

Marital adjustment among Married Working women with respect to Income level

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Abstract— A woman has to play the dual role in the society . Being a woman, she is expected to look after the domestic front whereas being an employed person, she is expected to work efficiently and professionally. For having a harmonious life, a woman has to make so many adjustments in their lives. In this study, women working in technical educational Institutes, from Indore were studied. for this 100 working women(N=100) were chosen as per their work in the Institutes, teaching or Non-teaching. A socio- demographic questionnaire were used. The findings revealed that the high income group women has to make less adjustments as compare to the low income group women. And area wise, women worked in teaching profession are more satisfied than the non-teaching professionals.

Index Terms— Marital Adjustments, Income level, Working women, Dual role

I. INTRODUCTION

In today's era there has been a spurt in the number of working women. Now the role of a married woman is not just confined to home, it is extended to outer world also, but for the Indian community it was not as easy as it seems. In such a community a woman has to play dual role in the society. Managing personal and professional life is important for a married working woman. It is necessary to have balance in life. Sometimes, giving importance to personal life has negative effects on professional life and vice-versa.

In 1939, Ernest Burgess and Leonard Cottrell published Predicting Success or Failure in Marriage, they defined adjustment as "the integration of the couple in a union in which the two personalities are not merely merged, or submerged, but interact to complement each other for mutual satisfaction and the achievement of common objectives".

As the word 'adjustment' creates confusion for study, this can be changed like measuring the satisfaction. Marital satisfaction has been defined as: The subjective feelings of happiness, satisfaction, and pleasure experienced by a spouse when considering all current aspects of his marriage. This variable is conceived as a continuum running from much satisfaction to much dissatisfaction. Marital satisfaction is clearly an attitudinal variable and, thus, is a property of individual spouses.(Hawkins, 1968)

Upmanyn Kalpana (1991) conducted a study of marital adjustment of working and non-working women in relation to certain socio-psychological variables and found that women

in Rajasthan had a more favourable attitude towards marriage as compared to women of Uttar Pradesh.

A study on work and family variables as mediators of the relationship between wife's employment and husband's well being, found that husbands of employed women reported slightly lower level of job satisfaction, marital adjustment and quality of life than husbands of housewives. Husband's time commitment to work and satisfaction with childcare were found to mediate the effect of wives' employment on husbands' job satisfaction and marital adjustments. The results of this study confirmed small negative relationship between wives' employment status and two indicators of their husbands' well being job satisfaction and overall quality of life.(work and family variables as mediators of the relationship between wives' employment and husband's well being, by Saroj parsuraman et al(1989).

A study on personality traits and socioeconomic status as predictors of marital adjustment in working women examined that the difference between marital adjustments of three groups is not significant .The study showed that working women belongs to high socioeconomic class have a marginally lower level of marital adjustments as compared to women belonging to middle & low socioeconomic status .There is also no significant difference found between working women belonging to low, middle and high socioeconomic status on subscales of dyadic adjustments scale. The results of this research shows that the difference between the marital adjustments of tree groups is not significant. According to this study working women belonging to high socioeconomic status were highly educated and held a post master degree and had better income through their jobs. (A study on "personality traits and socioeconomic status as predictors of marital adjustment in working women" by Kausar Ansari (2003).

According to the study on Women with Multiple Roles , Indian women of all social classes have entered professional occupations. While the entry of unmarried women into professional occupations may be relatively less problematic, the case of married working women who have multiple roles to fulfill, is different. For decades, the role of psychological factors in motivating women to aspire to ascendancy into positions of higher status and responsibility has received considerable attention. This study focused on the working woman's personality, intelligence, self-concept, sex role, demographic characteristics and job satisfaction. This study investigates psychological variables, a woman perceived and effect of on marital satisfaction. Women in both professional and non-professional jobs were studied.("Women with Multiple Roles: Perception of Psychological Factors and Marital Satisfaction", by Dr. K. Vijayanthimala and Dr. K. Bharati Kumari (1997).

A study about Assessment of Marital Adjustment among Couples with Respect to Women's Educational Level and

Employment Status, studied families with employed and non-employed women across different educational levels from Ludhiana city were compared on their existing level of marital adjustment. For it 300 Sikh families (N = 300) were selected according to the working status of woman in the family and divided into two categories of families, that is, families with employed women (n1= 150) and families with non-employed women (n2= 150). The findings revealed that sexual dimension of marital adjustment among husbands and wives was unaffected by wives' education level and employment status. On the contrary, it was observed that wives employed and educated upto Level I or Level II and their husbands were significantly more socially adjusting than wives non-employed and educated up to Level III and their husbands respectively. Husbands showed no variation on the emotional dimension of marital adjustment with wives' educational level and employment status, whereas, wives were seen to be more emotionally dependent on their husbands when they were educated upto Level III or were non-employed. (Assessment of Marital Adjustment among Couples with Respect to Women's Educational Level and Employment Status", Ritu Singh, S. K. Thind and Sushma Jaswal (2006).

