



Studies on Marital Adjustment of Couples in Local Mysore Town

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ABSTRACT

At the very heart of the Psychology of "adjustment", is what a person thinks of himself and of his potential for becoming a fully functioning Individual. In other sense it is continual process by which a person varies his behavior to produce a more harmonious relationship between the himself and environment. The goal of the present study is to a study on marital adjustment of husband and wives in Mysore city. Objectives: To study the martial adjustment of husband and wives in two age groups. The sample consisted of 100 couples; among 50 (30-40) age group) and 50 (40 and above) age group. Selected couples were Measured on marital adjustment inventory developed by Dr.Hormohen Singh. Result indicated that there would be significant differences between the age group I and II in their marital adjustment there would be significant in marital adjustment of husband and wife who have different years of marital life.

KEYWORDS: *Marital adjustment*

I. INTRODUCTION

At the very heart of the psychology of "adjustment" is what a person thinks of himself and of his potential for becoming a fully functioning individual. In other sense it is continual process by which a person varies his behaviour to produce a more harmonious relationship between himself and environment. The author Eidely (1958) recognizes major paradox in the behavior of man. Guys are the molders of things rather than their victim.

That study of psychological and adjustment reminds us that there is a great difference in individuals that people learn differently think differently and develop differently. Life style and behavior patterns differ so much that it is not safe to label or to judge or classify an individual in terms of the manner in

which the majority performs one thinks and learns better and develops best in a relationship that provide point and purpose for his behavior.

The establishment and maintenance of heterosexual relationship is an aspect of adjustment in which most of us spend our major part of life. And the interaction which we have with significant others a children marriage partners and parents exert a definite influence upon how we see ourselves the masculine or feminine roles we adopt and the kind of people.

Many studies have noted that youthful marriages are characterized by disillusionment and greater risk of failure than later marriages. Researcher in this area (Burchinal, 1960; Burgenand Cottrell, 1939) have shown self-assessed martial happiness ratings made at various points after marriage become more positive as the age at the time of the marriage increases. Today women's and men's lives are becoming more similar than they used to be. According to Joseph Pleck (1985) many women of the 1970's and 1980's did indeed experience quite a bit of role conflict and overload because both they and their husband believed that they should continue to fulfill their traditional family responsibilities even though they were working full time. More recently role conflict and role overload have decreased mostly because women are spending less time on family tasks partly because men are slowly increasing their involvement in household tasks and child care.

ADJUSTMENT:

The concept of adjustment is used to denote the personality of the individual. It is also used to refer to one's behavior, psychological condition (normal or abnormal), sociability etc. This epithet is also used to describe. The word adjustment came into popular use in psychology during the 1930's and was given strong endorsement by Shaffer's (1936) classical book



The Psychology of Adjustment ". He stressed upon the biological adaptation of the organism to its environment as adjustment. J.B. Watson and Fredrick Dashlel (1930) the Behaviorists influenced the thinking of psychologists during this time which was a mechanistic approach to human behavior. The term as used by Shaffer (1936) was subjected to considerable criticism particularly with reference to its emphasis upon the mechanical adaptation of human being to the demands of the environment Psychologists from Gestalt and Psychoanalytical schools pointed out that man not only adapts to his environment but through the use of his intelligence and imagination changes his environment to meet his needs more effectively.). Adjustment is a process in which the needs of the individual on one hand and the claims of the environment on the other are fully satisfied. A plethora of definitions is given to the term adjustment by several scholars. These definitions relate mainly to the two aspects of adjustment: 1) Individuals efforts to meet his needs and 2) Adapting himself to the environment. Boring et al., (1948) define adjustment as a process by which a living organism maintains balance between its needs and the circumstances that influence the satisfaction of needs". According to Eysenck and Arnold (1972)" adjustment is a state in which the needs of the individual on the one hand and claims of the environment on the other are fully satisfied. As Munn's observations: it is a continuous process of satisfying ones needs rather than something fixed and static and it involves virtually all aspects of human behavior". Thus adjustment is not something fixed or static.

