

# The Role of Gender Differentiation of Middle Aged Couples Adjustment Perspective to Narsinghpur District

Shweta Nema\*, Prof. Indu Bansal\*\*

\* Research Scholar Department of Home Science Banasthali University

\*\*Dean Faculty of Home Science Banasthali University

**Abstract-** Present study based on the adjustment of middle aged couples. Old age adjustment inventory (developed by Shamshad Hussain and Jashbir Kaur) used as measure of middle-age couples' adjustment parameters Sample size for this study was 555 mid-age couples who are in 50-60 years range, from Narsinghpur district of Madhya Pradesh. Results showed that no significant differences were found in health, home, social and marital adjustment pattern of husband and wife of middle aged. Significant differences have been found in emotional and financial adjustment only.

**Index Terms-** Health adjustment, Changes in family relations and adjustment, Financial Adjustments, Emotional Adjustment, Marital Adjustment.

## I. INTRODUCTION

Health adjustment - Cope up with health changes and maintain the level of fitness is necessary for mid-age couples for an active, independent lifestyle. Physical activity provides protection against coronary heart disease, other chronic diseases such as adult-onset diabetes, arthritis, hypertension, certain cancers, osteoporosis and depression. In addition, research has proven that exercise can ease tension and reduce the amount of stress you feel. To put it simply - exercise is one of the best things you can do for your health. Apart from exercise, balanced, nutritious diet is essential to good health. Older adults need to eat a balanced diet with foods from all the food groups. Eating a variety of foods helps ensure adequate levels of vitamins and minerals in the body.

Sleep and rest are great rejuvenators. Mid-adults are recommended to get proper sleep and rest for healthy life. Changes in family relations and adjustment

Marriage in certain families is synonymous with conflict. Marital conflict may take either hot arguments or silent distance at this stage. Spouses need to be closer in relationship with one another as compared to the early years. It is more difficult to cope up with the 'empty nest' period for women. This may be a traumatic time when domestic responsibilities get minimized and one may find life monotonous. Boredom may be felt by many when there is no family oriented activity to perform.

As per Goel et al. (2012), in middle age couple's have a responsibility of caring for younger children and grandchildren and older parents also. At mid-age children are now adults and parents are much older to needing more attention and extra

assistance. These extended-care-giving demands, legally, financially and physically burden on middle-age couples. People at late middle adulthood stage also have to prepare for their own retirement.

## Financial Adjustments

Middle-age couples have to expense on medical facilities for parents, college fees for children, mortgage on house, expenses on social events and other family expenses also become high. The status of dual or single employment affects financial burdens on couples. In case of dual employment the gross family income is larger and the expenses can be met in better manner. But in case of single employment all financial burden goes to the working spouse and he/she has to meet the never ending demands of family. Financial decisions arise against the backdrop of present family structure, current and perceived future needs such as couples surrender their wishes and wants to the family need. Because of high demands on expenditure, balancing the cost of living, paying for children's college education, developing resources like house, vehicles, arrange for marriage expenses of children and funding retirement, mid-adults feel like on a treadmill one can never get off.

Mid adults who are well established and at the peak of career this period is very easy and satisfactory. But for others who have ups and downs in their career and haven't well-established this time can be real challenging and painful.

## Emotional Adjustment

Emotional behaviors expressed by couples differed as a function of age, gender, and marital satisfaction (Carstensen, Gottman, Levenson (1995). Mid-age couples become more realistic and practical about their relation and family issues such as naturalistic discussions about important topics related to their relationship.

Intensity of middle-age intimacy crisis depends on the need-satisfaction of relationship and success achieved in the previous stages of intimacy. Older adults are biased toward the positive aspects of close relationships (Story, Nathan et. al 2007). Emotionally positive and responsive listening is one of the key to successful conflict resolution in marriage (Pasupathi, Monisha et. al.1999).

## Marital Adjustment

Husband is expected to provide protection to the family and he is considered as head of family. While wife is expected to make home and companion, or the wife may be expected to be the strong one, upon whom the husband can rely.

The main reasons behind the unsatisfactory relationship were lack of time to interact freely with husband/wife and lack of time

to provide adequate love and care for their children. The other reasons were physical and mental exhaustion due to heavy and never ending work, indifferent attitudes of their husbands and in-laws towards their over work and inability of both of them to gain control over the women workers earnings.

**Hypothesis**

Ho: There is no significance difference in adjustment pattern of middle age husband and wife.

