

THE PSYCHOLOGICAL ADJUSTMENT AMONG MALE AND FEMALE WILLING TO TAKE DIVORCE: A COMPARATIVE STUDY

Vikas K. Rohit*

ABSTRACT

Aim of the research is to find out the Psychological adjustment among male and female willing to take divorce so investigator selected two groups one is male and other is female, both groups have 160 peoples. In each group has 80 male and other one groups has 80 female. Data were collected from Anand district. Scale was use for data collection is personal datasheet and Psychological adjustment Scale was developed by Bell (1905) and Gujarati-translated by Bhatt, (1994) was used, 2x2 factorial design was used and data were analysis by 'F' test. Result show, There is no significant difference between the psychological adjustments of male and female willing to take divorce. There is significant difference of psychological adjustment between urban and rural area, urban area show higher psychological adjustment than rural area. There is no significant interaction effect of psychological adjustment between sex and area.

1. Introduction:

PSYCHOLOGICAL ADJUSTMENT:

What is adjustment?

Adjustment may be defined as a process of altering behavior to reach a harmonious relationship with the environment when people say they are in an "adjustment period" they typically mean they are going through a process of change and are searching for some level of balance of acceptance with the environment, other or themselves.

*M.Phil Research Scholar, Department of Psychology, S P University, V.V.Nagar 388120, Gujarat

DEFINITIONS:

1. CROW AND CROW [1956]

“An individual’s adjustment is adequate, wholesome to the extent that he has established harmonious relationship between himself and the conditions, situations and persons who comprise this physical and social environment.”

2. L.S.SHAFFER [1961]

“Adjustment is the process by which living organism maintain a balance between its need and the circumstances that influence the satisfaction of these needs.”

3. LAZARARUS [1961]

“Adjustment consists of the psychological processes by means of which the individual manages or copes with various demands or pressures.”

4. GATES AND JERSILD [1970]

“Adjustment is a continual process by which a person varies his behavior to produce a more harmonious relationship between himself and his environment.”

THE CONCEPT OF PSYCHOLOGICAL ADJUSTMENT:

The concept of adjustment is originally a biological one and was a corner stone in Darwin’s Theory of Evolution (1859). Darwin maintained that only those organisms most fitted to adapt to the hazards of the physical world survive.

Adjustment is a commonly used word in everyday life. It is equally popular in the discipline of psychology, sociology and education. Adjustment is needed in all walks of life. Life is a continuous series of events which are attributed to changes and challenges.

Everyone is facing such situations for his survival or growth which arise of individual's physiological, psychological or social needs. The strategy used by an individual to accommodate oneself to changing circumstances is called adjustment. When an individual is successful and satisfied with his efforts then it is a case of good adjustment.

On the other hand, if a person meets frustrations in his efforts continuously it causes maladjustment. The psychologists borrowed this concept and defined adjustment with a broader meaning. They are of the opinion that life is a continuous process of adjustment. The adjustment process consists of efforts of an organism to overcome frustrations in achieving the satisfaction of - physical as well as psychological needs, i.e. adjustment refers to need reduction. The need for adjustment arises when means for satisfying the felt needs have to be found. One has to adjust himself with others and to the

world at large. Thus, adjustment of an individual means behavioral reactions to personal demands and social pressures.

NECESSARY OF ADJUSTMENT:

In this rapidly changing present times, revolutionary changes are taking place in different fields to cope up with such environment adjustment becomes necessary. To keep pace with the changing society, one has to make changes in our self or his environment. If the individual does not keep pace with the changing time, he is thrown back in the society. So the individual has to constantly make change in him to make the adjustment possible.

Right from birth to death, the individual has to make adjustment with the environment. Whether life would become good or bad. Personality would be harmonious or disharmonious man will achieve something or become normal or an abnormal – all depend upon his adaptability. Everybody has some dissatisfaction about the present circumstances or situation. If they do not get proper solution to the problem, they experience anxiety, resistances and the sense of failure. Some people accept this situation and feel satisfied some attempt to bring out the solution to the problem by using certain techniques.

Every body has some difficulty or problem and he attempts to bring out solution of his problem. E.g. The officer asks “*has he can be popular amongst worker? The child experiences anxiety that why I have the sense of disgust towards my father?*” Etc. Thus adjustment becomes necessary to bring out the solution of the problem.

2. Aims of the study:

1. To study of the psychological adjustment among male and female willing to take divorce.
2. To study of the psychological adjustment among urban and rural area.
3. To study of the effect of interaction on psychological adjustment among the sex and area.

3. Hypothesis:

1. There is no difference between the psychological adjustment of the male and female willing to take divorce.
2. There is no difference between the psychological adjustment of the urban and rural area.

3. There is no interaction effect of the psychological adjustment in the types of sex and area.

4. Methodology:

- **Research design:**

» This research was adopted 2x2 factorial designs with 2 types of sex (male and female) and 2 types of area (urban and rural)

2x2
N=160, n=40

Male A1 (80)		Female A2 (80)	
Rural B1	Urban B2	Rural B1	Urban B2
n=40	n=40	n=40	n=40

- A1 - means male
- A2 - means female
- B1 – means rural
- B2 - means urban

- **Sample:**

In this present study there are simple random sampling for this purpose Anand District was selected. Sample taken from family court and Jagrut Mahila Sangthan NGO of Anand city, and for this study Anand family court and JMS NGO granted permission. Among this study 40 male and 40 female respondents randomly selected from rural areas as well as 40 male and 40 female respondent selected from urban area. So in this study there are sample selected by simple random sampling method.

