

Research Paper

Effect of Emotional Maturity and Marital Locus of Control on Marital Adjustment among Married Couples

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ABSTRACT

This study explores the relationship between marital adjustment, emotional maturity, and marital locus of control among married couples. Marital adjustment, defined as the overall satisfaction and happiness within a marriage, was examined in relation to emotional maturity, characterized by an individual's ability to regulate emotions and make effective adjustments in relationships, and marital locus of control, which refers to the extent to which partners perceive their marital outcomes as influenced by internal versus external factors. The study employs a cross-sectional comparative design with a sample of married individuals, using the Revised Dyadic Adjustment Scale (RDAS), the Emotional Maturity Scale (EMS), and the Miller Marital Locus of Control (MMLOC) scale as key instruments. The study investigates the role of communication, emotional regulation, and locus of control in fostering marital satisfaction. Results suggest that effective communication and emotional maturity are positively correlated with higher marital adjustment, while locus of control orientations provide insights into marital satisfaction dynamics. The findings contribute to a deeper understanding of the factors influencing marital relationships, highlighting the importance of emotional maturity and internal locus of control for fostering stronger marital bonds. The study also addresses the impact of communication and mutual adjustment on the success and stability of marriages, emphasizing their role in managing marital challenges.

Keywords: *Emotional Maturity, Marital Locus of Control, Marital Adjustment, Married Couples*

Marriage is a universal institution found in human societies, evolving through various forms such as promiscuity, group marriage, polyandry, polygamy, and the widely practiced monogamy (Janetius, 2019). It represents a social, emotional, and physical union rooted in mutual attraction, commitment, and shared responsibilities. Marriage, as defined by Stephens (1971), is a socially legitimate sexual union undertaken with an idea of permanence and accompanied by reciprocal rights and obligations. Landis

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(1975) described it as the foundation of humanity, fostering a creative micro-community called family.

Motivations for marriage include love, companionship, economic security, and emotional fulfillment (Bowman, 1974). Sociologists also discuss homogamy, where individuals tend to marry those who meet their needs (Bowman, 1974). Modern trends, such as single parenting, same-sex marriages, and technological advancements like test-tube babies, have redefined traditional marital roles and ethics, promoting greater freedom and individuality (Janetius, 2019; Rogers, 1972).

Marital Adjustment

Marital adjustment refers to the ability of spouses to adapt to each other for a harmonious and satisfying relationship. It involves mutual understanding, effective communication, and resolving conflicts arising from differing values and expectations (Landis, 1975; Lehner & Kube, 1964). Adjustment is a continuous process influenced by cultural norms and individual personality traits (Sheth, 2015).

Research emphasizes that strong communication fosters better adjustment, as it enhances awareness of each other's needs and feelings (Blood & Wolfe, 1960). Couples with effective communication tend to manage interpersonal and situational challenges better. In contrast, selfishness, lack of compromise, and poor communication often lead to dissatisfaction and conflict (Stone & Stone, 1970).

Successful marriages prioritize love, trust, companionship, and shared goals. A long and meaningful courtship period, coupled with mutual respect and adaptability, increases the likelihood of marital satisfaction (Le Master, 1959; Rogers, 1972). Ultimately, marital adjustment is a dynamic, lifelong process requiring cooperation and maturity from both partners (Garon, 1997).

Marriage involves certain developmental tasks that vary at different life stages, such as early marriage, after having children, during middle life, post-retirement, and during crises like illness or financial loss (Landis & Landis, 1977). Successful marriages depend on satisfactory arrangements in areas like sexual relations, money, religion, social activities, in-laws, friendships, and child-rearing (Landis & Landis, 1977). Conflicts often arise in these areas, and the way couples resolve them influences marital happiness. Methods of conflict resolution typically fall into three patterns: (1) compromise, (2) accommodation, and (3) hostility (Landis & Landis, 1977).

Psychologists identify different levels of involvement in marriage: minimum, limited, and maximum, with maximum involvement leading to greater satisfaction through mutual understanding and adjustment (Pollak, 1968). Common sources of marital conflict include differences in growth patterns, cultural backgrounds, and sex roles (Chen et al., 2007). Studies suggest that the age at marriage affects stability, with early marriages often facing instability due to lack of preparation, while late marriages may struggle with reduced adaptability (Booth & Edwards, 1985). Parental marital satisfaction also influences the couple's adjustment (Booth & Edwards, 1985).

Marital adjustment is essential for maintaining harmony and satisfaction, involving conflict resolution, shared interests, and fulfilling marital expectations (Locke & Williamson, 1958).

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Successful marriages depend on mutual respect, love, and understanding, and are supported by a commitment to resolving conflicts (Coleman et al., 1987; Ruch, 1970).

Marital adjustment is crucial for optimizing marriage, involving several key areas:

- 1. Spouse Adjustment:** Individuals often have idealized images of their partners, and adjustment is easier when their expectations are met.
- 2. Sexual Adjustment:** Women generally face more difficulty with sexual adjustment, affecting men's satisfaction, influenced by societal attitudes and experiences.
- 3. Financial Adjustment:** Discrepancies between a couple's financial resources and aspirations can lead to conflict, requiring lifestyle adjustments or causing resentment.
- 4. In-law Adjustment:** In cultures with extended families, factors like stereotypes, desire for independence, family cohesion, and financial support affect in-law relations.
- 5. Parenthood Adjustment:** Transitioning to parenthood involves moving from an ego-centered to a family-centered focus.

Marital satisfaction is influenced by personality compatibility, educational and religious homogeneity, income level, and other factors. Emotional maturity plays a significant role in handling these challenges (Ada & Valentina, 2020).

