

Marital Adjustment in Having Child and Childless Couples

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ABSTRACT

This study has been undertaken to study the marital adjustment of those couples who are infertile. It also aimed to check marital adjustment with relation to type of the couple and gender. A Comprehensive for the “Marital Adjustment Inventory (MAI)” by Dr. Har Mohan Singh (2011) was used. The sample constituted total 120 couples out of which 60 were from couples having child (30 male and 30 female) and childless couples (30 male and 30 female). The data was collected from Jodhpur District. The data was scored, analyzed as per the manual. ‘F’ test was being calculated. The result showed that, 1. The childless couples group is having batter marital adjustment than couples having a child group, 2. There is no significant difference in the mean score of marital adjustment among the male and female partner and 3. Female childless group is having batter marital adjustment than female partner having a child group.

Keywords: *Marital adjustment, Having child and childless Couples, male and female*

Marital adjustment refers to the process by which spouses adapt to each other and integrate into a new life together, ultimately leading to a state of contentment and satisfaction with their marriage. It's characterized by shared experiences, respect for each other's needs, open communication, and cooperation in decision-making. Well-adjusted couples are expected to have long-lasting, stable marriages, while poorly adjusted marriages may experience instability or end in divorce.

Swinger is defined as a marriage in which two people behave in the same way. Marital communication means the exchange of thoughts and meanings, with the husband and wife trying to understand each other, trying to see their problems and differences between men and women, and the mother's feelings. Therefore, communication is not limited to words only, it "takes place through listening, silence, facial expressions and gestures". Indian society is very complex and its economic structure is very different from the Western economic society. Most of the marriages took place between members of the same caste and the same religion. Despite many changes in education, politics, and business, the long-standing myth that most marriages are arranged by parents in the days of their youth remains strong. Between 18 and 25 years old. In India, people accept some important criteria while choosing a marriage partner. These are religion, character, education, dowry amount, appearance (for women), occupation, caste or sub-caste, money, position or distance from family, and family tradition and reputation. The concept of marriage is based on the comparison of the general characteristics listed above.

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Even if the match is valid, private candidates often do not know each other before marriage. However, not all marriages in India are arranged. In cities, young people sometimes choose their partners through a "self-selection" process similar to dating in the United States. These organizations are often called "love marriages". These marriages can take place between people of different religions or between partners from different people, social, economic, or educational backgrounds. When two people fall in love with each other before marriage, problems may arise between parents and siblings. In some religions and families, family support sometimes disappears completely, religious and family members may not approve of their work, which makes it difficult for parents to work. If families cannot prevent couples from marrying, parents will not support the institution and will try to persuade their relatives to accept the marriage. The main difference between marriage in India and marriage in the United States is the way people marry. Generally, the love of Eastern couples occurs after marriage, while the love of Western couples occurs before marriage.

Depression:

Spouse depression is a problem that most couples face at some point in their marriage. Depression is a response to loss or grief, whether it be death, separation from a loved one, job loss, poor health, or relocation. Marital problems and conflicts can also cause depression. Symptoms of depression include sadness, hopelessness, helplessness, anxiety, irritability, irritability, fatigue, listlessness, and decreased activity; this is normal, as avoidance of relationships, and lack of interest in past enjoyed activities, including homosexuality. There may be changes in appetite, weight, sleep, memory problems, or difficulty concentrating. There is often a feeling of worthlessness or inadequacy and low self-esteem.

Working Wife:

In more severe cases, suicidal thoughts or feelings that "life is not worth living" may occur. Married women are more likely to be depressed than unmarried women, but the opposite is true for men. Marriage appears to provide better protection for men than for women. Professional Spouse Working women are often disturbed by the lack of cooperation of their husbands and family members. Adaptation is a process that helps people live happy and fulfilling lives while maintaining a balance between their needs and their ability to meet those needs. It enables him to change his lifestyle according to the needs of the situation and gives him the power and ability to change the requirements of the environment.

Extramarital Affairs

Extramarital affairs are for people who want more happiness. It is very sad that 41% of cheating spouses accept their situation. This is not new, but it has become more popular now. International relations have existed in all societies since ancient times. In so-called developed Western societies, they have become a trend or are seen as an additional necessity for self-improvement. This is a kind of international relations. My lover is nearby. Although marriage is immoral, moral, and sinful, there are still millions of husbands and wives in the world today who get married and fall into the unfortunate snare of the serpent. Once a divorce is finalized, families usually separate without guilt. Only children can suppress their parents' emotions.

