



Marital Adjustment Problems of Working and Non-Working Women in Contrast of Their Husband

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Abstract:

Marriage in reality is a way of living. It is not always full of roses; but its success depends upon adjustment on the part of both the partners involved. With the rise in the number of dual-career families, the adjustment and marital relationship are major challenges in most of the families. This study aimed at finding out marital adjustment problems faced by Non-working women and working women teachers of Bahadurgarh city. A sample of 80 women (40 non-working women and their spouses and 40 working women teachers and their spouses) is selected randomly. For this study Marital Adjustment Inventory developed by Dr. Harmohan Singh, Department of Psychology R. B. S. College, Agra (1987) was used for data collection. The result revealed that non-working wives face more marital adjustment problems in comparison to their partners. Secondly working women teachers faces marital adjustment problems in a greater degree to that of non-working women. We can say that working women because of the added responsibilities of job may suffer from more severe causes of maladjustment at home or in the office.

Keywords: Marital Adjustment, Working and non-working women

1. Introduction

The spread of education made the women get more knowledge, more thinking power. Only educated women are able to think rationally. Education has made them capable to do different job and provided them with decision making power. After independence our constitution made the provision under act 15(1), 16(1) and 16(2) that the State shall not discriminate against its citizens on grounds of religion, race, caste, sex, place of birth or any of them. In chapter III of our constitution the fundamental rights are given. These rights are absolute and used by both men and women equally. If anybody, any institution whether it is political or economical or social crushes these rights, the affected man or woman have the right to go to High Court or Supreme Court (Article 32) for the protection of his or her right. The social changes have also improved the status of women. With the passage of time women have been demanding participation in decision making process of the family. Under this pressure 73rd and 74th amendment were done in our constitution.

They have provision of 33% reservation in local self government bodies. And now this demand is further increased and women are demanding one third reservation in parliament. It is assumed that if women are given participation in decision making and rule making, the status of women should rise. . Education has brought revolutionary changes among women. She has helped the modern man in getting rid of his chauvinistic approach towards women. Man has given her an equal status. To look after the house is not a women's responsibility but equally of husband's. If the husbands share the responsibility of managing household affairs than a wife too learn and share the economic burden of the husband by contributing to the household income.

The profound social changes that India has witnessed after its independence have affected its entire population. Among the middle class urban educated population though changes have

affected women much more than man. Ritu Singh, S.K. Thind and Sushma Jaswal in 2006 studied assessment of marital adjustment among couples with respect to women's educational level and employment status. They concluded that education and employment of the Indian women has got significant implications not only for their own lives but for all the lives and relations linked with them. Hence! Education and employment is a new age mantra for Indian women to improve the level of marital adjustment among them and their husbands.

The employed women will be at a more advantageous position at home due to their employment. Any change in their position will be rejected in their activities within the family and it will also affect all other members of family. It is an accepted fact that employed women have greatly changed their family lives. The most important effect has been the economic independence attained by working women. Another effect is the redistribution of the work within the family. The salary of the working women is a substantial contribution to the family income, Today; more and more women are entering into remunerative jobs. A working woman has to perform two roles. Firstly, a mother and housewife, and secondly of an employee. Both the roles demand on her time and energy. Her employment not only affects her entire personality but also her family relationship and is also liable to face crisis of adjustment which can result in depression. B. Sandhya Rani and M. Sarada Devi (2008) studied the role stress of working and non-working women in recreational, social and job/work life. Majority of the working and non-working women expressed stress regarding participation in social functions and participation in religious activities.

Most of the working women feel maladjusted due to non cooperative attitude of the husband and family members. Adjustment is a process that helps a person to lead a happy and contented life while maintaining a balance between his needs and his capacity to fulfill them. It enables him to change his way of life according to the demands of the situation and gives him the strength and ability to bring about the necessary changes in the conditions of his environment. 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'. All the marriages are aimed at happiness in one or another way. Most couples marry filled up with 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 close together. Marital adjustment calls for maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realized fully, death in marital relationship is inevitable. A relationship between couples is not instantaneous rather a slow progress. "It is like the undetected cancer that kills silently and softly".

2. Rationale of the Study

Status of women in India has undergone changes down the ages. In the present changing socio-economic scenario a new picture of marital life is emerging. Slowly but surely, women are entering to semi professional and professional occupations. Many occupations such as engineering, medical, law and university teaching that were available to men are now open to women as well. The man is no longer considered as the sole "economic provider" for the family. Women are also associating career with self and identity. The working women, especially married ones, have the dual responsibility of looking after their home, husband and children on one hand and their job on the other. A working woman's role expectations lead to overstrains to manage both home and work spheres. The woman of today whether employed or not are liable to develop a marked tendency to become conscious of their individual status. They have to face marital adjustment problems. The adjustment and marital relationship are major challenges in most of the families. With the rise in the number of dual-career families, it is pertinent to

examine how spouses negotiate their work-family demands and responsibilities adjustment. While observing the number of disparities in the life style of serving women, it is expected that they will differ in their adjustment pattern as well as personal values, which makes the investigator interested in studying the marital adjustment problems of working women teachers and non-working women.

