

Marital Adjustment and Mental Health among Women

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ABSTRACT

The purpose of the present study was to investigate differences between joint & nuclear family of urban women on marital adjustment and mental health. The total sample consisted of 80 among 40 are joint family women and 40 are nuclear family urban women we selected to different area of Surendranagar city. The research tool for marital adjustment was measured by Pramod Kumar & Rohtagy Kanchan and mental health tool was measured by Dr. D. J. Bhatt and Gita R. Gida was used to collect the data. Here 't' test was applied to check significance difference and 'r' was applied to check correlation between marital adjustment and mental health. The finding of the study revealed that there was a significance difference between joint and nuclear family urban women on marital adjustment and mental health also. The 'r' between marital adjustment and mental health is 0.77 which is high correlation.

Key Word: Marital Adjustment, Mental Health, Women Psychology Study, Wome Mental Health

Introduction:

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. Well adjusted marriages are expected to last for long time, while poorly adjusted ones end in-divorce. Simple as it seems, the notion of Marital adjustment is difficult to conceptualize and difficult to merger though empirical research. After more than half a century of conceptualization about and research on marital adjustment the best that can be said may be that there is disagreement among scholars about the concept, the term and its value. In fact, several scientists have proposed abandoning entirely the concept of marital adjustment and its etymological relatives.

- Trost 1985.

Conceptual Issues:

Scientists have long been interested in understanding which factors contributed to success in marriage and which to failure. As early as the 1920's, *Gilbert Hamilton (1929)* conducted research on marital satisfaction by using thirteen clusters of questions. In 1939, Ernest Burgess and Leonard Cottrell published predicting success or failure in marriage, in which they systematically discussed marital adjustment. The defined adjustment as "The integration of the couple in a union in which the two personalities are not merely merged, or submerged, but interact to complement each other for mutual satisfaction and the achievement of common objectives.

Mental health is term used to describe either a level of cognitive or emotional well being or an absence of a mental disorder. The world health organization defines mental health as "a state of well being in which the individual realize his or her own abilities, can cope with the normal stresses of life, can work productively and faithfully and is able to make a contribution to his or her community. It was previously stated that there was no one 'official' definition of mental health, cultural differences of subjective assessments and competing professional theories all effect how 'mental health' is defined.

There has been innumerable of study the relationship of marital adjustment and mental health. *Various Study of tank s.g. (2010)* and *shah B.M.(2009)*, it was found that there was significant difference of marital adjustment and mental health between working and non working women of joint and nuclear family. In present many study indicates that : the women of nuclear family was better marital adjustment and mental health than joint family women. We also seen when any women nature are flexible and adjustable then her mental health are good. So we can say that marital adjustment and mental health both are correlate to each other.

METHOD

OBJECTIVES:

- To check the significant difference of marital adjustment between joint and nuclear families of urban women.
- To check the significant difference of mental health between joint and nuclear families of urban women.
- To check correlation between marital adjustment and mental health between joint and nuclear family of urban women.

Null Hypothesis:

- There is no significant difference of marital adjustment between joint and nuclear families of urban women.
- There is no significant difference of mental health between joint and nuclear families of urban women.
- there is no correlation between marital adjustment and mental health between joint and nuclear family of urban women.

Sample:

The respondents of the present study were **80** urban women randomly selected from various areas in Surenderanagar city. In present research the total sample consisted of 80 urban women, which 40 are joint family urban women and 40 are nuclear family urban women.

Tools:

For this purpose the following test tools were considered with their reliability, validity and objectivity mentioned in their respective manuals. In present study two questionnaires used in this research.

- **Marital adjustment questionnaire**

In this research collect the data of marital adjustment was developed by Pramodkumar and Rohtagi Kanchan. The scale consisted of 25 items, each was to be rated on two point scale. This scale reliability is 0.84 and validity is 0.71 established by the author.

- **Mental health questionnaire**

Dr. D. J. Bhatt & Gita R. Gida was developed of Mental Health questionnaire in 1992. The scale consisted of 40 items, each was to be rated on three point scale. The questionnaire reliability is 0.94 and validity is 0.63 established by the author.

Procedure :

In this research two test were administered individually as well as on joint and nuclear families urban women, which collecting data for the study before attempting the questionnaire the subjects were requested to read the instruction carefully and follow them in true spirits. While the data collection was completed then 't' test was used to check the significance difference and 'r' was used to check correlations.

Result:

Table No. : 1

't' calculation of marital adjustment between joint and nuclear Family's urban women.

Type of Family	N	M	S.D.	t	Sig.
Joint	40	18.50	3.30	5.00	0.01**
Nuclear	40	21.50	1.90		

Significance levels : 0.05 = 1.99, 0.01 = 2.64

Table No. : 2

't' calculation of mental health between joint and nuclear Family's urban women.

Family	N	M	S.D.	t	Sig.
Joint	40	85.50	4.70	7.00	0.01**
Nuclear	40	97.80	3.20		

Significance levels : 0.05 = 1.99, 0.01 = 2.64

Table No. : 3
Correlation calculation between marital adjustment and mental health between joint and nuclear Family's urban women.

Family	N	M	r
Marital adjustment	80	20.18	0.82**
Mental health	80	90.60	

Result Discussion :

The data collection from marital adjustment and mental health from urban women of joint and nuclear families were completed than tabulated and subjected to computerized statistical analysis of find out the comparative differences between joint and nuclear family urban women.

We shows table no. 1 't' calculation of marital adjustment that the mean of joint family women is 19.3 & S.D. is 4.40 and the mean of nuclear family is 21.33 & S.D. is 1.70, so the mean difference between joint and nuclear family women is 2.30. So we can say that the nuclear family women are good marital adjustment than joint family women and than we show that 't' value of marital adjustment is 3.07, which is significant of 0.01 levels.

We show table no. 2 't' calculation of mental health that the mean of joint family women is 88.40 & S.D. is 5.90 and the mean of nuclear family is 92.80 & S.D. is 4.10. So the mean difference between joint and nuclear family urban women is 4.40. So we can say that the nuclear family urban women are good mental health than joint family urban women and than we show that 't' value of mental health is 3.89, which is significant of 0.01 levels.

We show table no. 3 that the correlation between marital adjustment and mental health is 0.77, which is high correlation. So we can say that when good marital adjustment then mental health are also good.

Finding about various studies shah B. M, Tank S. G. and Mishra D. R. also indicates that there is significant difference between marital adjustment and mental health. So we can say many study aforesaid this result.

Conclusions:

According to the result, a significant difference was observed between joint and nuclear family urban women on their marital adjustment and mental health.

Whereas, there are significant difference of marital adjustment and mental health between working and non working urban women and joint nuclear family also. So various studies tank S. G. (2010) and Shah B. M. (2009) vindicates the aforesaid conclusion.

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