



MARITAL ADJUSTMENT AMONG WORKING AND NON-WORKING MARRIED WOMEN IN GODDA ZILA

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ABSTRACT

Background: Marital adjustment can be defined as the accommodation of spouses to each other. Thus, it can be stated in terms of the mental state among couples, in which there is an overall feeling of happiness and satisfaction with their marriage. There fore, it calls for experiencing a satisfactory relationship between spouses characterized by a mutual concern, care, understanding, respectful behaviour and acceptance. **Aim:** The present study aims to study the marital adjustment among working and non-working women in Godda Zila. **Methodology and Procedure:** In the present study 60 participants who were meeting the inclusion and exclusion criterion were selected through purposive sampling technique. Out of these 60 participants, 30 participants were working women and 30 participants were non-working women. The sample was selected from Godda Zilla in Jharkhand. The socio demographic data was collected from all the participants by using Socio-demographic and clinical data sheet. Then after, the assessment of selected samples was done by using Marital Adjustment scale.

Result and Conclusion: The current finding also suggests that working women having better marital adjustment ability in comparison to non-working women.

Key words: Martial Adjustment, Working and Non-working women.

I. INTRODUCTION

Women in India have come a long way after independence - from just a skilled housewife. In present era, women have acquired skills and capabilities of not just being a homemaker but being at par with their male counterparts. This new generation of women, wants to pursue their career with all the struggles and stress.

Stress results when demands placed on an organism cause unusual physical, psychological, behavioural and emotional responses. Further, stress can be both positive and negative. Now a days, Indian families are undergoing rapid changes due to the increased pace of urbanization and modernization. At the present time, Indian women's exposure to educational opportunities is substantially higher than it was some decades ago, especially in the urban setting. Awareness and raised aspirations of personal growth along with economic pressure, has been instrumental in influencing women's decision to enter the work force. Most studies of employed married women in India have reported economic need as being the primary reason given for working.

Marital adjustment can be defined as the accommodation of spouses to each other. Thus, it can be stated in terms of the mental state among couples, in which there is an overall feeling of happiness and satisfaction with their marriage. Therefore, it calls for experiencing a satisfactory relationship between spouses characterized by a mutual concern, care, understanding, respectful behaviour and acceptance.

Marriage is one of the most popular institutions found among human beings. Although, marriage is stated as a complex phenomenon in today's changing society. Women play multiple roles in their life, especially in their marital life they play many roles according to the situation and need of the family. All marriages aimed for happiness and stability. Furthermore, marriages involve certain legal commitments too, which is quite important in any adult life. Thus, marital adjustment is an important aspect in every married couples life.

II. REVIEW OF LITERATURE

According to Thomas (1977) Marital adjustment is "the state in which there is an overall feeling in husband and wife of happiness, satisfaction with their marriage and with each other". Usually couples marry with full of high expectations from each other.

Shreelakshmi (2021) conducted study on Marital Adjustment among Working and Nonworking women and found that there is a significant difference in the Marital Adjustment among working and non-working mothers. The result indicates the working mothers significantly differ on marital adjustment score as compared to non-working mothers, working mothers have shown better Marital adjustment compared to non-working mothers.

Dave (2015) conducted a study to find out the marital adjustment among working and non-working women. It was found that there is significant difference in marital adjustment among working and non-working women.

Rogers & May (2003) viewed that working class women are generally more satisfied with their lives and marriage than non-working women. The difference between these findings could be attributed to cultural differences.

III. METHOD OF THE STUDY

AIMS

Present study aims to study the marital adjustment among working and non-working women in Godda Zila.

HYPOTHESIS

There will be no significant difference between marital adjustment among working and non-working women.

DESIGN

Research Design: It was cross sectional research design.

Venue of Research: The study was conducted at Godda Zilla.

Sample: 60 women with an age range between 25 to 45 years were selected through purposive sampling technique. Then, these 60 women, 30 were working women and 30 non-working women were selected.

INCLUSION CRITERIA

- All married women were included
- Age ranging from 25 to 45 years
- Minimum Marriage and working experience duration at last 2 years
- Women who are able to read and comprehend English and Hindi.

EXCLUSION CRITERIA

- Participants having history of psychiatric illness
- Family history suggestive of psychiatric illness
- Participants having epilepsy, other neurological disorders
- Participants having major/severe physical illness.