Emotional Maturity

Youth and children today face numerous challenges, leading to psycho-somatic issues such as anxiety and frustration. Emotional maturity is critical in managing these difficulties and plays a key role in personality development and adolescent growth (Morr & Canary, 2008). Emotionally mature individuals can control their emotions, delay gratification, and adjust effectively to family and societal demands (Kalpan & Baron, 1984). Key traits of emotional maturity include the ability to handle frustration, delay responses, and engage in meaningful relationships (Cole, 1980). Bernard (1954) outlines mature emotional behavior as the ability to manage negative emotions, tolerate discomfort, and make responsible decisions. Emotional maturity, reaching its peak in adulthood, enables individuals to navigate life's challenges effectively, improving marital satisfaction and overall well-being (Marlina, 2013; Khalatbari et al., 2013).

Characteristics of emotional maturity include emotional stability, social adjustment, and the ability to handle stress and conflict constructively (Sheth, 2015). It involves balancing emotional responses, accepting responsibility, and engaging in positive interactions with others. The five main dimensions of emotional maturity are emotional stability, progression, social adjustment, personality integration, and independence (Seoul, 1951). Each dimension reflects how well an individual adapts to personal and social challenges, maintains balance, and makes decisions based on facts and self-reliance (Singh & Bhargava, 1990).

Locus of control, a concept introduced by Rotter (1966), refers to an individual's belief about the extent to which they control the outcomes of events in their life. People with an internal locus of control believe that their actions directly influence the outcomes they experience, while those with an external locus of control attribute outcomes to external forces such as fate or powerful others. This concept has been widely applied to predict various behaviors, including those within marital relationships. Research suggests that individuals with an internal locus of control are more goal-oriented, proactive in resolving marital issues, and report higher levels of marital satisfaction (Ganji & Navabinezhad,

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2012). On the other hand, individuals with an external locus of control often experience dissatisfaction in their marriages (Hoffman, Kupper, & Kunz, 2000; Doherty & Ryder, 1979). Studies on marital locus of control highlight its significant influence on marital adjustment and problem-solving behaviors, with those possessing an internal locus of control typically demonstrating better coping mechanisms and relationship outcomes (Miller, Lefcourt & Ware, 1983).

Several studies have examined marital adjustment, focusing on various factors such as gender, marriage type, work status, individual traits **and different cultural communities**. Saheba (2019) found no significant difference in marital adjustment between love and arranged marriages but noted that married males showed better adjustment than females. Mukherji (2019) discovered that single-career couples had better marital adjustment, while dual-career couples reported a better quality of life. Rao (2017) found a significant link between marital adjustment and depression, with both genders facing challenges in marriage. Arshad (2014) highlighted that late marriages showed better marital adjustment compared to early marriages.

Ghoroghi et al. (2014) explored the role of family-of-origin experiences in marital adjustment and found a positive correlation, while Lopez et al. (2011) observed that religious commitment slightly enhanced marital adjustment, especially for couples with insecure attachment. Chen et al. (2007) found that personality traits predicted marital adjustment, suggesting the importance of partner compatibility in relationships. Kumar and Dhyani (1996) concluded that sexual satisfaction significantly contributed to marital adjustment, with no major effects from marriage type or duration, although arranged marriages in their study tended to be same-caste, while love marriages were more likely inter-caste. Senchak and Leonard (1992) showed that secure attachment styles were linked to better marital adjustment in newlywed couples. Bowerman (1981) found that economic conditions and sexual relations were significantly related to marital adjustment, with spousal satisfaction also influencing marital well-being.

These studies emphasize the diverse factors influencing marital adjustment and underscore the importance of understanding the various dynamics at play within relationships.

Studies Related to Emotional Maturity

Several studies have explored the relationship between emotional maturity and various factors such as gender, socioeconomic status, and academic achievement.

Joy and Aji (2019) examined the relationship between emotional maturity and happiness among emerging adults, finding a significant positive link. Women were found to be more emotionally mature than men, but no gender difference in happiness was observed. Similarly, Kumar (2018) explored emotional maturity among adolescents in Dehradun, discovering significant gender differences in emotional progression and differences between rural and urban adolescents in terms of emotional maturity. Joy and Mathew (2018) found that unstable emotional maturity negatively impacts general well-being in adolescents, showing a significant relationship between the two variables.

Vig and Sati (2017) studied emotional maturity and perceived stress, revealing a significant negative relationship—adolescents with higher emotional maturity experienced less stress. Rai (2017) found a positive correlation between emotional intelligence and emotional

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maturity among undergraduate students, noting that most students fell within a normal range for emotional intelligence, but many exhibited unstable emotional maturity. Kalaiselvan and Maheswari (2016) focused on postgraduate students, revealing that 45.5% of respondents had moderate emotional maturity. Saimons, Dutta, and Dey (2016) demonstrated that emotional maturity influences self-concept in adolescents, highlighting its impact on personal identity.

In the context of marriage, Das (2015) found that arranged married males showed moderate emotional maturity, while arranged married females displayed extreme emotional maturity. Wani and Masih (2015) found that postgraduate and research scholars were largely emotionally unstable. Shafeeq and Thaqib (2015) observed a positive correlation between emotional maturity and academic achievement among secondary school students, with government school students exhibiting higher emotional maturity than those in private schools. Kumari (2015) found no significant difference in emotional maturity between working and non-working women, while Sinha (2014) highlighted that non-tribal adolescent girls had higher emotional maturity than their tribal counterparts.

Kumar (2014) and Das (2014) compared emotional maturity among higher secondary students and love marriage couples, respectively, revealing no significant gender differences in the former and extreme emotional maturity among both male and female love marriage couples. Bhanwer (2013) concluded that boys are generally less emotionally mature than girls, while Vibha (2012) showed that both emotional maturity and family environment significantly impact spiritual intelligence among B.Ed students.

Other studies such as those by Subbarayan and Visvanathan (2011) and Sharma (2010) focused on college students, noting that emotional maturity tends to be unstable, particularly among first-year students. Jadhav (2010) found no significant relationship between home environment and emotional maturity among urban students. Lastly, Singh (1993) discovered that adolescents from lower socioeconomic status had higher emotional maturity scores than their counterparts from higher socioeconomic backgrounds. These findings collectively emphasize the complex interplay of emotional maturity with various life factors, underscoring its significance across different demographics and settings.

