

## MARITAL ADJUSTMENT IN HAVING CHILD AND CHILDLESS COUPLES

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### ABSTRACT

The present study aimed to know the marital adjustment in Having Child and Childless Couples. It also aimed to check Marital adjustment with relation to type of the couple and gender. A Comprehensive for the “Marital Adjustment Inventory (MAI)” by Dr. Har Mohan Singh (2011) was used. The sample constituted total 120 couples out of which 60 were from couples having child (30 male and 30 female) and childless couples (30 male and 30 female). The data was collected from North Gujarat. The data was scored, analyzed as per the manual. ‘F’ test was being calculated. The result showed that, 1. The couples having a child group is having better marital adjustment than childless couples group, 2. There is no significant difference in the mean score of marital adjustment among the male and female partner and 3. There is no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the type of the couple and gender.

**Keywords:** *Marital adjustment, Having child and childless Couples, male and female.*

### Introduction :

Marital adjustment is defined as the integration of a couple with different personality traits in a union in order to complement each other to achieve happiness and common goals. For the achievement of unity and solidarity in the family, the couple should agree on economic, managerial, and psychosocial issues such as communication, value, and goals, decision making, the way to conduct home-related activities, relationships with close relatives, making use of free time and income management, and thus they should establish marital adjustment. In case they fail to establish marital adjustment, there might be trouble in the unity and solidarity of the family which might lead to disagreement, emotional destruction, and dissolution in the family.

**Social Relationships of marriage:** Beyond marriage, social relationships more broadly have a powerful impact on health. A meta-analysis of 148 studies found that those with stronger social relationships had a 50% lower risk of all-cause mortality. Conversely, loneliness is associated with increased risk for cardiovascular disease, and all-cause mortality. Little work

has directly compared the health impacts of marriage compared to those of non-romantic relationships, such as connections with friends or colleagues. However, there are several reasons why marriage may exert a greater health impact than other relationships, even other cohabiting relationships: married couples spend time together during a wide variety of activities, such as eating, leisure, housekeeping, child-care and sleep. Spouses also share resources and investments such as joint finances or home-ownership. Relative to other relationships, the increased interdependence of marriage serves as a source for more intense support.

#### **Common issues most Indian married couples:**

- ❖ **Marital issues and how to tackle those :** Every marriage is different and so are the issues that couples face in their conjugal life. However, there are a few common problems, which challenge the love and respect married couples have for each other. While some succumb to these hurdles and part their ways, others overcome these to lead a happy life.
- ❖ **The trouble with in-laws:** In an Indian family, this perhaps is the most common issue that married couples face. Especially, feuds between a mother-in-law and daughter-in-law are nothing new. There are many reasons, such as adjustment problems, unjust expectations, cultural differences, and others, responsible for the negative attitude they have toward each other. The best way to overcome this is by being patient. For a daughter-in-law, it's important to understand that it's not only she who needs to adjust but the members of her new family to are doing the same. And the same goes for the mother-in-law as well. Also, getting the husband involved in their fights is the wrong thing to do. Instead, he should be consulted but not forced to take sides.
- ❖ **Irritating habits of a spouse:** It's not uncommon for a newly-married woman to complain about her husband's irritating habits like leaving a wet towel on the bed, spending more time with friends etc. Similarly, even a man has trouble adjusting to his wife's habits, which he must have been unaware of like overspending, unjust expectations etc. They need to remember that marriage needs adjustment from both the partners and lifelong habits cannot be changed overnight. The best option here is to tell the partner about it and give him or her a fair amount of time to change any irritable or harmful habits if possible.

- ❖ **Unequal division of household chores:** This is something that most working couples have to face after marriage. A lot of times, only the wife is expected to take care of the household chores. The best way to tackle this situation is by addressing it directly. Talking to the partner who is shying away from his or her responsibilities might be helpful. If required chart out a schedule assigning individual duties. It might be a little difficult to follow the schedule initially but once the couples start doing it, things will fall into place.
- ❖ **Financial problems:** While many issues can be tackled once faced, financial crises can entirely be avoided if the right steps are taken quite in advance. Before marriage, not everyone has an idea about the kind of financial challenges they might face and matters related to money get more serious after childbirth. The best way to deal with this issue is by making a financial plan and creating an account for a contingency fund, which they can use during emergencies. It's important to think about the future and always have foresight about unexpected expenditures. Also, taking advice from experts for financial planning can be a great help.
- ❖ **Boredom:** Remember, marriage, like any other relationship, is for a lifetime and it's normal for couples to feel boredom settling in after a few years of being married. In fact, a lot of married people seek professional help during this phase because they believe that something might be wrong in the relationship. The best way to overcome this hurdle is by accepting it and understanding the fact that marriage needs efforts to make it work. This is the reason why it's important to do things that excite both partners. If traveling is what makes them happy, they should take some time out of their busy schedule to explore new places or if both like being indoors, how about redecorating their place? A sense of newness is what makes any relationship an exciting affair. Also, taking up responsibilities together like taking a loan for a house or buying a car can give them a new sense of duties and help them stay together.
- ❖ **Picking up old issues while fighting:** Whether couples agree to it or not, many have the habit of referring to old issues during new fights. If open communication fails to resolve it, ignorance can be the best medicine. If a spouse keeps picking up old issues, the best reply is to not give him or her any reply. When the partner will not receive any reaction over a time, he or she would stop repeating the same

S. Priyadharshini and Rejani Thudalikunnil Gopalan (2019) had find the relationship between different psychosocial factor (marital adjustment, love, personal intimacy personality, dyadic coping, and spirituality) and marital stability. For the purpose of sampling, thirty married couples were randomly selected using stratified random sampling. The measuring tools used were Locke-Wallace marital adjustment questionnaire (Marital adjustment), Love scale (Love), Personal assessment of intimacy in relationship (Personal intimacy), Big five inventory (personality), Dyadic coping inventory (Dyadic coping) and the daily spiritual experience scale (Spirituality).Six null hypotheses were raised and tested using descriptive and inferential statistics (Percentage, mean, standard deviation and correlation). The research finding shows that there is a significant negative correlation between sexual intimacy and marital stability..

