

A Study of Personality and Marital Adjustment among House Wives and Working Women

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ABSTRACT

The present study was undertaken to examine the effect of Neuroticism and Extraversion dimension of personality on marital adjustment among house wives and working women. The sample of the present study consisted of 200 Young married women (age range 25 -35) drawn equally from the urban population of house wives and working women. To assess the marital adjustment and personality marital adjustment Questionnaire and Eysenck Personality Inventory (E.P.I.) were administered to the sampled subjects. The findings revealed that the high marital adjustment groups of both house wives and working women have scored less on Neuroticism and greater on Extraversion dimension of personality than low marital adjustment groups of house wives and working women. The results also showed that the house wives have better marital adjustment than working women. The statistical comparison of the high and the low marital adjustment groups differed significantly in terms of their scores on Neuroticism and Extraversion dimension of personality.

Keywords: *Personality, Marital Adjustment, House Wives, Working Women*

Marriage is an institution whereby men and women are joined in a special kind of social and legal dependency for the purpose of founding and maintaining a family. Marriage, indeed, is an important factor of our family system. Marriage is based upon the need for being and living together and the emotional security, this provides, upon the needs for sexual expression and upon the desire for the begetting of off spring and an ideal union is one that fulfils most effectively these sexual requirements. People marry for many reasons, like; love, happiness, companionship and the desire to have children, physical attraction or desire to escape from an unhappy situation (Bernard, 1904). Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationship.

Marital adjustment as the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (Thomas, 1977). According to Lazarus, (1983) there are six areas of marital adjustment such as, religion, social life, mutual friends, in-laws, money and sex. In an study conducted by (Margolin,

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1980) it was found that ten areas of marital adjustment i.e. values, couple growth, communication, conflict resolution, affection, roles, cooperation, sex, money and parenthood. Marital adjustment is therefore calls for experiencing, satisfactory relationship between spouse characterized by mutual concern, care, understanding and acceptance.

According to spanier and cole (1976) marital adjustment is a process that outcome of which is determined by the degree of troublesome marital differences, interposal tension and personal anxiety, marital satisfaction, dyadic cohesion, consensus on matters of important to marital functioning.

Marital distress has been associated with a host of psychological difficulties, particularly depression (Beach, Whisman, and O'Leary, 1994). The ultimate measurement of successful marriage is the degree of adjustment achieved by the individuals in their marriage roles and interaction with one on ether. Whether or nor a marriage is successful is determined by the interaction between the two partners over the time span of their marriage.

Bouchard, Lussier and sabourin (1999) contribute to the understanding of the relationship between personality and marital adjustment by using the five factors model of personality. Many researcher believe this model is a comprehensive frame work for organizing personality traits (Borkenau and Ostendrof, 1990; Digaman, 1990; Mc crae 1991; Montag and Levine 1994). The five factor model postulates the normal personality is a multidimensional composed of five dimensions: Neuroticism, Extraversion, Openness, Agreeableness and conscientiousness.

Level of Neuroticism have consistently been shown to correlate negatively with the amount of marital satisfaction experienced by the couple (Kosek, 1996; Lester, Heig and Monello, 1989; Russell and Wells, 1994). Some researchers have found extraversion consistently with satisfaction in married couples.

The purpose of the present study was to examine the effect of Neuroticism and Extraversion dimension of personality on marital adjustment among house wives and working women. More over the present investigation also aimed of knowing whether there would be any significant difference in the level of Neuroticism and Extraversion of the high and the low marital adjustment groups of house wives and working women.

METHOD

Sample:

The sample of the present study consisted of 200 young married women (age range 25-35) drawn equally from the urban population of house wives and working women. The sample was selected from Gaya district in the state of Bihar. Both the groups were matched in respect of their family size and socio-economic status.

