

Marital adjustment of the number of children and couples

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ABSTRACT

The present study aimed to know the marital adjustment among couples. It also aimed to check marital adjustment with reference to gender and number of children. The Marital Adjustment Questionnaire (MAQ) prepared by Dr. Pramod Kumar (Retd.) and Dr. Kanchana Rahotgi (2018) was used. The sample constituted total 120 couples out of which 60 were from husband (30 one child and 30 two children) and 60 from wife (30 one child and 30 two children). The data was collected from Ahmedabad City. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) There is no significant difference in the mean score of marital adjustment among the husband and wife, (2) There is significant difference in the mean score of marital adjustment among the with regards to the number of children i.e. one child and two children. Therefore, it could be said that, the number of children i.e. one child group is having good marital adjustment than number of children i.e. two child group, and (3) There is no significant difference in the interactive effect of the mean scores of marital adjustments with regards to the gender and number of children.

Keywords: *Marital adjustment, husband and wife, one child and two children*

Adjustment is a popular expression used by people in day to day life. For example, while traveling in a - bus or a train, we often hear or use this term; even when a guest comes to stay with us for a few days we have to adjust with him/her in our house. Though sometimes we face problems in making these adjustments, they are important to maintain personal as well as social peace and harmony. Thus adjustment maintains peace and harmony in home, school, and society and in the country. So Adjustment can be defined as a psychological process. It frequently involves coping with new standards and values. Thus technically we can say that getting along with the members of the society as best as one can is called adjustment.

Marriage and health are closely related. Married people experience lower morbidity and mortality across such diverse health threats as cancer, heart attacks, and surgery. There are gender differences in these effects which may be partially due to men's and women's relative status. Most research on marriage and health has focused on heterosexual couples, and more work is needed to clarify the health effects on same-sex marriage. Simply being married, as well as the quality of one's marriage, has been linked to diverse measures of health. Research

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has examined the social-cognitive, emotional, behavioral and biological processes involved in these links.

Modern age is the age of change. It requires dynamisms. Society is changing very fast with relation to social norms, values and rules. Changing situation is a challenge to every individual for his ego and existence. This type of situation creates many problems of adjustment for individual Eastward Atwater, an author of the psychology of Adjustment has said that today's problems of adjustment are different from the same in the past. In the countries like America radical change has occurred in the area of adjustment and social values, that has caused 'loneliness' in everybody's life. He has to face extremities and changing situation of society singlehanded. It is challenging for his ego. Adjustment is difficult in these days only special type of personality persons can get adjusted. Such type of personality is called psychological handiness by Eastward Atwater.

Adjustment is an internal process between ourselves and our environment in which either we adjust or change it. (Lehner and Cube). Adjustment is such a process through which individual establishes balance between factors affecting his needs and satisfaction of needs (-Boring-Langfield). Adjustment indicates changes in our environment to satisfy our needs, to cope up with our demands, to establish satisfactory relations with others. (Eastward Atwater)

Adjustment in Married Life - Normally when a person is settled in profession then he thinks of settling down in life, which is another serious matter. Before an adult enters married life he is quite familiar with the finer nuances of that life. Almost every person gets married. Right selection of life partner is much important for happy married life. Love, sexual satisfaction, difference of opinion, divorce, upbringing child etc. are included in married life. Maximum happiness in married life is derived from adjustment and person feels happy in life.

Sneh Lata Rao (2017) has studied exploring the relationship between marital adjustment and depression among couples. Sample of the study consisted of 26 couples. Their age ranged between 25 to 50 years. Their education was at least gradation and above. They belong to middle and high socio-economic status. Marital Adjustment questionnaire developed by Pramod Kumar and Kanchana Rohtagi and Beck Depression Inventory were used. Results indicated highly significant relationship between marital adjustment and depression. The findings of the results also show that both, women and men have to face more problems in their married life.

Hind Beegam et al. (2017) had studied the Marital Adjustment among Single and Dual Working Couples. The sample of 100 married couples (50 dual working and 50 single working) were selected through purposive sampling technique. Marital Adjustment Questionnaire (MAQ) constructed and standardized by Dr.Pramod Kumar and Dr. Kanchana Rohatgi was used to measure the level of marital adjustment among respondents. For statistical analysis Mean, S.D, SEM, t-test and ANOVA were applied by using SPSS 16.0 version. The results demonstrated that single working couples have better marital adjustment than dual working couples. Findings also shows significant mean difference between marital adjustment scores of single and dual working couples

Objective

The objectives are:

1. To Study marital adjustment of the married couples.
2. To Study marital adjustment with regards to one child and two children.

