

Marital Adjustment among the Employed and Unemployed Women's in the Region of North East: A Cross Sectional Study

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ABSTRACT

The aim of the present study was to find out the Marital Adjustment among employed and unemployed women's in the region of north east. The success of marriage is said to depend partly on finding the right person and partly on being the right person. It is not always full of roses; but its success depends upon adjustment on the part of both the partners involved. With the rise in the number of dual-career families, the adjustment and marital relationship are major challenges in most of the families. This study aimed at finding out marital adjustment among employed and unemployed women's. A sample of 100 women's (50 employed and 50 unemployed women) is selected randomly in the north east region for this study. Marital Adjustment Questionnaire developed by Dr. Pramod Kumar & Dr. Kanchana was used from the study. Here 't' test method was applied to check the significance of marital adjustment among employed and unemployed women's. Results of the study revealed that there is significant difference in marital adjustment among employed and unemployed women in the north east region.

Keywords: Marital Adjustment, Employed, Unemployed women & North-east

Marital adjustment is a complex and kaleidoscopic phenomenon which acts as a core component in determining the success of a marital life. (Mukerjee and Sinha, 1990) defined 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. The stability of a marital life promotes well-being within the family and in turn to the society. Well-adjusted couples will have high quality of life which may leads to satisfaction, happiness and peace of mind in their relationship. The conflict between the needs of the individual and the demands imposed by the environment in turn leads to adjustment problems in pursuing their relationship.

The 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. Mental health has been reported as an important factor influencing an individual's various behaviours, activities, happiness and performance (Bernard 1964).

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Mental pressure is a vital cause of the mental health problems which arise due to various conditions. If the mental condition is good, women can take various responsibilities of a family and herself, understand the complications, and try to solve them, plan for future and adjustment with others by becoming mentally strong.

Mental health can be defined as the ability to make adequate social and emotional adjustments to the environment, on the plane of reality mental health scores highlight that employed women are trapped in a situation where they are getting difficulty in coping strategies to deal with it effectively and get mentally strained. Excess work, less freedom, high need for motivation and working situations are powerful source of stress among working female. Therefore, emotional balance, adjustment process, tolerance level and other personality attributes are under great threat, which affect negatively the mental health.

Marriage is a social security for all the individuals, that is 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 (Jain and Goel, 2013). 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 couples (Aminjafari, 2012). Marital adjustment has been related to personality, job & home stresses, mental illness, depression, education, sex role attitude, happiness and success in life.

A number of researchers all over the world especially (Kitson, 1982) have suggested that the types of marital complaints may reflect greater opinions available especially for educated women's with higher job status, to leave or remain in an unhappy marriage. (Renne, 1970) makes the point from a negative direction saying that higher status peoples those in prestige occupation or with higher incomes are less likely to express dissatisfaction with their marriage. One of the Indian studies conducted by (Shukla, 1990) has shown that the majority of the middle-class working women experienced more stress and strain in their marital relationships, because these women's do not like to give up their jobs and at the same time, they cannot contemplate divorce which damages their family prestige and respect.

Researches done in the past shows that the relationship between wife's employment and marital adjustment has produced conflicting results: some investigations report a positive relationship between wife employment and marital adjustment others suggest a negative relationship. Mathur did a study in India about marital adjustment and subjective well-being in Indian educated housewives and working women. Their results indicated that working women had better marital adjustment and subjective well-being. Working women reported high scores on general health, life satisfaction and self-esteem measures & lower scores on hopelessness, insecurity and anxiety whereas the housewives had lower scores on negative affect than the working women.

Previous Researches highlights that Non-working married women are better marital adjusted than working married women this implies that working women cannot pay full attention to their family and are unable to satisfy their members. Whereas the non-working married women have more time to their household task and their married life goes smooth. According to the researches working married women cannot properly adjust with their married life

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because they have many roles to play at a time to find out the level of mental health of working and non-working women.

The present study is an attempt to check the marital adjustment among employed and unemployed women in the north east region. Employed women at present are more prone to marital adjustment problems because they have to work in two Places, one is the work environment and the other is home environment.

Problem of the Study

- To find out the marital adjustment among the employed and unemployed women's in the region of North east.

Objective of the Study

- To find out the significant differences in marital adjustment among employed and unemployed women's in the region of North east.

Hypothesis of the Study

- There would be no significant difference in marital adjustment among the employed and unemployed women's in the region of North east.

Variables of the Study

1) Independent Variable

- A) Employed women
- B) Non employed women

2) Dependent Variable

- A) To get score on marital adjustment among employed and unemployed women's in the region of North east.

METHODOLOGY

Sample

The present study was carried out on employed and unemployed women's in the region of North east. The sample consisted of 100 women's (50 employed women's and 50 unemployed women's in the region of north east). For the present study random sampling technique was used for the selection of the participants.

Tools Used for The Study

Standardized tests and a scale were employed to measure some of the independent and the dependent variables in the current study.