### **Objectives**

The objectives :

1. To assess and compare marital adjustment observed in having a child and Childless Couples.
2. To assess and compare marital adjustment observed in male and female partner.
3. To find out and compare marital adjustment observed in couples by reason of different interaction among type of the couple and gender.

### **METHODOLOGY**

#### ***Hypothesis***

1. There will be no significant difference in the mean score of marital adjustment among the having a child and childless couples.
2. There will be no significant difference in the mean score of marital adjustment among the male and female partner.
3. There will be no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the type of the couple and gender.

#### ***Variable***

##### **Independent Variable**

1. **Type of the couple** : having a child and childless couples.
2. **Gender** : male and female partner.

**Dependent Variable** : Marital adjustment Score.

### Research Design

A total sample of 120 couples equally distributed between having a child and childless couples from North Gujarat selected for the research study.

### Showing the table of Sample Distribution

Gender (B)	Type of the couple (A)		Total
	Having a child (A <sub>1</sub> )	Childless (A <sub>2</sub> )	
Male (B <sub>1</sub> )	30	30	60
Female (B <sub>2</sub> )	30	30	60
<b>Total</b>	60	60	120

### Sample

The sample of the present study constituted total 120 couples out of which 60 were from couples having child (30 male and 30 female) and childless couples (30 male and 30 female).

### Tools

Marital Adjustment Inventory (MAI) by Dr. Har Mohan Singh (2011) was used. The inventory has two forms, Form-A for husbands Form-B for wives. In this inventory there are ten questions which should be replied either in negative or in affirmative (No or Yes). After giving your consent for yes or no, mark yes (√) on the place provided on inventory, best explaining your opinion towards the issue. The inventory has been found successful when used with couples of six professions 1. Teachers (schools) 2. Teachers (college) 3. Doctors 4. Lawyers 5 Businessmen 6. Clerks. Reliability of this test is computed by test – retest method. Reliability shown there is 0.94.

### Procedure

The various couples from North Gujarat state after the establishment of rapport, personal information and the 'Marital Adjustment Inventory (MAI)' was administrated the data was collected, scored as per the manual and analyzed. The statistical method 'F' test was calculated and results were interpreted.

## Result and DISCUSSION

**Table : 1 The Table showing sum of variance mean 'F' value and level of significance of type of the couples and gender :**

Sum of Variance	Df	Mean	F-value	Sign. Level
SS <sub>A</sub>	1	1665.08	5.23	0.05*
SS <sub>B</sub>	1	60.21	0.19	N.S.
SS <sub>A*B</sub>	1	1074.01	3.38	N.S.
SS <sub>Error</sub>	116	318.18	—	—
SS <sub>Total</sub>	119	39708.59	—	—

Df – 1 = \*0.05= 3.89, \*\*0.01= 6.76, N.S.= Not Significant

**Table : 2 The Table showing the Mean Score of Marital adjustment of having a child and childless couples:**

	A (Type of the couples)		'F' value	Sign.
	A <sub>1</sub> (Having a child)	A <sub>2</sub> (Childless)		
M	33.33	25.88	5.23	0.05*
N	60	60		

The above table no.2 shows the mean score of marital adjustment in having a child and childless couples. The mean score of the couples having a child group is 33.33 and childless couples group is 25.88. The 'F' value is 5.23 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to marital adjustment and type of the couples. It should be remembered here that, according to scoring pattern, higher score indicate better marital adjustment. Thus from the result it could be said that, the couples having a child group is having better marital adjustment than childless couples group. Therefore the hypothesis no.1 that, "There will be no significant difference in the mean score of marital adjustment among the having a child and childless couples" is rejected.

**Table : 3 The Table showing the Mean Score of Marital adjustment of male and female partner:**

	Gender (B)		'F' Value	Level of signification
	Male (B <sub>1</sub> )	Female (B <sub>2</sub> )		
M	28.90	30.32	0.19	N.S.
N	60	60		

The above table no.3 shows the mean score of marital adjustment among male and female partner. The mean score of male partner group is 28.90 and female partner group is 30.32. The 'F' value is 0.19 which was found to be not-significant level at 0.05. Therefore the hypothesis no.2 that, "There will be no significant difference in the mean score of marital adjustment among the male and female partner" is accepted.

**Table : 4 The Table showing the interactive effect of the Mean Score of Marital adjustment of type of the couples and gender:**

			A		'F' value	Sign.
			A <sub>1</sub>	A <sub>2</sub>		
M	B	B <sub>1</sub>	28.17	29.63	3.38	N.S.
		B <sub>2</sub>	23.60	37.03		
N			60	60		

The above table no.4 shows the interactive effect of marital adjustment among the type of the couples and gender. The mean score of boys couples of the male partner having a child group is 28.17, female partner having a child group is 23.60, male childless group is 29.63, and female childless group is 37.03. The 'F' value is 3.38 which was found to be not-significant level at 0.05. Therefore the hypothesis no.3 that, "There will be no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the type of the couple and gender" is accepted.



## CONCLUSION

1. The couples having a child group is having better marital adjustment than childless couples group.
2. There is no significant difference in the mean score of marital adjustment among the male and female partner.
3. There is no significant difference in the interactive effect of the mean scores of marital adjustment with regards to the type of the couple and gender.

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