

Adjustment of Married Women in Relation to Age and Job Status

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Abstract- The study on “Adjustment of married women in relation to age and job status” was conducted with the objectives to difference in adjustment of working women in relation to age and job status. The study was conducted on 150 married working women in teaching and medical professions. Marital adjustment and self constructed were used as tools in the study. The data was analyzed by Mean, Standard deviation and t-value. Results showed that there was significant difference in adjustment of working women in relation to age and no significant difference was found in relation to job status. The reasons might be lack of time, decreasing social network, losing contact with friends and family members.

Index Terms- marital adjustment, age, job status.

I. INTRODUCTION

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’ (Sinha and Mukerjee (1990). Hashmi et al. (2007) findings showed highly significant relationship between marital adjustment, depression, and stress. The result further showed that married women had to face more problems in married life as compared to non working married women. There is a list of six areas of marital adjustment, which is defined by the psychologist, such as, religion, social life, mutual friends, in laws, money and sex. Another psychologist defines ten areas of marital adjustment, i.e. values, couple growth, communication, conflict resolution, affection, roles, cooperation, sex, money and parenthood. Gani et al. (2010) conducted a research to study the causes, consequences and correlates of working family conflict among dual career women. The results indicated that many factors contributed to make role conflict of working women as a reality

It can be seen that the phenomenon of marital adjustment is given a priority in all cultures, as marriage is one of the most important commitment of an individual makes in his or her life. Marital adjustment has been related to age, job status, type of marriage, place of stay & home stresses, mental illness, depression, education, sex role attitude, happiness and success in life.

The present age of liberalization, privatization, and globalizations has no doubt opened gates of opportunities for the women. Women are now doing jobs at the places previously considered as male bastion only. More women at present are doing jobs than before and the gap between the number of males and females doing jobs in India is reducing at phenomenal rate. Singh et al. (2006) assessed marital adjustment among couples

with respect to women’s educational level and employment status. Families with employed and non employed women across different education levels from Ludhiana city were compared on their existing level of marital adjustment. The findings revealed that sexual dimension of marital adjustment among husbands and wives was unaffected by wives’ educational level and employment status.

Researches indicate that age is another important factor involved in marital adjustment of working women. Story, Nathan et al. (2007) suggested that older adults are biased toward the positive aspects of close relationships. Seider, Herschel (2011) findings indicated that the relationships between discrete emotion sequences and marital satisfaction did not consistently differ as a function of age, but when they did, they tended to be stronger for older couples. This study revealed important differences in how discrete emotion sequences relate to marital satisfaction. Dr. Goel and Dr. Narang (2012) studied marital adjustment, mental health and frustration reactions in males and females of middle age, and founded that females showed high level of recreational adjustment as compared to males but males were having better group oriented attitude than females.

Therefore the study on “Adjustment of married women in relation to age and job status” was done to identify constrains they face in making their marriage work.

OBJECTIVES

1. To study the difference in adjustment of working women in relation to age
2. To study the difference in adjustment of working women in relation to job status

METHODOLOGY

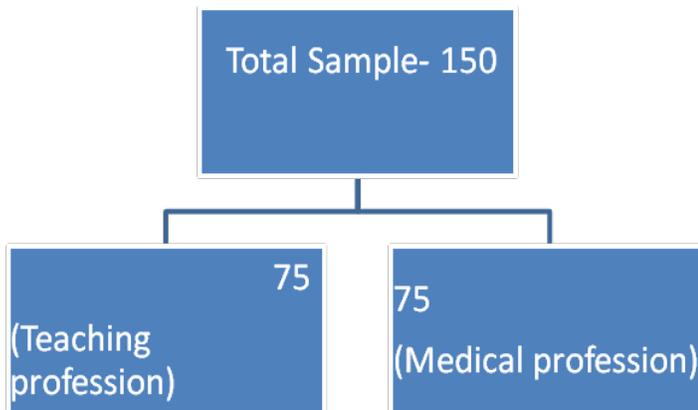
Methodology simply refers to the methods used in the conduct of an inquiry. According to Kaplan, “It is the study, description, explanation and justification of the methods”. It is a system of explicit rules and procedures upon which research is based and against which claims for knowledge are evaluated.

The procedure followed were-

Locale of the study: It is always logical to predetermine the areas of study as per the requirements else the whole procedure becomes lengthy, time consuming and get off from the track of the topic. Therefore it is important to keep in mind the time, availability of subjects and appropriate settings required. This research was conducted in Bansthali Vidyapith and New Delhi. For the study Rahul Public, Gold Field, Ashok Public Schools and Max, Aaims, Appolo hospitals were selected in order to get appropriate data from teaching and medical professions and due to the easy involvement of the researcher with the subjects.

Sample technique and method used: Purposive sampling technique was used in the study to select the samples from Banasthali and New Delhi as the researcher does not need to know the true composition of the population before hand and requires minimum knowledge of population in advance. Survey method was preferred to examine the research.

Sample selection and distribution: A purposive sample of 150 married working women was taken for the study. This sample was divided into two equal groups which comprised of 75 married working women from teaching and medical fields respectively who were in the age group of 35 to 45yrs.



Tools: Two tools were used in the study namely standardized Marital Adjustment Questionnaire developed by Dr. Pramod Kumar and Dr. Kanchan Rohatgi and a Self Constructed Questionnaire.

