

Marital Adjustment: In the Context of Gender, Education and Family Pattern

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ABSTRACT

The present study aimed to analyze the marital adjustment among couples. Marital adjustment refers to the state where there is complete feeling of joy, happiness and satisfaction in wife and husband for their bonding. This bonding is a result of various complex factors interacting together. This paper aimed to check marital adjustment with reference to gender, educational level and pattern of family. The Marital Adjustment Questionnaire (MAQ) prepared by Dr. Pramod Kumar (Retd.) and Dr. Kanchana Rahotgi (2018) was used to collect data. The total sample comprised of 60 married couples. Who have been selected with the help of randomized sampling technique from Udham Singh Nagar district of Uttarakhand. The sample was arranged according to the requirements of 2x2x3 factorial design. The result showed that gender and educational level of couples laid non-significant impact on marital adjustment, while pattern of family had a significant impact on marital adjustment of couples.

Keywords: *Marital Adjustment, Nuclear and Joint Family, Educational Level*

Marriage is the most important personal relationship of any person. It has been described as the most intimate, delicate and far-reaching relationship between man and woman. We can define marriage as “A social practice to bind men and women in a respectful relationship by rituals, customs, social bonding and laws”. Marital relationship is a widespread pattern of human affiliation that exists in almost every culture or subgroup around the world. Social scientists claim that it is universal, because most culture counts, the communal, emotional, material and protective supports the marital relationship provides for its members, particularly for husband, wife, their dependent children and other members. Marital adjustment refers to the state where there is complete feeling of joy, happiness and satisfaction in the wife and husband for their bond. The secret of healthy and wealthy marriage does not mean the absence of conflicts or fights, but it means the ways of undertaking the conflicts in an easy manner. Present paper deals with the patterns of marital adjustment among married couples in relation to their gender, educational level and family type.

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REVIEW OF LITERATURE

Barongo S. and Aloka P. (2015) conducted a study association of levels of education and marital experience on marital satisfaction among selected marriages in kisii township kisii county. The results revealed that there is no statistically significant relationship between level of education and marital satisfaction. Devika S. and Rohini (2018) aim to investigate the role of Emotional Intelligence (EI) and Marital Adjustment (MA) among married couples of joint and nuclear families. The result indicates that there is no significant difference between nuclear and joint family and between males and females in Marital Adjustment. Jarsaniya J. (2021) aimed investigate the emotional intelligence and marital adjustment in married couple's relation to gender and family types. The result indicated that there was a significant difference in the mean score of marital adjustment among males and females. Females experienced more marital satisfaction than males. Impact of type of family upon marital adjustment was also significant. Joint family couples had expressed better marital adjustment than nuclear family couples. Mir Mohd S., Wani M. A. and Sankar R. (2016) conducted a study on marital adjustment among love marriage and arranged marriage couples. In the result no significant difference was found in the mean scores of marital adjustments among male and female subjects.

Objectives-

Following objectives had been framed for the study:

- To investigate variation of marital adjustment across gender.
- To investigate variation of marital adjustment across the educational level of couples.
- To investigate variation of marital adjustment across patterns of the family.
- To investigate the interaction effect of gender, educational level and pattern of the family upon marital adjustment.

Hypotheses-

Following hypotheses had been framed for the study:

- There would be no significant difference between males and females in relation to their marital adjustment.
- There would be no significant difference between the joint family and nuclear family couples in relation to their marital adjustment.
- There would be no significant impact of educational level of couples upon marital adjustment.
- There would be no significant interaction effect of gender, educational level of couples and Pattern of the family upon marital adjustment of couples.

METHODOLOGY

Research Design

In this study 2x2x3 mixed model factorial design has been adopted with 2 types of gender (male and female), 2 types of family patterns (nuclear and joint) and 3 levels of education (U.G. P.G. and Higher education).

Sample

The total sample comprised of 60 married couples. Who have been selected with the help of randomized sampling technique from Udhasingh nagar district of Uttarakhand. The sample was arranged according to the requirements of 2x2x3 factorial design with equal number of participants in each cell. The age range of couples was between 30-40years.

Marital Adjustment: In the Context of Gender, Education and Family Pattern

Tools Used

For the collection of marital adjustment score "Marital Adjustment Questionnaire" (2018) constructed by Pramod Kumar (Retd.) and Kanchana Rahotgi has been used. The scale has total 25 items, measuring three dimensions of Marital Adjustment- Sexual, Social and Emotional. It is a three point's scale i.e., always, some time and never. The scoring of positive items are 2 for Always, 1 for Some Time and 0 for Never responses and the scoring of negative items are 0 for Always, 1 for Some Time and 2 for Never responses. The coefficient of correlation found was +0.71 with and an index of reliability of 0.84.

