

Relationship between Marital Adjustment, Depression, Stress and Anxiety among Young Adults

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ABSTRACT

The objective of the study was to assess the relationship between marital adjustment, depression, stress and anxiety and also to find the gender differences. Using convenient sampling method data was collected from the Indian population. The sample was married men and women and sample size was 66(men-33 and women-33). The study used correlational research design to assess the relationship. The researcher had used a marital adjustment questionnaire developed by Vaishnavi.P and Shalini.A (2020) and DASS developed by Lovibond and Lovibond (1995). The data was studied using Pearson correlation and the independent sample t test. The result indicated that there was a significant relationship between marital adjustment, stress and depression. There was no statistically significant link between marital adjustment and anxiety. There were no significant gender differences also. Conclusion is that individuals might not experience anxiety due to marital adjustment and they might experience stress and depression.

Keywords: *Marital Adjustment, Depression, Stress, Anxiety*

The adjustment to marriage varies from person to person. Individuals may experience tension, anxiety, and depression as a result of marital adjustment. Individuals who are unable to adjust to their marriage life may experience tension, worry, and sadness. This study looks at how marital adjustment affects individual functioning and whether stress, anxiety, or depression develops.

It entails making the required changes to each person's personality to enable the interplay that leads to a partnership. It also entails defining mutually interconnected roles that allow operations to integrate with as little friction as possible. It also entails rearranging the familial patterns learned by each spouse as a child, which may include ethnic and social class patterns, into a functional social structure. A successful marriage provides both individuals with a stabilizing influence as well as a new opportunity for self-realization. Life becomes a brand-new adventure with the opportunity to realize long-held ambitions. Both spouses appreciate each other's keen interest in their well-being and feel safe in the knowledge that they are the object of their partner's adoration. Activity, thinking, and fancy are given a new physical and actual emphasis, giving life a new unity. Companionship

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eliminates loneliness, and sexual completion generates a sense of release and fulfillment that mobilizes energy for the pursuit of marriage's rewards.

Major depressive disorder, sometimes known as depression, is a serious medical disease that frequently has an impact on people's feelings, thoughts, and behaviors. It is, however, treatable. Depression symptoms include sadness and/or a loss of interest in former hobbies. It can impair your performance at work and at home, as well as cause a wide range of mental and physical issues.

A few moderate to severe depression symptoms may include:

- suffering from melancholy or depression
- lack of interest or delight in previously loved activities
- Appetite changes, weight loss or increase unrelated to diets

For a depression diagnosis, symptoms must last at least two weeks and reflect a shift from your previous level of functioning. Depression is estimated to affect one in every 15 adults (6.7%) each year. Furthermore, 16.6% of the population will suffer from depression at some time in their lives. Although it can strike at any time, depression usually appears between late adolescence and mid-life. Women are more prone than men to be depressed. According to some experts studies, one-third of women will experience a major depressive episode at some point in their life. When first-degree relatives (parents, children, or siblings) also suffer depression, there is a significant degree of hereditary (around 40%).

Anxiety is characterized by a sense of tension, worrisome thoughts, and physical changes such as raised blood pressure. In most cases, intrusive thoughts or worries recur throughout the lives of those suffering from anxiety disorders. Fear may cause people to avoid specific situations. They may also experience physical adverse effects such as perspiration, tremor, nausea, or an increased heart rate.

Stress can be described as a state of anxiety or mental tension caused by a difficult situation. Stress is a natural human response that encourages us all to deal with difficulties and risks in our lives. Everyone experiences times of stress. However, how people deal with stress has a big impact on how they feel. Stress has an impact on both the body and the psyche. Stress is helpful and can help us complete routine activities. Excessive stress can harm both your physical and mental health. Developing stress coping skills might help you feel less overwhelmed and boost your mental and physical wellbeing.

Stressful circumstances can also result in or worsen mental health issues, most frequently depression and anxiety, which need for access to medical care. When individuals have mental health issues, it may be because the stress symptoms have gotten worse and started to interfere with the way they go about their daily lives, especially at work or school.

The purpose of the present investigation is to look into the connection between depression in couples and marital adjustment. The results showed a significantly substantial connection between depression and marital adjustment. The studies also demonstrate that both men and women experience more issues in marriage (Rao, 2017).