Studies Related to Marital Locus of Control

Several studies have explored the relationship between marital dynamics and locus of control, providing insights into how these factors influence marital stability and individual behavior.

Gupta and Husain (1988) investigated the relationship between marital locus of control and approval motivation among 120 couples (60 working and 60 conventional) from Aligarh city. Their analysis revealed a significant positive correlation between these two variables among working wives, non-working wives, and conventional couples. However, no significant relationship was found among husbands of working couples. Notably, differences were observed in the correlation between marital locus of control and approval motivation between working husbands and wives, as well as between working and conventional couples.

Husain and Grag (1985) conducted a study involving 68 Hindu married couples, using the Miller Marital Locus of Control (MMLOC) Scale. Their findings revealed a significant

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positive relationship, supporting the similarity hypothesis, which suggests that similar personality traits characterize happily married couples. The results indicated that the MMLOC scale is a valuable tool for investigating the role of locus of control in marital relationships.

Mlott and Lira (1977) hypothesized that individuals in unstable marriages would exhibit more dogmatic behavior, greater external control, and dissimilar motivating goals compared to those in stable marriages. However, after analyzing two groups of 22 couples (designated stable and unstable based on whether they sought professional help for marital issues), the study did not support these hypotheses. Still, it was found that wives in unstable marriages displayed a greater external locus of control than their husbands.

These studies highlight the importance of understanding how locus of control interacts with marital dynamics, suggesting that external control and personality similarities can play significant roles in shaping marital stability and approval motivations.

Studies Related to Marital Adjustment and Emotional Maturity

Several studies have explored the relationship between emotional maturity, marital adjustment, and various other factors such as work status and family dynamics.

Bharti (2019) investigated the social freedom, emotional maturity, and marital adjustment of working and non-working women, using a purposive sample of 200 women (100 working and 100 non-working) aged 26-46. Emotional Maturity Scale (EMS) and the Marital Adjustment Questionnaire (MAQ) were used for measurement. The findings revealed that women's ego-strength significantly influenced their social freedom, regardless of their work status. The study indicated no significant difference in marital adjustment between working and non-working women, suggesting that women, whether employed or not, bear substantial responsibilities at home, with paid labor not greatly alleviating these duties.

Nindyasari and Herawati (2018) examined the relation between emotional maturity, family interaction, and marital satisfaction in early-age married couples, with a sample of 30 couples. Their results showed that emotional maturity, family interaction, and income had a positive relationship with marital satisfaction, while factors such as family size and age at marriage negatively influenced satisfaction. The study also found that a husband's age and family interaction positively impacted marital satisfaction, while the husband's education level and age at marriage had a negative effect.

Sharma (2017) studied the impact of emotional maturity on marital adjustment in working and non-working women from Haridwar and Dehradun. The results indicated no significant effect of emotional maturity on marital adjustment. However, women with extremely stable emotional maturity showed better marital adjustment than those with average or unstable emotional maturity.

Rani, Singh, and Jaiswal (2017) explored the relationship between emotional maturity and marital adjustment in Indian couples. Using a sample of 100 couples with at least a graduate qualification, the study found that emotional instability, social maladjustment, and personality disintegration were significant predictors of overall marital adjustment.

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Syal (2015) conducted a study on emotional maturity in relation to life satisfaction among college students, revealing a significant relationship between emotional maturity and life satisfaction.

Jaisri and Joseph (2013) studied marital adjustment and emotional maturity in dual-career couples in Kerala. The study found significant differences between couples, with wives exhibiting better marital adjustment and independence. Age, type of marriage, and number of children were found to significantly impact marital adjustment and emotional maturity.

Heidari, Adli, Zarei, and Samai (2013) explored the role of marital satisfaction and parents' emotional maturity in their children's educational progress. The results showed a significant relationship between parents' emotional maturity and their children's educational progress, but no significant relationship was found between marital satisfaction and educational progress.

Esmael and Reza (2012) examined the relationship between emotional maturity and marital satisfaction. The study found a negative correlation between marital satisfaction and emotional instability, emotional return, social maladjustment, close character, and lack of independence, while social maladjustment had no significant relationship. In summary, emotional maturity was found to be significantly linked to marital satisfaction.

These studies collectively highlight the importance of emotional maturity in marital relationships and its impact on factors like marital adjustment, family dynamics, and life satisfaction.

Studies Related to Marital Adjustment and Marital Locus of Control

Several studies have examined the relationship between locus of control (LOC) and marital satisfaction, providing insights into how internal and external control orientations influence marital dynamics and happiness.

Sharma, Jasleen, and Bharadwaj (2019) investigated locus of control and marital adjustment as predictors of happiness among married couples. Using the Oxford Happiness Inventory, Levenson's Multidimensional Locus of Control Scale, and the Marital Adjustment Questionnaire, the study involved 100 married couples aged 26-35. The findings showed that most couples reported high happiness levels. Husbands perceived more happiness and powerful others control than wives, whereas wives reported higher marital adjustment, internal, and chance control. Correlation analysis revealed that marital adjustment was significantly positively correlated with happiness, while internal LOC was positively correlated with happiness. In contrast, powerful others control had a negative significant correlation with happiness.

Lee and McKinnish (2019) explored how locus of control relates to marital satisfaction from a couple's perspective. The study, which included 300 first-married couples, found that a more internal LOC was associated with higher marital satisfaction, and an individual's LOC mattered more than the spouse's. Couples with a more externally oriented husband experienced declines in marital satisfaction over time compared to couples where the husband was more internally oriented.

Sawai, Juhari, Kahar, and Ismail (2018) focused on locus of control, marital satisfaction, and stability among newlyweds. The study, involving 278 newlywed couples, revealed a

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significant negative relationship between external LOC and marital satisfaction. However, there was no significant relationship between internal LOC and marital satisfaction, and no significant link was found between either LOC and marital stability.

Mostadim (2016) investigated whether an individual's LOC orientation could predict marital satisfaction. The study concluded that individuals with an internal LOC were more likely to report higher marital satisfaction, supporting the internal LOC hypothesis.