Social Relationships of marriage: Beyond marriage, social relationships more broadly have a powerful impact on health. A meta-analysis of 148 studies found that those with stronger social relationships had a 50% lower risk of all-cause mortality. Conversely, loneliness is associated with increased risk for cardiovascular disease, and all-cause mortality. Little work has directly compared the health impacts of marriage compared to those of non-romantic relationships, such as connections with friends or colleagues. However, there are several

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reasons why marriage may exert a greater health impact than other relationships, even other cohabiting relationships: married couples spend time together during a wide variety of activities, such as eating, leisure, housekeeping, child-care and sleep. Spouses also share resources and investments such as joint finances or home-ownership. Relative to other relationships, the increased interdependence of marriage serves as a source for more intense support.

In Jodhpur District, like in many parts of India, married couples often face a mix of traditional, cultural, economic, and interpersonal challenges. Here are some common issues many Indian married couples in the region might encounter.

1. Family and In-law Conflicts

- **Joint family pressures:** Many couples live with extended family, leading to conflicts over autonomy, decisions, and responsibilities.
- **Mother-in-law/daughter-in-law dynamics:** This is a particularly common and sensitive issue in traditional Rajasthani households.
- **Parental interference:** Parents on either side may interfere in the couple's personal matters.

2. Financial Stress

- **Income disparities:** One partner earning significantly more can cause tension.
- **Unemployment or underemployment:** Limited job opportunities, especially in rural parts of Jodhpur, can add pressure.
- **Dowry-related expectations:** Despite being illegal, subtle dowry practices still persist in some areas.

3. Gender Roles and Expectations

- **Patriarchal structure:** Traditional gender roles often place the burden of household chores and childcare solely on women.
- **Limited female independence:** In conservative families, wives may have limited freedom in financial or lifestyle choices.
- **Male ego/pride:** Issues can arise when traditional expectations of masculinity are challenged.

4. Lack of Communication

- **Emotional disconnect:** Many couples struggle to express their feelings openly.
- **Taboos around intimacy:** Conversations about sexual health or desires are often avoided.
- **Disagreement on lifestyle choices:** Like parenting styles, work-life balance, or family planning.

5. Pressure of Early Marriage

- **Young age at marriage:** Especially in rural areas, couples may marry before they're emotionally or financially ready.
- **Lack of compatibility:** Arranged marriages may not allow couples to fully understand each other beforehand.

6. Lack of Personal Space and Mental Health Awareness

- **Mental health stigma:** Depression, anxiety, or marital dissatisfaction are rarely discussed or addressed.
- **Overinvolvement of family:** Personal matters become public, leaving little room for private resolution.

7. Urban-Rural Divide

- **Migration:** One partner moving to a city for work can cause long-distance or semi-separated living situations.
- **Cultural clash:** Differences in rural vs urban values and modernity vs tradition can strain relationships.

Hira Gulraiz et al. (2022) had found that results of the current study highlighted that the couples without an adopted child suffering from infertility and undergoing its treatment perceive the experience differently. Variables of marital adjustment and life satisfaction were evaluated among couples for this purpose. Findings showed that relative psychological distress was high among couples without an adopted child and marital adjustment was registered low in couples who were suffering from infertility with an adopted child.

Objectives

The objectives:

- To assess and compare marital adjustment observed in having a child and Childless Couples.
- To assess and compare marital adjustment observed in male and female partner.
- To find out and compare marital adjustment observed in couples by reason of different interaction among type of the couple and gender.

METHODOLOGY

Hypothesis

- There will be no significant difference in the mean score of marital adjustment among the having a child and childless couples.
- There will be no significant difference in the mean score of marital adjustment among the male and female partner.
- There will be no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the type of the couple and gender.

Variable

Independent Variable

- **Type of the couple:** having a child and childless couples.
- **Gender:** male and female partner.

Dependent Variable: Marital adjustment Score.

Research Design

A total sample of 120 couples equally distributed between having a child and childless couples from Jodhpur District selected for the research study.

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Showing the table of Sample Distribution

Gender (B)	Type of the couple (A)		Total
	Having a child (A ₁)	Childless (A ₂)	
Male (B ₁)	30	30	60
Female (B ₂)	30	30	60
Total	60	60	120

Sample

The sample of the present study constituted total 120 couples out of which 60 were from couples having child (30 male and 30 female) and childless couples (30 male and 30 female).

