

## **Marital Adjustment among Working and Nonworking Women**

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### **Abstract**

This research investigates the marital adjustment of 400 women, both working and non-working, residing in both rural and urban regions of Chittoor district, Andhra Pradesh, India, with an objective to explore the influence of location, age, and family structure. Marital Adjustment Scale by Vinita Verma and Talwar were administered to the subjects. Findings suggested that women in rural areas, below 45 years and from joint families exhibited better marital adjustment. These results emphasize how surroundings and family dynamics affect marital happiness and underscore the need for specific actions to improve relationships.

**Keywords:** Marital Adjustment, Locality, Age and Working and Non-Working Women.

## **Introduction**

Life and marriage are deeply interconnected aspects that shape our journey. Life encompasses a multitude of experiences, from highs to lows, from joys to sorrows, and from successes to failures. Marriage, on the other hand, signifies the union of two individuals who choose to share their lives together. It marks a significant milestone, introducing new challenges and opportunities, and it represents a lifelong commitment to love, support, and cherish one another. A successful marriage demands patience, empathy, a readiness to compromise, and the collaborative effort of both partners as a team. Together, they navigate life's hurdles and celebrate its victories. Marital adjustment is a complex and multifaceted concept that requires a nuanced understanding in order to fully grasp its significance.

Marital adjustment refers to the various ways in which married couples adapt and navigate their lives together, dealing with challenges and changes that arise in different areas of their relationship. The dynamics of marital relationships are influenced by a myriad of factors, including demographic characteristics, cultural norms, and socio-economic status. Understanding the intricacies of marital adjustment among women, both working and non-working, residing in rural and urban areas, is crucial for fostering healthier relationships and promoting overall well-being.

## **Review of Literature**

Chandrakanth Jamadar (2022) explored how marital adjustment differs among degree college professors, focusing on gender and location differences. The study involved 132 professors from Kalaburagi, Karnataka, with an equal gender and urban-rural distribution. Using Harmohan Singh's Marital Adjustment Scale, the findings highlighted a significant difference in adjustment levels, with husbands generally reporting higher adjustment than wives.

Deepshikha Singh (2020) studied the relationship between marital adjustment and stress among 100 married women (working women = 50 and nonworking women = 50), aged 20 to 50, with at least a graduate education and from middle to high socioeconomic backgrounds. The Marital Adjustment Questionnaire (MAQ) by Kumar and Rohtagi and the Marital Stress Scale by Reeta

Kumari are used to collect the data. Findings suggested that the working women experienced higher levels of stress and marital adjustment issues than nonworking women. Additionally, the study observed that rural women, whether working or not, generally managed their marital relationships well, but both rural and urban women experienced similar levels of stress.

Saheba (2019) conducted a study on marital adjustment among couples, focusing on differences by gender and type of marriage. The research showed that married men typically had better marital adjustment than women. It also found no notable differences in marital adjustment between love and arranged marriages. Additionally, the study concluded that the combined impact of gender and marriage type on marital adjustment was not significant.

Yadava (2018) aimed to identify the relation between perceived social support and marital adjustment among working and nonworking women. Results showed that working mothers had higher marital adjustment than nonworking mothers. Perceived social support, especially from family's side played an important role in developing marital adjustment among women.

Al Fazari and Amir (2017) studied marital adjustment in Omani society, focusing on factors like gender, age, number of children and divorce as predictors. By using self-developed Marital Adjustment Questionnaire, they assessed 255 couples from various regions of Oman. Results revealed that level of marital adjustment among couples was high.

Sabre (2016) examined marital adjustment in relation to type of family among women belonging to Madhya Pradesh. The study used Pramod Kumar and Kanchana Rohtgi's Marital Adjustment Scale on 120 women (Nuclear families = 60 and Joint families = 60). The results revealed that women belonging to nuclear families had higher levels of marital adjustment than those from joint families.

Islam and Sultana (2015) studied the impact of sociodemographic factors on marital adjustment among 220 employed women in Chittagong, Bangladesh. Using the Bengali version of the Dyadic Adjustment Scale by Ilyas, the study revealed that working women with two or fewer children, those from joint families, women with shorter marriage durations, those with higher

educational levels, and women with higher household incomes generally reported better marital adjustment compared to their counterparts.