Solaimani (2014) compared LOC and quality of life in spouses with high and low marital satisfaction. The results showed that individuals with an external LOC had lower marital satisfaction, reinforcing the idea that internal control contributes to better marital relationships.

Ganji and Navabinezhad (2012) examined the relationship between LOC and marital satisfaction using 62 spouses. The study found a significant positive relationship between internal LOC and marital satisfaction, while no significant differences were found between gender and LOC type or marital satisfaction level. Couples with external LOC reported marital dissatisfaction.

Bugaighis, Schumm, Bollman, and Jurich (1983) studied the relationship between LOC and marital satisfaction in older couples from rural and urban communities. Their findings indicated that wives with a greater internal LOC had higher marital satisfaction.

Doherty (1981) explored the relationship between spouses' individual LOC expectations and marital dissatisfaction. His study, involving newlyweds aged 18-29, found that when wives were more externally oriented and husbands more internally oriented, marital dissatisfaction was higher, particularly for the wives. This pattern suggested that external wives might feel their dependency needs were not adequately met by their more self-contained internal husbands.

These studies collectively highlight the importance of an internal locus of control in fostering higher marital satisfaction and happiness, with external LOC generally correlating with marital dissatisfaction. They suggest that individual LOC orientations and their dynamics within couples play a crucial role in shaping marital outcomes.

Studies Related to Marital Adjustment, Emotional Maturity and Marital Locus of Control

Sheth (2003) studied the effects of emotional maturity and marital locus of control on marital adjustment among same-caste and inter-caste couples. The sample consisted of 960 individuals, with 480 couples (husbands and wives). The study used the Emotional Maturity Scale (Singh and Bhargava, adapted in Gujarati), the Miller Marital Locus of Control Scale (Miller, Lefcourt, and Ware, 1983, adapted in Gujarati), and the Marital Adjustment Questionnaire by Pramodkumar and Rohtgi (1987, adapted in Gujarati).

The findings revealed that emotional maturity significantly contributed to marital adjustment, with extremely stable individuals showing the highest marital adjustment, followed by moderately stable individuals, and the least adjustment observed in unstable individuals. However, marital locus of control did not significantly impact marital adjustment. Interestingly, the external locus of control group showed higher marital adjustment compared to the internal locus of control group. The caste level status of the

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couples was also found to be a non-significant factor, although same-caste couples exhibited higher marital adjustment than inter-caste couples.

This study highlights the importance of emotional maturity in marital adjustment, while questioning the significance of marital locus of control and caste status in influencing marital satisfaction.

METHODS

Objectives of the Study

The research objectives provide clear direction for the investigation of variables. The objectives of this study are as follows:

1. To examine the relationship between marital adjustment and emotional maturity.
2. To explore the relationship between marital adjustment and marital locus of control.
3. To study the relationship between emotional maturity and marital locus of control.
4. To assess the difference in marital adjustment scores between males and females.
5. To assess the difference in emotional maturity scores between males and females.
6. To evaluate the difference in marital locus of control scores between males and females.

Hypotheses

A hypothesis is a proposed explanation based on limited evidence, intended to serve as a starting point for further investigation. The hypotheses for this study are as follows:

- **H0 1:** There is no significant relationship between marital adjustment and the emotional instability dimension of emotional maturity among married couples.
- **H0 2:** There is no significant relationship between marital adjustment and the emotional regression dimension of emotional maturity among married couples.
- **H0 3:** There is no significant relationship between marital adjustment and the social maladjustment dimension of emotional maturity among married couples.
- **H0 4:** There is no significant relationship between marital adjustment and the personality disintegration dimension of emotional maturity among married couples.
- **H0 5:** There is no significant relationship between marital adjustment and the lack of independence dimension of emotional maturity among married couples.
- **H0 6:** There is no significant relationship between marital adjustment and the internal marital locus of control among married couples.
- **H0 7:** There is no significant relationship between marital adjustment and the external marital locus of control among married couples.
- **H0 8:** There is no significant difference in marital adjustment scores between males and females.
- **H0 9:** There is no significant difference in emotional maturity scores between males and females.
 - **H0 9.1:** There is no significant difference in emotional instability scores between males and females.
 - **H0 9.2:** There is no significant difference in emotional regression scores between males and females.
 - **H0 9.3:** There is no significant difference in social maladjustment scores between males and females.
 - **H0 9.4:** There is no significant difference in personality disintegration scores between males and females.

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- **H0 9.5:** There is no significant difference in lack of independence scores between males and females.
- **H0 10:** There is no significant difference in marital locus of control scores between males and females.
 - **H0 10.1:** There is no significant difference in internal marital locus of control scores between males and females.
 - **H0 10.2:** There is no significant difference in external marital locus of control scores between males and females.

Research Design

Research design is essential for studying a scientific problem as it defines the study type, research questions, hypotheses, variables, and data collection and analysis methods. A well-structured design ensures that the study is relevant, efficient, and appropriate for addressing the research problem (Kinnear & Taylor, 1996).

For this study, a **cross-sectional comparative quantitative research design** has been adopted. Quantitative research focuses on collecting numerical data, which are then analyzed statistically to explore trends and phenomena. This approach is appropriate for examining relationships between multiple variables.

Sample

The population for this study includes married couples **from different strata** in the Malabar region of Kerala. The sample consists of **228 married participants** (husbands and wives) selected through **purposive sampling**. This non-probability sampling technique allows the researcher to select participants based on specific criteria, ensuring that the sample is representative and relevant to the study.

Inclusion Criteria:

- Couples who have been married for more than 3 years.
- Participants aged between 20 and 30 years.

Exclusion Criteria:

- Couples who are living together or dating without being legally married.
- Widowed or separated individuals.

Measures

Research instruments are tools used to collect, analyze, and organize data during a study. For the present research, the following instruments were utilized: the Personal Data Schedule, the Religiosity Scale, the Psychological Well-Being Scale, and the Marital Adjustment Questionnaire.

