

## **Marital Adjustment among Serving and Non-Serving Married Couples**

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### **Abstract**

Human being among living beings, has highest capacities to adapt to new situation. Man as a social animal not only adapts to physical demands but also adjusts to social pressure in society. Psychologists have interpreted adjustment from two important points of views. One, adjustment and the second lays emphasis on process by which an individual adjust in external environment. Married people need to adjust to each other, in order to live a happy life. Various factors contribute to the adjustment of the Spouses. The beliefs and religiosity level of each partner has its influence on the Marriage.

### **Introduction:**

~~Marital adjustment is a life long process; although in the early days of marriage one has~~ to give serious consideration. As Lasswell (1982) points out, "understanding the individual trait of the spouse is an ongoing process in marriage; because even if two people know each other before or at the time of marriage, there is a possibility that people change during the life cycle. Marital adjustment, therefore, calls for maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realized fully, death in marital relationship is inevitable. Sinha and Mukerjee (1990) defines marital adjustment as, "the state in which there is an overall feeling between husband and wife, of happiness and satisfaction with their marriage and with each other." It, therefore, calls experiencing satisfactory relationship between spouses characterized by mutual concern, care, understanding and acceptance. Sexual compatibility and mutual enjoyment is an important factor contributing to the success of most marital relationship, Job of spouse, shape of families in a variety of ways. Locke & Wallace (1959) defines marital adjustment as: "accommodation of husband and wife to each other at a given time" Marital adjustment is a process, the outcome of which is determined by the degree of: a) troublesome marital differences, b) interpersonal tensions and personal anxiety, c) marital satisfaction d) dyadic cohesion, e) consensus on matters of importance to marital functioning. There are a number of factors that define a healthy marital adjustment by Spanier and Cole (1976).

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Marriage and family have been the pillars of the basic structure on which the structure of society and nations are built. It is through this institution that an individual's physical and social needs are fulfilled. Fujihara (1998) was study on 153 married couples which showed that marital adjustment was significantly correlated with subcategories of social adjustment (1) household adjustment (except the spouse),(2) external family adjustment, (3) work adjustment, (4) social leisure adjustment and (5) general adjustment. Thus, marital adjustment may be a part of social adjustment for women, but it may be separate for men. A study made on 1609 couples from the Russian Army, found that marital dissatisfaction from husband will cross over to the wife directly, whereas the indirect crossover when a stressor, such as economic hardship or a negative life event increases the strain of a partner, is mediated the impact of the wife's social undermining

Behavior on her husband (Westman, Vinokur, Hamilton & Roziner, 2004). Different factors involved in marital adjustment According to Alfred Adler (1978), marriage is part of the three tasks (i.e., work, friendship, and love) that the human community sets for every individual. Relationship importance, over the course of life, people learn to establish different relationships, with different values, expectations and commitments. One of those relationships is the marital relationship. For A good marital relationship marital adjustment is essential.

### **Different Psychological Factors of Marital adjustment:**

#### **1. Economics Factor:**

Gudmunson, Beutler, Israelsen, McCoy & Hill (2007) found that financial problems significantly contributed to lower reported marital satisfaction among married couples. In a study in Finland conducted by Kinnunen and Feldt (2004) concluded that husband's unemployment is strongly associated with his marital adjustment. Couples with better economic resources are martially adjusted as compared to those who have limited economic resources. Economic hard times increased rate of martial distress. (Blekesaune's 2008)

#### **2. Belongingness:**

According to Baumeister & Leary (1995) Lack of belongingness or attachments are linked to a variety of ill effects on health, adjustment, and well-being. In a close relationship there is a need to belong and if that need isn't fulfilled then problems may occur. One of the universal institutions is marriage which is accepted to satisfy the need for belongingness.

### **3. Trust:**

Trust is very important factor of marital life. Relationships are composed of trust, and sharing of intimate thoughts and feelings. They are built upon trust and sharing and they get stronger from these things (Finkenauer, Kerkhof, Righetti, & Branje, 2009). According to Regan, Kocan, and Whitlock (1998) Trust is one of the most important component of a loving relationship. Also international studies have found that trust to be a critical factor in the success of long-term marriages (Roizblatt et al. 1999; Sharlin 1996). In a longitudinal study, Kristina Moeller and Hakan Stattin (2001) report that adolescents with trustful parental relationships experienced greater satisfaction with their partner relationships in midlife.

### **4. Personality:**

Personality traits relationship of neuroticism, extraversion, openness, agreeableness and conscientiousness with marital adjustment is needed it is said by Bouchard, Sabourin, & Lussier, Y (1999). Personality factors differentiated stable from unstable marriages; Stable marriages were more similar in intelligence, pretension, radicalism, tender-mindedness, mutual trust, acceptance, enthusiasm, and genuineness by Kim, Martin, and Martin (1989) and Levine and Henessy (1990). The factors that reduce the likelihood of stability and satisfaction have included the lack of warmth and extraversion passive-aggression by (Slavik, Carlson, & Sperry, 1998); Feelings of insecurity, unfairness, depreciation, and powerlessness by (Begin, Sabourin, Lussier, & Wright, 1997); disagreeableness, emotional instability, inconsiderateness, and physical abuse (Botwin et al., 1997; Kosek, 1996; Shackelford & Buss, 1997); depression (Cohan & Bradbury, 1997; Davila & Bradbury, 1997; Fals-Stewart, Birchler, Schafer, & Lucente, 1994); neuroticism (Karney & Bradbury, 1997; Russell & Wells, 1994a; Russell & Wells, 1994b); tension, anxiety, worry, and suspicion (Craig & Olson, 1995); hostility, defensiveness, and aggression.