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3. To study the interactive effect of marital adjustment with regards to gender and number of children.

METHODOLOGY

Hypothesis

1. There will be no significant difference in the mean score of marital adjustment among the husband and wife.
2. There will be no significant difference in the mean score of marital adjustment among the couples of one child and two children.
3. There will be no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the gender and number of children.

Sample

The sample of the present study constituted total 120 couples out of which 60 were from husband (30 one child and 30 two children) and 60 from wife (30 one child and 30 two children).

Research Design

A total sample of 120 couples equally distributed between husband, wife and number of children from Ahmedabad City was selected for the research study.

Showing the table of Sample Distribution

Number of children	Gender		Total
	<i>Husband</i>	<i>Wife</i>	
One child	30	30	60
Two children	30	30	60
Total	60	60	120

Variable

Independent Variable

1. **Gender** : husband and wife.
2. **Number of children** : one child and two children.

Dependent Variable : Marital adjustment Score.

Tools

Marital Adjustment Questionnaire (MAQ) prepared by Dr. Pramod Kumar (Retd.) and Dr. Kanchana Rahotgi (2018). The test contains 25 items related to following three dimension namely (1) Sexual (2) Social and (3) Emotional. The coefficient correlation between the questionnaire and Singh's Marital adjustment for a group 20 wives was found to be 0.71 with index of reliability of 0.84.

Procedure

The permission was granted from various couples for data collection in Ahmedabad city after the establishment of rapport, personal information and the 'Marital Adjustment Questionnaire (MAQ)' was administered the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table : 1 The Table showing sum of variance mean ‘F’ value and level of significance of gender and types of marriage.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	210.68	1.88	N.S.
SS _B	1	476.01	4.24	0.05*
SS _{A*B}	1	185.01	1.65	N.S.
SS _{Error}	116	112.21	—	—
SS _{Total}	119	13887.59	—	—

*0.05=3.92, **0.01=6.84, N.S.= Not Significant

A = Gender, B = Number of children
 A₁ = husband B₁ = one child
 A₂ = wife B₂ = two children

Table : 2 The Table showing the Mean Score of marital adjustment of husband and wife.

	A (Gender)		‘F’ value	Sign.
	A ₁ (Husband)	A ₂ (Wife)		
M	21.22	18.57	1.88	N.S.
N	60	60		

The above table no.2 shows the mean score of marital adjustment among husband and wife. The mean score of husband group is 21.22 and wife group is 18.57. The ‘F’ value is 1.88, which was found to be not-significant level at 0.05. Therefore the hypothesis no.1 that, “There is no significant difference in the mean score of marital adjustment among the husband and wife” is accepted.

Table : 3 The Table showing the Mean Score of marital adjustment of number of children.

	B (Number of children)		‘F’ value	Sign.
	B ₁ (One child)	B ₂ (Two children)		
M	21.80	15.33	4.24	0.05
N	60	60		

The above table no.3 shows the mean score of marital adjustment of number of children. The mean score of one child group is 21.80 and two children group is 15.33. The ‘F’ value is 4.24 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to marital adjustment and gender. It should be remembered here that, according to scoring pattern, higher score indicate higher marital adjustment. Thus from the result it could be said that, the number of children i.e. one child group is having good marital adjustment than number of children i.e. two child group. Therefore the hypothesis no.1 that, “There is no significant difference in the mean score of marital adjustment among the husband and wife” is rejected.

Table : 4 The Table showing the interactive effect of the Mean Score of marital adjustment of gender and types of marriage.

			A		‘F’ value	Sign.
			A ₁	A ₂		
M	B	B ₁	21.13	18.53	1.65	N.S.
		B ₂	18.65	15.33		
N			60	60		

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The above table shows the interactive effect of the marital adjustment of the gender and number of children. The result was found to be not significant from table no.4 shows that 'F' value 1.65 is not significant at 0.05 level. The mean score is 21.13 for the husband of one child, the mean score is 18.65 for the wife of one child, the mean score is 18.53 for the husband of two children, and the mean score is 15.33 for the wife of two children. Therefore the hypothesis no.3 that, "There is no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the gender and number of children" is accepted.

CONCLUSION

1. There is no significant difference in the mean score of marital adjustment among the husband and wife.
2. There is significant difference in the mean score of marital adjustment among the with regards to the number of children i.e. one child and two children. Therefore it could be said that, the number of children i.e. one child group is having good marital adjustment than number of children i.e. two child group.
3. There is no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the gender and number of children.

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Conflict of Interest

The author declared no conflict of interests.

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