

# **A STUDY ON MARITAL ADJUSTMENT AND FAMILY ENVIRONMENT AMONG WORKING AND NON WORKING WOMEN**

***Dr. Rajesh Kumar, Assistant Professor, Dept of Psychology, P.G. Govt. College, Sector-46, Chandigarh***

***Ms. Beenu Varma, Research Scholar, Dept of Psychology, PU, Chandigarh***

## **ABSTRACT**

*Women occupy multiple roles. These roles have added pressure and time constraints in their lives. One of the important roles that they play is the role after marriage. Marriage is a commitment with love and responsibility for peace and development of strong family relationships. Marital adjustment calls for maturity for healthy family environment. The aim of the present investigation is to study the marital adjustment and family environment among working and non working women. Sample of the study consisted of 200 women (100 working and 100 non working). Their age ranged between 25 to 35 years. They all were graduated and was randomly selected from Chandigarh, Panchkula and Mohali. The sample responded to Marital Adjustment Scale (Pramod Kumar & Rohtagi Kanchan, 1999) consists of 25 items having 2 alternatives (i.e. Yes and No) and Family Environment Scale (Moos & Moos, 1994), which consists of 90 true false items. To find out the results descriptive statistics and t-test was used which indicates that two groups i.e. working and non working differ significantly with marital adjustment as well as with family environment. The t ratio comes out to be 3.724 and 5.727 among working and non working with respect to marital adjustment and family environment respectively.*

***Key Words: Marital adjustment, family environment, working and non working.***

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## **INTRODUCTION**

Women have always been strong. They are always on the forefront of struggle for the betterment of mankind. They have given strength and have been of great support to their male counterpart. Women play multiple roles in their life. Especially after marriage they play many roles and handle all the circumstances in a better way at home as well as in various organisations. All the marriages are aimed at happiness. Marriage involves the legal commitment that is quite important in any adult life. But selecting a partner and entering into a marital relationship required one's maturity and personal achievement. Choice of marital partner is one of the most important decisions in one's life. There are so many reasons for people's marriage like they need companionship, happiness and to escape from an unhappy situation. Strong and healthy married life requires adjustment. If person can do adjustment in his/her married life, the life could be much better than those who are low on adjustment.

According to Thomas (1977) Marital adjustment is "the state in which there is an overall feeling in husband and wife of happiness, satisfaction with their marriage and with each other". Usually couples marry with full of high expectations from each other.

Dalack (1990) defined marriage as socially legitimate sexual union, begun with a public announcement and undertaken with some ideas of performance. 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 (Lazarus & Delingis 1983). Another psychologist defines ten

areas of marital adjustment, i.e. values, couple growth, communication, conflict resolution, affection, roles, cooperation, sex, money, and parenthood (Margolin, 1980).

Kinnunen and Feldt, (2004) Economic strain is directly linked to increased couple disagreements and has direct impact on marital adjustment. Each human environment has characteristics that affect the behaviour of people in it in many ways. The home is a person's primarily environment from the time he is born, until the day he dies while it may change over the years owing to marriage, death, divorce, birth of new members and other circumstances, the family unit and the pattern of living that meets the needs of its members remains relatively constant.

Human environment reflects the prevailing attitudes and values of the individuals within them. Wiltfang et al. (1990) have defined the family environment so that the definition will cover the characteristics determining the social status of the parents like educational level, occupational status and professions of the parents as well as the quality of the residence, working conditions of the parents and relations of the siblings. Grolnick et al. (1994) define the environment in which the family lives as a setting of learning which has vital effects on the child. An environment may be destructive and pathogenic. The family environment can be a strong source of support for developing non-working women, providing close relationships, healthy life and good communication and modelling positive behaviours. It can also be a problematic environment when those supports are lacking or when negative behaviours occur like alcohol (heavy drinking), smoking, anxiety, aggression, anger, depression are present.

Family environment means the emotional environment in a family in which there is a love, peace and support for each other. From interpersonal relationships in a family, the family environment develops. Sociologists remarked that home and family is the main goal from ordinary man and woman. There is a strong relationship between family environment and women's career development.

## **REVIEW OF LITERATURE**

### **WORKING AND NON WORKING WOMEN AND MARITAL ADJUSTMENT**

Dave (2015) conducted a study to find out the marital adjustment among working and non working women. It was found that there is significant difference in marital adjustment among working and non working women. Jamabo & Ordu (2012) shows that both working and non working class women exhibit no clear difference in their marital adjustment. The educational attainment of women does not affect their marital adjustment. Women who are low of low income status exhibit the same degree of marital adjustment as those of higher economic status.

Rogers & May (2003) viewed that working class women are generally more satisfied with their lives and marriage than non working women. The difference between these findings could be attributed to cultural differences. Bradbury & Fincham (1990) studied that women feel more depressed and stressed after marriage and these two factors affect their married life too. In this study results revealed that non working married women are better adjusted than working married women. This indicates that working married women cannot pay full attention to their homes and are unable to satisfy their family members.

Hofferth et al., (1979) said that working married women found that moving from job to job under a frequently changing cast of bosses actually reduced autonomy and an ever increasing workload, combined with the added burden of having a small child at home, made their jobs huge claim on time and emotional energy intolerable.

