

A study of marital adjustment in relation to some psycho-socio factor.

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ABSTRACT: The aim of the study was to measure the marital adjustment level of the couples. The total sample consisted of 120 sample were selected from the two different groups belonged from Jalgaon city. Out of which 30 couples having marital experience within five years and 30 couples were taken having marital experience more than five years. For this study, Pramod kumar and kanchan Rohtgis marital adjustment questionnaire was administrated. The obtained data was analyses by using t test.

KEYWORDS: Marital adjustment, couples having marital experience within five years, couples having marital experience more than five years, Psycho-socio factor

Introduction-

Marital adjustment denotes emotional stability, intellectual efficiency and social effectiveness people. Marriage is the key to whole some adjustment involvement and satisfaction. Marriage is our most common life style. One definition of adjustment is adaptation behavior that permits us to meet the demand of the environment. Also defined as a response to stress.

The person both husband and wife must learn to live together to share, compromise, accommodate, adjust and plan together. Marriage is more important in society to solve our social, cultural, personal and sexual problems. In light of this background of the marital adjustment, the present investigation was undertaken to make comparative study of marital adjustment of two groups. With some more psycho-socio factors.

Landis (1954) Marriage and family are not optional they are necessary. They meet Maries deepest needs “Marriage provides a person an opportunity for a secure and protected satisfaction of his needs for companionship, affection and sexual expression. It involves the most intimate types of emotional relationship between two individuals. **Journal of consulting and clinical psychology (1969)** in marriage we take the positive for granted and focus on condemning the negative. The study of past concepts in marital adjustment showed that it is permanently necessary for those processes of acquiring a balanced and functional marital relationship (**Bradbury, Fincham and Beach, 2000**). **Grout and Clark (2001, Cited by Zadhooch, 2008)** Showed that couples who respond their needs in marital relationship such as sexual needs, they have more satisfaction.

Problems of the Present Study-

The present investigation has been mainly aimed at studying the marital adjustment of marriage tenure. The aim of the study “A Study of marital Adjustment in relation to some psycho-socio factors.”

Objective of the Study:-

The main objectives of the present study are as under:

- 1) To study the effect of marital experiences on marital adjustment.
- 2) To study the adjustment of husband and wife on the marital adjustment.

Hypothesis of the Study:-

- a) There is no significant mean difference on marital adjustment between male and female.
- b) There is no significant mean difference on marital adjustment between couple of different marriage tenure.

Variables:-

1) **Independent Variables:** Experience of the marital life.(couples)

2) **Dependant Variables:** The scores of marital adjustment.

Sample:-

The 120 sample were selected from the two different groups,. with 30 couple in each group, 30 and 30 couple was selected from Jalgaon City. The average age group of husband and wife was 25-40 years.

Research design- 2x2 factorial designs was used in this research

Tool:-

For the present investigation one questionnaire was used for marital adjustment.

Marital adjustment Questionnaire:

Marital adjustment Questionnaire (MAQ) developed by Pramod kumar, and. kamchana Rohtgi was used.

Procedure:

In this study one questionnaire was used. The couples were approached at their houses and fill-up the questionnaire month span. The responses were recorded.

Results and Discussion-

To test statistically whether an influence of marital experience of couple on their marital adjustment. The data were collected on two different groups. In order to calculate difference between two groups the technique of t-test is applied. The results have been surmised in following Table No.1 : Mean Score of a each group showing results of t-test.

TABALE NO.1

MEAN, SD, SEM, t AND THE LEVEL OF SEGNIFECANCE BETWEEN MARITAL EXPERIENCE WITHIN 5 YEAR AND MARITA EXPERIENCE MORE THAN 5 YEAR OF COUPLE

Couple	N	M	SD	SEM	t	Level of significant
Having ME within 05 years	30	19.6	4.7	0.85	2.66	significant
Having ME more than 05 years	30	22.5	3.8	0.69		

The result Table No.1 shows the Mean, SD, SEM and t having 5 years marital experience couple and having more than 5 years marital experience couple.

TABALE NO.2

MEAN, SD, SEM, t AND THE LEVEL OF SEGNIFECANCE BETWEE HUSBAND AND WIFE'S ADJUSTMENT

Group	N	M	SD	SEM	t	Level of significant
Husband	30	22.8	3.11	0.4	0.3	NS
Wife	30	22.6	3.9	0.5		

The Table No.2 shows the Mean, SD, SEM and t of husband and wife marital adjustment

Hypothesis – I :

There is no significant mean difference on marital adjustment between male and female.

First hypothesis is accepted because sex differences did not show significant effect on marital adjustment. The mean scores of male and female are 22.8 and 22.6 respectively. It shows that there is a less difference between then.

The t-test has been applied for the data and t value has given in Table No.2 this value did not show significant difference between adjustments of male and female. Looking into Table No.2 we found that male and female have much more equal adjustment in marital life.

Hypothesis- II :

There is no significant mean difference on marital adjustment between couple of different marriage tenure.

Second hypothesis is rejected because there is difference in mean, SD of having 5 years marital experience couple and havi9ng more than 5 years marital experience couple, mean, SD of having 5 years marital experience couple is 19.6, 4.7 and mean and SD of having more than 5 years marital experience couple is 22.5, 3.8 The 't' of this group of adjustment is significant. So we can say that the Hypothesis is rejected. This shows that who have more marital experience having more marital adjustment.

The couple who have more marital experience they live with each other for long time, they well known about each other so they adjust very well.

But the less marital experience couple is new for each other; both of them are coming from different environment. They have different attitude, liking, hobbies, thinking etc.

They try to scarify something or few things for each other. So they are less adjusted as compare to having more marital experience.

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