A COMPARATIVE STUDY ON MARITAL ADJUSTMENT OF WORKING AND NON-WORKING MARRIED WOMEN

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Abstract

The aim of the present study was to find out the difference between Marital Adjustment of working and Non-working married women. For the purpose of the study 20 married working women and 20 non-working married women were selected by random sampling technique. Quality of Marital Relationship Scale (QMRS) developed by Dr. Sweta Sigh was used for collecting information about the marital relationship of the respondents, here’t’ test was applied to check the significance of marital adjustment among working and non-working married women. Results of the study revealed that there is no significant difference in marital adjustment of working and non-working married women.

Keywords: Marital Adjustment, Working Women, Non-working Women.

Introduction:

Marriage is one of the universal social institution. It is established by the human society to control and regulate the sex life of a man.

Marital Adjustment is the state in which there is an overall feelings in husband and wife of happiness and satisfaction with their marriage and with each other (Thomas, 1977)

The entry of women of all social classes into occupation are increasing with increased pace of urbanization and modernization besides, the facilities provided to women to take up education. As a result the married working women have to enter into the area of role conflict between the various roles of women as wife, mother and employee.

As the incidence of marital disharmony is prevalent in our society so it is expected that the comparative study would help to find out the factors responsible for marital disharmony among working and non-working women. So the present study is an attempt to investigate the marital adjustment among working and non-working married women.

Objective of the study:

To find out the significant difference in marital adjustment of working and non-working married women.
Methodology:

- **Selection of Sample:**
  Lakhimpur District of Assam was selected purposively to conduct the study. For the purpose of the study 20 married working women and 20 non-working married women were selected by random sampling technique.

- **Tools and technique of data collection:**
  Background information of the respondents was collected by a self-structured interview schedule. Quality of Marital Relationship Scale (QMRS) developed by Dr. Sweta Singh was used for collecting information about the marital relationships of the respondents. The tool contained 50 questions and considered eight dimensions of marital adjustment. Dimensions studied were support, intimacy, openness, autonomy, empathy, love, dominance and conflict.

- **Statistical analysis:**
  Data collected by the QMRS was first coded together and were statistically analysed and results obtained were tabulated. The difference in marital adjustment between working and non—working women were calculated by using ‘t’ test.

Result and Discussion:

**Table No.1:** Difference between marital adjustment of working and non-working married women.

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>‘t’ value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working Women</td>
<td>20</td>
<td>2.78</td>
<td>0.55</td>
<td>.54&lt;sup&gt;NS&lt;/sup&gt;</td>
</tr>
<tr>
<td>Non-Working Women</td>
<td>20</td>
<td>2.80</td>
<td>0.61</td>
<td></td>
</tr>
</tbody>
</table>

NS- Non-Significant

The result obtained from the eight dimensions of marital adjustment reveals that there is non-significant difference in marital adjustment of working and non-working married women. The result of the present investigation supports the earlier findings of the study conducted by Hasmi et.al. (2007), Jamabo and Ordu (2012), H.M. Patoliya (2016) also found no significant difference between marital adjustment of working and non-working married women.
Conclusion:

From the findings of the present study it can be concluded that there is no significant difference between marital adjustment of working and non-working married women. It can also be concluded that for maintaining good marital relationship, according to Mishra and Srivastava (1977) in marriage, husband and wife should sacrifice their egoistic attitude, to avoid mutual conflicts, feels mutual satisfaction, respect the each other’s interests and fulfil the expectations and aspirations related to marital life. As stable marital relationship is important not just to the members of the marital dyad, but to the family and community.

Reference:

8. Patoliya, Dr. Hetal M (2016): A Study on Happiness and Marital Adjustment between working and non-working women, Journal of Humanity, continuous issue-25