

## Marital Adjustment among Working and Nonworking Mothers

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### ABSTRACT

Married life on the other hand entails some aspects of compromise where one has to consider the partner's opinion in regard to an issue before making a decision no matter how personal it may seem to be. It also involves a lot of sharing for example time and other resources, with the family members (husband/wife and children), There are various benefits accrued to a married life for instance having someone to share one's achievements and difficulties, to love and get love from as well as comfort and emotional tie that could be missing in a single life. The present study compares the Marital adjustment among working and nonworking mothers. 30 working mothers and 30 non-working mother's participants total 60 mothers. The questionnaire was included in the study used to assess the Marital adjustment. The Marital adjustment scale developed by Har Mohan Singh (1972) was used for data analysis and concluded result "t" test was used. 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, nonworking mothers have shown better Marital adjustment compared to non-working mothers.

*Keywords: Marital Adjustment, Working and nonworking mothers*

Married life on the other hand entails some aspects of compromise where one has to consider the partner's opinion in regard to an issue before making a decision no matter how personal it may seem to be. It also involves a lot of sharing for example time and other resources, with the family members (husband/wife and children), There are various benefits accrued to a married life for instance having someone to share one's achievements and difficulties, to love and get love from as well as comfort and emotional tie that could be missing in a single life. There is also an advantage of pooled income especially where both partners are working. However, married life requires an extra effort to keep it working unlike the single life that the choice between living a single or a married life is usually personal although some may be forced by circumstances for instance being single due to lack of a suitable partner or being forced to marry according to customs.

Both single and married lifestyles have benefits and drawbacks especially when they are viewed from the angle of the attributes involved for example freedom, companionship as well as cost/efforts. All the benefits enjoyed by a single or a married individual are not

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## Marital Adjustment among Working and Nonworking Mothers

without a price and hence one cannot clearly state the lifestyle that is better than the other and the decision is therefore personal depending on how one takes it.

One important advantage of marriage is that it provides partners with an increased level of security. Another reason why so many people marry is that it is a socially accepted construct. The concept of marriage has been invented thousands of years ago and it has been a valid social construct until now.

Even though the purposes of marriages changed quite a bit over time, marriage is still considered to be the gold standard for long term relationships. Thus, plenty of social pressure is often built around couples in order to force them into marriage. Hence, many people actually get divorced due to social pressure and not to the fact that they actually wanted to do so.

Women in the workforce earning wages or salary are part of a modern phenomenon, one that developed at the same time as the growth of paid employment for men, but women have been challenged by inequality in the workforce. Until modern times, legal and cultural practices, combined with the inertia of longstanding religious and educational conventions, restricted women's entry and participation in the workforce. Economic dependency upon men, and consequently the poor socio-economic status of women, have had the same impact, particularly as occupations have become professionalized over the 19th and 20th centuries.

In the present times, we have mothers who are working and are encountering a lot of situations every day. Their personality is different compared to mothers who are non-working. The research explained that family-work conflict affects work-overload, poor work environment and poor role congruence stressors positively and significantly. Internal locus of control is found to be effective on poor role congruence and poor organizational structure negatively whereas external locus of control is effective on poor organizational structure positively. Results indicate no significant effect of extraversion personality and self-confidence on stressors (Melisa Erdilek Karabaya \*, Bülent Akyüz , Meral (2016))

Marital adjustment can be defined as the mental state among couples in which there is an overall feeling of happiness and satisfaction with their marriage. It, therefore, calls for experiencing a satisfactory relationship between spouses characterized by mutual concern, care, understanding, and acceptance. All the marriages are aimed at happiness in one or another way. Most couples become married filled up with expectations. Some of the expectations will be realistic while others are unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Therefore, in marriage two universes come together. Happiness, satisfaction, and fulfilment of expectations are possible only by mutual adjustments that lead to a common concept of marriage. Carl Rogers (1972) views this concept of marriage as the basis of many marital adjustments. He speaks about two main concepts of marriage: ...for some it (marriage) is a romantic box...a tight fence, limiting freedom, ... roomy comfortable box.... a magic box, resolving the difficulties in their relationship...'. for some, 'it is an exciting exploration of new avenues... each is given freedom and encouragement to develop full potential. If both parties perceive accurately and understand clearly their concept of marriage, things go smoothly and good understanding takes place. When there are differences in their concept and perception, problems are likely to occur. The major role transition between couples in values, attitudes, and beliefs when they start living together is one of the major causes of marital adjustment issues. Spouses enter marriage relationships with different beliefs about happiness and they differ in their

## Marital Adjustment among Working and Nonworking Mothers

expectations of happiness too. Therefore, mutual communication and sharing are the backbones for adjustment in marriage. Studies conducted among married couples show a high level of marital adjustment among those who communicated well. There is a positive correlation between communication and adjustment. Couples, who communicated more regularly, adjusted themselves better to interpersonal and situation problems while others find it difficult. Communication is the life-breath of love, awareness of each other's feelings, needs, problems, and expectations. Marital adjustment is a lifelong process, although in the early days of marriage one has to give serious considerations. 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 a maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realized fully, a death in a marital relationship is inevitable. The result shows that there is a significant difference between working and non working women in mental health and marital adjustment (Dr. A.K. Srivastava and Dr. Jagdish (2017)).

