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### Marital adjustment among working and non-working married women

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#### Abstract

The present study is conducted to study the Marital adjustment of working and non-working women. The study has been done in Lucknow city. Multistage sampling Technique was followed and 120 working and non-working married women (working married women =60, non-working married women =60). Were taken as sample. Their age range was between the 25-45 years. Marital Adjustment Questionnaire developed by kumar, P was used to measure the marital adjustment The result showed that working married women face more adjustment problems in their married life as compared to non-working married women.

**Keywords:** Marital Adjustment working and non-working married women

#### Introduction

Marriage is the union of two different surnames is friendship and in live, in order to continue the posterity of the former sages, and to furnish those who shall preside at the sacrifices to heaven and earth, at those in the ancestral temple, and at those the altars to the spirits of the land and grain.

Marriage is the most beautiful relationship that happens to everyone at some point of time. However, because of our immature attitude and impatience, most of us fail to keep the sparkle of married life alive.

The adjustment of married mates is unlike any other human relationship, it may share many condition of friendship groups. Peer groups, work groups or religious groups but the husband and wife relationship differs. Marriage, involving two sexes in physical proximity is public and binding in nature being publicity. Sanctioned, marriage becomes. More difficult to break being binding the members must act as unit and co-operation becomes essential. Every decisions must take in to account the desire and wishes of the spouse and these forces determine the level of adjustment the nature of the interaction and degree of conflict.

Marital adjustment is 'the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (Thomas, 1977) <sup>[20]</sup>. Issues of work and family have always been important, but social changes in the institutions of both work and the family have interacted to increase their salience for adults in many societies. Marriage is a social security for all the individuals, i.e. society through marriage system provides security of needs and cares thereby its existence and prosperity is secured. Marriage is for pleasure, happiness and peace of mind on account of satisfaction through interactions with others, trust, understanding and fulfilling social obligations and enriching personality development. Marital adjustment is a process which is created during couples' life because it is necessary for taste conformity, person's traits recognition, behavioral rules creation and relational models formation. Thus, marital adjustment is an evolutionary process between a couple. Marital adjustment has been related to personality, job & home stresses, mental illness, depression, education, sex role attitude, happiness and success in life. Marital adjustment has been related to personality, job & home stresses, mental illness, depression, education, sex role attitude, happiness and success in life. The present study is an attempt to investigate marital adjustment among working women. Working women at present are more prone to marital adjustment problems because they have to work in two environments, one is the work environment and the other is home environment.

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Marital adjustment calls for maturity that accepts and understand growth and development of the spouse. If this growth is not experience and realized fully, death in marital relationship is inevitable. A relationship between couples is not instantaneous rather a slow progress. It is like the underlying cancer that kills silently and softly. The present study has been undertaken to study the marital adjustment among women.

**Review of literature**

Investigate the relationship between marital adjustment and couples preference regarding wife employment. The result of this study indicate that marital adjustment has a negative influence only when the wife wants to work in her career, is not employed, and husband does husband does not want her to be employed now or in the future.

Has conducted a study on “Assessment of factors in marital adjustment.” The study sought to asses important factors in marital adjustment and their interrelatedness. The explored factors were sexual satisfaction and adjustment verbal and nonverbal communication and several demographic variables e. g – age and number of years of marriage. Marital adjustment was found to be significantly related to verbal and nonverbal communication, but not to sexual satisfaction and adjustment. Demographic variables were not found to be related to marital adjustment but. But some were significant predictors of verbal and non-verbal communication and sexual satisfaction and adjustment.

Hansen (1989) [8] has conducted a study on assessment of factors in marital adjustment. Based upon questionnaire responses from 209 young, married subject, the present study continues this line of inquiry by examining the impact of a variety of variables, in addition to reward levels, on adjustment Finding indicated that more factors are significantly related to adjustment for urban than for rural subjects and that they are better predictors for the urban group. Rural /urban differences exist in the related importance of the variables in predicting adjustment, with fairness issues being more important for rural respondents. The model explains 31.8% more of the variance in adjustment for urban than for rural subjects (75.1% vs.43.3%).