Kanwar and Sharm (2015) explored the relationship between jealousy and marital adjustment among 200 working and nonworking couples of rural and urban areas of Himachal Pradesh. Results revealed that men reported higher marital adjustment and higher levels of jealousy as compared to their women counterparts. In the same tune, the urban people reported better adjusted marital life but more jealousy than to the people of rural area.

Huma Fatima (2014) compared the marital adjustment of 30 women from urban (N= 15) and rural (N= 15) areas over different marital durations (5 to 10 years, 10 to 15 years, and above 15 years) using the Marital Adjustment questionnaire developed by Kumar and Rohatgi. The findings indicated significant differences, with urban women and those in shorter marital durations (5-10 years) having better marital adjustment than their counterparts.

Vaghela (2014) investigated marital adjustment differences between employed and unemployed married women in urban and rural areas. The study found significant differences in marital adjustment scores, with employed women showing better adjustment in both settings.

Tiwari Jyoti and Bisht Prabha (2012) conducted a study on marital adjustment using the Marital Adjustment Questionnaire by Pramod Kumar and Kanchana Rohtagi. The study included 100 women, evenly split between working and non-working women, all aged between 20–40 years. The results revealed that non-working women as well as those in later years of marriage experienced higher levels of marital adjustment. Additionally, women from nuclear families demonstrated greater marital adjustment compared to those from joint families.

Jose (2007) explored how factors such as age, education, number of children, employment status, and length of marriage impact marital satisfaction. Using the Maudsley Marital Questionnaire (MMQ) with 787 married adults, the study found significant differences in marital satisfaction between those first married and those remarried. Gender analysis revealed distinct differences in satisfaction levels between men and women. The study also showed that

the length of marriage significantly correlated with marital satisfaction. Additionally, age and number of children notably affected sexual adjustment, with age, number of children, and length of marriage positively correlating with sexual adjustment, and education correlating with general-life adjustment issues.

### **Objective**

- To investigate the differences in marital adjustment among working and non-working women based on locality (Rural vs Urban), age (below 45years vs above 45years), and type of family structure (Nuclear vs Joint).

### **Hypotheses**

- There would be significant difference between Rural and Urban Working and Non-working Women with respect to their Marital Adjustment.
- There would be significant difference between below 45 and above 45 years of Working and Non-working Women with respect to their Marital Adjustment.
- There would be significant difference between Working and Non-working Women from joint and nuclear families with respect to their Marital Adjustment.

### **Sample and Tool**

The current study's sample includes 400 women, both working and non-working, resided in rural and urban areas of Chittoor district in Andhra Pradesh state. Among 400; 200 working and 200 non-working women with an average age group of 43.6 years and hailing from joint and nuclear families were taken into consideration. Marital Adjustment Scale developed and standardized by Vinita Varma and Talwar (2006) was administered to the subject to collect the data. The scale consisted of 50 items grouped into four sub scales viz., Interpersonal Relationship, Financial, Emotional and Child and Family. Each statement carries four alternate responses. The high score indicates good marital adjustment and a low score denotes poor marital adjustment. The reliability of the test was established using test-retest method and it

was found to be 0.79. The obtained data was analysed statistically in order to test the hypotheses using parametric test i.e. ‘t’ test was employed in order to compare the difference between the two groups.

## Results and Discussion

*Table-I: Means, SDS and ‘t’ values of Marital Adjustment Scores of Rural and Urban Working and Nonworking Women.*

Category	Locality	Mean	SD	t-value	Level of Significance
Working women	Rural	141.67	28.35	4.39	0.01
	Urban	129.51	25.89		
Non-working women	Rural	134.82	26.46	8.74	0.01
	Urban	122.24	24.48		

Table-I displays the scores on marital adjustment of working and nonworking women based on their location of residence. The results of the t-test ( $t = 4.39$ ,  $p < 0.01$ ) suggests that there is a significant impact of locality on marital adjustment of working women. Working women who resided in rural areas has obtained higher mean score ( $M = 141.67$ ) than the working women resided in urban areas ( $M = 129.51$ ), indicating that working women staying in rural areas tend to have better marital adjustment.