The present research looked at the connections between depression and how Hispanic couples' marriages were adjusting. The results revealed a strong relationship between

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depression and both the overall marital adjustment scale and its subscales. The inverse association was weaker than the one between husbands' marital adjustment scores and wives' depression scores (Treviño et al., 2007).

The link between marital adjustment, stress, and depression was investigated in this study of 150 working and non-working married women. Working married women had greater issues than non-working married women, whereas highly educated working and non-working married women were depressed-free (Hashmi et al., 2006). The actor-partner interdependence model was used to measure the level of infertility stress, marital adjustment, depression, and quality of life in infertile couples. The results revealed a gender gap in infertility stress, marital adjustment, depression, and quality of life (Kim et al., 2016).

The study sought to uncover the link between social support and mental health disorders such as depression, anxiety, stress, and marital adjustment in females. In married working and nonworking females, social support is positively related to marital adjustment and negatively related to anxiety and depression. (Abbas et al., 2019).

The study looked at the relationship between marital relationship quality and anxiety in Saudi women with breast cancer (BC). The study showed no significant link between marital relationship quality and anxiety symptoms in women with breast cancer in Saudi Arabia. (Al-Zaben et al., 2015).

The purpose of the current study is to discover the association between marital adjustment, depression, stress, and anxiety among Indian men and women. The majority of the research findings are among women. According to the majority of research data, females are the most vulnerable to marital adjustment.

METHODOLOGY

Problem Statement

The study is conducted to assess the relationship between marital adjustment, depression, stress and anxiety among young adults.

Objective

- To study the relationship between marital adjustment and depression
- To study the relationship between marital adjustment and stress
- To study the relationship between marital adjustment and anxiety
- To study the gender differences between marital adjustment, depression, stress and anxiety among men and women

Hypothesis

H1: There will be a significant relationship between marital adjustment and anxiety among men and women

H2: There will be a significant relationship between marital adjustment and stress among men and women

H₀3: There will be no significant relationship between marital adjustment and depression among men and women

H₀4: There will be no significant relationship between men and women in marital adjustment

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Variables

Variables - marital adjustment, depression, stress, anxiety.

Research Design

In this study, the correlational research design was adopted.

Sample

The sample selected for the study is married men and women, age range from 25-45. The sample for the study comprises 66 which includes 33 men and 33 women. Convenient sampling method was used to collect data from the sample.

Variable definition

- **Marital adjustment:** "The state in which the husband and wife have a general sense of happiness and satisfaction with their marriage and with each other" (Sinha & Mukerjee, 1990). "Accommodation of a husband and wife to each other at a given time" (Locke & Wallace, 1959).
- **Depression:** Depression is a mood condition characterized by chronic sorrow and loss of interest (Salik, R. Marwaha, 2022)
- **Anxiety:** Anxiety is defined as an uncontrollable, diffuse, unpleasant, and persistent state of negative affect characterized by apprehensive anticipation of unforeseeable and unavoidable future danger, as well as physiological symptoms of tension and a continual state of hypervigilance (Barlow, 2002).
- **Stress:** Stress occurs when people perceive that the demands from external situations are beyond their coping capacity (Lazarus and Folkman, 1984).

Tools

The tools used in this study is a marital adjustment questionnaire developed by Vaishnavi. P and Shalini. A (2020) Postgraduate student and Assistant professor of PSG College of Arts and Science, Coimbatore. This questionnaire has 50 questions and has a 1-5 likert scale. Cronbach's Alpha reliability is 0.896.

Another tool used was DASS developed by Lovibond and Lovibond (1995). It is a self-report scale and assesses depression, anxiety and stress. This scale's Cronbach internal consistency is 0.89.

Inclusion and Exclusion criteria

Inclusion criteria

- Individuals between the age range of 25-45 years.
- Individuals from non-psychology backgrounds.
- Individuals who have been married for a minimum of 5 months.
- Individual from Indian population.

Exclusion criteria

- Individuals from Psychology background.
- Individual who are separated or widows.
- Individual who have been married below 5 months of marriage.

Statistical Analysis

Correlational research designs were used and found the correlation between marital adjustment and depression, stress, anxiety and also found gender difference by using an independent sample t- test through SPSS software.

