

Marital Adjustment and Life Satisfaction Among Teachers from Arunachal Pradesh

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ABSTRACT

Background: Marriage is known as union of two people as partners in a personal relationship. Marital adjustment and life satisfaction are the two keys which plays a significant role in marriage. When couples find difficulty in adjustment, lack of emotional support and failure of any aspects of life can bring unpredictable reasons for fight and this can a reason of divorce. In Arunachal Pradesh not many studies have been found and this was one of the main reason this study has been put forward. **Aim:** The research aims at exploring and correlational of the marital adjustment and life satisfaction among teachers from Arunachal Pradesh **Method:** An exploratory design had been chosen and a correlational method has done for the study. Total 100 teachers participated in the study. Tools used for the study was Marriage Adjustment Inventory (MAI) developed By C.G. Deshpande (1997) and Temporal Satisfaction with Life Scale by Diener et al., (1985). **Results:** The result shows teachers found to be moderate on marital adjustment and in life satisfaction they found to be at higher side. Sample was not normally distributed that is why researcher used non-parametric statistics. There was positive correlation found between marital adjustment and life satisfaction among teachers. Only two dimensions of marital adjustment namely confrontations & quarrels and social participation were positively correlated with life satisfaction, significant at 0.01 level. **Conclusion:** The present study shows significant correlation between marital adjustment and life satisfaction. In future through this study population will understand the importance of different life factors and will focus in the management plan of counselling for teachers in every school for better mental health, which will bring synchronization in schools.

Keywords: *Marital Adjustment, Life Satisfaction.*

Marriage is one of the most significant relationship factors of life between men and women. It involves emotional and legal commitment that is very important in the life of adults. One of the maturational milestone and personal achievement is selecting a partner and entering into a marital contract. Choosing a partner is one of the most important decisions. People have their own reason's to choose a partner and marrying them and most common reason's can be love, happiness, companionship and the desire to have children, physical attraction or desire to escape from an unhappy situation. Marriage is a

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Marital Adjustment and Life Satisfaction Among Teachers from Arunachal Pradesh

promise for the couple which brings love and responsibility for building up a family. It is a commitment between two individuals who connect two families together with their effort. Some of the areas covered in marital adjustment are religion, social life, mutual friends, in laws, money, sex, couple growth, communication, conflict resolution, affection, roles, cooperation and parenthood.

Life satisfaction is the way people evaluates their position in the present and plan accordingly for the future. In terms of mood, their achievement, self-concepts and ability to cope with daily life are indication of their well-being. Life satisfaction can be measures from the achievement of one's life goals.

REVIEW OF LITERATURE

A research has been done on the topic, 'Relationship between basic psychological needs satisfaction with resilience and marital satisfaction in teachers', by Naemi. A. M., in 2018. The study investigated to evaluate the relationship between basic psychological needs satisfaction, resilience and marital satisfaction by using descriptive and correlational method. Total sample was 324 individuals from which 174 individuals were selected as case studies among population. Psychological assessments have been done before hand. The results showed that all variables of the study are significant positive correlation with marital satisfaction and resilience.

In the research article, 'Teacher Adjustment and Teacher Effectiveness of Secondary School Teachers', by Halder & Roy in 2018, contributed a study to investigate the relationship between marital adjustment and career as a teacher. Total sample 400 individuals participated in the study where 256 were male and 144 were female. The finding of the results showed that both are positively correlated with one another.

A research has been investigated on 'Investigating Teachers' Life Satisfaction', by Dagli et al., in 2017. A random sample of 225 teachers has been collected. Relevant assessments have been performed in the present study. the findings showed that a significant difference among teachers' perceptions has been found related to their gender, marital status and monthly income.

In the journal article, 'Combining Marriage and Career: The Professional Adjustment of Marital Teachers', by Rizvi. A.H., in 2016, contributed a study to find out the relationship between marital status and career. Total sample size was 792 teachers from 86 institutions of Uttar Pradesh, India. The findings showed marital status of teachers with their professional adjustment are not associated with each other. So, there is no significant difference between both the variables of the study.

In the journal article, 'Relationship between Parenting Styles and Marital Adjustment of Married Teachers in Secondary Schools in Obio/ Akpor Local Government Area of Rivers State', by Onyekuru. B. U in 2015, conducted a study on total 1107 married teachers. The assessments for data collection were marital adjustment scale and parenting styles questionnaire was measured and evaluated. The results showed that there was low, insignificant and positive relationship between authoritarian parenting style and marital adjustment.

A research has been conducted on 'An Investigation of the Relationship between Job and Life Satisfaction among Teachers', by Demirel, H. in 2014. The sample 406 individuals

Marital Adjustment and Life Satisfaction Among Teachers from Arunachal Pradesh

participated in the study; data were collected through a questionnaire on demographic characteristics, Minnesota Job Satisfaction Scale and Life satisfaction Scale. The results showed a significant correlation between life satisfaction and job satisfaction at the level of 0.001.

