

Research Paper

A Study on Marital Adjustment among the Married Women Residing in Rural and Urban Areas of Sikkim

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ABSTRACT

Marital adjustment is a multidimensional concept that is critical to comprehending the dynamics and quality of marital relationships. The purpose of this study is to explore the elements that includes in marital adjustment such as consensus, satisfaction and cohesion. This study has used a quantitative method with a purposive sampling method. A total sample of 100 married women participants from both rural and urban areas of Sikkim was taken. Data were collected by using the scale: Revised Dyadic Adjustment Scale (RDAS) by (Busby et al, 1995) along with socio-demographic datasheet. To analyse data, Pearson correlation analysis, and t-test was employed. The results showed a significant relationship between consensus, satisfaction and cohesion. Findings also showed that there was a significant difference between married women of rural and urban areas on marital adjustment.

Keywords: *Marital Adjustment, Consensus, Satisfaction, Cohesion*

Marriage is one of the most important relationships between a man and a woman. It entails an emotional and legal commitment that is essential in any adult's life. And it is fundamentally a social process in which two people come together and relate to one other on a personal and intimate level before vowing to share their lives together (Fatima, 2014; Thara & Srinivasan, 1997). While, Marital adjustment is defined as "the state in which husband and wife have an overall feeling of happiness and satisfaction with their marriage and with each other". It refers to the psychological and emotional adjustments that couples go through as they settle into married life and work together to create a fulfilling and harmonious relationship (Hashmi et al, 2007; Thomas, 1977). Marital adjustment is a relative notion that typically depends on how marriage is defined and the criteria of adjustment that are accepted in a given society at a given moment (Akhter, 2021).

Marital adjustment in married women refers to how women adapt to and negotiate changes and obstacles in their marriage. It refers to the psychological, emotional, and social changes that women go through as they enter married life and work with their spouses to create a satisfying and harmonious relationship. The three aspects of Marital adjustment are: consensus, cohesion and satisfaction (Busby et al, 1995). In marital relationships, consensus, contentment, and coherence are all interconnected. Higher levels of satisfaction and

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coherence contribute to a larger sense of consensus. Fostering open communication, mutual understanding, and shared decision-making can improve all three dimensions of a married connection and contribute to a happier and more meaningful marriage.

The purpose of the present study is to explore the three aspects of Marital adjustment that are consensus, satisfaction and cohesion of the individuals residing in rural and urban areas of Sikkim.

Objectives of the study

- To study the relationship between the variables under study.
- To assess the level of consensus, satisfaction and cohesion between the individuals residing in rural and urban areas of Sikkim.

Hypothesis of the study

- There would be significant relationship between the variables under study.
- There would be significant difference in consensus, satisfaction and cohesion between the individuals residing in rural and urban areas of Sikkim.

METHODS AND PROCEDURE

Sample

The present study is a quantitative method wherein the selected sample is assessed using the behavioural measures with purposive sampling methods. The data were collected from one hundred married women of Sikkim falling in the age range of 18 to 40. Out of 100 married women, 50 married women were from rural areas and 50 married women were from urban areas. The selected sample had fulfilled their respective criteria and filled the given behavioural measures in an appropriate manner.

Ethical Consideration

- Confidentiality of information given by participants was maintained.
- Cooperation of the participants was sought.
- Avoiding duplication.

Tools used

Revised Dyadic Adjustment Scale (RDAS): The Revised Dyadic Adjustment Scale (RDAS) is a self-report questionnaire developed by Busby et al., (1995) and for a reliable and economical measurement of marital and relationship quality by Crane, Middleton & Bean (2000). This questionnaire assesses seven dimensions of couple relationships within three sub scales; Consensus in decision making, values and affection, Satisfaction in the relationship with respect to stability and conflict regulation, and Cohesion as seen through activities and discussion. The RDAS includes only 14 items, each of which asks the respondents to rate certain aspects of her/his relationship on a 5- or 6-point scale. The RDAS has been found to have a Cronbach's alpha (reliability) of .90. Construct validity for the RDAS is supported by its high correlation with a similar measure, the Locke-Wallace Marital Adjustment Test (MAT). The correlation between the RDAS and the MAT was .68. In terms of the discriminant validity, the RDAS has been found to successfully differentiate between 81% of distressed and non-distressed cases.