Personal Data Schedule

The **Personal Data Schedule** gathers essential sociodemographic information about the participants, including personal identification details such as name, age, gender, and educational **and sociocultural** background. This helps in providing context for the data and understanding the participants' characteristics.

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Revised Dyadic Adjustment Scale (RDAS)

The **Revised Dyadic Adjustment Scale (RDAS)**, developed by Busby, Christensen, Crane, and Larson (1995), is a self-report questionnaire designed to assess seven aspects of couple relationships, which are grouped into three main categories:

1. **Consensus:** Decision-making, values, and affection
2. **Satisfaction:** Relationship stability and conflict regulation
3. **Cohesion:** Shared activities and discussions

The RDAS consists of 14 items where participants rate different aspects of their relationship on a 5 or 6-point scale. Items 7 to 10 are reverse-scored to ensure balanced responses.

- **Scoring:** The scores are summed up to calculate an overall score, which can then be interpreted using a cut-off score. RDAS scores range from 0 to 69, with higher scores indicating greater relationship satisfaction and lower scores indicating higher levels of relationship distress. A score of 48 or above suggests no distress, while scores below 47 indicate marital distress.
- **Reliability and Validity:** The RDAS has a high internal consistency with a Cronbach's alpha of .90. It also demonstrates strong construct validity, shown by its high correlation with the Locke-Wallace Marital Adjustment Test (MAT), with a correlation coefficient of .68 ($p < .01$). Additionally, the RDAS has a high correlation of .97 ($p < .01$) with the original Dyadic Adjustment Scale (DAS). The RDAS has proven effective in distinguishing between distressed and non-distressed cases, with an 81% success rate in classification.

Emotional Maturity Scale (EMS)

The **Emotional Maturity Scale (EMS)** was developed by Singh and Bhargava (1990) to assess the emotional maturity of individuals. This scale includes 48 items that evaluate five dimensions of emotional maturity:

1. Emotional Instability (10 items)
2. Emotional Regression (10 items)
3. Social Maladjustment (10 items)
4. Personality Disintegration (10 items)
5. Lack of Independence (8 items)

The EMS is a self-report measure, utilizing a five-point scale for responses. Participants rate their responses as follows:

- Very much = 5
- Much = 4
- Undecided = 3
- Probably = 2
- Never = 1
- **Scoring:** The scale's items are scored from 1 to 5, with higher scores indicating greater emotional immaturity and lower scores indicating emotional maturity. The maximum possible score is 240, while the minimum score is 48. This scoring system helps assess the degree of emotional maturity or immaturity in the subjects.

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Table 1 Interpretation of Scores of EMS

Scores	Interpretation
50-80	Extremely Stable (ES)
81-88	Moderately Stable (MS)
89-106	Unstable (U)
107-240	Extremely Unstable (EU)

Reliability: The reliability of the scale was assessed using two methods: (1) Test-retest reliability and (2) Internal consistency.

- 1. Test-retest reliability:** To evaluate the test-retest reliability, the scale was administered to a group of 150 collegiate students (both male and female, aged 20-24 years). The interval between the two administrations was six months. The Pearson product-moment correlation (r) between the scores from the two tests was found to be .75.
- 2. Internal consistency:** The internal consistency of the scale was assessed by calculating the correlation coefficients between the total score and the individual scores from each of the five dimensions. The values of internal consistency are presented in Table 3.4 below.

Table 2 Internal Consistency of EMS

Sr. No.	Areas	r
1	Emotional instability	0.75
2	Emotional regression	0.63
3	Emotional Maladjustment	0.58
4	Personality Disintegration	0.86
5	Lack of Independence	0.42

Validity: The validity of the scale was assessed by comparing it with an external criterion, specifically the 4th area of the Adjustment Inventory for College Students developed by Sinha and Singh. This particular area measures emotional adjustment and contains 20 items. The product-moment correlation between the total scores on all 20 items of the inventory and the total scores on the Emotional Maturity Scale (EMS) was found to be 0.64 ($N = 46$).

The Miller Marital Locus of Control Scale (MMLOC)

The MMLOC is a self-administered verbal test used to assess an individual's marital locus of control orientation, particularly in terms of achieving marital satisfaction. This scale was developed by Miller, Lefcourt, and Ware in 1983 and consists of 26 items, each rated on a 5-point Likert scale. The format of the MMLOC was modeled after the Multidimensional Multi-attributional Causality Scale (MMCS). The internal-external locus of control has been extensively studied and is an important factor in moderating stress. The MMLOC specifically examines the aspects of a relationship that contribute to its stability and satisfaction. The 26 items were derived from an initial pool of 78 items, focusing on four dimensions related to marital outcomes: ability, effort, context, and luck. Generally, individuals who score higher on internality in their marital relationship tend to experience greater marital satisfaction and intimacy.

Scoring: The total score on the MMLOC is determined using the following formula:
 $132 + (\text{External Score} - \text{Internal Score})$

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The external score is calculated by adding the scores from the following items: 1, 2, 4, 6, 10, 12, 13, 15, 17, 21, 22, 24, 27, 28, 30, 32, 35, 37, 39, 41, 42, and 44.

The internal score for the Miller Marital Locus of Control (MMLOC) scale is calculated by summing the responses to the following items: 3, 5, 7, 8, 9, 11, 14, 16, 18, 19, 20, 23, 25, 26, 29, 31, 33, 34, 36, 38, 40, and 43. This internal score is used to reflect the degree of internal locus of control, with higher scores indicating a greater internal orientation towards marital outcomes.

The four attributional subscale scores are:

1. **Effort:** Items 3, 5, 7, 9, 14, 18, 23, 29, 31, and 40.
2. **Ability:** Items 8, 11, 16, 19, 20, 25, 26, 33, 34, 36, 38, and 43.
3. **Context:** Items 1, 2, 6, 10, 12, 13, 17, 24, 27, 28, 35, 37, 39, 41, and 42.
4. **Luck:** Items 4, 15, 21, 22, 30, 32, and 44.