A research named, 'Marital satisfaction, job satisfaction and psychological health of secondary school teachers in Nigeria', has been done by Ofovwe et al., in 2013. A cross-sectional study was conducted on teachers. Total 300 teachers participated. Assessments like marital satisfaction and general health questionnaire-28 was used. The findings showed that 82.7% teachers had marital satisfaction, 20.8% had psychological disorder while 24.5% were dissatisfied with their job. A strong significant was found between psychological disorder and no significant was found between psychological disorder and job dissatisfaction.

Rational of the study

Many studies have been done on Marital Adjustment and Life Satisfaction of Teachers yet no study has been contributed from Arunachal Pradesh, which brings a great interest in choosing this topic for the present research.

Statement of the problem: To study the correlation between marital adjustment and life satisfaction among teachers from Arunachal Pradesh.

Objectives

To study the relationship between marital adjustment and life satisfaction of teachers.

Hypotheses

H₁: There will be positive correlation between marital adjustment and life satisfaction.

METHODOLOGY

Study design

The scientific method used by the researcher was exploratory type of research. This study aims at exploring and correlation between marital adjustment and life satisfaction among teachers from Arunachal Pradesh.

Sample

The present studies sample size consisted of 100 teachers and sample has be collected from selected schools of West Siang (K.V school, Govt. Hr. Sec. School, Aalo, Yoji Yora Primary school, Govt. Hr. Sec. school, Pessing) and Papum Pare (Royal International school, Govt.Hr.Sec.school, Itanagar) Districts of Arunachal Pradesh.

Inclusion criteria

- Married teachers
- Teachers of any gender
- Teachers who are willing to participate in this study
- Teachers from Arunachal Pradesh

Exclusion criteria

- Unmarried teachers
- Teachers from Other states

Study tools

- **Marriage Adjustment Inventory (MAI):** Marriage Adjustment Inventory (MAI) by C.G. Deshpande (1997): The MAI is a 25 items’ inventory measuring the marital adjustment. 15 items are with rated statements on a 5-point likert scale and the remaining 10 items are to be checked by the subject on 5-point likert scale of agreement – disagreement. Responses ranges from 25 to 125 and norms suggests that best adjustment would be low on scores and worst would be high on scores. The reliability of the inventory is 0.83 and validity is 0.49.
- **Temporal Satisfaction with Life Scale (TSLS) by Diener et al. (1985):** The Temporal Satisfaction with Life Scale (TSWLS) by Diener et.al, 1995, it was designed to measure past, present and future life satisfaction. It includes 15 items, five questions from each. The Temporal Satisfaction with Life Scale (TSWLS), and reports data establishing its reliability and validity as a measure of life satisfaction. The addition of a temporal dimension allows the TSWLS to assess an individual's past, present, and future life satisfaction. Data relevant to reliability and validity of the TSWLS were gathered from three samples, including one college sample and two adult samples. Moderate to strong correlations with other self- and peer-reported measures of well-being and life satisfaction were observed. Factor analyses revealed a three-factor structure, with the factors corresponding to past, present, and future time frames. Measures of internal and temporal reliability show the TSWLS to be a highly consistent measure of global life satisfaction.

Procedure

Firstly, schools have been selected for collecting sample. Informed consent was included in the survey explaining in details the study design and aim prior to respondent’s enrollment. Participants could terminate the survey at any time they desired. The survey was anonymous and confidentiality of information was assured. Later test has been administered with standard instructions which were followed by the subjects. From collecting data till scoring and analysis it took 3 months.

Statistical Analysis

Data were revised, coded, entered on a computer and analyzed by using SPSS version 20. Correlational method was calculated to find out the correlation between marital adjustment and life satisfaction among teachers from Arunachal Pradesh.

RESULTS

Table 1: Showing mean, median, mode, standard deviation, skewness and kurtosis for all the variables.

	Marital adjustment	Life satisfaction
Mean	51.04	67.29
Median	51.00	66.00
Mode	43a	58a
Standard deviation	10.102	15.223
Skewness	.519	-.056
kurtosis	1.059	-.539
Multiple mode exists. The smallest value is shown		

Table 2: Showing correlation between Marital Adjustment and Life Satisfaction with its sub-scales.

Life satisfaction	Marital adjustment
Past	-.198
Present	-.246*
future	-.086
Life satisfaction	-.217*

*correlation is significant at the 0.05 level (2-tailed).

**correlation is significant at the 0.01 level (2-tailed).

NOTE: Negative signs indicate positive correlation because MA high scores indicate maladjustment.