### **6. Communication:**

The relationship between marital communication and adjustment is a strong one (Murphy & Mendelson 2004). Gottman (1995) in his book indicated that communication could be both productive and destructive to relationships as unhappy couples tend to criticize, disagree, complain, put down, and use excuses and dislike. Unrewarding communication patterns lead to the development of relationship distress (Markman, 1979). In contrast, happy couples with

marital stability and satisfaction are more likely to use active listening skills, agree, approve, assent, use laughter and humor (Fisher, Giblin, & Hoopes, 1982) and possess character virtues of self-restraint, courage, and friendship (Fowers & Olson, 1986). Gottman (1995) has suggested that satisfied couples maintain a five-to-one ratio of positive to negative exchanges in interactions.

While not necessarily predictive of a couple's social status prospects, the husband's job at the time of marriage indexes several dimensions that might be important for early marital interaction and the probability of marital success. Most obviously, there are occupational differences in the income available for coping with the financial strains of the early years of marriage. Furthermore, we might expect occupational differences in marital instability to the extent that occupational classes differ with respect to the traditionalist of role expectations or the acceptability of divorce. We can also identify those couples whose marriages began when the husband was in school or in the armed forces, circumstances that are sometimes regarded as in propitious beginnings for a marriage.

## **2. OBJECTIVES:**

In the present research the role of marital adjustment among serving and non-serving married couples in the following context.

1. To study the relationship between Male and female married couples on Marital adjustment.
2. To examine the interactive effect of Marital adjustment among Serving and non-serving married couples.
3. To examine the relative effects of Marital adjustment among less than and more than marital duration of married life.
4. To study of relative effect of Marital adjustment among Types of Sex, Types of status and Types of marital duration.

## **3.0: METHODS AND MATIRIALS:**

### **3.1: Sample:**

For the purpose of the present research, a sample consisting of 160, respondents were selected as a final sample from Serving and non-serving less and more than 10 years marriage completed person, marital duration were considered in the group of Male and female and married couples of Anand district of Gujarat state taken only.

**3.2: Tools: following tools were used**

For the collection of the data, various research tools have, been used in the related studies. Researchers have collected the information regarding Marital Adjustment.

**3.1.1: Personal data sheet:**

For information (Dependents variables and Independent variables) Marital Adjustment regarding age, family, area, marriage date, duration marriage, sex, income source of family, type of work with service and so on were collected data/samples by Personal data sheet.

**3.1.2: Used of Scale:**

Split half	N=60	r-value-0.49	Index reliability0.70
Test retest	N=60	r-value-0.71	Index reliability0.84

For the present research paper the tool used was Marital Adjustment Questionnaire. Showing split half and test retest reliability values, The questionnaire consisted of 25 items on “yes” and “no” answer getting single marks but in case who given “no” answer of statement number 4-10-19 of 1 marks, in case persons is given “yes” answer so the statement marks is zero it is range in 25 question to answer of the questionnaire. The questionnaire constructed and standardizes Dr. Promod kumar and Ku Kanchana Rohatgi (1987) was used.

**3.3: Hypotheses:** Following major hypothesis tested in present research.

1. There is no significant different between mean score on the marital adjustment of male and female married couples.
2. There is no significant different between mean score on the serving and non-serving couples regard Marital adjustment.
3. There is no significant mean difference between the mean score of marital adjustment of less than and more than 10 years marital duration of married couples.
4. There is no significant interactive relationship between marital adjustment on types of sex and status of married couples.
5. There is no significant interactive effect on marital adjustment among types of sex and marital duration of married couples.
6. There is no significant interactive effect on marital adjustment of type of status and types of marital duration regards married couples.

7. There is no significant interactive effect on marital adjustment of type of sex, types of status and types of marital duration regards married couples.

**3. 4: Variable of the study:**

**3.4.1: Dependent variables:** Total Scores of respondents on marital adjustment

**3.4.2: Independent variables:** Type of sex, Status and Marital duration as a Independent variables.

**3. 5: Research design:** The 2 x 2 x 2 three-factor factorial research design adopted in the study

**3. 6: Major statistical techniques used:**

To analyze the data with related variables of 2 x 2 x 2 three-factor factorial research design and the ‘ANOVA’ applied in different variables.

