marital adjustment among working men and working women in selected urban area of Delhi, NCR with a view to develop an information booklet on marital relationship enrichment."

4. Methods/Approach

The objectives of the study were to compare the level of marital adjustment among working men and women, to find out association between mean marital adjustment score and selected demographic values and to develop a booklet on marital relationship enrichment. Quantitative approach and descriptive-comparative design were adopted. The study was conducted at RWA society, Sector 22, Noida, Delhi NCR. 100 samples (50 working men and 50 working women) were selected using convenient sampling technique. The tool for data collection had two parts. Part 1 consisted of demographic variables i.e. age, gender, education, occupation of self, occupation of spouse, type of marriage, duration of marriage, age difference between spouse, monthly family income, type of family and nature of job. Part 2 consisted of Marital Adjustment Rating Scale (MARS) was used to assess the level of marital adjustment. It had 30 items divided into three domains: emotional (11 items), Sexual (5 items) and socio-economic adjustment (14 items). The tool was a three-point rating scale. Reliability of the tool was measured by using Cronbach's alpha method and was found to be 0.91 hence the tool was highly reliable.

5. Results and Discussion

The collected data was organized, tabulated and analyzed by using descriptive and inferential statistics including unpaired "t" test and Chi-square test. The results are discussed in following four sections.

Section I: Frequency and percentage distribution of working men and women in terms of demographic variables.

In the working men group 40% were in the age group of 26-35 years, 40% were graduates, 38% were working in private sector jobs, 40% had unemployed spouse, 44% had monthly family income of 51,000-80,000 rupees, 60% had arranged marriage, 34% were in 0-4 years of marriage duration, 56% were living in nuclear families and 42% had a fixed timing of job.

In the working women group 30% were in the age group of 18-25 years, 46% were graduates, 48% were working in private sector jobs, 32% had spouse in government sector job, 40% had monthly family income of 51,000-80,000 rupees, 54% had love marriage, 44% were in 0-4 years of marriage duration, 56% were living in nuclear families and 54% had a fixed timing of job.

Section II: Level of marital adjustment among working men and working women

Table 1: Level of marital adjustment among working men and working women, N=100

Level of marital adjustment	Working men (n=50)		Working women (n=50)	
	f	%	f	%
Very good	23	46	11	22
Moderate	18	36	24	48
Poor	9	18	15	30

The data in the table 1 depicts that, in working men group, majority of the subjects (46%) had very good level of marital adjustment whereas majority of the subjects in working women group i.e. 48% had moderate level of marital adjustment.

Table 2: Domain wise distribution of samples in terms of frequency and percentage, N=100

Domains	Level of Marital Adjustment	Working men N=50		Working women N=50	
		f	%	f	%
Emotional	Very good	16	32	16	32
	Moderate	24	48	18	36
	Poor	10	20	16	32
Sexual	Very good	14	28	13	26
	Moderate	22	44	17	34
	Poor	14	28	20	40
Socio-Economic	Very good	23	46	18	36
	Moderate	20	40	21	42
	Poor	7	14	11	22

The data presented in table 2 reveals that in the working men group, in the domain of "Emotional adjustment" majority (48%) had moderate adjustment, In the domain of "Sexual adjustment" majority (44%) had moderate adjustment and in the domain of "Social adjustment" majority (46%) had very good adjustment.

In the working women group, in the domain of "Emotional adjustment" majority (36%) had moderate adjustment, In the domain of "Sexual adjustment" majority (40%) had poor adjustment and in the domain of "Social adjustment" majority (42%) had moderate adjustment.

Siji Mary Koshy (2013) had conducted a study on "marital adjustment among the working women in industry". The findings of this study show that nearly half (52%) percent of the respondents had low level of sexual adjustment and less than half percent (48%) of them had high level of emotional adjustment. Further, emotional adjustment has positive correlation with the marital adjustment of working women. The majority of the respondents feel high level in Responsibility and participation and low level in other dimensions in occupational stress.^[5]

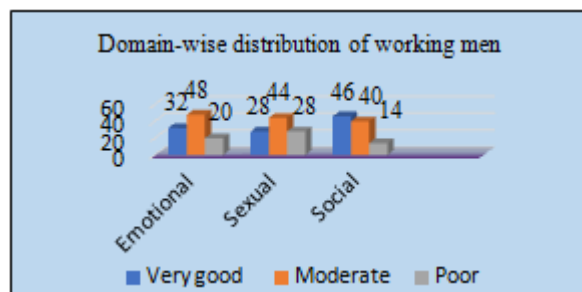


Figure 1: Distribution of working men in different domains

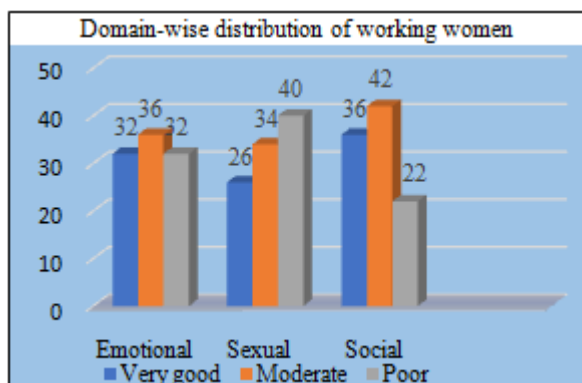


Figure 2: Distribution of working women in different domains

Section III Findings related to comparison of the level of marital adjustment among working men and working women.

Table 3: Comparison of mean marital adjustment score of working men and working women, N=100

Groups	Mean	Mean difference	SD	Unpaired "t" value
Working men	64.12	6.08	13.19	2.22*
Working women	58.04		14.10	

*df (98) = 1.98 at 0.05 level of significance

The data represented in Table 3 indicates that the mean marital adjustment score of working men was 64.12 with standard deviation 13.19. The mean marital adjustment score of working women was 58.04 with standard deviation 14.10. The mean difference was found to be 6.08. The obtained mean difference was thus statistically significant as the calculated "t" value (2.22) was higher than the table value (1.98) for df (98) at 0.05 level of significance.

Section IV: Findings related to association between marital adjustment score and selected demographic variables of working men and working women

It was evident from the obtained Chi square values that there was a significant association between marital adjustment scores of working men with selected demographic variables like age, occupation of spouse, duration of marriage and nature of job. In working women group there was a significant association between marital adjustment scores of working men and their education, occupation of self, monthly family income, type of marriage, type of family.

The findings of the study were consistent with the following studies. In another study by Zeinab Tavakol et al it was found that the factors deemed to have considerable influence on marital satisfaction were identified as follows: demographic specifications, personality attributes, attachment style, relationship, communication and intimacy, couples' families, forgiveness and sacrifice, religion, emotional intelligence, personal health, and sexual relations (sex). In the present study some selected demographic factors were found to have significant association with marital adjustment.

6. Conclusion

The present study aimed to compare the level of marital adjustment among working men and working women and to develop an information booklet on marital enrichment. The result shows that the working men had a better adjustment as compared to working women. There was a significant difference between the mean marital adjustment scores of working men and working women at 0.05 level of significance. There was significant association between marital adjustment score and few selected demographic variables in both the groups. An information booklet on marital relationship enrichment was developed by the researcher and distributed among the subjects.

7. Future Scope

- 1) Future research study can be done on large sample for improving the generalizability of the finding to a large population.
- 2) An interventional study can be done to evaluate the effectiveness of an information booklet on marital relationship enrichment on poor level of marital adjustment.
- 3) An experimental study to evaluate the effectiveness of couple counselling in reducing marital maladjustment can be conducted.

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