

Marital Adjustment among Single and Dual Working Couples

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ABSTRACT

The present study intends to elucidate the level of marital adjustment among single and dual working couples. For this purpose the sample of 100 married couples (50 dual working and 50 single working) were selected through purposive sampling technique. Marital Adjustment Questionnaire (MAQ) constructed and standardized by Dr.Pramod Kumar and Dr.Kanchana Rohatgi was used to measure the level of marital adjustment among respondents. For statistical analysis Mean, S.D, SEM, t-test and ANOVA were applied by using SPSS 16.0 version. The results demonstrated that single working couples have better marital adjustment than dual working couples. Findings also shows significant mean difference between marital adjustment scores of single and dual working couples.

Keywords: *Marital adjustment, Single working couple, and dual working couple*

Marriage is an important event in one's life. It's portrayed as a lifelong companionship with an individual who is built upon mutual trust, commitment, support, romance, passion and a greater level of intimacy. The conflict between the needs of the individual and the demands imposed by the environment in turn leads to adjustment problems in pursuing their relationship.

Marital adjustment is a complex and kaleidoscopic phenomenon which acts as a core component in determining the success of a marital life. Sinha and Mukerjee (1990) defined marital adjustment as the state in which there is an overall feeling between husband and wife of happiness and satisfaction with their marriage and with each other. The stability of a marital life promotes wellbeing within the family and in turn to the society. Well-adjusted couples will have high quality of life which may leads to satisfaction, happiness and peace of mind in their relationship. There are various factors which depend directly and indirectly on

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Marital Adjustment among Single and Dual Working Couples

the success in the marital life of both dual and single earning couples. Most of the couples strive to achieve and maintain wellbeing in their relationship which leads to satisfaction in their marital life and the inadequacies may in turn leads to frustrations. Sexual, Emotional and Social factors are the important aspects that determine the success of a marital relationship. In recent years, dual career couples have increased greater in number due to the employment of female partners in the work society. Even though it helps to rise a second earning in the family, it also has certain impacts on the functioning of a marital life. They shows high level of maladjustment in their relationship due to their shared responsibilities of child rearing, finance, sex role, family care and attitudinal predisposition all which determines the strength of their marital life. Prolonged maladjustment may further leads to marital distress, separation and ends up in divorce. Single earning couples shows high level of adjustment due to the remarkable balance in Social, Emotional and Sexual factors. In both Single and Dual Earning couples conflicts between career and family roles can in turn lead to marital maladjustment. Proper understanding, commitment, passion, trusts and maturity also plays a vital role in the success of marital life.

Bhikaji and Hari (2016) revealed that single employee married couple has better marital adjustment than dual employee married couples. Rinku (2013) found non working women have more marital adjustment than working women. Jaisri and Joseph (2013) reported that wives had better marital adjustment and independence than their husband's among dual career couples. Aminjafari et al., (2012) noted that finding harmony in between one's career and family roles brings marital satisfaction to a greater extent. Narang (2012) revealed that women showed much better adjustment in recreational activities whereas men were more group oriented. Jason (2009) found that the physical and mental health of dual career couples is interrelated. Aleem and Danish (2008) have portrayed that hassles and work pressure affects marital satisfaction and also leads to anxiety, particularly among women. Singh (2004) revealed that dual earning couples shows better marital adjustment due to better higher education and employment with average salary, inspite of the stressors they come across. Elloy and smith (2003) found that dual earning couple experienced more stress, role ambiguity, conflicts in family, family role, and work-family and work pressure than single earning couples. Bradbury, Grout and Clark (2001) revealed that couples who address their needs especially sexual needs experienced more marital satisfaction. Kerkmann et al., (2000) reported positive relationship between finance and marital adjustment. Fincham et al., (2000) have found that positive attributions to the marital relationship have significant impact on marital satisfaction. Fincham and Beach (2000) proved that there is a positive correlation between balanced and functional marital relationship with marital adjustment. Voydanoff and Donnelly (1989) carried out a research on the effect of mental health on marital adjustment among single employee couples. Findings revealed that non-working women had a significant effect on their mental health.

METHODOLOGY

Objective

- To assess the level of marital adjustment among single and dual working couples.

Marital Adjustment among Single and Dual Working Couples

Hypotheses

1. There would be significant differences found between the mean scores of marital adjustment among single and dual workers.
2. Single workers would have better marital adjustment than dual workers.

Variable

In the present study dependent variable is marital adjustment and independent variable is work style.

Sample

The present study was conducted on a sample of 100 working couples equally divided into two groups on the basis of work style (single and dual workers) with 50 subjects in each group, selected through purposive sampling technique from Chidambaram town of Cuddalore District Tamil Nadu India.

