

## Study of Self Adjustment and Mental Health of Married and Unmarried Women

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### Abstract

This paper is predicated on the observation of married and unmarried women in context of their self adjustment and psychological state, The study of empowerment women of our country especially Bihar especially constitutes on internal a part of any national policy aiming at the use of human resources. The are always devoted of these facilities and opportunities which are available to their male counterparts. the ladies are considered to be the show pieces of their home and alleged to take care of their parents, husband's children and relative. during a joint family a house wife is that the scope goat for the discharge of aggression and hostility within the marital adjustment. they need to be more submissive and sometimes to behave sort of a servant. The national policy also because the intensional year for ladies has also intensified the need for public awareness regarding enhancement of women's position within the society.

**Key Word** :Psychological state, society,separate, Self Adjustment, mental disease, The intensional year

### Introduction :

One of the foremost important relationships between a man and women is marriage. It involves emotional and legal commitment that's quite important in any adult life. Moreover, selecting a partner and getting into a marital contract is taken into account both maturational milestone and private achievement. there's little question that the selection of marital partner is one among the foremost important decisions one makes in his / her lifetime. People marry for several reasons, like; love, happiness, companionship, and therefore the desire to possess children, sexual desire, or desire to flee from an unhappy situation. Marriage may be a commitment amorously and responsibility for peace, happiness and development of strong family relationships. Marriage as "socially legitimate coupling, begun with a public announcement and undertaken with some ideas of permanence; it's assumed with more a less explicit marriage settlement, which spells out the reciprocal rights and obligations between the spouses and future children"

### Content

The study of empowerment women of our country especially Bihar especially constitutes on internal a part of any national policy aiming at the use of human resources. The review of the literature on the role of girls in Indian society indicated that they need been always devoted of these facilities and opportunities which are available to their male counterparts. the ladies are considered to be the show pieces of their home and alleged to take care of their parents. Husband's children and relative. Ina a joint family a house wife is that the scope goat for the discharge of aggression and hostility within the marital adjustment. they need to be more submissive and sometimes to behave sort of a servant. The national polivy also because the international one have incorporated the essential idea of all

round development in females.<sup>1</sup> The international year for ladies has also intensified the necessity for public awareness regarding enhancement of women's position within the society. Attempts are being made for providing greater opening for the development of girls. Articles are arising in papers and magazine, serial are presented on television depicting lifetime of the down trodden women, conference are organized on the positive and competing role of girls within the society, separate cells and departments are established within the government for promoting healthy environment in women. The study of personality profile of girls empowerment on general should be made intensively so as to acquaint ourselves with their temperament, aspiration attitude dominance, Submission and aggressive etc. in order that they will be better understood in terms of their adjustment and tolerance for deputing hazards of life and made from advancements.<sup>2</sup>

Women are considered indirect beneficiaries through male members of their households and aren't participants and therefore the target groups. Most of the roles are low paid that are performed by women. Women also are been gradually displaced from these occupations in unorganized an off-the-cuff sectors. As a results of heirachical pattern of land ownership structural problems have arisen within the rural unorganized sector the character of land relations and division of labour on the idea of sex and therefore the credit system also pose serious problems women are pur to disadvantage due to a robust class-caste relationship. the general situation in rural and concrete unorganized sectors particularly within the primary sector and informal sector demand attention as these sectors has been left neglected to an outsized extent. Special efforts are, therefor, required to supply facilities and services so on enable them to cater to their lower order needs (food, shelters, clothes) adequately. Presently even these basic needs aren't adequate. Intensive efforts are needed to enhance quality of life and dealing conditions for women employed in these sectors. there's lack of permanent employment, proper living conditions. General awareness of life- style and proper opportunities for acquiring minimum education and training of requisite work skills. there's also serious lack of organistion and management in unorganized informal sectors. Systematic approaches, strategies, programmes and intemsive efforts are required to facilitate the governmental policies for specialise in women essentially. Stragegies and programmes generally have led nowhere near the envisaged results thus far as women are concerned. Therefore so as to facilitate systematic human resource development strategy is required which might focus essentially on women development. Three levels of coaching for ladies has been recommended National Perspective plan for ladies (1988-2000 AD) (a) grass-root level; (b) middle level; and (c) policy and planning level. The training strategy should encompass five principal components, viz., organizational and extension training, skill training, management issues and training of coaching of trainers. at the present in India, an increasing attention is being given to the feminine empowerment through education, economic independence participation in political and social activities of the state. This wave of national pressure for achievement. little question pate forth new challenges amd more demands besides the pressure of quality of role performance is it mother, worker of partner. Women experience some success periodically in area that's more central to self-esteem, it might change to vary attitude and improve competence. Failure in relation, rejection from immediate member's negative message in family and society lower self-esteem. Early success in life gives a base of competence accomplishment and develops a positive image of 1 self. Positivbe feedback from people on the brink of them feeds

ego and fuels motivation. This feedback works as an external award and self-esteem as an indoor Award. Attitude towards their role decidedly brings an affects on their actions and adjustment in future life.<sup>3</sup>