Procedure

Data was gathered from married participants in a controlled and comfortable environment. Prior to the session, the researcher ensured that the participant was seated in a quiet room free from external distractions. The researcher then explained the details of the instruments to be used. Rapport was established with the participants, and confidentiality was assured, emphasizing that the information provided would be used solely for research purposes. Consent was obtained from the participants before collecting any data.

The researcher introduced herself and explained the purpose of the study. The questionnaire, along with the personal data schedule, was given to the participants. The questionnaire sequence was organized in the following order: personal data schedule, Revised Dyadic Adjustment Scale (RDAS), Emotional Maturity Scale (EMS), and the Miller Marital Locus of Control Scale (MMLOC). Participants were provided with clear instructions on how to complete the questionnaires and were encouraged to answer honestly. Once the participants completed the questionnaires, they were collected, ensuring all required fields were filled out. The researcher thanked the participants for their cooperation.

Ethical Considerations

Participation in the study was entirely voluntary. Participants were informed that there were no benefits to be gained by participating, nor would they face any disadvantages for choosing not to participate. They were also informed about the study's objectives and assured that their responses would be kept confidential and used exclusively for research purposes.

RESULT AND DISCUSSION

Data collected by using methods that is specified in the previous chapter were statistically analyzed by using Mann-Whitney U and Spearman correlation co-efficient. This chapter presents the results of the data and its discussion.

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Table 3 Gender Wise Distribution of Mean Scores and Standard Deviation on Criterion Variables

Variable/Dimension	Gender	N	Mean	Std. Deviation
Marital Adjustment	Male	114	55.29	8.430
	Female	114	55.58	9.636
<i>Consensus</i>	Male	114	26.16	3.443
	Female	114	26.21	3.859
<i>Satisfaction</i>	Male	114	14.46	4.643
	Female	114	14.29	5.346
<i>Cohesion</i>	Male	114	14.67	3.672
	Female	114	15.08	4.109
Emotional Immaturity	Male	114	100.46	18.784
	Female	114	102.67	15.860
<i>Emotional Instability</i>	Male	114	23.33	6.631
	Female	114	23.11	6.226
<i>Emotional Regression</i>	Male	114	17.76	5.653
	Female	114	19.52	5.702
<i>Social Maladjustment</i>	Male	114	19.83	4.090
	Female	114	20.43	3.976
<i>Personality Disintegration</i>	Male	114	19.69	5.292
	Female	114	20.50	5.122
<i>Lack of Independence</i>	Male	114	19.84	4.227
	Female	114	19.11	3.375
Marital Locus of Control	Male	114	10.54	9.383
	Female	114	12.77	8.557
<i>Internal MLOC</i>	Male	114	6.36	4.960
	Female	114	7.18	5.626
<i>External MLOC</i>	Male	114	4.18	5.922
	Female	114	5.59	5.703

Descriptive statistics in Table 3 clearly indicates that all groups are homogeneous variables except the variable emotional maturity (male, M = 100.46 and SD = 18.784; female, M = 102.67 and SD = 15.860) and marital locus of control (male, M = 10.54 and SD = 9.383; female, M = 12.77 and SD = 8.557).

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Figure 1 Comparison of Male and Female Married Couples on Criterion Variables/Dimensions

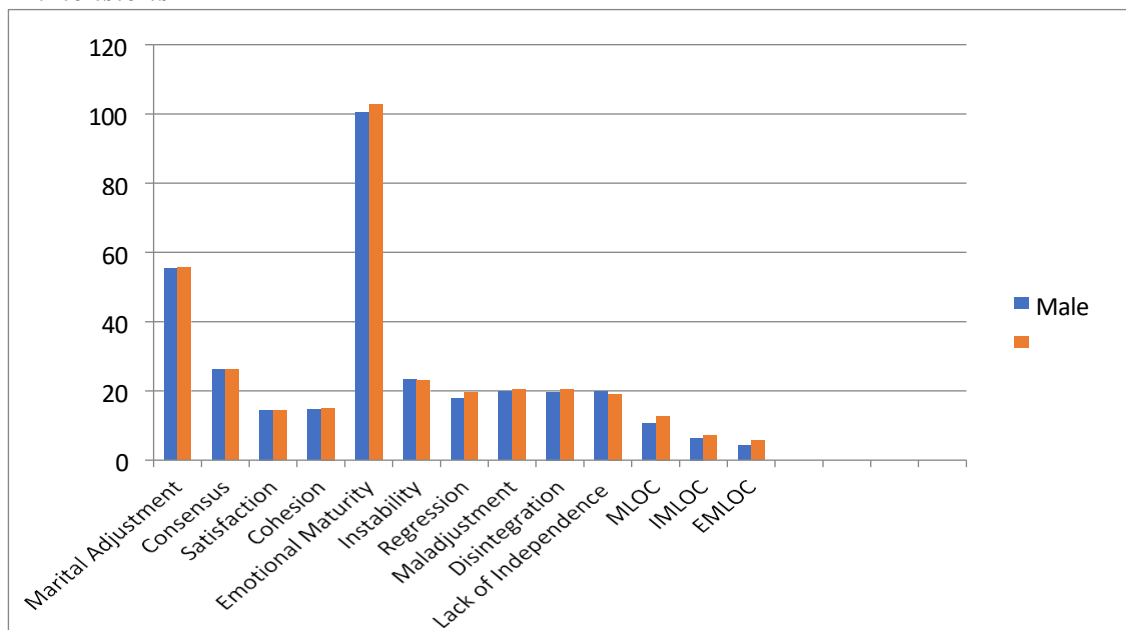


Table 4 Test of Normality on Criterion Variables

Variable/Dimension	Gender	Shapiro-Wilk		
		Statistic	df	Sig.
Marital Adjustment	Male	.937	114	< .001
	Female	.880	114	< .001
<i>Consensus</i>	Male	.856	114	< .001
	Female	.747	114	< .001
<i>Satisfaction</i>	Male	.845	114	< .001
	Female	.827	114	< .001
<i>Cohesion</i>	Male	.873	114	< .001
	Female	.799	114	< .001
Emotional Immaturity	Male	.935	114	< .001
	Female	.972	114	.016
<i>Emotional Instability</i>	Male	.958	114	< .001
	Female	.961	114	.002
<i>Emotional Regression</i>	Male	.919	114	< .001
	Female	.970	114	.012
<i>Social Maladjustment</i>	Male	.940	114	< .001
	Female	.967	114	.006
<i>Disintegration</i>	Male	.934	114	< .001
	Female	.940	114	< .001
<i>Lack of Independence</i>	Male	.964	114	.003
	Female	.965	114	.004
Marital Locus of Control	Male	.949	114	< .001
	Female	.992	114	.778
<i>Internal MLOC</i>	Male	.960	114	.002
	Female	.937	114	< .001
<i>External MLOC</i>	Male	.966	114	.005
	Female	.986	114	.308