Table 3: Showing correlation between life satisfaction and all factors of marital adjustment.

Marital adjustment	Life satisfaction
Sexual satisfaction	-.099
Confrontation and quarrels	-.299**
Success of marriage	.001
Divorce	-.190
Areas of adjustment	-.191
Temperamental differences	-.132
Mutual respect	-.107
Decisions	.160
Personal daily activities	-.016
Affection and love	-.074
In- laws	-.097
Customs and tradition	-.074
Food habits	-.155
Social participation	-.297**
Bringing up children	.001

**correlation is significant at the 0.01 level (2-tailed).

NOTE: Negative signs indicate positive correlation because MA high scores indicate maladjustment.

Table 4: Showing correlation between total life satisfaction and its sub-scale.

	Life satisfaction total
Past	.740**
Present	.799**
future	.795**

**correlation is significant at the 0.01 level (2-tailed).

DISCUSSION

Marital adjustment and life satisfaction plays an important role in marriage. Many reviews of literature have been done for this study, both supported and contradictory studies have put for better understanding of the research. In this study Table no.1 shows mean, median, mode, standard deviation skewness and kurtosis for all the variables. In marital adjustment mean= 51.04, median= 51.00, mode= 43a (a-Multiple mode exist. The smallest value is shown), standard deviation= 10.102, skewness= .519 and in kurtosis= 1.059. In life satisfaction mean= 67.29, median= 66.00, mode= 58a (a-Multiple mode exist. The smallest

Marital Adjustment and Life Satisfaction Among Teachers from Arunachal Pradesh

value is shown), standard deviation= 15.223, skewness= -.056 and in kurtosis= -.539. Table 2 shows correlation between marital adjustment and life satisfaction with its sub-scales. Past life satisfaction and marital adjustment= -.198, Present life satisfaction and marital adjustment= -.246* (significant at 0.05 level), Future life satisfaction and marital adjustment= -.086 and life satisfaction and marital adjustment = -.217* (significant at 0.05 level). Negative signs indicate positive correlation in this table as marital adjustment high scores indicate maladjustment. Table 3 shows correlation between life satisfaction and all factors of marital adjustment. Marital adjustment's factor sexual satisfaction and life satisfaction= -.099, marital adjustment's factor confrontation and quarrels and life satisfaction= -.299** (significant at 0.01 level), marital adjustment's factor success of marriage and life satisfaction= -.001, marital adjustment's factor and life satisfaction= -.190, marital adjustment's factor areas of adjustment and life satisfaction= -.191, marital adjustment's factor temperamental differences and life satisfaction= -.132, marital adjustment's factor mutual respect and life satisfaction= -.107, marital adjustment's factor decisions and life satisfaction= .160, marital adjustment's factor personal daily activities and life satisfaction= -.016, marital adjustment's factor affection and love and life satisfaction= -.074, marital adjustment's factor in-laws and life satisfaction= -.097, marital adjustment's factor customs and tradition and life satisfaction= -.074, marital adjustment's factor food habits and life satisfaction= -.155, marital adjustment's factor social participation and life satisfaction= -.297** (significant at 0.01 level) and marital adjustment's factor bringing children and life satisfaction= .001. Negative signs indicate positive correlation because marital adjustment high scores indicate maladjustment. Table 4 shows correlation between total life satisfaction and its sub-scales. Life satisfaction sub-scale past and life satisfaction total= .740** (significant at 0.01 level), life satisfaction sub-scale present and life satisfaction total= .799** (significant at 0.01 level) and life satisfaction sub-scale future and life satisfaction total= .795** (significant at 0.01 level).

Limitation of the study

Every research has their own limitations thus this study also has its limitations that need to be taken into account when considering the study and its contributions. Sample size was small so the findings may be generalized. Generalization made in the current study was based on 30 polygamy practiced subjects. The population was restricted to Arunachal Pradesh State. The sample was collected only from the districts West Siang and Papum Pare. Another limitation may be the subject improper filled of questionnaire due to not understanding the instructions properly. The survey nature of the study allows for respondents' bias.

Strengths

In Arunachal Pradesh no studies have been done lately related to this topic and this will be one of the few studies which will provide a missing aspect, a new approach to support the other researchers who wants to study in the same field.

Future directions

Future research should focus on a large sample size and also subjects from different region. Study can be done in colleges too by including other relevant tests. Researcher can also choose different psychological dynamics which may be playing an important role in individuals.

CONCLUSION

The present study shows significant correlation between marital adjustment and life satisfaction. In future through this study population will understand the importance of different life factors and will focus in the management plan of counselling for teachers in every school for better mental health, which will bring synchronization in schools.

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Conflict of Interest

The author declared no conflict of interest.

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