- 1. SOCIO-DEMOGRAPHIC DATA SHEET:** The socio-demographic data sheet is a semi structured sheet made by the researcher. It includes information about socio-demographic details like age, gender, religious faith, family type, marital status, occupation, qualification, nature of job and work experience.
- 2. MARITAL ADJUSTMENT QUESTIONNAIRE (MAQ):** The measurement of marital adjustment was accomplished by using Marital Adjustment Questionnaire developed by Dr. Pramod Kumar & Dr.Kanchana. The Marital Adjustment Questionnaire in its final form consists of 25 highly discriminating 'Yes- No' type items divided into three areas like Sexual, Social, and Emotional. The reliability of

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0.96 and has been frequently used in Indian studies. According to this questionnaire, the higher the score, better is the adjustment like Sexual includes item 9,20,23,25; Social includes item 3,4,5,6,12,14,15,18,19; Emotional includes item 1,2,7,8,10,11,13,16,17,21,22,24. The researcher explained the study to all subjects and informant consent was obtained prior to completion of the questionnaires. The data collected were analyzed and findings were depicted in the form of percentages and proportions. The reliability of the test was calculated by split half method by applying the Spearman Brown formula and by the test-retest method which was found .70 and .84 respectively. The validity of the test was found by comparing with Singh's Marital Adjustment Inventory.

Procedure

First of all, 100 women's were contacted (50 employed women's and 50 unemployed women's) in the region of north east. Then they were made comfortable and a good rapport was established with them. After that they were given Marital Adjustment Questionnaire to fill. Instructions written on the test were made clear to them. They were made convinced that their responses will be kept confidential so that they will give honest responses. When the subjects finished the tests, they were taken back. The subjects were thanked for their cooperation. After this the scoring was done with the help of manual. Raw scores were obtained and appropriate statistical tools were used to analyze the data.

Statistical Analysis

In this study t-test was conducted as a statistical technique to find out the aim and objective of the current study.

RESULT AND DISCUSSION

Table 1: Socio Demographic Profile of the Participants.

Age	Frequency	Percentage
18-30	46	46%
31-40	35	35%
41-50	19	19%
Total	100	100%
Gender		
Female	100	100%
Residence		
Rural	57	57%
Urban	19	19%
Tribal	24	24%
Occupation		
Employed	50	50%
Unemployed	50	50%
Religion		
Hinduism	64	64%
Christianity	21	21%
Islam	04	04%
Buddhism	11	11%
Family Type		
Nuclear	69	69%

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Joint	31	31%
Education		
Illiterate	03	3%
Primary	14	14%
Secondary	23	23%
Graduate	41	41%
Post Graduate	19	19%

Table 1 shows the socio demographic characteristics of the Participants (N-100). Nearly fifty percent of the sample (46%) was in the age range of 18-30 years. Regarding the marital status all the participants in this study were female married women's. Most of the participants in this study belong to rural areas (57%) followed by tribal ones. The sample comprised of (50%) employed women's and (50%) unemployed women's. Majority of the sample were followers of Hinduism (64%). Majority of the sample were belonging to nuclear family (69%). Large numbers of participants have completed their graduation and post-graduation (60%).

Table. 2 Showing the Mean, SD and 't' value of marital adjustment among employed and unemployed woman's in the North east region.

Variables	N	Mean	SD	't' Value	Significance Level
Employed Women	50	25.59	7.54	4.53	0.01
Unemployed Women	50	22.77	5.23		

Significance = 0.01 = 2.66 and 0.05* = 2.00*

The result obtained on the basic area of marital adjustment reveals the Significant Difference between the employed and unemployed woman's in the region of north east. After analysis it was clear that the employed woman received higher mean score 25.59 as compared to the unemployed woman 22.77. The standard deviation score of employed woman received 7.54 and the unemployed woman received 5.23. The present study highlights that employed married women have to face more difficulties in their lives as compared to unemployed married women.

It concludes that on some aspects employed married women cannot contribute significantly for the well-being of their family. Their attention is diverted because of working in two situations one is the work environment and the other is home environment. So that they cannot give proper attention and care to their marital lives and this became the cause of marital mal-dysfunctioning. Working women because of the added responsibilities of job may suffer from more severe causes of maladjustment at home or in the office, while on the other side they have to take care of the children, husband, and in-laws and perform other domestic activities. So, It is clearly revealed from Table-2 shows the 't' test value is 4.53 which is significant at 0.01 level. It means hypothesis of my study is not accepted. The result highlights that the employed women face more marital adjustment problems in comparison to unemployed women in the North east region of India.

CONCLUSION

There were significant differences in marital adjustment among employed and unemployed woman. The result highlights that employed women Face more marital adjustment problems in comparison to unemployed women. So, we can say that employed women because of the

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added responsibilities of job may suffer from more severe cause's maladjustment at home or in the workplace.

Strength of the Study

1. The objective of the study was clearly stated
2. The inclusion and exclusion criteria were stated
3. Participants characteristics were stated to be comparable between employed and unemployed women's groups.

Limitations of the Study

However, we came across certain limitations in this study.

1. The major limitation of the current study is its small sample size.
2. Participants in this study were restricted to specific regions of North East only which could limit the generalization of the result.

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Conflict of Interest

The author(s) declared no conflict of interest.

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