Psychological Tools

1. **Marital Adjustment Questionnaire:** Marital Adjustment Questionnaire (MAQ) constructed and standardized by Dr. Pramod Kumar and Dr. Kanchana Rohatgi was used to measure the level of marital adjustment among respondents. The questionnaire consists of 25 highly discriminating 'Yes & No' type items, with 22 positive and 3 negative 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 respectively. The validity of the test was found by comparing with Singh's Marital Adjustment Inventory.

Procedure

The study was conducted in Chidambaram town of Cuddalore district of Tamil Nadu, consisted a sample of 100 married couples with 50 dual working and 50 single working married couples, selected through purposive sampling technique. Prior to the administration of marital adjustment questionnaire proper rapport was established with the respondents and they were informed about the purpose of the study. After that marital adjustment questionnaire was given to them and were asked to give their responds according to their choice. During the administration the researcher helped those couples who had difficulty in understanding the statements and collected the same after 15-20 minutes and thanked for their cooperation. The obtained data was scored, tabled and systematically analysed by applying mean, t-test, ANOVA and Pearson correlation SPSS 16.0 version.

Marital Adjustment among Single and Dual Working Couples

RESULTS

The main findings of the present study are shown in tables given underneath.

Graph

Graphical representation of Mean Scores of Single and Dual Workers

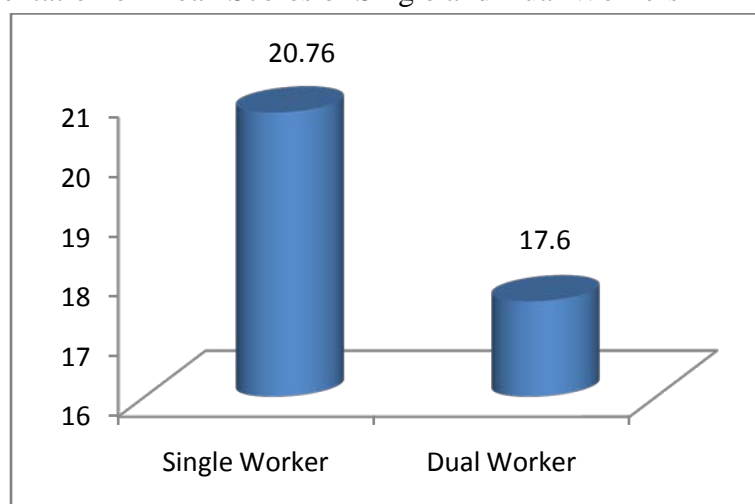


Table No-1 Showing the Mean, S.D, SEM, and t- value of marital adjustment scores of single and dual workers

| Job Status | No | Mean | Std. Deviation | Std. Error Mean | df | t-value |
|---------------|----|-------|----------------|-----------------|----|---------|
| Single Worker | 50 | 20.76 | 3.04 | .43 | 98 | 4.31** |
| Dual Worker | 50 | 17.60 | 4.19 | .59 | | |

***Significance at 0.01 level*

The above given table shows the mean, S.D, SEM, and t- value of single and dual workers in respect to their marital adjustment scores. The mean, S.D, SEM of single workers were found (20.76, 3.04, .43), simultaneously the mean, S.D, SEM of dual workers were found (17.60, 4.19, .59) respectively and the t- value was found 4.31/98.

Table No-2 ANOVA Summary of marital adjustment scores of single and dual workers

| | Sum of Scores | df | Mean Scores | F |
|----------------|---------------|----|-------------|----------|
| Between Groups | 249.64 | 1 | 249.64 | 18.603** |
| Within Groups | 1315.12 | 98 | 13.42 | |
| Total | 1564.76 | 99 | | |

***Significance at 0.01 level*

The above given table shows the ANOVA summary of marital adjustment scores of single and dual workers. The sum of scores and mean scores between and within groups were found [(249.64, 24.64), (1315.12, 13.42)] respectively and the obtained F- ratio was found 18.60, df 1/99.

DISCUSSION

The purpose of the present study was to assess the marital adjustment among single and dual married couples. The mean scores of single and dual married couples were found 20.76 and

Marital Adjustment among Single and Dual Working Couples

17.60 respectively. The t value is 4.31 with df 98 which is significant at both the level of confidence. It indicates that there is a significant difference between the mean scores of marital adjustment among single and dual workers. Thus the first hypothesis is accepted.

The results also indicate that single workers would have better marital adjustment than dual workers. Therefore, the second hypothesis is also accepted, the findings are supported by Bhikaji and Hari (2016) they also found that single employee married couple has better marital adjustment than dual employee married couples.

CONCLUSION

On the basis of this study, it is concluded that there is a significant difference between the mean scores of marital adjustment among single and dual working couples. On the whole, the study portrays that single workers have better marital adjustment than dual workers.

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Conflict of Interest: The author declared no conflict of interest.

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Marital Adjustment among Single and Dual Working Couples

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