Has conducted a study on marital adjustment among couples of experience. Multiple regression analyses indicated that husband expressiveness was the sole predictor of both husbands and wives marital adjustment. Result are compared to previous research findings is comparison to urban couple. Implications of the findings for gender-related patterns of socialization are also discussed.

Defined marital adjustment as “the state in which there is an over all feeling in husband and wife of happiness and satisfaction with their marriage and each other”. It, therefore, calls experiencing satisfactory relationship between spouse

characterized by mutual concern, care, understanding and acceptance.

**Methodology**

The present study entitled “Marital adjustment among working and non-working married women.” Was conducted on a sample comprising of working and non-working married women. Marital adjustment scale developed by Kumar P was selected and adopted for conducting the study.

**Local of the study**

The study was conducted in Lucknow district which is purposively selected, as it is convenient for the researcher to conduct the study.

**Sampling procedure**

Multistage random sampling Techique was used to select the sample.

**Sample size-** A sample size of 120 respondents compriting of sixty each of working and non-working women was selected.

**Tools and techniques used**

To carry out the present study the following tools were used, interview Marital Adjustment scale by was used

**Methods of data collection**

The data for the present research was collected personality through interview method. A pilot study was conducted on teen percent of the sample to ensure the validity of the sample and data collection instrument. After the pilot study requisite Changes in the Schedule were made visits were made to the selected areas in order to establish a rapport and to ensure full cooperation from the identified sample.

**Data Analysis**

Relevant statistical tests were used to conduct the analysis using PAS 20 software.

**Results and discussion**

**Level of marital adjustment**

The marital adjustment of working and non-working women was analysed using the marital adjustment scale by Kumar P. The comparison of marital adjustment of women was studied with respect to the age of the respondent, and type of family. A highly significant value of 2 (1.008) clearly indicates that the age of the respondent has significant effect on marital adjustment. The data portrayed in the table clearly indicates that the working women in comprassion to non working women. It is erident that cant present of respondent in the working status have low marital adjustment

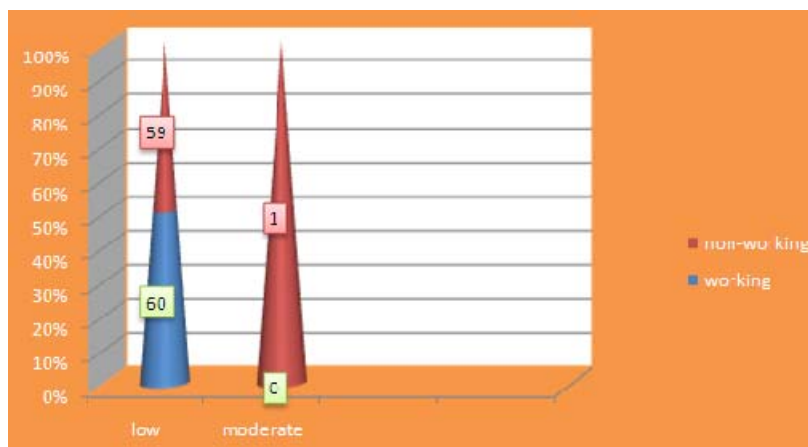
**Table 1:** Marital adjustment

Working Status/ Marital Adjustment	Working (N=60)	Non-working (N=60)	Total (N=120)
Low	60	9	69
Moderate	0	59	51
Total	60	60	120

$\chi^2 = 1.008^b$   
P= .315

Percentage of the total sample had of low marital adjustment. The result clearly depicts that the marital adjustment among women is moderate when they are neither, because of their

immature attitude, nor they are old and becomes adamant about many issues.



### Conclusion

The marital adjustment of working and non-working women was analysed using the marital adjustment scale by Kumar the comparison of marital adjustment of women was studied with respect to the age of the respondent, and type of family.

A highly significant value of (1.008) clearly indicates that the age of the respondent has significant effect on marital adjustment. The data portrayed in the above table clearly indicates that the respondents in the working status has a significant influence on the marital adjustment of working women. The role of a working due to their multitasking nature has a huge impact on their marital adjustment.

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