- **Tools used:**

The following tools were used in the present study:

Personal Data sheet:

Certain personal information about respondents included in the sample of research is useful and important for research. Here also, for collecting such important information, personal data sheet was prepared. With the help of this personal data sheet, the information about Area and gender were collected.

In this research following tools are used:

Psychological Adjustment Scale:

Psychological adjustment Scale was developed by Bell (1905) Gujarati-translate Psychological adjustment Scale was developed by Bhatt, (1994) was used. There are 160 students in this scale it is divided into four factors. In each factor there are 32 statements.

We get different areas for the above few types of adjustment and we also get the total score of adjustment in the present research, the entire scale of adjustment has been used.

For the details of the scale of adjustment the subject has to his consent for one of the three alternatives by doing the sign of true. In these alternatives, these are three things yes, indecisive, no for 'no' response 1 score is given, for 'yes' response score of two is given and for intensive response 'O' score is given. Scoring pattern shows that more score indicates less adjustment of mala adjustment. The fewer score in the scale indicates good adjustment.

The reliability score of adjustment scale comes to 0.85, derived by the split half method, obtained from the sample of 320 students. The researcher of the present research has found out the reliability score as 0.89, by using split half technique on the sample of 50 students.

- **Statistical Analysis:**

In this study 'F' test was used for statistical analysis.

5. Result and Discussion:

Psychological adjustment with reference to sex and area:-

The main objective was to study whether sex of male and female of rural and urban areas differ in psychological adjustment. In this context, 3 null hypotheses (no.1to3) were constructed. For this purpose 2x2 factorial design was framed. To

examine these null hypothesis statistical techniques of two way ANOVA was used. The results obtained are presented in table 1, 2, and 3.

Table no. 1
(N=160)

Means and SDs of Psychological adjustment with reference to sex and area.

Independent variable		Male	Female
Rural	Mean (M)	122.76	124.15
	SD	16.27	21.31
	N	40	40
Urban	Mean (M)	129.63	130.60
	SD	21.92	23.81
	N	40	40

Table no.2
(N=160)

ANOVA summary of psychological adjustment with reference to sex and area.

Source of variance	Sum of squares	Df	Mean sum of squares	F	Sign. Level
Sex	55.23	1	55.23	0.13	NS
Area	1768.90	1	1768.90	4.01	0.01**
Sex & Area	1.60	1	1.60	0.004	NS
SSW(error)	68881.05	156	441.55		
SST	70706.78	159			

**p>0.01,NS= Not Significant

Table no. 3

Difference between mean score of psychological adjustment with reference to sex and area (N=160)

Independent variable	N	Mean (M)	Difference between mean
Male	80	126.20	1.18
Female	80	127.38	
Rural	80	123.46	

Urban	80	130.11	6.65
-------	----	--------	------

❖ **Psychological adjustment with reference to sex :-**

When F test was applied to check the impact of sex on psychological adjustment among couple willing to take divorces, No significant F value was found. The F value (table no.2) is 0.13 which is statistically in significant. Table. 3 reveals that the mean scores of psychological adjustment of couple willing to take divorces are 126.20 and 127.38 respectively and the difference between two is 1.18 which is very negligible. Hence the null hypothesis 1 was maintained and it was concluded that there was not any significant impact of sex of couple willing to take divorces male and female on their psychological Adjustment.

❖ **Psychological Adjustment with reference to area :-**

When F test was applied to check the impact of area on psychological adjustment of couple willing to take divorces, significant F value was found. The F value (table no.2) is 4.01 which are statistically significant on level 0.01. Table 3 reveals that the mean score of psychological adjustment willing to take divorces are 123.46 and 130.11 respectively and the difference of means (0.65) which is very high and not negligibe. Hence the null hypothesis 2 was rejected and it was conclude that there is significant impact of area of couple willing to take divorces on their psychological adjustment.

❖ **Psychological adjustment with reference to interaction effect of sex and area :-**

When F test was applied to check the effect of sex and area on psychological adjustment no significant impact was found. The F value (table no. 2) is 0.004 which is statistically not significant. Hence the null hypothesis 3 was maintained and it was conclude that there was not significant interaction effect of sex and area on psychological adjustment.

6. Conclusion:

1. There is no significant difference between the psychological adjustment of male and female willing to take divorce.
2. There is significant difference between the psychological adjustment of urban and rural area. The urban areas people's psychological adjustment is better than the rural areas.
3. There is no significant interaction effect between the sex and area.

References:

1. Bell, Hugh, M., (1958). The Ad. Inventory (adult form). Manual Alto, California, consulting psychologist press.
2. Darwin, C., (1859). The origin of the species, London: Murray, J.
3. Shaffer, L.F.'s (1961) Article in Boring, Longfiled & Welb (Eds.), Foundations of psychology, New York: John Wiley.
4. Subhash chandar (2013) A comparative study of aggression, neuroticism extraversion and adjustment among track and field athletes of panjab. IJRESS, vol.3, issue-1(jan-2013)
5. Suvera, P. S., (2012). Emotional maturity and Psychological adjustment: A Comparative study of tribal and non-tribal college students.
6. Webster, A. Merrian (1951), Webster's New Collegiate Dictionary, London : G-Bell & Sons.



The International Journal of
INDIAN PSYCHOLOGY