Note: * $p < 0.05$; ** $p < 0.01$

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Table 4 clearly indicates that there is no multivariate normality. Therefore, non- parametric tests are used to compare variables which have no multivariate normality.

Table 5 Spearman`s Rank Order Correlation Among Criterion Variables/Dimensions

Variable/Dimension	Marital Adjustment	Instability	Regression	Maladjustment	Disintegration	Lack of Independence	Internal MLOC	External MLOC
Marital Adjustment	1.000	-.389**	-.292**	-.302**	-.200**	-.063	.243**	-.171**
Instability		1.000	.586**	.228**	.324**	.285**	.189**	.194**
Regression			1.000	.141*	.184**	.394**	.245**	.315**
Maladjustment				1.000	.506**	.306**	-.100	.150*
Disintegration					1.000	.165*	-.199**	.043
Lack of Independence						1.000	.164*	.168*
Internal MLOC							1.000	.236**
External MLOC								1.000

Note: * p < 0.05; ** p < 0.01

Table 5 clearly indicated that emotional regression (r = -.292, p < 0.05), social maladjustment (r = -.302, p < 0.05), personality disintegration (r = -.200, p < 0.05) and external marital locus of control (r = -.171, p < 0.05) are negatively correlated with marital adjustment. Internal locus of control (r = .243, p < 0.05) is positively correlated with marital adjustment.

Table 6 Comparison of Male and Females on Criterion Variables using the Mann-Whitney U test

Variable/Dimension	Gender	N	Mean Rank	Sum of Ranks	U	Sig.
Marital Adjustment	Male	114	112.57	12833.00	6278.000	.658
	Female	114	116.43	13273.00		
Consensus	Male	114	112.93	12874.50	6319.500	.716
	Female	114	116.07	13231.50		
Satisfaction	Male	114	114.29	13028.50	6473.500	.961
	Female	114	114.71	13077.50		
Cohesion	Male	114	106.73	12167.50	5612.500	.073
	Female	114	122.27	13938.50		
Emotional Immaturity	Male	114	109.67	12502.50	5947.500	.269
	Female	114	119.33	13603.50		
Emotional Instability	Male	114	115.07	13117.50	6433.500	.897
	Female	114	113.93	12988.50		

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Variable/Dimension	Gender	N	Mean Rank	Sum of Ranks	U	Sig.
<i>Emotional Regression</i>	Male	114	103.03	11745.00	5190.000 *	.008
	Female	114	125.97	14361.00		
<i>Social Maladjustment</i>	Male	114	108.83	12407.00	5852.000	.193
	Female	114	120.17	13699.00		
<i>Personality Disintegration</i>	Male	114	109.05	12432.00	5877.000	.211
	Female	114	119.95	13674.00		
<i>Lack of Independence</i>	Male	114	118.86	13549.50	6001.500	.317
	Female	114	110.14	12556.50		
Marital Locus of Control	Male	114	107.47	12251.50	5696.500	.107
	Female	114	121.53	13854.50		
<i>Internal MLOC</i>	Male	114	113.81	12974.00	6419.000	.874
	Female	114	115.19	13132.00		
<i>External MLOC</i>	Male	114	107.26	12228.00	5673.000	.097
	Female	114	121.74	13878.00		

Note: * $p < 0.05$

The results of the Mann-Whitney U test used to check for group differences between male and female married couples on criterion variables/dimensions, where normality was violated is presented in table 6. Significant group differences were observed on emotional regression ($U = 5190.000, p = .008$).

Further, gender wise relationship among variables is explored and the results are presented below.

Table 7 Spearman`s Rank Order Correlation Among Criterion Variables/Dimensions of Married Males

Variable/Dimension	Marital Adjustment	Instability	Regression	Maladjustment	Disintegration	Lack of Independence	Internal MLOC	External MLOC
Marital Adjustment	1.000	-.513**	-.461**	-.506**	-.335**	-.249**	.167	-.379**
Instability		1.000	.612**	.248**	.426**	.329**	.158	.344**
Regression			1.000	.302**	.301**	.419**	.190*	.550**
Maladjustment				1.000	.417**	.353**	-.168	.302**
Disintegration					1.000	.309**	-.210*	.195*
Lack of Independence						1.000	-.032	.216*
Internal MLOC							1.000	.351**
External MLOC								1.000

Note: * $p < 0.05$; ** $p < 0.01$

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The results of Spearman's rank order correlation on criterion variable for married males is presented in table 7. Marital adjustment was negatively correlated ($r = -.249, p < 0.05$) with lack of independence among male participants. This indicates that males might be more to be independent in marital life. They tend to resist control by others. Marital adjustment was positively correlated ($r = .167, p < 0.05$) with internal marital locus of control which might be because of males believe that one's own efforts and ability turned out to be less contributing to adjustment.

Table 8 Spearman's Rank Order Correlation Among Criterion Variables/Dimensions of Married Females.