MARITAL ADJUSTMENT:

The definition of marital adjustment will depend upon the conception of marriage and the standards of adjustment prevalent in a particular society at a particular time. Since a very few studies in India have carried out on marital adjustment, it has not been specifically defined in the Indian context. A Landis study of marital adjustment has used the term adjustment to refer to the state of accommodation, which is achieved in different areas where conflict may exist in marriage (Landis, 1946). Locke and Williamson have defined marital adjustment as the presence of such characteristics in a marriage as a tendency to avoid or resolve conflicts, a feeling of satisfaction with the marriage and with each other, the sharing of common interests and activities and the fulfilling of the marital expectations of the husband and wife (Locke and Williamson, 1956).

" The studies on Marital adjustment in an adoption between husband and wife to the point there is companionship, agreement on basic values flectional intimacy accommodation, euphoria and certain other unidentified factors" (Locke and Williamson, 1956).

II. METHODOLOGY

OBJECTIVES:

- 1) To study the mortal adjustment of husband and Wives in two age groups.
- 2) Toknow the marital adjustment of couple who had different years of married life

HYPOTHESIS

- 1) There would be significant difference between the age group I and II in their marital adjustment.
- 2) There would be significant in marital adjustment of husband and wife who have different year's marital life.

PARTICIPANTS: The participants group of total 100 Couples, among them 50 (30-40) age group and 50 (40 to and above) couples. Active participants were selected from various Employees of Mysore city. An equal number of male and female were purposively selected from between the age from 30 to 40 and 40 above years and mean age 35 years and 40 above years. The study was conducted during the year Sep-2022 to Nov-2022.

The researcher adopted survey method for the collection of information related to personal and socio-demographic status of the respondents. Before the collections of the data the investigator briefed respondents about the purpose of the study and ensured them that their information would be used only for the research purpose. This process helped to establish rapport with the respondents. To meet the objectives of the present study the data is collected by administering personal information sheet; marital adjustment inventory was administered to the respondents of various Employees of Mysore.

PERSONAL INFORMATION SCHEDULE

(PIS): Personal information Schedule was prepared by investigators. The schedule includes identification data and index variables such as: Name, age, gender, Domicile, Education. Kinds of



Employees (government or private sectors) socio-economic status details of couples Sample.

MARITAL ADJUSTMENT INVENTORY: To assess the marital adjustment of husband and wives. Inventory developed by Dr. Hormohen Singh. It consists of 2 forms. A for husband and B for wives. It consists of 10 questions which can should be replied in 'yes' or 'no' ranging from +10 (most favorable) –1(least favorable).

PROCEDURE: Couples were asked to give their Socio-demographic details in the prescribed perform. They were given appropriate instructions and asked to indicate their responses in the respective sheets given to them. Whenever they have doubt in understanding items, the test administrator clarified their doubts in their local language. data collection was done In one session and a session lasted for about 60-60 minutes approximately. Then the data was scored and statistically analyzed by using descriptive and t-value techniques.

III. RESULTS AND DISCUSSION

Marital adjustment is believed to be influenced by the factors like age and marital years.

Table-1
Shows the mean, SD and t-values of marital adjustment in two ageGroup

Age group	Mean	SD	t-value
30-40	69.8	5.4	4.85**
40 and above	64.6	5.27	

**Significant at 0.01 level.

Table-1: shows mean, SD and 't' value of marital adjustment in two age group. The mean value of age group I is more than age group II, which indicated that marital adjustment of group I is higher than age group II. The obtained 't' value is 4.85 which is significant at 0.01 levels. There is a significant difference in marital adjustment between the couple of age group I and age group II.

Table-2: Shows the mean, SD and t-values of marital adjustment in two age group(N=100)

Years of married life	Mean	SD	t-value
Group-I (0-10)	61.6	6.84	7.66**
Group-II (10 and onwards)	70.8	5.47	

**Significant at 0.01 level.

Table-2 shows mean SD and hence the 't' value of marital adjustment in two groups of marital years. The mean value of group II is more than age group. Which indicates that marital adjustment of a II group is higher than group I. Obtained the 't' value is 7.66 which is significant at 0.01 level. There is a significant difference in marital adjustment between group I and group II. Therefore, marital years play an important role in marital adjustment. Increased years of marriage

helps to a understand each other and increases adjustment.

IV. CONCLUSION:

- 1) Marital adjustment of age group II is more than the age group I.
- 2) Number of years of marital life increases the marital adjustment of the couples.
- 3) Husbands marital adjustment is more than the wives.



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