3. Objectives of the study

1. To compare marital adjustment problems faced by non-working women and their husbands.
2. To compare marital adjustment problems of working women teachers and their husbands.
3. To compare marital adjustment problems of working women teachers and non-working women.

4. Hypotheses of the study

1. There is no significant difference between the working women teachers and their husbands on facing the marital adjustment problems.
2. There is no significant difference between the non-working women and their husbands on facing marital adjustment problems.
3. There is no significant difference between the working women teachers and non-working women on facing marital adjustment problems.

5. Methodology of the study

The study employed descriptive survey method of research. It is commonly used in educational research to study existing conditions and phenomenon. The terms descriptive survey is generally used for the type of research which purposes to certain what are the normal or typical conditions of practice of present time.

6. Sample

The sample consisted of 80 women (40 non-working women and their spouses and 40 working women teachers and their spouses). In case of nonworking women, data is collected from different localities of Sampla town. In case of working women teacher's data is collected from different schools of Sampla town. The sample was collected randomly from senior secondary schools for working women teachers and from localities for non-working women.

7. Tool Used

For collection of data the investigator used the "Marital Adjustment Inventory" developed by Dr. Harmohan Singh, Department of Psychology R.B.S.College, Agra (1987).

8. Analysis and Interpretation

Marital Adjustment Problems faced by Working Women Teacher and Their Husband.

Table 1. Mean, S.D., N and Z-value of Working Women Teacher and Their Husband on Facing Marital Adjustment Problems

Variable	Groups	N	Mean	S.D.	z-Value
Marital Adjustment	Wives	40	74.78	13.09	4.101*
	Husbands	40	62.8	13.10	

*Significant at 0.0 level of significance.

From table 1 it may be observed that the calculated 'z' value of marital adjustment problems faced by working women and their husband is 4.101 which is significant at 0.01 level with df 78. It indicates that the mean scores of marital adjustment problems faced marital adjustment

problems faced by working women and their husband differ significantly. Thus the null hypothesis “There is no significant difference between the working women teachers and their husbands on facing the marital adjustment problems” is rejected.

Table 2. Marital Adjustment Problems faced by Non Working Women & their Husband. Mean, S.D., N and Z-value of Non Working Women & Their Husband on Facing Marital Adjustment Problems

Variable	Groups	N	Mean	S.D.	z-Value
Marital Adjustment	Wives	40	66.82	9.528	2.26*
	Husbands	40	60.95	13.38	

*Significant at 0.0 level of significance.

From table 2 it may be observed that the calculated ‘z’ value of marital adjustment problems faced by non-working women and their husband is 2.26 which is significant at 0.01 level with df 78. It indicates that the mean scores of marital adjustment problems faced marital adjustment problems faced by non-working women and their husband differ significantly. Thus the null hypothesis “There is no significant difference between the non-working women teachers and their husbands on facing the marital adjustment problems” is rejected.

Table 3. Marital Adjustment Problems faced by Non Working Women & Working Women Teacher.

Mean, S.D., N and Z-value of Non Working Women Teacher and Non Working Women on Facing Marital Adjustment Problems

Variable	Groups	N	Mean	S.D.	z-Value
Marital Adjustment	Working Women	40	74.775	13.09	3.12*
	Non-Working Women	40	66.82	9.528	

*Significant at 0.0 level of significance.

From table 3 it may be observed that the calculated ‘z’ value of marital adjustment problems faced by non-working women and working women teacher is 3.12 which is significant at 0.01 level with df 78. It indicates that the mean scores of marital adjustment problems faced marital adjustment problems faced by non-working women and working women differ significantly. Thus the null hypothesis “There is no significant difference between the non-working women teachers and working women on facing the marital adjustment problems” is rejected.

9. Conclusions

The study concludes that working wives face greater marital adjustment problems. The result helps us to conclude that non-working wives face more marital adjustment problems in comparison to their partners. When working women teachers compared to non-working women it was found that working women teachers faces marital adjustment problems in a greater degree to that of non-working women. The findings of the study indicate that working married women have to face more difficulties in their lives as compared to non-working married women. It concludes that on some aspects working married women cannot contribute significantly for the well being of their family. Their attention is diverted because of working in two situations. They cannot give proper attention to their marital lives and this cause marital mal adjustment. Working women because of the added responsibilities of job may suffer from more severe causes of maladjustment at home or in the office, while on the other side they have to take care of the children, husband, and in-laws and perform other domestic duties.

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