Variable/Dimension	Marital Adjustment	Instability	Regression	Maladjustment	Disintegration	Lack of Independence	Internal MLOC	External MLOC
Marital Adjustment	1.000	-.246**	-.143	-.079	-.072	.155	.336**	.042
Instability		1.000	.564**	.194*	.220*	.236*	.241**	.046
Regression			1.000	.014	.028	.425**	.320**	.102
Maladjustment				1.000	.595**	.220*	-.047	-.044
Disintegration					1.000	-.033	-.189*	-.134
Lack of Independence						1.000	.441**	.132
Internal MLOC							1.000	.125
External MLOC								1.000

Note: * $p < 0.05$; ** $p < 0.01$

The results of Spearman's rank order correlation on criterion variable for married females is presented in table 8. Emotional regression was negatively correlated ($r = -.143, p < 0.05$) with marital adjustment among female participants. Social maladjustment was negatively correlated ($r = -.079, p < 0.05$) with marital adjustment among female participants. Personality disintegration also negatively correlated ($r = -.072, p < 0.05$) with marital adjustment among females this might be because of lack of encouragement and approval from their spouse leads to marital dissatisfaction. Lack of independence was positively correlated ($r = 0.155, p < 0.05$) with marital adjustment among females. This might be because female more like to be dependent in their marital life. External marital locus of control was not significantly correlated with marital adjustment among female participants however, internal locus of control was significantly and positively correlated with marital

adjustment ($r = .336, p < .05$) this might be because females believes that outcomes in the area of marriage are their own responsibility and depend less on external factors. Conversely, males showed a significantly positive correlation between external locus of control and marital adjustment ($r = -.379, p < .01$), and internal locus of control was not correlated with marital adjustment. This might be due to they not taking personal responsibility on adjustment factors inside marriage and believe that external factors might be responsible for marital success.

DISCUSSION

The result showed that there was a gender difference in emotional regression. Among this female shows more emotional regression than males. This might be because of lack of love, warmth, security, attention and acceptance in their marital life. Our society is a male dominant society. Men are dominant members in our society they play a vital role and are considered a family pillar. Overall correlation also indicates that marital adjustment was negatively correlated with emotional regression.

This study found that marital adjustment was negatively correlated with social maladjustment and also there is a gender difference. Previous study also found that there was a negative correlation between marital adjustment and social maladjustment (Mosavi & Iravan, 2012). Among this female shows more social maladjustment than males. This might be because of lack of interaction among the couples lead to isolation and loneliness and lack of adaptability.

Additionally, marital adjustment was negatively correlated with personality disintegration and also there is a gender difference. Previous study also found that there was a negative correlation between marital adjustment and personality disintegration (Mosavi & Iravan, 2012). Females show more social maladjustment than males. This might be because of lack of encouragement and approval from their spouse which in turn leads to marital dissatisfaction.

While considering the gender wise correlation there was a significant difference in lack of independence among males and females. Marital adjustment was negatively correlated with lack of independence among male participants. This indicates that males might be more to be independent in marital life. They resist control by others. Previous study also found that there was a negative correlation between marital adjustment and lack of independence (Mosavi & Iravan, 2012). Lack of independence was positively correlated with marital adjustment among females. This might be because female more like to be dependent in their marital life. There are stereotypical societal and cultural constructions of masculinity that expect men to behave independently (Hodgetts & Chamberlain, 2002). Therefore, males had high desire to be independent.

Males show more external marital locus of control than females which might be because of males believes that external factors rather than one's own efforts and ability turned out to be more responsible for adjustment. In contrast, females show internal marital locus of control which might be because females believes that outcomes in the area of marriage are less contingent on outside factors that are luck, fate, chance and context. This is contrary to the findings of Sheth (2015) who suggested women mostly depend on their destiny for marital adjustment.

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The tenability of the stated hypotheses is presented in table 9.

Table 9 Tenability of Hypothesis

H0 No.	Hypotheses	Tenability
H0 1	There is no significant relationship between marital adjustment and emotional instability dimension of emotional maturity among married couples.	Rejected
H0 2	There is no significant relationship between marital adjustment and emotional regression dimension of emotional maturity among married couples.	Rejected
H0 3	There is no significant relationship between marital adjustment and social maladjustment dimension of emotional maturity among married couples.	Rejected
H0 4	There is no significant relationship between marital adjustment and personality disintegration dimension of emotional maturity among married couples.	Rejected
H0 5	There is no significant relationship between marital adjustment and lack of independence dimension of emotional maturity among married couples.	Accepted
H0 6	There is no significant relationship between marital adjustment and internal marital locus of control dimension of marital locus of control among married couples.	Rejected
H0 7	There is no significant relationship between marital adjustment and external marital locus of control dimension of marital locus of control among married couples.	Rejected
H0 8	There is no significant difference between males and females scores on marital adjustment.	Accepted
H0 9	There is no significant difference between males and females scores on emotional maturity.	Accepted
H0 9.1	<i>There is no significant difference between males and females scores on emotional instability dimension of emotional maturity.</i>	Accepted
H0 9.2	<i>There is no significant difference between males and females scores on emotional regression dimension of emotional maturity.</i>	Rejected
H0 9.3	<i>There is no significant difference between males and females scores on social maladjustment dimension of emotional maturity.</i>	Accepted
H0 9.4	<i>There is no significant difference between males and females scores on personality disintegration dimension of emotional maturity.</i>	Accepted
H0 9.5	<i>There is no significant difference between males and females scores on lack of independence dimension of emotional maturity.</i>	Accepted
H0 10	There is no significant difference males and females scores on marital locus of control.	Accepted
H0 10.1	<i>There is no significant difference between males and females scores on internal marital locus of control dimension of marital locus of control.</i>	Accepted
H0 10.2	<i>There is no significant difference between males and females scores on external marital locus of control dimension of marital locus of control.</i>	Accepted

CONCLUSION

- Emotional instability dimension of emotional maturity had a significant negative correlation with marital adjustment.
- Emotional regression dimension of emotional maturity had a significant negative correlation with marital adjustment.
- Social maladjustment dimension of emotional maturity had a significant negative correlation with marital adjustment.
- Personality disintegration dimension of emotional maturity had a significant negative correlation with marital adjustment.
- External marital locus of control had a negative association with marital adjustment.
- Internal marital locus of control had a positive association with marital adjustment.
- Married females had significantly higher levels of emotional regression than married males.

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