It's evidence in psychological health researchers that women's strict adherences to feminine roles has negative consequences including high rate of mental disease and lower self-esteem androgynous orientations tend to possess more positive images of themselves and reported themselves to be more healthy than to women typed as very feminine. Women must be made conscious of themselves as a lesson, their needs, participation in productive relations, their right their strength, and intensity to bring change in women force to excel in every field. Media should help to prepartate the minds of public for inevitable changes within the lifetime of female. The U.N. had adopted 1994 because the year of the family with a stress that the family is that the smallest democracy at the guts of the society. But, on the opposite hand, the Human Development Report 1993 has said "No country treats its women also as its men." Mashelkar advocated that "a lady has got to be allowed the complete expression of her potential and she or he to be empowered to become a dynamic partner within the building of the new India. The emerging technological developments have the potential to impact the lives of the ladies enormously. The emergence of data technology will play an excellent role with education reaching the house now, with access of girls to I her education becoming easies.. Developing and enhancing a woman's entrepreneurial skills and giving her economic freedom will alone restore here to the lightful place within the family and therefore the society."

Psychological state refers to the capacities to think rationally and logically, cope effectively with stress and challenges that arise in situations and throughout the life course, and demonstrate emotional stability and growth. psychological state is that the successful performance of mental function which ends up in productive activities, fulfilling relationships with people and a capability to deal with adversity and adapt to vary . an individual is celled mentally healthy when he understands himself and his own feelings, motivation, drives and needs . Good mental well-being includes a capability to urge through the interactions of lifestyle without experiencing excessive emotional or behavioral incapacity and person is in a position to be flexible and adaptive with a positive self-esteem. When psychological state deteriorates, problems can arise in big variety job areas like low self-regard, anxiety, depression, anger, distortion of reality, heightened physiological reactivity, reduced competence etc. (Punjab Heritage, 2005). Emotional upsets, tension, anxiety, a rapid social change, struggle for existence, and chronic personal conflict are all inprot factors in aggravating and even Initiating psychological state problems, it's a regrettable fact of practice that effective medication commonly gives rise to unpleasant side effects. In many cases side effect may cause a rejection of treatment, explicit at the outset or implicit by failing to continue medication In some cases medication may cause side effects which are endured through a scarcity of awareness that they're drug induced and avoidable, 'Drugs remove the symptoms not the causes. consistent with Slovene (1996), 'many Physicians become so involved the patients problems that they tent to be less conscious of the standard of life aspects of therapy,' Patients are usually told By the physicians that they need to take the medicime for all times . the danger of getting adverse drug reactions depends on the pharmacological properties of the drugs , and therefore the state of health drug user<sup>4</sup>

Many of the patients consider side-effects of medicine a natural a part of growing old but they're not conscious about the bad consequences of durgs which they're taking for therefore a few years continuously. The common side

effects of those drugs include psychological depression, general discomfort drowsiness and impotence, slowness in thinking, memory and physical reactions Now-a-days, relaxation techniques are considered important in most comprehensive programmers for treatment related to stress with preventing, The role of psychology in psychological state care data backs quite a century. however increasingly physicians and patients have an interest in non-pharmacological approaches to treat mental or psychosomatic disorders. Several recent studies have shown that a more comprehensive and academic life style 'approach to psychological state problems can give excellent results. Good psychological state includes a balance between mind, body and spirit, Physical illness influences psychological state and both affect the Human spirit. Good psychological state are often restored with the assistance of non-pharmacological techniques like behavioral medicine techniques which are yoga meditation progressive muscular relaxation, music therapy, biofeedback , diaphragmatic breathing, electro stimulating. Life style and dietary patterns etc. These are considered to be very useful for ameliorating many of the side effects of medical treatment. Behavioral medicine may be a a part of health psychology which studies thae role of psychological factors in health.

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