

# Adjustment Problems of Widows in Relation to their Loneliness

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## Abstract

The study is designed to understand the adjustment problems of widows' in relation to this loneliness using simple random sampling technique. 740 widows were selected from the various organizations located in Madurai district. Two standardized and revalidated psychological tools namely Bells' Adjustment inventory and loneliness scales were used. Results shows that a relationship between widows' adjustment problems and their loneliness. Their locality and age influence their adjustment.

## Introduction

Adjustment is a universal human life process and it is a continuous process. The adjustive nature of behaviour is apparent in all walks of life. Adjustment according to Dull (1987) has two important aspects, adjustment as achievement and adjustment as process. The first is emphasized when we are evaluating and the second is when we want to understand. These indicate how comfortable a person feels, the effectiveness of one's functioning in terms of skills or intellectual performance, the presence or absence of physiological and/or psychological symptoms of tension and the degree to which one's behaviour is socially desirable or undesirable.

People live with and depend on other people. They cannot survive and be happy without dealing with other people. In order to survive and maximize their pleasure people live and work together. The possibility of getting problems, more related to one's adjustment are more when people live and work together. Particularly the widows experience more problems of adjustment since they have more responsibility, earn more, caring family, etc. Widows struggle a lot to accomplish their goals as they hear social clocks ticking.

Despite advances in standard of living of the population, the conditions of widows remain deplorable in society. Widowed women suffer from varying psychological stressors often ignored. Many studies like Amoran et al. (2007) and Abolallah and Ogbeide (2002) have conducted that a higher rate of mental illness exists among the widowed than their married counterparts. Yet another study by Chen et al. (1999) concluded that widows had higher mean levels of traumatic group, depressive and anxiety symptoms.

Another problem associated with widowhood is loneliness. Many widows live by themselves. According to Fasoranti et al. (2007) in addition to the many practical problems related to living alone. They feel the loss of personal contact and human association and therefore they tend to withdraw and become unresponsive.

Studies of the effects of widowhood almost unanimously point to the conclusion that widowhood is a more serious problem for women than it is for men, and that women adjust well to the loss of their spouses than do men.

## Objectives of the study

- To understand the type of relationship between widows' adjustment and loneliness.
- To see the difference in the adjustment of rural and urban widows'
- To find out the difference in the adjustments of widows belonging to various age groups.

## Hypothesis

To test the hypothesis the following hypothesis are formulated

- There is no relationship between widows' adjustment and loneliness.
- Widows from rural and urban areas do not differ in their adjustment
- Widows belonging to various age groups do not differ in their adjustment

## Methodology

The study was conducted among widows who were working various organization located in Madurai district. 740 widows were included in the study and they were selected using simple random sampling technique. Two standardized and revalidated psychological tools were used for the purpose of collecting data relating to adjustment and loneliness. The tools are Bell's Adjustment inventory ( ) and loneliness scale ( ). The collected data were processed using bivariate statistics.

## Results

**Table1 Shows co-efficient of correlation between widows adjustment and loneliness**

Variables	N	Correlation	Significance
Adjustment Loneliness	740	0.749	0.01

Table 1 shows co-efficient of correlation between widows adjustment and loneliness. The co-efficient of correlation is 0.749 which is statistically significant. This indicates that widows adjustment problems are significantly related to their loneliness.

Table 2 Shows difference in the adjustment of rural and urban widows.

Locality	N	Mean	SD	t-ratio	Significance
Rural	386	69.48	10.56	23.71	0.01
Urban	354	52.17	9.74		

Table 2 shows difference in the adjustment problems of rural and urban widow. The t-ratio (23.71) shows that widows from rural and urban areas experience more of adjustment than widows from urban areas.

**Table 3. Shows adjustment problems of widows belonging to various age groups**

Age	N	Mean	SD	F-ratio	Significance
Upto to 30 years	134	67.94	11.06	120.59	0.01
31-40 years	153	65.88	10.94		
41-50 years	216	63.19	11.48		
Above 51 years	237	57.46	10.17		

**Table 4 Shows difference in the adjustment problems of widows belonging to various age groups**

Age	N	Mean Difference	SE Difference	t-ratio	Significance
Upto to 30 years	134	2.06	1.3	1.58	NS
31-40 years	153				
Upto to 30 years	134	4.75	1.23	3.71	0.01
41-50 years	216				
Upto to 30 years	134	10.48	1.15	9.11	0.01
Above 51 years	237				
31-40 years	153	2.69	1.17	2.29	0.05
41-50 years	216				
31-40 years	153	8.42	1.1	7.65	0.01
Above 51 years	237				
41-50 years	216	5.73	1.01	5.67	0.01
Above 51 years	237				

Table 3 and 4 show difference in the adjustment problems of widows belonging the various age group. F- ratio (120.59) shows that widows differ in their adjustment problems significantly. widows upto 30 years and 31-40 years do not differ in their adjustment problems. it is revealed from the table that all the other groups differ in their adjustment problems significantly.

## Conclusions

- There is a significant relationship between widows adjustment problems and their loneliness.
- Widows from rural areas experience more problems than widows from urban areas.
- Widows age influences their adjustment problems
- Widows of younger age experience more problems than older age.

## References

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