

Impact of Marital status on Adjustment in women

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ABSTRACT

The present investigation has been designed to study the impact of marital status and age on Adjustment in women of Ranchi town. For this purpose 100 women were selected through stratified random sampling. The stratification was based on marital status (married/unmarried), age-I (25-35) and age-II (45-55). Adjustment inventory was administered. The result showed that married women have better adjustment than unmarried women and significant differences was found between age I and age II among women.

INTRODUCTION

Adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment. Humans and animals regularly adjust to their environment. Adjustment is a state in which the needs of the individual on the one hand and the claims of the environment on the other are fully satisfied (Anonymous, 1972). The term adjustment refers to the extent to which an individual's personality functions effectively in the world of people. It refers to the harmonious relationship between the person and the environment. In other words, it is the relationship that comes among the organisms, the environment and the personality. A well adjusted personality is well prepared to play the roles which are expected of the status assigned to him within given environment. His needs will be satisfied in accordance with the social needs.

Psychologists have interpreted adjustment from **two** important points of view.

- *Adjustment as an Achievement.*
- *Adjustment as a process.*

1.4.1 Adjustment as an Achievement

Adjustment as an achievement means how effectively an individual could perform his duties in different circumstances. Business, military education and other social activities need

efficient and well adjusted men for the progress and wellbeing of the nation .If we interpret adjustment as achievement then we will have to set the criteria to judge the quality of adjustment.

1.4.2 Adjustment as Process

Adjustment as a process is of major importance for psychologists, teachers and parents. To analyze the process we should study the development of an individual longitudinally from his birth onwards .The child, at the time of his birth is absolutely dependent on others for the satisfaction of his needs, but gradually with age he learns to control his needs. His adjustment largely depends on his interaction with the external environment in which he lives. When the child is born, the world for him is a big buzzing, blooming confusion. He cannot differentiate among the various objects of his environment but as he matures he comes to learn to articulate the details of his environment through the process of sensation, perception, and conception. In general, the adjustment process involves four parts:

- (1) A need or motive in the form of a strong persistent stimulus,
- (2) The thwarting or non-fulfilment of this need,
- (3) Varied activity, or exploratory behaviour accompanied by problem solving,
- (4) Some response that removes or at least reduces the initiating stimulus and completes the adjustment.

Adjustment is the relationship which comes to be established between the individual and the environment. Every individual plays certain position in his social relations. He is trained to play his role in such a way that his maximum needs will be fulfilled. So, he should play his role properly and get maximum satisfaction. If he does not play his role according to standards and training Home Environment received his needs may not be fulfilled and he may get frustrated.

METHODOLOGY

The present study aimed to determine adjustment of married and unmarried women healing from urban area of Ranchi town. Moreover the investigator intends to examine the relationships of marital status with adjustment. The problems for the investigation have been stated as ‘Impact of Marital status on Adjustment in women’.

Objectives

- To find out difference in adjustment experiences between married and unmarried women.
- To find out the impact of age on state adjustment.

Hypotheses -

- Married women experience comparatively better adjustment as compared to unmarried women.
- There will be significant impact of age on the adjustment experience of the women.

Method

Sample -

- The sample of the present study consisted of 100 married and unmarried women healing from urban area of Ranchi town. Data was selected on stratified random sample technique. The stratification was based on marital status (married/unmarried), age-I (25-35) and age-II (45-55). All together 2x2 factorial design consisting of 25 subjects.

TOOLS

Adjustment Inventory: The adjustment inventory developed by Asthana (Hindi version) in 1968. The adjustment inventory has been devised to serve as a quick screening device for use with Hindi knowing school and college students. It has been used successfully between ages 14 and above. There are two ways of scoring the test record. The older and original method used scoring on all the 42 items. To score lay the scoring key beside the column of encircled answers for 'yes' (✓) and 'No' (X) separately and copy out on the answer-sheet the number beside each check. The number represents the weighted score. Total the number on the 42 items and that is the score.