IV. TOOLS

The following tools were used for data collection:

1. Socio-Demographic Data Sheet
2. **Marital Adjustment Scale** (Pramod Kumar and Rohtagi Kanchan, 1999)

DESCRIPTION OF THE TOOLS

1. Socio Demographic and Clinical Data Sheet:

The data sheet was specifically designed to record relevant details of each case. The socio- demographic data sheet has been included information like age, sex, education, marital status, duration of marriage, duration of working, occupation, age of onset, duration of illness, number of admission and treatment history etc.

2. Marital Adjustment Scale:

Marital adjustment scale by Pramod Kumar and Rohtagi Kanchan, 1999 was used for assessing the extent of marital adjustment among between husband and wife. This tool is meant for married couples with age running from 28-60 years. The marital adjustment questionnaire consists of 25 highly discriminating “Yes”, “No” type items. The reliability of this scale is 0.71 and a validity of 0.84.

V. PROCEDURE

In the present study 60 participants who were meeting the inclusion and exclusion criterion were selected through purposive sampling technique. Out of these 60 participants, 30 participants were working women and 30 participants were non-working women. The sample was selected from Godda Zilla. The socio demographic

data was collected from all the participants by using Socio-demographic and clinical data sheet. Then after the assessment of selected samples was done by using Marital Adjustment scale.

VI. STATISTICAL ANALYSIS

The statistical analysis was done with the help of Statistical Package for Social Science-20 (SPSS-20). For the analysis of obtained data Mean and SD and t-test was calculated.

VII. RESULT AND DISCUSSION

Table 1: Showing Mean, SD and t-ratio of Working Women and Non-Working Women on Marital Adjustment Scale.

Variables	N	Mean	SD	t
Working Women	30	17	1.92	5.61**
Non- Working Women	30	14.73	1.08	

**significant at 0.01 level

Figure-1: Shows the Graphical Representation of Working Women and Non-Working Women on Marital Adjustment Scale.

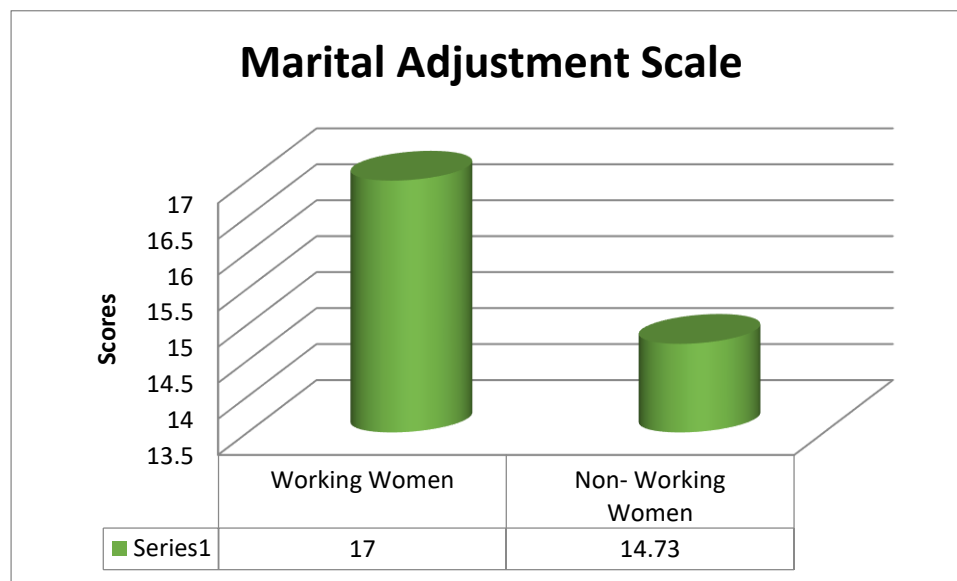


Table & Figure 1 shows the comparison of working women and non-working women on marital adjustment scale. The present findings indicate that mean score of working women was 17 and non-working women was 14.73. Result shows that there was significant difference between working women and non-working women on marital adjustment scale. Result also indicates that working women exhibited better marital adjustment ability in comparison to non-working women on marital adjustment scale. These study also supported by Rita et al., (2017), Dave (2015), Rogers and May (2003). These study also supported by Shreelakshmi (2021).

VIII. CONCLUSION:

The present findings indicate that there was significant difference between working women and non-working women on marital adjustment. The current finding also suggest that working women having better marital adjustment ability in comparison to non-working women.

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