

Marital Adjustment among Couples

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ABSTRACT

The present study aimed to know the marital adjustment among couples. It also aimed to check marital adjustment with reference to gender and type of marriage. The Marital Adjustment Questionnaire (MAQ) prepared by Dr. Pramod Kumar (Retd.) and Dr. Kanchana Rahotgi (2018) was used. The sample constituted total 120 couples out of which 60 were from married males (30 love marriage and 30 arranged marriage) and 60 from married females (30 love marriage and 30 arranged marriage). The data was collected from Ahmedabad City. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that (1) The married males group is having good marital adjustment than married females group, (2) There is no significant difference in the mean score of marital adjustment among the couples of love marriage and arranged marriage. And (3) There is no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the gender and type of marriage.

Keywords: *Marital Adjustment, Married Males And Females, Love Marriage And Arranged Marriage*

Throughout the human history and in almost every society and culture across the globe, there exists the mutual sexual attraction between sexes, which takes its peak during adolescence. It has its own potential risks in the form of social, demographic, economic and health implications. Currently, in many societies, unmarried, single youths are sexually more active than what is commonly realized. Adolescents also maintain sexual relationships, even though cultural values in countries like India do not permit this.

Young people select friends whose attitudes about sex are consistent with their own attitudes. The effect of friend's attitude on sexual behaviour was stronger for female than for males. High risk sexual behaviour in adolescent appears to be influenced by the sexual attitudes of peers and young people select friends whose attitudes about sex are consistent with their own attitudes. Researchers sought to determine how adolescent come to resemble their peers in risky attitudes and behaviours, attempting to learn whether they are encouraged by peers to adopt certain behaviour or gravitate towards others with similar attitudes and behaviours. They also examined the role of peer attitudes in development of high risk behaviours.

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Carl Rogers (1972) sees the present day changes in marriage as a positive trend towards greater freedom of the spouses. Because the emotional, psychological, intellectual and the physical needs of the partners are given higher priority over mere permanence as understood by traditional marriages. The purpose of marriage and family in preservation of species as understood traditionally is debated by some sociologists today. Animals have no family and yet they survive and safeguard their species (Menachery, 1985).

Sinha & Mukerjee (1990) defines marital adjustment as „the state in which there is an over all feeling in husband and wife of happiness and satisfaction with their marriage and with each other“ (p.633). It therefore calls experiencing satisfactory relationship between spouses characterized by mutual concern, care, understanding and acceptance. All the marriages are aimed at happiness in one or another way. Most couples become married filled up expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Therefore, in marriage two universes come together.

Sison (1976) among married couples in Metro Manila show a high level of marital adjustment among those who communicated well. He points out that there is a positive correlation between communication and adjustment. Couples, who communicated more regularly, adjusted themselves better to interpersonal and situation problems while others find it difficult. Communication is the life-breath of love, awareness of each other's feelings, needs, problems and expectations.

Muhammad Arshad e.l. (2014) had conducted the studied of marital adjustment and life satisfaction among early and late marriages. The results shows that there was significant difference (significant at p .001) between late marriages and early marriages on marital adjustment. Moreover, the research also indicates that there was significant difference (significant at p .001) between late marriages and early marriages on Life Satisfaction. The findings of the research may helpful for the policy makers to introduce some new strategies for the betterment of the society.

Sneh Lata Rao (2017) has studied exploring the relationship between marital adjustment and depression among couples. Sample of the study consisted of 26 couples. Their age ranged between 25 to 50 years. Their education was at least gradation and above. They belong to middle and high socio-economic status. Marital Adjustment questionnaire developed by Pramod Kumar and Kanchana Rohtagi and Beck Depression Inventory were used. Results indicated highly significant relationship between marital adjustment and depression. The findings of the results also show that both, women and men have to face more problems in their married life.

Objective

The objectives are:

1. To Study marital adjustment of the married couples.
2. To Study marital adjustment with regards to love marriage and arranged marriage.
3. To study the interactive effect of marital adjustment with regards to gender and type of marriage.

METHODOLOGY

Hypothesis

1. There will be no significant difference in the mean score of marital adjustment among the married males and females.
2. There will be no significant difference in the mean score of marital adjustment among the couples of love marriage and arranged marriage.
3. There will be no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the gender and type of marriage.

Sample

The sample of the present study constituted total 120 couples out of which 60 were from married males (30 love marriage and 30 arranged marriage) and 60 from married females (30 love marriage and 30 arranged marriage).

