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# Marital Adjustment among Love Marriage and Arranged Marriage Couples

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## ABSTRACT

The purpose of the present study is to determine the level of marital adjustment among love marriage and arrange marriage couples. This study is based on sample of 200 subjects equally divided into two groups on the basis of gender (male and female) further these two groups were also divided into two more groups on the basis of family type (single family and joint family). Marital Adjustment Questionnaire (MAQ) constructed and standardized by Dr. Pramod Kumar & Dr. Kanchana Rohatgi was used for data collection. Mean, standard deviation and t-test were applied for statistical analysis. Results reveal that there is no significant difference between the mean scores of marital adjustment among love marriage and arranged marriage subjects.

*Keywords: Marital adjustment, Gender, Family type.*

**A**djustment refers to the process of finding and adopting modes of behavior suitable to the environment. The process of adjustment starts right from birth of the child and continues till his death. Black (1988) defines adjustment as the degree of an individual's psychological comfort with various aspects of a new setting.

Marital adjustment refers to the state where there is an overall feeling between husband and wife of happiness and satisfaction with their marriage and with each other. The secret of healthy marriage does not mean the absence of conflict, but it means the ways of resolving the conflicts. Marital adjustment is an acceptance between the couple to the extent where there is presence of companionship between the two agreements on the need for affection and intimacy and also accommodation which the couple provides each other (Lock and William, 1959).

Large number of researches and studies has been conducted in the field of marital adjustment in order to highlight various aspects some of them are mentioned here. Garima *et al.*, (2014) found

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that working and non-working women did not differ from each other on marital adjustment as well as on psychological well-being but on few dimensions of psychological wellbeing. Rinku (2013) revealed that non-working women face more marital adjustment problems in comparison to working women. German (2008) found that trust and marital satisfaction is significantly higher among women than men. Eng *et al.*, (2005) examined the effect of change in marital status on health behaviors among men. They found marital termination have adversely affect on health and dietary behaviors of men. Ng *et al.* (2009) investigated gender differences in marital and life satisfaction and the results reveal that women generally report lower marital quality than men. Kerkmann *et al.*, (2000) found positive relationship between finance and marital adjustment.

## METHODOLOGY

*Statement of the Problem: -*
To find out the level of marital adjustment among love marriage and arranged marriage couples.

*Objectives*
1. To find out the level of marital adjustment among male and female subjects.
2. To find out the level of marital adjustment among love marriage male and female subjects.
3. To find out the level of marital adjustment among arranged marriage male and female subjects.
4. To find out the level of marital adjustment among love marriage and arranged marriage subjects of nuclear families.
5. To find out the level of marital adjustment among love marriage and arranged marriage subjects of joint families.
6. To find out the level of marital adjustment among love marriage and arranged marriage subjects.

*Hypotheses*
1. There would be no significant difference found between mean scores of male and female subjects.
2. There would be no significant difference found between mean scores of love marriage male and female subjects.
3. There would be no significant difference found between mean scores of arranged marriage male and female subjects.
4. There would be no significant difference found between mean scores of love marriage and arranged marriage subjects of nuclear families.
5. There would be no significant difference found between mean scores of love marriage and arranged marriage subjects of joint families.
6. There would be no significant difference found between mean scores of love marriage and arranged marriage subjects.

*Variables*
In the present study gender and family type are independent variables and marital adjustment is dependent variable.

*Sample*

In the current study 200 subjects were randomly selected in which 100 were males (50 from single and 50 from joint family further 25 love marriage and 25 arranged marriage subjects from both families ) and 100 females (50 from single and 50 from joint family 25 love marriage and 25 arranged marriage subjects from both families).

*Instruments*

In the present study Marital Adjustment Questionnaire (MAQ) constructed and standardized by Dr. Pramod Kumar & Dr. Kanchana Rohatgi was used. The questionnaire consists of 25 highly discriminating 'Yes - No' type items. The reliability of the test was calculated by split half method by applying the Spearman-Brown formula and by the test-retest method which was found .70 and .84. The validity of the test was found by comparing with Singh's Marital Adjustment inventory.

## RESULTS

The main purpose of the present study was to study the level of marital adjustment among love marriage and arranged marriage couples. The sample of 200 subjects was selected through sample random sampling method. The whole data was obtained by using Marital Adjustment Questionnaire (MAQ). The scores were assigned for different responses according to the item. The scores were arranged in tabular form and then t- test was applied to test hypotheses. Mean and S.D value of every group was also calculated they are shown in tables given below.