A study on Perceived Emotional Intelligence and Marital Adjustment, was aimed at examining the relationship between emotional intelligence and marital adjustment over and above personality dimensions and social desirability. The sample comprised of 60 married couples. They responded to a set of four self-reported scales of the above variables. Results showed that cohesion and overall marital adjustment were related to all the sub-scales and overall emotional intelligence. Consensus and satisfaction subscales of marital adjustment were also related to overall and subscales of emotional intelligence except utilizing emotion subscale. The results indicated that overall emotional intelligence's correlation with overall marital adjustment remained significant after controlling for social desirability, extraversion, agreeableness, and conscientiousness. Perception of emotion's correlation with overall marital adjustment, consensus remained significant after controlling for extraversion and openness. Managing self emotion's correlation with overall marital adjustment, satisfaction, and cohesion remained significant after controlling for social desirability, extraversion, agreeableness, conscientiousness, and neuroticism. The other correlations did not remain statistically significant after controlling social desirability and significant personality dimensions. (A study on Perceived Emotional Intelligence and Marital Adjustment: Examining the Mediating Role of Personality and Social Desirability by Suvarna Joshi and Nutankumar S. Thingujam(2009).

According to the study on "Marital Adjustment and Family Resource Management of Working Women Among Different Income Groups", by Dr. Kum Kum Kumari (2011), Majority of working women were able to achieve good (highly satisfactory and satisfactory) relationship (80.45) in their marital life. The Level of marital adjustment, improved with the rise in their income. As co-earners they are also capable of money management in the family. However, income level of working women has little to do with their ability to manage money matters in the family. Similarly working women are capable of time management and make it a way of life. There exists positive correlation between handling domestic affairs and income group to which working women belong. This

study establishes, beyond doubt, the fact that women are capable of managing both- domestic duties and job obligations with aplomb. For a woman, there is no inherent conflict between career and marital bliss. ("Marital Adjustment and Family Resource Management of Working Women Among Different Income Groups", by Dr. Kum Kum Kumari (2011).

II. RESEARCH METHODOLOGY

The Research pertaining to marital adjustments for this research paper was conducted in certain Technical education Institutes.

A socio-demographic questionnaire containing 11 questions were used.

The Sample size of the survey was 100 women from teaching and non-teaching profession.

III. OBJECTIVE OF THE STUDY

- To understand the level of marital adjustments.
- To analyze the role of family members in adjustments done by a married woman.
- To study the various factors affecting marital adjustment.

IV. RESEARCH FINDINGS & CONCLUSION

1. As far as hours spend in managing home is concerned, majority of the respondents means 67.66% respondents spent more than 5 hours daily in managing home 19.33% respondents spent 5 hours daily in managing home. 7.33 % respondents spent 4 hours in managing home. 3.66% respondents spent 3 hours daily in managing home and only 2% respondents spent 2 hours daily in managing home.
2. Being overburdened at home is another important factor. 65.66% respondents feeling overburdened at home and 34.33% respondents don't feel overburdened at home.
3. Having kids forced to make marital adjustments is another factor.55.66% respondents are disagreed upon the issue of having children force the individual to make marital adjustments as well as social adjustments. &% respondents were strongly disagreed on this issue. 28.33% respondents were agreed upon this and says that having children force them to make marital and social adjustments.
4. Time devoted to kids or self is an important aspect of marital adjustment.58.66% respondents are satisfied with the time devoted to kids or self. 8.66% respondents are extremely satisfied with the time devoted to kids or self. Nearly 29% respondents are dissatisfied and extremely dissatisfied with the time devoted to kids or self.
5. In case of critical decision making , 38% respondents said that the critical decisions usually taken by both of them. 16% respondents replied that critical decisions usually taken by their husbands. 12% respondents said that the critical decision making done by themselves . 14.33% respondents replied that the critical decision making is usually done by

- their in-laws and 19.66% respondents said that the critical decision making is done by the consensus.
6. Marital adjustments depends upon the attitude of family members regarding the employment so majority of the respondents said that their family members poses favorable attitude towards their employment. The maximum number of respondents 72.33% , said that their family members have positive attitude towards their employment where as 18.66% respondents 's family members doesn't have the positive attitude towards their employment.
 7. Contribution of family members in household work is an another indicator of marital adjustments.61.33% respondents said that they sometimes get the contribution of family members in household work. 29.66% respondents said that they always used to get the help from their family members. Only 9% respondents didn't give any response to this question.
 8. As far as Conflict with spouse is concerned, 85% respondents said that sometimes they have conflicts with their husband. 8.66% respondents said that they always have disputes with their husband. Only 6,33% respondents respond that they never had any sort of conflict with their husband.
 9. Causes of conflict is an another factor which affects the level of marital adjustment. 12.33% respondents have the cause of conflict related to family budget. 7% respondents think that the cause of conflict is children's education. 46% respondents think that the cause of conflict is to the matters related to the relatives. 14.33% respondents think that the cause of conflict is matter related to profession. 14% respondents think that the conflicts have some other reasons and 6.33% respondents said that they have no problem.
 10. According to the study 63% respondents are agreed upon this point that the help provided by Husband or in-laws creates balance between personal and professional life. 17. 665 respondents are strongly agreed upon this. 13.66% respondents are disagreed upon this point and 3.66% respondents are strongly disagreed upon this issue.
 11. The research shows that 18.66% respondents think that high level of marital adjustments are required to do by an individual. 16.33% respondents said that low level of marital adjustments are required to do by an individual and rest said that medium level of marital adjustments are required to do by an individual.

CONCLUSION

A married working woman has to play the dual role in the society. Majority of the women are suppose to do medium level of adjustments in their lives. As far as contribution of family members is concern, it's not necessary to get the contribution always but maximum times, the contribution of family members is sometimes. Being overburdened, kids, time devoted to kids or self, conflict with husband are the important factors which affect the level of marital adjustments.

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