Tools

Marital Adjustment Inventory (MAI) by Dr. Har Mohan Singh (2011) was used. The inventory has two forms, Form-A for husbands Form-B for wives. In this inventory there are ten questions which should be replied either in negative or in affirmative (No or Yes). After giving your consent for yes or no, mark yes (√) on the place provided on inventory, best explaining your opinion towards the issue. The inventory has been found successful when used with couples of six professions 1. Teachers (schools) 2. Teachers (college) 3. Doctors 4. Lawyers 5 Businessmen 6. Clerks. Reliability of this test is computed by test – retest method. Reliability shown there is 0.94.

Procedure

The various couples from Jodhpur District state after the establishment of rapport, personal information and the ‘Marital Adjustment Inventory (MAI)’ was administrated the data was collected, scored as per the manual and analyzed. The statistical method ‘F’ test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table: 1 The Table showing sum of variance mean ‘F’ value and level of significance of type of the couples and gender

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	1680.01	4.92	0.05*
SS _B	1	57.41	0.17	N.S.
SS _{A*B}	1	1380.41	4.04	0.05*
SS _{Error}	116	341.33		
SS _{Total}	119	42712.33		

Df – 1 = *0.05= 3.89, **0.01= 6.76, N.S.= Not Significant

Table: 2 The Table showing the Mean Score of Marital adjustment of having a child and childless couples:

	A (Type of the couples)		‘F’ value	Sign.
	A ₁ (Having a child)	A ₂ (Childless)		
M	24.93	32.42	4.92	0.05*
N	60	60		

The above table no.2 shows the mean score of marital adjustment in having a child and childless couples. The mean score of the couples having a child group is 24.93 and childless couples group is 32.42. The ‘F’ value is 4.92 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to marital adjustment

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and type of the couples. It should be remembered here that, according to scoring pattern, higher score indicate better marital adjustment. Thus, from the result it could be said that, the childless couples group is having better marital adjustment than couples having a child group. Therefore, the hypothesis no.1 that, “There will be no significant difference in the mean score of marital adjustment among the having a child and childless couples” is rejected. Because, Childless couples tend to focus more on each other, allowing for deeper emotional bonding and companionship. Without the time-consuming responsibilities of raising children, couples can spend more quality time together talking, traveling, or simply relaxing.

Table: 3 The Table showing the Mean Score of Marital adjustment of male and female partner:

	Gender (B)		'F' Value	Level of signification
	Male (B ₁)	Female (B ₂)		
M	27.98	29.37	0.17	N.S.
N	60	60		

The above table no.3 shows the mean score of marital adjustment among male and female partner. The mean score of male partner group is 27.98 and female partner group is 29.37. The 'F' value is 0.17 which was found to be not-significant level at 0.05. Therefore, the hypothesis no.2 that, “There will be no significant difference in the mean score of marital adjustment among the male and female partner” is accepted.

Table: 4 The Table showing the interactive effect of the Mean Score of Marital adjustment of type of the couples and gender:

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B₁	27.63	28.33	4.04	0.05*
		B₂	22.23	36.50		
N			60	60		

The above table no.4 shows the interactive effect of marital adjustment among the type of the couples and gender. The mean score of boys couples of the male partner having a child group is 27.63, female partner having a child group is 22.23, male childless group is 28.33, and female childless group is 36.50. The 'F' value is 4.04 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to marital adjustment and type of the couples and gender. It should be remembered here that, according to scoring pattern, higher score indicates better marital adjustment. Thus, from the result it could be said that, the female childless group has a better marital adjustment than female partner having a child group. Therefore the hypothesis no.3 that, “There will be no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the type of the couple and gender” is rejected, because without the intense physical, emotional, and time demands of child-rearing, a woman can invest more in her emotional connection and communication with her husband. She often becomes a partner first, rather than being pulled into the all-consuming role of “mother,” allowing the couple to grow closer as equals.

CONCLUSION

1. The childless couples group is having better marital adjustment than couples having a child group.

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2. There is no significant difference in the mean score of marital adjustment among the male and female partner.
3. Female childless group is having better marital adjustment than female partner having a child group.

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Conflict of Interest

The author(s) declared no conflict of interest.

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