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Procedure

The data for the present study was collected among the married women falling in the age range 18 to 40 years from the rural and urban areas of Sikkim. Before the administration of the booklet, the participants were given clear instructions on how to fill it out, and they were provided with adequate time to complete it. The research assistants were available to clarify any doubts that the participants might have had while filling out their responses. The data collection was carried out in a private setting to ensure confidentiality and to provide a comfortable environment for the participants to respond to the psychological measures.

Statistical Analyses

The data were analysed using SPSS 20 (Statistical Package for the Social Sciences). Descriptive analyses of the data collected were done for each and every variable. Statistical techniques used were Pearson correlation, and t-test.

RESULTS AND DISCUSSION

The following section aims to discuss the results that were obtained. Information pertaining to Correlation and t-test among the variables mean and the standard deviation is discussed below:

H1: There would be significant relationship between the variables under study.

Table-1: Mean, SD and Co-efficient of Correlation on Consensus, Satisfaction and Cohesion among the married women residing in rural and urban areas of Sikkim (N=100).

<i>Variables</i>	<i>Mean</i>	<i>SD</i>	<i>Consensus</i>	<i>Satisfaction</i>	<i>Cohesion</i>
Consensus	25.45	4.80	1		
Satisfaction	14.10	4.83	.68**	1	
Cohesion	12.00	3.73	.37**	.51**	1

** Significant at .01; * Significant at .05

From the above table 1, it can be observed that there exists a significant and positive relationship between consensus and satisfaction ($r=.68$); significant at .01 level which is in the expected direction. Similarly, there exists a significant and positive relationship between consensus and cohesion ($r=.37$); significant at .01 level which is also in the expected direction. There also exists a significant and positive relationship between satisfaction and cohesion ($r=.51$); significant at .01 level which is also in the expected direction.

H2: As it was hypothesized that there would be significant difference in consensus, satisfaction and cohesion between the individuals residing in rural and urban areas of Sikkim.

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Table-2: Mean, SD and t-value of the married women residing in rural and urban areas of Sikkim on Consensus, Satisfaction and Cohesion (N=100).

		N	Mean	SD	t	df	p-value
Consensus	Rural	50	23.14	5.12	-5.483	98	.00
	Urban	50	27.76	3.05			
Satisfaction	Rural	50	11.90	4.79	-5.090	98	.00
	Urban	50	16.30	3.80			
Cohesion	Rural	50	11.28	3.82	-1.959	98	.05
	Urban	50	12.72	3.52			

The results (Table-2) revealed that the participants residing in urban areas have obtained higher mean score in consensus (Mean= 27.76; SD= 3.05) as compared to the participants residing in rural areas (Mean= 23.24; SD= 5.12) and found to be significant with (p-value=.00). Likewise, the participants residing in urban areas have also obtained higher mean score in satisfaction at the (Mean= 16.30; SD=3.80) as compared to the participants residing in rural areas (Mean=11.90; SD= 4.79) and found to be significant with (p-value=.00).

Whereas the participants residing in urban areas scored slightly high mean score in cohesion (Mean= 12.72; SD= 3.52) as compared to the participants residing in rural areas (Mean= 11.28; SD= 3.82) but found to be not significant with (p-value=.05).

Therefore, it can be concluded that there are some significant differences in consensus and satisfaction among the participants residing in rural and urban areas. And in terms of cohesion, there is slightly mean difference between the participants residing in rural and urban areas, although the difference was not statistically significant.

The findings of the present study are supported by the study done by (Fatima, 2014; Hiremath & Itagi, 2016) where it was found that there were significant differences in marital adjustment among the married women residing in rural and urban areas. Similar study by (Hansen, 2010; Mahapatra, 2022) also revealed that there exist a rural/urban significant difference in marital adjustment especially on the aspect of satisfaction.

CONCLUSION AND LIMITATIONS

The present study aimed to explore the relationship between consensus, satisfaction and cohesion among the married women residing in rural and urban areas of Sikkim. The result showed that there is a significant relationship between consensus, satisfaction and cohesion.

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And there was also a correlation seen between consensus, satisfaction and cohesion. In terms of consensus and satisfaction, urban participants were found to be significantly higher as compared to rural participants. Whereas, there was no significant difference in cohesion, although there were found to be some mean difference among urban and rural participants. The limitation of the present study should also be noted. As for the present study only one age group that is 18-40 years was used as participants. So, in future research participants from different age groups could be used for further research. Also, the present study can be conducted on a large sample for more reliable results.

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Conflict of Interest

The author(s) declared no conflict of interest.

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