## **WORKING AND NON WORKING WOMEN AND FAMILY ENVIRONMENT**

Rossmann and Campbell (1965) and Stolz (1960) reported that service they carry a heavy burden of responsibilities the working mothers usually develop tension. According to Hollahan and Gilbert (1978), Cleary and Mechanics (1983) Working women always experience greater inter-role conflicts and overload of work than men, generally because of women's greater family responsibilities.

Employed women also have to deal with stresses associated with their occupational roles (Reisch, 1984, Sund and Ostwald, 1985, Woods, 1985) often without any reassignment of household responsibilities.

A study by Krantz and Ostergreuv (2001) conducted among Swedish women ascertains that heavy domestic responsibility and or a job strain situation are factors that seem to contribute a high level common physical and mental symptoms among salaried women of 30-50 years of age. Double exposure is rated as a high risk factor because of synergy.

## **OBJECTIVES**

- To study the marital adjustment among working and non working women.
- To study the family environment among working and non working women.

## **HYPOTHESIS**

- It is hypothesised that there will be significant differences in marital adjustment among working and non working women.
- It is hypothesised that there will be significant differences in family environment among working and non working women.

## **METHODOLOGY**

### **SAMPLE**

Elements for the present study are 200 married women (100 working and 100 non-working women). Their age ranges from 25 yrs to 35 yrs. They all were graduated and randomly selected from Chandigarh, Mohali and Panchkula area.

### **TOOLS**

Marital Adjustment Scale: Marital adjustment scale by Pramod Kumar and Rohtagi Kanchan, 1999 was used for assessing the extent of marital adjustment among between husband and wife. This tool is meant for married couples with age running from 28-60 years. The marital adjustment questionnaire consists of 25 highly discriminating "Yes", "No" type items. The reliability of this scale is 0.71 and a validity of 0.84.

Family Environment Scale: Family environment scale was developed by Moos and Moos (1994). It consists of 90 true-false items and this scale helps people to describe their current family environment, as they perceive it. The internal consistency (Cronbach's alpha coefficient) ranges from 0.61 to 0.78 for the present scale.

## **PROCEDURE**

Keeping in view the objectives of the study proper rapport was build up with the subjects and then were administered on tools i.e., marital adjustment scale (1999) and family environment

scale (1994). After this raw scores for both the variables were calculated and finally descriptive statistics and t-test were used to analyse the scores.

## RESULTS AND DISCUSSION

**Table I: Showing Mean, SD and t-ratio of marital adjustment of working and non working women.**

VARIABLE ↓	WORK TYPE	N	MEAN	SD	t-ratio
MARITAL ADJUSTMENT	WORKING	100	14.770	8.68	3.724**
	NON WORKING	100	18.570	5.36	

\*\* Significant at 0.01 level

**Table II: showing Mean, SD and t-ratio of family environment of working and non working women.**

VARIABLE ↓	WORK TYPE	N	MEAN	SD	t-ratio
FAMILY ENVIRONMENT	WORKING	100	42.250	16.82	5.727**
	NON WORKING	100	53.060	8.56	

\*\* Significant at 0.01 level

The table I shows mean, SD and t value of marital adjustment of working and non working women. Results revealed that there is significant difference in marital adjustment of working and non working women. The mean of working and non working women comes out to be 14.770 and 18.570 respectively and value of SD comes out to be 8.68 of working women and 5.36 of non working women. The t-ratio found to be 3.724 which is significant at 0.01 level. It means that working women and non working women faces different situations at home. Working married women have to face more difficulties in their lives because of working in two situations i.e. at home as well as in office. Because of added responsibility of job working women faces sometimes maladjustment in their marital life. She is, of course not able to devote that much time with their husband as non working women devote. That is why there is differences in marital adjustment of working and non working women. Dave (2015) found that there is significant difference in marital adjustment among working and non working women. Researcher concluded that they cannot give proper attention to their marital lives and this cause marital maladjustment.

Table II also shows that there is significant difference in family environment of working and non working women. The mean value of working women comes out to be 42.250 and of non working women the mean is 53.060 which depicts there is difference in family environment of working and non-working women. The standard deviation of working and non working women with respect to family environment is 16.82 and 8.566 respectively. The t-ratio comes out to be 5.727 which is significant at 0.01 level. There is difference in the family environment of working and non working women. There is difference and this difference does not mean that working women's family environment is not supportive as compare to non working women. Working women get more support from their families because they faces and handle two different environments. Working women playing a significantly

supportive role in family's economic condition thus family gives them support. However they are not able to spend their time with their family as compare to non working women. They are not able to attend their children problems. Due to this sometimes children get irritated and situations get out of control and this may lead to family conflicts. Krantz and Ostergreuv (2001) found that heavy domestic responsibility and or a job strain situation are factors that seem to contribute high level common physical and mental symptoms.

## CONCLUSION AND IMPLICATIONS

Here from results we can conclude that there is significant difference in marital adjustment as well as in family environment of working and non working women. Because working women have responsibility of two tasks. Working women handle situation at home as well as in their offices. The findings of the study may be useful and helpful to set up different programmes and policies for creating awareness regarding various issues of women. The information obtained from the study may be useful to the policy makers to plan some positive aspects particularly related to women empowerment.

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