**4.: RESULTS AND DISCUSSION:-**

The scores on Marital adjustment was analyzed as stated in three-factor factorial research design and basic statistics is as per below;

**Table No.1:**

**The 2 X 2 X 2 Variables mean difference, ANOVA of Marital adjustment**

Source	Variables	S.S	Df	M.S.	F-Value
A	Sex	9.50781	1	9.50781	0.87@
B	Status	15.00781	1	15.00781	1.37@
C	Marital duration	327.75780	1	327.75780	<b>29.82**</b>
A X B	Sex X Status	0.00391	1	0.00391	0.00@
A X C	Sex X Marital duration	0.30469	1	0.30469	0.03@
B X C	Status X Marital duration	66.30468	1	66.30468	<b>6.03*</b>
A X B X C	Sex, Status, Marital Duration	1.80859	1	1.80859	1.64@
Error	0000	1670.75000	152	10.99178	1.00000
Total	00000	2091.44500	159	13.15374	0.00000

‘F’ Level of Indication: 6.83 > \*\* 0.01, Levels and 3.93 > \*0.05, levels and @N.S significance

**Results:**

Table No.1 that the sex meant by male and female play a very important and crucial role in marital adjustment of married couples. There are several male and female married couples in this time provide good environment and given many facilities as well as accommodation to the couples they may have good aspiration, expectation for betterment and active participation of married life and adjustment. It can be seen from Table no1 and the **H<sub>01</sub>** tested this observation. it was found that the (mean ss 9.50781) 'F' value is 0.87 for the types of sex. which was not significant of the level. Therefore the above, **H<sub>01</sub>** null-hypothesis was accepted and it was regarded that the married couples of male and female do not have difference in marital adjustment.

The results presented in table no1, indicate that the marital adjustment of married couples in connection with status of serving and non serving married couples. it was found that the (mean ss 15.00781) 'F' value is 1.37 for the types of status which was not significant of any level. Hence, therefore the above, **H<sub>02</sub>** Null-hypothesis was accepted and it was regarded of serving and non serving married couples do have not difference in marital adjustments. As per the scoring pattern the married couple's get higher score indicates higher marital adjustments and lower level score indicates lower level marital adjustment.

The **H<sub>03</sub>** tested this observation. it was found that the (mean ss 327.75780) 'F' value is 29.82 for the types of marital durations which was significant of 0.01 level. Hence, therefore the above, **H<sub>03</sub>** null-hypothesis was rejected and it was held that the marital duration of married couples as a less than 10 years and more than 10 years experience of married couples do have difference in marital adjustment. Moreover, this difference is found significant. Hence, the hypothesis was rejected. It means in the present study it is seen that there is a significant difference in between the married couples of as a less than 10 years and more than 10 years experience of married couples. As per the scoring pattern, the higher value of the score indicates higher level of adjustment and lower level score indicates lower level adjustment.

Looking to the above table number 1 it can be observed that the interaction between sex and status (A X B) both variables found that the (mean ss 0.00391) 'F' value is 0.00. The 'F' value was not significant at any level. Therefore the above, **H<sub>04</sub>** null-hypothesis was accepted and regarded that both the groups differ on marital adjustments scores.

**H<sub>05</sub>**: There is no significant mean difference between (A X C) interactive effect of types of sex and types of marital duration of married couples on marital adjustment. Looking to

the above table number 1 , it can be observed that the interaction between types of sex and types of marital duration. Both variables found that the (mean ss 0.30469) 'F' value is 0.03. The 'F' value was not significant at any level. Therefore the above, **H<sub>5</sub>** null-hypothesis was accepted and regard at per that both the groups is differ on marital adjustment scores.

The **H<sub>06</sub>** tested this observation.it was found that the (mean ss 66.30468) 'F' value is 6.03 for the types of status and types of marital durations (B X C) which was significant of 0.01 level. Hence, therefore the above, **H<sub>06</sub>** null-hypothesis was rejected and it was held that the status and types of marital durations ( B X C) of married couples as a serving and non serving as well as less than 10 years and more than 10 years experience of married couples do have difference in marital adjustment. Moreover, this difference is found significant. Hence, the hypothesis was rejected. It means in the present study it is seen that there is a significant different in between the married couples. As per the scoring pattern, the higher value of the score indicates higher level of adjustment and lower level score indicates lower level adjustment.

**H<sub>07</sub>**: There is no significant mean difference between (A X B X C) interactive effect of types of sex, status and types of marital duration of married couples on marital adjustment,. Looking to the above table number 1, it can be observed that the interaction between types of sex, status and types of marital duration. Both variables found that the (mean ss 1.80859) 'F' value is 1.64. The 'F' value was not significant at any level. Therefore the above, **H<sub>7</sub>** null-hypothesis was accepted and regard at per that both the groups is differ on marital adjustment scores.

### **Summary**

- The Male and female married couples has not significant influence on Marital adjustment.
- The serving and non-serving married couples have not significant influence on marital adjustment.
- Less than 10 and more than 10 years marital duration have significant influence on marital adjustment.
- Types of sex and types of occupational status have not significant interactive interaction on marital adjustment.
- Types of sex and types of marital duration have not significant interactive interaction on marital adjustment.



- Types of occupational status and types of marital duration have significant interactive interaction on marital adjustment.
- A type of sex, types of status and marital duration was not significant influence on marital adjustment.

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