RESULT AND DISCUSSION

Correlation

H1: There will be a significant difference between marital adjustment and anxiety among men and women

Table 1 - Showing correlation between marital adjustment and anxiety among men and women

Variables	N	r	p
Marital Adjustment	66	1	
Anxiety	66	-.181	.147

Table 1 indicates the correlation between marital adjustment and anxiety among men and women. After the analysis of data, it was found that there was no significant relationship between marital adjustment and anxiety among men and women. Hypothesis described that there will be a significant relationship between marital adjustment and anxiety. Therefore, the hypothesis is rejected. Marital adjustment is not affecting the individual and the result shows that the individual won't be affected by anxiety. (Al-Zaben et al., 2015) investigated the relationship between marital relationship quality and anxiety in Saudi women with breast cancer (BC). They discovered that "no significant relationship was found between the quality of marital relationship and anxiety symptoms." Another study discovered that marital adjustment has a negative relationship with sadness and anxiety in married working and nonworking females. (Abbas et al., 2019).

H2: There will be a significant difference between marital adjustment and stress among men and women

Table 2 - showing correlation between marital adjustment and stress among men and women

Variables	N	r	p
Marital Adjustment	66	1	
Stress	66	-.300*	.014

Note: *p < 0.05

Table 2 indicates the correlation between marital adjustment and stress. After analysis of data the results show that it is significant at 0.05 level. As the result matches with the hypothesis, the hypothesis is accepted. There is a significant relationship between marital adjustment and stress among men and women. One of the studies found that the "Results indicated a highly significant relationship between marital adjustment, depression and stress" (Hashmi et al., 2006).

H03: There will be significant difference between marital adjustment and depression among men and women

Table 3: showing correlation between marital adjustment and depression

Variables	N	r	p
Marital Adjustment	66	1	
Depression	66	-.303*	.013

Note: * $p < 0.05$

Table 3 indicates the correlation between marital adjustment and depression. After analysis of data the results show that there is a significant relationship between marital adjustment and depression at 0.05 level. As the hypothesis does not match with the result, therefore the hypothesis is rejected. The study which supports the results are (Rao, 2017) study shows that the “Results indicated a highly significant relationship between marital adjustment and depression”. According to Trevio et al. (2007), "correlations between depression and overall marital adjustment and the subscales of marital adjustment were significant" for husbands and wives and the entire sample. Another supporting study by (Hashmi et al.,2006) shows that the “Results indicated a highly significant relationship between marital adjustment, depression and stress”.

H₀4: There will be no significant gender between marital adjustment, depression, stress and anxiety among men and women.

Table 4: showing the gender difference between marital adjustment, depression, stress and anxiety among men and women.

		N	M	SD	t	p
Marital adjustment	Male	33	190.697	28.9196	-2.465	.016
	Female	33	205.333	18.0981		
Depression	Male	33	6.424	4.8864	2.263	.027
	Female	33	3.909	4.1107		
Stress	Male	33	6.182	4.5720	1.836	.071
	Female	33	4.303	3.6953		
Anxiety	Male	33	5.909	5.3348	.937	.352
	Female	33	4.848	3.7175		

Table 4 indicates the gender differences between marital adjustment, depression, stress and anxiety among men and women. After the analysis of data the results found that there is no significant gender difference between marital adjustment, depression, stress and anxiety among men and women. As the hypothesis matches the result therefore the hypothesis is accepted. The t value for marital adjustment, depression, stress and anxiety is -2.465,2.263,1.836 and .937 respectively. The p value for marital adjustment, depression, stress and anxiety is .016,.027,.071 and .352 respectively. The contradicting study for the result was one of the research examined by (Kim et al., 2016) in which “The results revealed a gender difference in infertility stress, marital adjustment, depression, and quality of life.”

CONCLUSION

It is clear from the preceding discussion that marital adjustment has no effect on anxiety in people. Individuals do not feel anxious as a result of marital adjustment. Individuals suffer

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from depression and stress as a result of marital adjustment. In terms of marital adjustment, depression, stress, and anxiety, there are no gender differences.

Limitations

In this study, the sample size would have been larger. The results might have been different if there had been more data. Data was collected online using Google Forms; if collected offline, the results might have been different.

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Conflict of Interest

The author(s) declared no conflict of interest.

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