Statistical Treatment

After collection of data, Mean, SD and ANOVA have been calculated to identify the significant difference between means of the groups.

Results and Analysis

The main objective of the study is to find out the level of marital adjustment among married couples. This study is planned and carried out to test the assumptions and tentative well-defined hypotheses which may be accepted or rejected.

Table -1 Finding have been summarized in the table-1. Table shows the F-value of gender, pattern of family and education level upon marital adjustment.

Source	Sum of Squares	d.f.	Mean Square	F
Gender (Female/Male)	198.017	1	198.017	6.15 (NS)
Family (Joint/Nuclear)	236.017	1	236.017	7.33 (S)
Education(UG/PG/ Higher)	74.033	2	37.017	1.15 (NS)
Interaction(gender * family)	16.017	1	16.017	.49 (NS)
Interaction(gender * education)	47.233	2	23.617	.73 (NS)
Interaction(family * education)	13.433	2	6.717	.20 (NS)
Interaction (gender * family * education)	192.633	2	96.317	2.99 (NS)
Within Group	1543.600	48	32.158	
Total	102281.000	60		

It is evident from table -1 that (i) The difference between gender (female and male) was found significant even at 0.05 level of confidence, ($F=6.15$, $P>.05$). The hypothesis that there would be no significant difference between the male and female couples in relation to marital adjustment is accepted. (ii) The difference between pattern of family (joint family and nuclear family) was found significant even at 0.01 level of confidence, ($F=7.33$, $P>.01$). The hypothesis that there would be no significant difference between the joint family and nuclear family couples in relation to marital adjustment is rejected. (iii) The difference between education level (U.G., P.G. and higher education) was not found significant even at 0.05 level of confidence, ($F=1.15$). The hypothesis that there would be no significant difference between U.G., P.G. and Higher educated couples in relation to marital adjustment is accepted. (iv) The interaction effect of gender and pattern of family was not found significant even at 0.05 level of confidence, ($F=.49$). The hypothesis that there would be no significant interaction effect of marital adjustment with regards to the gender and Pattern of the family is accepted. (v) The interaction effect of gender and education level was not found significant even at 0.05 level of confidence, ($F=.73$). The hypothesis that there would be no significant interaction effect of marital adjustment with regards to the gender and

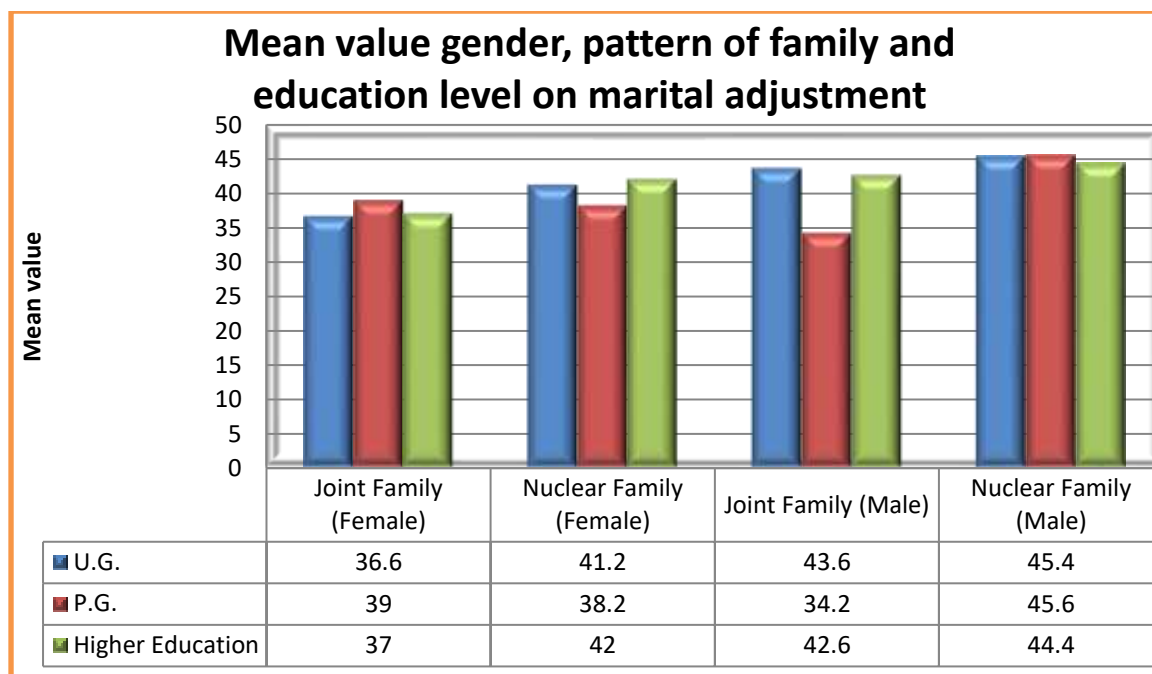
Marital Adjustment: In the Context of Gender, Education and Family Pattern