### *Factors Influencing Marital Adjustment*

- **Personality factors:** Men are characterized as more aggressive; excel in social activities, comparatively strong whereas women find more interest in social issues, nurturing roles. For good marital adjustment one partner should play a complementary role to his/her spouse.
- **Family background:** The way marriage partners handle their differences and make adjustments is often either completely dictated by, or at least influenced, by the pattern of marital adjustments present in their respective parental family.
- **Social class background:** Social class differences in customs, values and beliefs are reflected in marriage and family attitudes and behavior. Marital adjustment is greater in middle and upper ranges of the social class spectrum than in lower ranges since lower class marriages are subject to chronic stresses and strains related to menial jobs, low income, unemployment, poor housing etc. which contributes to the feelings of disenchantment, apathy and low self-esteem and ultimately poor marital adjustment.  
**Sexual:** One of the main objectives of marriage is sexual gratification; hence, it determines the extent of marital adjustment. Gratification of this basic need between the partners leads to enhanced marital adjustment whereas if they don't share a happy sex life then it gives rise to feelings of incompetence, frustration and aggressiveness which hinders with their adjustment in marriage.
- **In-law relationships:** Marriage is not about two persons getting into the wedlock but it is about two families entering into the marriage. In marriage two individuals unite to become one soul but still their previous family that is their parents remain an inseparable part of their new life. Hence in-law relationships are a very important determinant of marital adjustment. Conflicts in in-law relationships somehow penetrate into marital relationships and significantly affect marital adjustment.
- **Attitudes toward money:** Money is very important for human sustenance. Any marriage or family cannot function without money so the attitude of spouses towards money is a very important factor of marital adjustment. If a partner is spendthrift or extremely miser it affects smooth family functioning and thus gives way to adjustment problems in marriage.

## Marital Adjustment among Working and Nonworking Mothers

### Religion and basic values

- **Children:** The presence or absence of children in a family also affects marital adjustment. It is believed that most of the time strong differences in opinion or unresolved conflicts do exist between the spouses but they somehow compromise and adjust for the sake of welfare of their children. Besides this, children in the family means added responsibilities, emotional as well as financial. As a family expands, it sees changes in the roles of the couples. They have less time to spend together and more worries, like taking children to the doctor, picking them up from school and attending their games of soccer, to deal with.

## METHODOLOGY

### *Problem*

The present research aims to study Marital adjustment among working and nonworking mothers.

### *Objectives*

To study the difference between Marital adjustment among working and nonworking mothers.

### *Hypotheses*

H1. There is a significant difference between Marital adjustment among working and nonworking mothers.

### *Variables*

Independent Variables: Working status

Dependent Variable: Marital Adjustment

### *Inclusion Criteria for users*

- Participants age range between 25 years to 40 years.
- Full time Worker
- Residents of Bengaluru.
- Married and having one child
- Minimum educational qualification of participants: PUC/ Higher Secondary

### *Exclusion Criteria*

Those who are self-employed and part time workers.

Having more than one child.

### *Operational definition*

- **Marital Adjustment:** when husband and wife is satisfied with their marriage and they understand each other very well and Marital adjustment is maturity to understand growth and development in partner
- **Working Mothers:** Mothers are working as full time. Mothers who has one child.
- **Nonworking Mothers:** Mothers who are not going for work. The mother taking care children and family.

**Sample:** A sample selected is a representation of the population as a whole. The researcher will be contacted 60 participants in the working and nonworking age range between 25 to 40 years for the study.

## Marital Adjustment among Working and Nonworking Mothers

### *Research design*

The present research used non experimental research design. Non experimental is research that lacks the manipulation of an independent variable, random assignment of participants to conditions or orders of conditions, or both in a sense, it is unfair to define this large and diverse set of approaches collectively by what they are not. But doing so reflects the fact that most researchers in psychology consider the distinction between experimental and non-experimental research to be an extremely important one. This distinction is because although experimental research can provide strong evidence that changes in an independent variable cause differences in a dependent variable, non-experimental research generally cannot. As we will see, however, this inability does not mean that non experimental research is less important than experimental research or inferior to it in any general sense.

### *Tools*

- **Inform consent:** Research will contact participant and explain about the study. After consent taking by the researcher only scale will be administered to participants.
- **Socio demographic information** sheet will be used to collect various demographic information about the sample including age, gender, marital status, working status and work experience.
- **Marital Adjustment Scale (Har Mohan Singh 1972):** The scale is consisting of 2 form. Wife form and Husband form. The scale consists of 10 statements in each form. Participant has to mark their answer in the 1 to 10 degree of agreement. The options are as follows. Scoring: 10 stands for most favorable, 9 stands for significantly favorable, 8 stands for more than slightly favorable, 7 stands for slightly favorable, 6 stands for just favorable 5 stands for favorable, 4 stands for definitely favorable, 3 stands for comparatively favorable, 2 stands for more than least favorable 1 stands for least favorable.