**II. METHOD**

**Sample and sampling procedure**

The sample comprised of 555 Couples (555 males and 555 females) total sample size of this study is 1110. This sample includes working-nonworking, educated-non-educated and urban-rural population. The age range of this study is 50-60 years, selected on the basis of convenient sampling. It represents a group of different non-probability sampling techniques.

**Variables under study and their measurement**

Measure used for this study was "old age adjustment inventory" (developed by Shamshad Hussain and Jashbir Kaur). This inventory was developed for old aged male and female ranging between 50 to 65 years of age belonging to different professions. This 125 items inventory measures the adjustment of old aged people into six areas- health, home, social, marital, emotional and financial. Percentile norms are available sex wise and professional status wise.

**III. RESULT AND DISCUSSION**

Table 1: Mean, standard deviation and t-values of middle aged couples

Variable	Gender	Mean	SD	t-value	
				T	Sig. (2-tailed)
Health	Husband	19.91	3.763	1.581	.114 NS
	Wife	19.51	4.553		
Home	Husband	21.33	3.387	1.079	.281 NS
	Wife	21.10	3.782		
Social	Husband	16.31	2.825	.904	.366 NS
	Wife	16.15	3.207		
Marital	Husband	13.89	2.235	1.586	.113 NS
	Wife	13.67	2.379		
Emotional	Husband	15.96	3.237	1.978	.048*
	Wife	15.55	3.669		
Financial	Husband	9.86	1.852	2.810	.005*
	Wife	9.53	2.093		

5% level of significant (p=.05 for alpha). SN = Significant, NS = Non Significant. p<.05 Reject null Hypothesis

The table depicts that no significant differences were found in adjustment pattern of husband and wife of middle aged. Significant differences have been found in emotional and financial adjustment only. As the calculated t value of emotional adjustment is (.048), and financial adjustment is (.005) indicating that husband and wife have difference in these variables.

In other dimensions of couples adjustment, no significant difference have been found which is indicating that both the spouses are enjoying equality and equity roles, participate and cooperate in all kinds of responsibilities leading to good marital adjustment.

**IV. CONCLUSION AND SUGGESTIONS**

**Conclusions:**

The result concludes that couples' adjustment areas health, home, social and marital adjustment are having non-significant difference between husband and wife. Whereas emotional and financial adjustment are significantly different between husbands and wives. The result shows that there is significant relation between couples adjustment

**Suggestions:**

1. Give freedom to your spouse
2. Being a good listener
3. Care for family
4. Supportive nature
5. Preplanning and readiness for financial ups and downs
6. Family members being supportive towards mid-age changes
7. Free time and recreational activities
8. Abstinence from vices
9. Positive attitude and confidence on decisions
10. Including family members in decisions
11. Taking decisions with poise and broad view
12. Being flexible in accepting others desires and liking
13. Avoid from being too much ambitious or miser
14. Avoid being strict disciplinarian

**Suggestions for family members and children:**

1. Give mid-age couples due respect and attention
2. Frequent visits to parents by children

**REFERENCES**

- [1] Carstensen, L. L., Gottman, J. M., Levenson, R. W. (1995). Emotional behavior in long-term marriage. *Psychology and Aging*, 10(1), 140-9.
- [2] Goel, S., Narang, D. K. (2012). Gender differences in marital adjustment, mental health and frustration reactions during middle age. *IOSR Journal of Humanities and Social Science*, 1(3), 42-49.
- [3] Pasupathi, M., Carstensen, L. L., Levenson, R. W., & Gottman, J. M. (1999). Responsive listening in long-married couples: a psycholinguistic perspective. *Journal of Nonverbal Behavior*, 23(2), 173-193.
- [4] Story, T. N., Berg, C. A., Smith, T. W., Beveridge, R., Henry, N. J., Pearce, G. (2007). Age, marital satisfaction, and optimism as predictors of positive sentiment override in middle-aged and older married couples. *Psychology and Aging*, 22(4), 719-727.

**AUTHORS**

**First Author** –Shweta Nema, Research Scholar Department of Home Science Banasthali University, snmprj@gmail.com

**Second Author** –Prof. Indu Bansal, Dean Faculty of Home Science Banasthali University, indubnsl@yahoo.com

**Correspondence Author** –Shweta Nema, Research Scholar Department of Home Science Banasthali University, snmprj@gmail.com