PROCEDURE

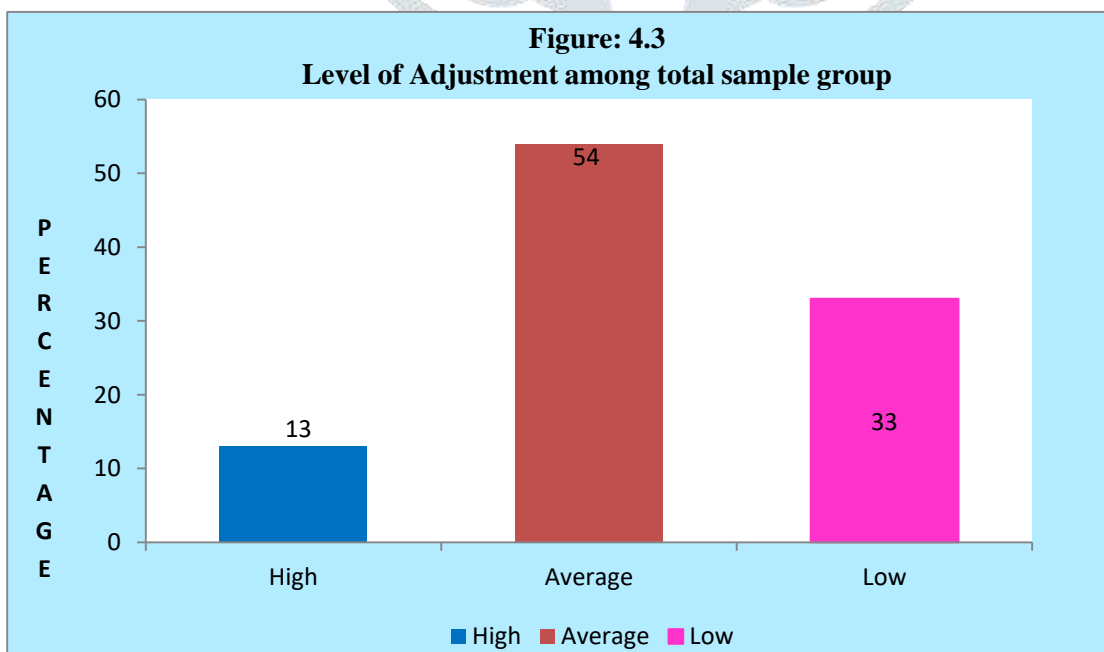
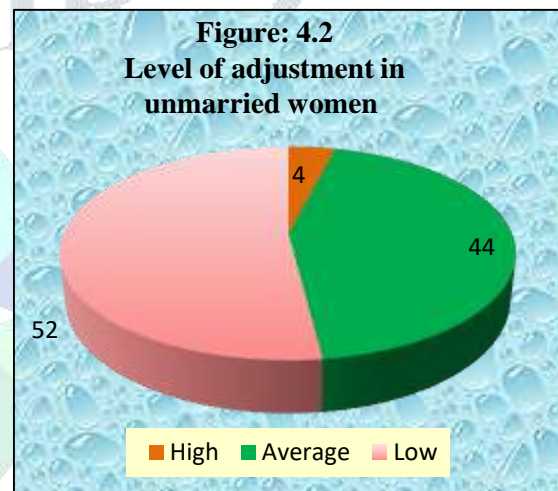
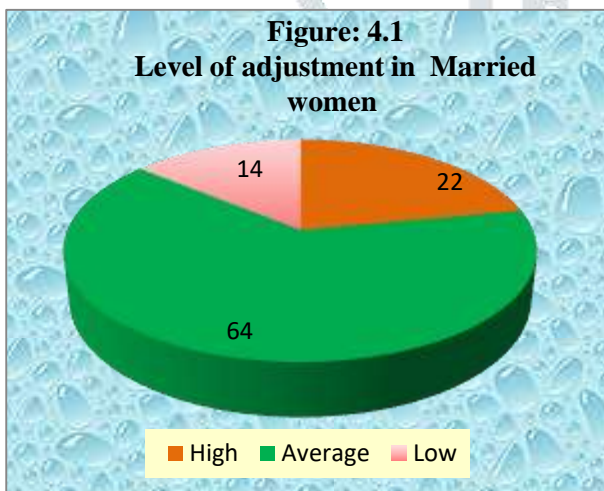
Adjustment scale was administered to the subjects with proper instruction. Data was checked and scoring was done with the help of scoring key. Percentage, mean, standard-deviation and t-test were computed. The data have been graphically presented where it has been felt.

RESULTS AND DISCUSSION

Table –1

Distribution of married and unmarried respondents according to their level of Adjustment

Group	N	High		Average		Low	
		N	%	N	%	N	%
Married Women	50	11	22	32	64	7	14
Unmarried Women	50	2	4	22	44	26	52
Total	100	13	13	54	54	33	33



The data showed that:

- In total sample of 100 women 33% showed low level of adjustment while 54% was in average level, and 13 % of women were in high level of adjustment
- Married women have level of adjustment followed by high level (22%), average (64) and (14%) have low adjustment.
- Married women (22%) exhibit higher percentage of high level adjustment as compare to unmarried women (4%).
- Married women (64%) reported higher percentage of average level adjustment as compare to unmarried women (44%).
- Whereas unmarried women have higher percentage in low level of adjustment (52%).