### *Data collection*

The present research will be conducting using above mentioned scale. Researcher will be collecting the data personally.

### *Statistical techniques*

Collected data has been entered in Excel. The entered analysed using descriptive statistics and t test was used to find the difference between working and nonworking mothers.

### *Analysis and results*

This chapter deals with the analysis results and discussion of the objectives and hypothesis. Complete statistical analysis of the date obtained the statistical package for social science (SPSS 16) was used to perform the date entry and analysis working and un-working Sample pie chart.

## **RESULTS AND DISCUSSION**

The Present study aim was studying the Influence of Working status on Marital adjustment among working and nonworking mothers. on emotional maturity among female young adults. The Hypothesis was There is a significant difference in Marital Adjustment among Working and nonworking mothers. The Marital adjustment scale was used to study the level of Marital adjustment.

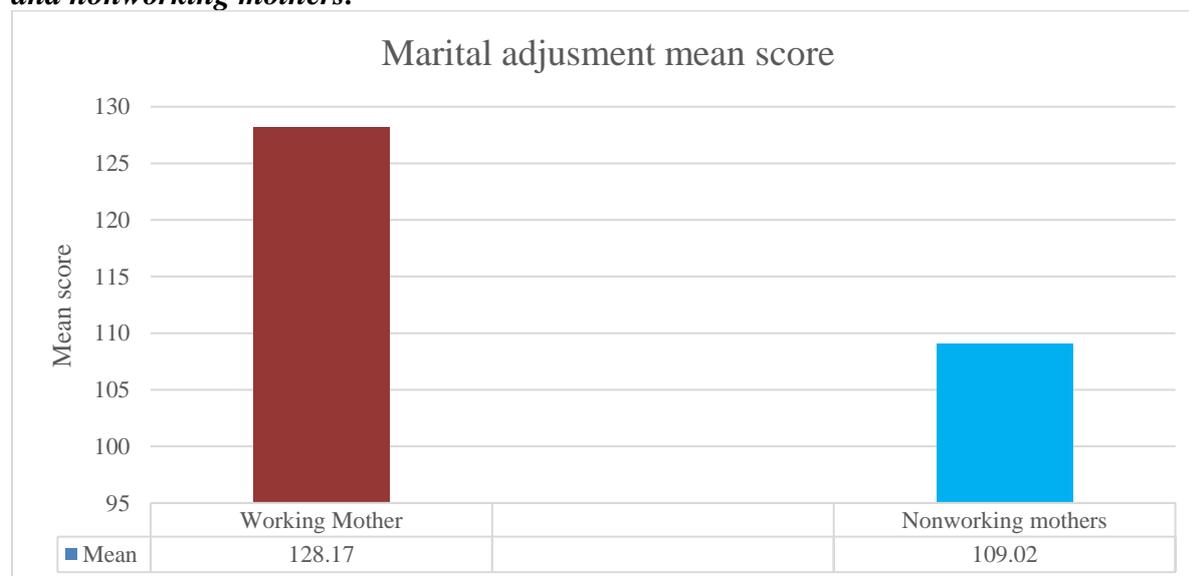
## Marital Adjustment among Working and Nonworking Mothers

**Table 1: Showing the test variables, sectors, Mean, Standard deviation, t score, df and significant of Working and nonworking mothers.**

Variable	Sector	N	Mean	SD	t	Sig.
Marital Adjustment	Working Mother	30	128.17	16.18	3.28	.020
	Nonworking mothers	30	109.02	14.32		

For the research sample (N=60), both Working and non-working Mothers. Marital adjustment mean score are= 128.17 and 109.02, standard deviation =16.18 and 14.32, t score = 2.28, and sig =.02. The results show that there is a significant influence of Working status on marital adjustment among working and nonworking mothers. The previous study also supported the results (Dr. A.K. Srivastava and Dr. Jagdish (2017)).

**Graph 1: Showing the values of both Mean Score Marital adjustment among working and nonworking mothers.**



## CONCLUSION

The current study aimed finding the difference in Marital adjustment among working and nonworking mothers. To achieve the same, data was collected from 60 working and non-married mothers belonging to the age group of 22 to 40 years using snowball and convenience sampling method. The sample consisted of mothers only. Further, to obtain the data Marital adjustment scale Questionnaire were administered to the participants along with a form specifying socio-demographic details.

The results indicated that there is a significant difference in Working and nonworking mothers marital adjustment.

### **Limitations of the present study**

The limitation of the present study is that it does not cover a larger representation of the samples as the sample size chosen for the study was smaller representation. It included only mothers who has 1 child. The data collected only comprises of samples from Karnataka, which limits the generalization of the research findings.

## Marital Adjustment among Working and Nonworking Mothers

### **Suggestions**

This study can be done with samples from other states of India and can increase the size of samples as well.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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