Similarly, the results of the t-test for nonworking women ( $t = 8.74$ ,  $p < 0.01$ ) suggest that location has a significant effect on their marital adjustment. Nonworking women resided in rural areas scored higher mean ( $M = 134.82$ ) than the nonworking women resided in urban areas ( $M = 122.24$ ). The findings of the study align with previous research done by Chandrakanth Jamadar, 2022; Deepshikha Singh, 2020 and Huma Fatima, 2014, which also reported significant differences in marital adjustment between rural and urban women. The factors like community support and social norms in rural areas can contribute to higher marital adjustment compared to urban settings, where life is often more individualistic and stressful. Hence, the first hypothesis that there would be significant difference between rural and urban working and

non-working women with respect to their marital adjustment is accepted as warranted by the results.

*Table –II: Means, SDs and 't' values of Marital Adjustment Scores of the working and nonworking women based on their age.*

Category	Age	Mean	SD	t-value	Level of Significance
Working women	Below 45 years	147.65	30.12	7.01	0.01
	Above 45 years	139.46	28.01		
Nonworking women	Below-45 years	161.39	32.28	12.38	0.01
	Above 45 years	145.54	29.10		

Table-II represents the marital adjustment scores categorized by age for both working and nonworking women. Working women below the 45 years of age scored a higher mean (M=147.65) than that of working women above 45 years of age (M=139.46), with a significant t-value of 7.01 ( $p < 0.01$ ), indicating that working women, whose age is below 45 years exhibit better marital adjustment.

Nonworking women below 45 years of age scored higher mean in marital adjustment (M = 161.39) than the nonworking women with 45 years of age and above, with a significant t-value of 12.38 ( $t=12.38 < 0.01$ ). This suggested that age of the subjects shown significant influence on marital adjustment, indicating that nonworking women under the age of 45 years have better marital adjustment. The obtained findings are consistent with the earlier research finding of Islam and Sultana, 2015 who found that younger women had better marital adjustment than the women whose age is 45 and above. It may be attributed to the more flexible roles and expectations of younger women in the marriage which contribute to better marital adjustment. The second hypothesis framed that there would be significant difference between below 45 and

above 45 years of working and non-working women with respect to their marital adjustment is accepted.

*Table-III: Means, SDs and 't' values of Marital Adjustment Scores of Marital Adjustment Scores of Type of Family Working and Non-working women.*

Category	Type of Family	Mean	SD	t-value	Level of Significance
Working women	Nuclear	151.52	30.34	9.84	0.01
	Joint	160.41	32.15		
Non-working women	Nuclear	152.90	31.26	6.14	0.01
	Joint	140.80	28.17		

Table-III reports the marital adjustment scores of working and nonworking women from the nuclear and joint family types. The 't' value of 9.84, significant at 0.01 level, concluded that the type of family of the subjects considerably influence on their marital adjustment in case of working women from joint families. The mean score of working women in joint families (M = 160.41) is significantly higher than that of working women in nuclear families (M = 151.52). This enhancement in marital adjustment among working women in joint families may stem from the extended support and shared responsibilities typical of joint family settings. This collective family environment can alleviate stress and improve work-life balance, ultimately enhancing marital satisfaction. The obtain findings are in line with Islam and Sultana, 2015, who also found that working women in joint families have better marital adjustment. In case of the non-working women, the mean difference between the subjects of joint and nuclear families (t=6.14, p < 0.01) are found to be statistically significant. Non-working women from nuclear families are better on their marital satisfaction (M = 152.90) than the non-working women from joint families (M = 140.80). The increased marital adjustment in nuclear families for non-working women may relate to fewer family obligations and more autonomy within the marital relationship, leading to less interference and more personal independence. The noticed results are consistent with the previous finding of Sabre, 2016, who suggested that women from nuclear families have better marital adjustment than the women from joint families. So, the predicted hypothesis that there would be significant difference between working and non-



working women from joint and nuclear families on their marital adjustment is accepted as warranted by the results.

### **Conclusions**

1. There is significant difference between the subjects resided in rural and urban areas. Both working and nonworking women resided in rural areas are better on their marital adjustment.
2. Age of the subjects shown significant difference on marital adjustment. Working and non-working women under the age of 45 years shown superior marital adjustment compared to the women with 45 years of age and above.
3. Working women from joint families and non-working women from nuclear families are better on their Marital Adjustment than the working women from nuclear and non-working women from joint families.

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