Tools: The following tools were used:-

- 1) **Marital Adjustment Questionnaire (MAQ):-** In order to assess the level of marital adjustment among the subjects, marital adjustments questionnaire, developed by kumar & Rohatagi (1976) was used in the present study. The marital adjustment questionnaire is a handy tool to identify couples with good and poor marital adjustment. It consisted of 25 highly discriminating "Yes-no" type items.
- 2) **Eysenck Personality Inventory (E.P.I.):**- In order to assess the personality characteristics among the subjects. The Hindi version (Sinha, 1968) of E.P.I. (From-A) has been used which consists of 57 items, 24 each for Neuroticism and Extraversion and 9 for the lie scale. On the basis of the subjects score, the house wives and working women sample have been dichotomized at median comprising two groups. Those house wives and working women securing above median scores on marital adjustment were termed as high marital adjustment group and vice-versa i.e. those house wives and working women securing below median scores were termed as low marital adjustment group.

RESULTS AND DISCUSSION

The primary interest of the present investigation was to explore the impact of personality factors i.e. Neuroticism and Extraversion on marital adjustment among house wives and working women. On the basis of Marital adjustment scores, house wives and working women were compared. The findings with regard to house wives and working women, reveal that the house wives have scored higher (Mean=14.35) than the working women (Mean=12.13).

The comparison between two groups has yielded significant t-value ($t = 2.81$, $df = 198$, $P < .01$).

Data have been subjected to t-test of difference. Table 1 Presents the statistical comparison of high and low marital adjustment groups of house wives and working women in terms of their Neuroticism scores.

Table-1, Comparison of the high and the low scorers on marital adjustment among House Wives and Working women in terms of their Neuroticism scores (N=50 in each group) df=98)

Groups	Mean	SD	t-Matrix		
			B	c	d
a) HMA(HW)	10.65	3.82	**4.10	*2.05	**3.02
b) LMA(HW)	13.89	4.13		5.92**	.72
c)HMA(WW)	9.03	4.12			4.30**
d)LMA(WW)	13.25	4.85			

** Significant at .01 level

* Significant at 0.05 level.

The findings as summarized in table 1 reveal that the high marital adjustment groups of both house wives and working women has scored less than low marital adjustment groups of house wives and working women on Neuroticism dimension of personality. The comparison

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of five groups of high marital adjustment and low marital adjustment among house wives and working women has yielded significant t-values in terms of their Neuroticism scores. But the statistical comparison between low marital adjustment house wives vs. low marital adjustment working women has yielded insignificant t-value in respect of their Neuroticism scores.

The findings also show that the high marital adjustment groups of house wives and working women have been found to be less Neurotic Tendency than the low marital adjustment groups of housewives and working women.

Table 2 presents the statistical comparison of high and the low marital adjustment groups of housewives and working women in terms of their Extraversion scores.

Table: 2 , Comparison of the high and the low scores on marital adjustment among house wives and working women in terms of their Extraversion scores. (N= 50 in each group) df=90

Group	Mean	SD	t-Matrix		
			b	C	d
a) MMH(HW)	13.25	4.06	**3.75	*0.09	**4.74
b) LMH(HW)	10.32	3.85		2.98**	.52
c) HMH(WW)	12.56	3.76			3.22**
d) LMH(WW)	9.88	2.99			

** Significant at 0.01 level

* Significant at 0.05 level

It is evident from tables-2 that the high marital adjustment groups of both house wives and working women has scored higher on Extraversion dimension of personality than low marital adjustment groups of housewives and working women. The statistical comparison of high marital adjustment and low marital adjustment among housewives and working women has yielded significant t-values. But the high marital adjustment among housewives and working women and low marital adjustment among housewives and working women have been found insignificant t-values.

On the basis of mean scores on Marital adjustment the findings show that the housewives have better marital adjustment than working women. The findings of the present study also reveal that the high marital adjustment groups among housewives and working women have found to be less Neurotic Tendency and more Extraversion than the low marital adjustment groups of housewives and working women.

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Conflict of Interests The author declared no conflict of interests.

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