Marital Adjustment Questionnaire

The marital adjustment questionnaire provided a handy tool to identify couples who are making poor marriage and need psycho diagnostic help. Further, it included total twenty five questions with the options as yes or no.

Scoring: A “Yes” response was assigned a score of 1 except for items 4,10 and 19 in which case reverse was applicable. The sum of those values gave the marital adjustment score for the husband or wife. Since the responses contributing towards marital adjustment were given a score, the higher the total score, the higher would be the marital adjustment of the husband or wife.

Reliability: The split half reliability, correlating odd-even items, applying the Spearman Brown formula for doubling the test length, was found to be 0.49 (N=60) with an index of reliability of .70. The test- retest reliability was found to be .71(N=60) with an index of reliability of .84.

Validity: The face validity of the questionnaire appeared to be fairly. The questionnaire validated against Singh’s Marital Adjustment Inventory with coefficient correlation .71 with index of reliability of .84.

Self constructed questionnaire: It included fifty objective type questions each having the options - Usually, Sometimes, Always and Never. There were both positive and negative questions covering different aspects such as couple growth, sex, conflict, companionship, co-operation and others.

Scoring: The positive questions were given three marks for the option usually, two marks for sometimes, one mark for rarely

and zero for never. The reverse was done for the negative questions. In the end composite scores were used to arrive at the final result.

Data Collection:

1. The questionnaires were distributed among selected married working women in teaching and medical profession of Delhi and Banasthali.

2. All important and necessary instructions were given to all respondents before filling questionnaire. There was no time limit for both the tests but in general 35-45 minutes were taken by respondents.

Analysis and interpretation:

Statistics used for analysis regarding the present investigation were-

- Mean
- Standard deviation
- z test to test the significant of difference b/w two means

Mean- Is the sum of the separate scores of measures divided by their number-

$$\text{Mean} = \frac{\sum X}{N}$$

Where =

\sum = Sum of raw scores

X = Raw scores

N = Total number of item

Standard deviation- The standard deviation tell us about the dispersion of the scores and about the variability of the different groups on the variable of the study.

$$\text{Standard deviation } \sigma = \sqrt{\frac{\sum D^2}{N}}$$

Where =

\sum = Sum of raw scores

$$D = \bar{X} - \bar{X}$$

N = Total number of items

z-ratio:

$$z = \frac{M_1 - M_2}{SED}$$

$$SED = \sqrt{\frac{\sigma_1^2}{N_1} + \frac{\sigma_2^2}{N_2}}$$

Where =

M_1 = Mean of 1st group

M_2 = Mean of 2nd group

σ_1^2 = Squared S.D of 1st group

σ_2^2 = Squared of S.D of 2nd group

N_1 = Total number of items in 1 group

N_2 = Total number of items in 2 group

II. RESULTS AND DISCUSSIONS

TABLE 1: Difference in adjustment of working women in relation to age

Areas	Age(34-40) N=137		Age(40-46) N=37		t-value	Significance
	Mean	SD	Mean	SD		
Couple Growth	16.90	2.66	17.35	1.71	3.46	**
Sex	11.58	1.80	11.64	1.71	0.2	NS
Co-0peration	25.15	4.73	27	2.84	4.62	**
Conflict	30.76	13.43	35.67	11.86	2.11	*
Companionship	19.23	3.17	19.62	2.44	0.81	NS
Social and Religious life	27.80	4.03	28.27	4.09	0.61	NS
Total	131.44	21.48	140.35	16.24	2.66	**

NS= Non significant >0.05 (Non significant)

**Significant at 0.01 level of significance

*Significant at 0.05 level of significance

The above data shows that sex, companionship, social and religious aspects are more or less the same among married women belonging to different age groups ie 34-40 and 40-46 years. Co-operation, sex, companionship, couple growth and conflict aspects are high among older women as compared to younger women. The reasons for the conflict factor being high among older women may be due to an increase in

responsibilities, unable to manage household and professional work and inability to spend time with family members. The data also describes that irrespective of conflict aspect being higher among older women, the marital adjustment of older women is better as compared to younger women. So it can be concluded that marital adjustment improves with the increasing age of spouse.

TABLE 2: Difference in adjustment of working women in relation to job status

Areas	College teachers		School teachers		t-value	Significance
	Mean	SD	Mean	SD		
Couple Growth	17.26	1.84	16.91	2.26	0.97	NS
Sex	12.18	1.76	12.24	1.44	0.46	NS
Co-Operation	26.31	3.59	26.37	3.89	0.08	NS
Conflict	37.89	11.23	36.89	9.03	0.42	NS
Companionship	19.57	2.51	19.59	1.70	0.08	NS
Social and religious life	28.94	4.27	28.64	3.02	0.35	NS
Total	144.07	16.79	140.94	14.62	0.86	NS

NS= Non significant >0.05 (Non significant)

**Significant at 0.01 level of significance

*Significant at 0.05 level of significance

The data describes that there is no significant difference in couple growth, sex, co-operation, companionship and social religious areas of school and college married teachers and hence no difference in overall marital adjustment among them.

III. CONCLUSION

The study concluded that a significant difference was found in relation to age. The reasons for the conflict factor being high among older women may be due to an increase in responsibilities, unable to manage household and professional work and inability to spend time with family members. The result also revealed that no significant difference was found in relation to job status.

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