Mean and standard deviation values in terms of adjustment scores of married and unmarried groups Results have been presented in the table 4.2

Table- 4.2

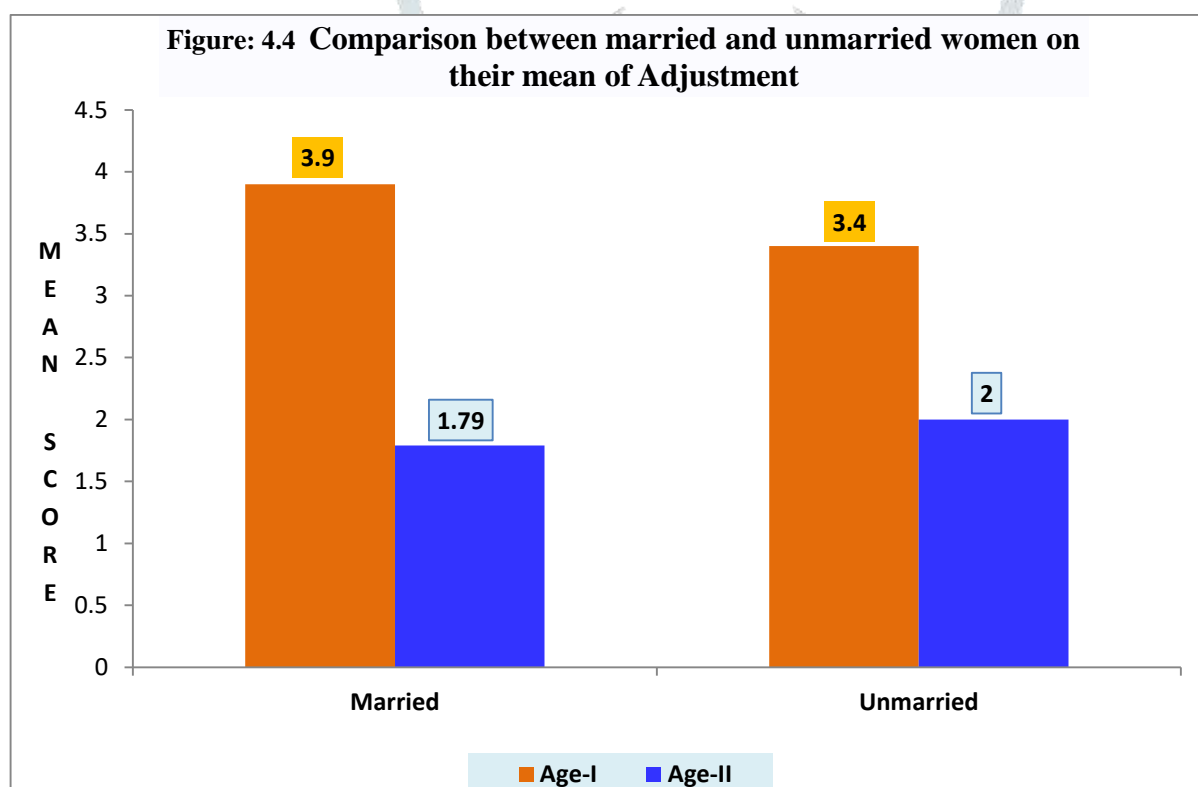
Mean, standard deviation and t values of scores on of the married and unmarried women

	Married		Unmarried	
	Age group-I 25-35	Age group-II 45-55	Age group-I 25-35	Age group-II 45-55
N	25	25	25	25
Mean	27.88	29.70	28.32	32.60
Standard deviation	3.90	1.79	3.40	2.00

Table- 4.3

Values of t for the differences between means as given in table-4.3

Variables	t	P value
Married age I Vs Married age II	2.12	<.05
Unmarried age I Vs Unmarried age II	5.42	<.01
Married age I Vs Unmarried age I	0.42	NS
Married age II Vs Unmarried age II	5.40	<.01



The data showed that:

- The married group of age II (25-35 years) has greater mean score on adjustment (M=29.70) than the married women group of age-I (M=27.88). The differences is highly significant (t=2.12, p<.05).

- The unmarried group of age-II has higher mean scores on adjustment ($M=32.60$) as compared to their counterpart age group-I ($M=28.32$). The differences is highly significant ($t=5.42, p<.01$).
- Unmarried age-I group have higher mean score on adjustment ($M=28.32$) as compared to married age-I group ($M=27.88$).
- In age group II married and unmarried women differ significant on adjustment score. Unmarried group scored higher ($M=32.60$) than married group ($M=29.70$).The differences is highly significant ($t=5.40, p<.01$).
- On the basis of the present research it can be said that marital status and age play significant role in the level of adjustment among women. Married women experiences significantly higher adjustment than unmarried women.

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