education level is accepted. (vi) The interaction effect of pattern of family and education level was not found significant even at 0.05 level of confidence, ($F=.20$). The hypothesis that there would be no significant interaction effect of marital adjustment with regards to the pattern of family and education level is accepted. (vii) The interaction effect of gender, pattern of family and education level was not found significant even at 0.05 level of confidence, ($F=2.99$). The hypothesis that there would be no significant interaction effect of marital adjustment with regards to the gender, pattern of family and education level is accepted.

Table -2 showing the mean values of gender, pattern of family and education level on marital adjustment-

Marital Adjustment				
Independent Variables (Gender*Family*Education)		U.G.	P.G.	Higher Education
Female	Joint Family	36.60	39.00	37.00
	Nuclear Family	41.20	38.20	42.00
Male	Joint Family	43.60	34.20	42.60
	Nuclear Family	45.40	45.60	44.40

Diagram -1 showing the mean values of gender, pattern of family and education level on marital adjustment-



DISCUSSION

Marital relationship not only binds man and woman as husband and wife, but different families are also joined. After marriage a new family is formed. The responsibility of running this new family is equally important for husband and wife. For a successful family, mutual cooperation and consensus between husband and wife is necessary. Due to this, marital relations get stability and this stability helps in adjustment.

Marital Adjustment: In the Context of Gender, Education and Family Pattern

In our study the effect of gender was not found significant, both groups (male and female) have shown almost equal level of marital adjustment. Gender as a variable could not affect marital adjustment. It may be due to the social and familial environment in which they live. In opposition to our results Saheba Khushbu A. (2019) conducted a study the marital adjustment among couples. The results revealed a significant difference between married females and married male's marital adjustment scores. The married males group was having good marital adjustment than married females group. Similarly, Seema R. (2018) examined the marital adjustment of males and females in old age. The results revealed that there was a significant difference in marital adjustment between aged females and aged males. The result indicated that marital adjustment in old age is better in males as compared to females.

The effect of pattern of family was found significant, nuclear family couples have shown high marital adjustment than the couples living in joint family. In nuclear family they get freer and open environment in comparison to the joint family, where the size of the family is big. Our results are in accordance with the findings of Sabre K. (2016), who aimed to investigate the marital adjustment among women living in joint and nuclear families. The results revealed that there was a significant difference in marital adjustment among women of nuclear and joint families. The women of nuclear showed higher levels of marital adjustment as compared to women of joint families.

In our study the effect of education level was not found significant, all the three groups (U.G., P.G. and Higher education) have shown almost equal level of marital adjustment. It shows that higher levels of education have not affected marital adjustment of couples. Highly educated couples have also exhibited similar levels of marital adjustment behaviour as graduate couples have shown.

There can be many reasons for such results, such as marriage of man and woman in a mentally mature stage, there is not much difference of age between wife and husband, both are self-sufficient, equal role of both in society. And having responsibility, both should be educated equally. All these factors reduce the level of dis-adjustment between husband and wife and increase the level of adjustment in both. On the contrary, the family of husband and wife affects their adjustment level. Couples living in a nuclear family get a fair amount of time to spend with each other, as a result of which they are able to understand each other's feelings, thoughts and needs, etc., as a result of which the level of adjustment is high in them. It happens. But on the contrary, couples living in a joint family get very little time to spend with each other and they have more family responsibilities, as a result of which they do not understand each other's desires, thoughts and needs well, as a result of which the level of adjustment is low in them.

CONCLUSION

Thus, it can be concluded from the above discussion that-

- There is no significant difference between the male and female couples in relation to marital adjustment.
- There is a significant difference between the joint family and nuclear family couples in relation to marital adjustment. Nuclear family couples have shown high marital adjustment than joint family couples.
- There is no significant difference between U.G., P.G. and Higher educated couples in relation to marital adjustment.

Marital Adjustment: In the Context of Gender, Education and Family Pattern

- There is no significant interaction effect of marital adjustment with regards to the gender and Pattern of the family.
- There is no significant interaction effect of marital adjustment with regards to the gender and education level.
- There is no significant interaction effect of marital adjustment with regards to the Pattern of the family and education level.
- There is no significant interaction effect of marital adjustment with regards to the gender, Pattern of the family and education level.

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Conflict of Interest

The author declared no conflict of interests.

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