*Table-1, Showing means, S.D and t-value of marital adjustment scores male and female subjects.*

| Groups | Total scores | N | Mean | σ | df | t-value |
|--------|--------------|-----|-------|------|-----|-------------|
| Male   | 1932         | 100 | 19.32 | 5.13 |     |             |
| Female | 1921         | 100 | 19.21 | 5.20 | 198 | 0.15 P<0.05 |

*Table-2, Showing means, S.D and t-value of marital adjustment scores of love marriage male and female subjects*

| Groups | Total scores | N | Mean | σ | df | t-value |
|--------|--------------|-----|-------|------|-----|-------------|
| Male   | 932          | 50  | 18.64 | 5.51 |     |             |
| Female | 932          | 50  | 18.64 | 5.51 | 98  | 1.10 P<0.05 |

*Table-3, Showing means, S.D and t-value of marital adjustment scores of arranged marriage male and female subjects.*

| Groups | Total scores | N | Mean | σ | df | t-value |
|--------|--------------|-----|-------|------|-----|-------------|
| Male   | 989          | 50  | 19.78 | 4.85 |     |             |
| Female | 1000         | 50  | 20.00 | 5.03 | 98  | 0.22  P<0.05 |

*Table-4, Showing means, S.D and t-value of marital adjustment scores of arranged marriage and love marriage subjects of joint families*

| Groups | Total scores | N | Mean | σ | df | t-value |
|---|---|---|---|---|---|---|
| Arranged marriage | 985 | 50 | 19.07 | 5.8 | | |
| Love marriage | 916 | 50 | 18.32 | 5.4 | 98 | 0.24  P<0.05 |

*Table-5, Showing means, S.D and t-value of marital adjustment scores of love marriage and arranged marriage subjects of nuclear families.*

| Groups | Total scores | N | Mean | σ | df | t-value |
|---|---|---|---|---|---|---|
| Arranged marriage | 1004 | 50 | 20.08 | 3.88 | | |
| Love marriage | 948 | 50 | 18.96 | 5.28 | 98 | 0.84 P<0.05 |

*Table-6, Showing means, S.D and t-value of marital adjustment scores of Arranged and Love marriage subjects*

| Groups | Total scores | N | Mean | σ | df | t-value |
|---|---|---|---|---|---|---|
| Arranged marriage | 1989 | 100 | 19.89 | 4.92 | | |
| Love marriage | 1864 | 100 | 18.64 | 5.32 | 198 | 1.72  P<0.05 |

## DISCUSSION

The purpose of the present study was to find the level of marital adjustment among love marriage and arranged marriage couples. The mean scores of male and female subjects were found 19.32 and 19.21 respectively the t-value is found 0.15 with df 198. Which is not significant at any level of confidence. It indicates that there is no significant difference found between the mean scores of male and female subjects. Therefore the first hypothesis that there would be no significant difference found between mean scores of male and female subjects is accepted.  These findings are supported by research done by Arshad *et al.* (2014) find significant positive in marital adjustment and life satisfaction. The results also indicate that there is a significant difference between late marriages and early marriages on life satisfaction.

The mean scores of love marriage male and female subjects were found 18.64 and 18.64 respectively and t-value 1.10 with df 98 this value is not found significant at any level of confidence, Thus our second hypothesis that there would be no significant difference found between mean scores of love marriage male and female subjects is also accepted. Hence we can say there is no significant difference between mean scores of love marriage male and female subjects. These findings are supported by the research conducted Ng et al. (2009), Pimentel (2000), Xy and Lai (2004) find that women generally report lower marital quality than men. German (2008) found that trust and marital satisfaction is significantly higher among women than men.

While talking about the third hypothesis, there would be no significant difference found between mean scores of arranged marriage male and female subjects is also accepted as the mean scores of male and female subjects is found 19.78 and 20.00 and t- value 0.22 with df 98 is less than tabulation value at 0.05 level of significance.

Mean scores of love marriage and arranged marriage subjects of nuclear families were found 20.08 and 18.96 respectively t-value is 0.84 with df 98 it is also found insignificant on both two levels. Thus our fourth hypothesis there would be no significant difference found between mean scores of love marriage and arranged marriage subjects of nuclear families is accepted.

Talking about our fifth hypothesis there would be no significant difference found between mean scores of love marriage and arranged marriage subjects of joint families is also accepted as the mean scores of love marriage and arranged marriage subjects of joint families were found 19.07 and 48.32 respectively and t-value was found 0.24 with df 98 is not found insignificant at 0.05 level of significance. Thus on the basis of our findings we may say there is no significant difference between mean scores of love marriage and arranged marriage subjects of joint families.

Our sixth hypothesis there would be no significant difference found between mean scores of arranged marriage and love marriage subjects is also accepted as the obtained t-value 1.72 is not found significant at any level of confidence, mean scores of arranges marriage subjects is 19.89 and love marriage subjects is 18.64. On the basis of our obtained results we may say there is no significant difference between mean scores of love marriage and arranged marriage subjects. Our findings are supported by various researchers who done their research in the field of love and arranged marriage one of them is Jaisri and Joseph (2013) who conducted a study on marital adjustment and emotional maturity among dual career couples. Results revealed significant difference between the couples. The wives had better marital adjustment and independence than their husbands. Age, type of marriage and number of children of the couples have significant impact on their marital adjustment and emotional maturity.

## CONCLUSION

On the basis of this study it may be concluded that the there is no significant differences between the mean scores of marital adjustment among love marriage and arranged marriage subjects.
In summary the results can be concluded as follows.

- No significant difference is found between the mean scores of male and female subjects.
- No significant difference between mean scores of love marriage male and female subjects.
- No significant difference between mean scores of arranged marriage male and female subjects.
- No significant difference between mean scores of love marriage and arranged marriage subjects of nuclear families.

- No significant difference between mean scores of love marriage and arranged marriage subjects of joint families.

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