Research Design

A total sample of 120 couples equally distributed between gender and types of married from Ahmedabad City selected for the research study.

Showing the table of Sample Distribution

Type of marriage	Gender		Total
	Married males	Married females	
Love marriage	30	30	60
Arranged marriage	30	30	60
Total	60	60	120

Variable

Independent Variable

1. **Gender** : married males and females.
2. **Type of marriage** : love marriage and arranged marriage.

Dependent Variable : Marital adjustment Score.

Tools

Marital Adjustment Questionnaire (MAQ) prepared by Dr. Pramod Kumar (Retd.) and Dr. Kanchana Rahotgi (2018). The test contains 25 items related to following three dimension namely (1) Sexual (2) Social and (3) Emotional. The coefficient correlation between the questionnaire and Singh's Marital adjustment for a group 20 wives was found to be 0.71 with index of reliability of 0.84.

Procedure

The permission was granted from various couples for data collection in Ahmedabad city after the establishment of rapport, personal information and the 'Marital Adjustment Questionnaire (MAQ)' was administered 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 gender and types of marriage.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	525.01	5.72	0.05*
SS _B	1	357.08	3.89	N.S.
SS _{A*B}	1	1.87	0.02	N.S.
SS _{Error}	116	91.80	—	—
SS _{Total}	119	11532.93	—	—

*0.05=3.92, **0.01=6.84, N.S.= Not Significant

A = Gender, B = Type of marriage

A₁ = married males B₁ = love marriage

A₂ = married females B₁ = arranged marriage

Table : 2 The Table showing the Mean Score of marital adjustment of married males and females.

	A (Gender)		‘F’ value	Sign.
	A ₁ (Married males)	A ₂ (Married females)		
M	21.12	16.93	5.72	0.05
N	60	60		

The above table no.2 shows the mean score of marital adjustment among married males and females. The mean score of married males group is 21.12 and married females group is 16.93. The ‘F’ value is 5.72 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to marital adjustment and gender. It should be remembered here that, according to scoring pattern, higher score indicate higher marital adjustment. Thus from the result it could be said that, the married males group is having good marital adjustment than married females group. Therefore the hypothesis no.1 that, “There will be no significant difference in the mean score of marital adjustment among the married males and females” is rejected.

Table : 3 The Table showing the Mean Score of marital adjustment of type of marriage.

	B (Type of marriage)		‘F’ value	Sign.
	B ₁ (Love marriage)	B ₂ (Arranged marriage)		
M	20.75	17.30	3.89	N.S.
N	60	60		

The above table no.3 shows the mean score of marital adjustment of type of marriage. The mean score of love marriage group is 20.75 and arranged marriage group is 17.30. The ‘F’ value is 3.89, which was found to be not-significant level at 0.05. Therefore the hypothesis no.3 that, “There is no significant difference in the mean score of marital adjustment among the couples of love marriage and arranged marriage” is accepted.

Table : 4 The Table showing the interactive effect of the Mean Score of marital adjustment of gender and types of marriage.

		A		‘F’ value	Sign.	
		A ₁	A ₂			
M	B	B ₁	22.97	18.53	0.02	N.S.
		B ₂	19.27	15.33		
N		60	60			

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The above table shows the interactive effect of the marital adjustment of the gender and type of marriage. The result was found to be not significant from table no.4 shows that 'F' value 0.02 is not significant at 0.05 level. The mean score is 22.97 for the males of love marriage, the mean score is 19.27 for the females of love marriage, the mean score is 18.53 for the males of arranged marriage, and the mean score is 15.33 for the females of arranged marriage. Therefore the hypothesis no.3 that, "There is no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the gender and type of marriage" is accepted.

CONCLUSION

1. The married males group is having good marital adjustment than married females group.
2. There is no significant difference in the mean score of marital adjustment among the couples of love marriage and arranged marriage.
3. There is no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the gender and type of marriage.

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Acknowledgment

The authors profoundly appreciate all the people who have successfully contributed in ensuring this paper in place. Their contributions are acknowledged however their names cannot be mentioned.

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Conflict of Interest

The authors carefully declare this paper to bear not a conflict of interests

How to cite this article: Saheba. K.A (2019). Marital Adjustment among Couples. *International Journal of Indian Psychology*, 7(2), 800-805. DIP:18.01.095/20190702, DOI:10.25215/0702.095