

MARITAL ADJUSTMENT AMONG DEGREE COLLEGE PROFESSORS

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ABSTRACT

The aim of the present investigation has been to know about “Marital adjustment among degree college Professors.” objectives of studies are to identify the differences in husband and wives’ professors and their marital adjustment. To understand the differences between the working in rural area and urban college professors in their marital adjustment in their daily life. Sample: The sample comprised of total one hundred thirty two (N=132) Degree college Professors from different Colleges from Kalaburagi district, in Karnataka, out of which sixty six from Urban (n=66) Rural sixty six (n=66) and male and female distributed equally. Tool: Marital adjustment scale by Dr.Harmohan Singh(MAI) (1999). Statistical method: Statistical method has been applied but greater reliance has been placed on statistical methods. These regarded as we used the test-mean, SD, t-test. Results: As a result, it is found that there is significant difference in their marital adjustment and husbands are more adjustment compare to wives.

Keywords: Tradition, society, Marriage, adjustment, and Family.

INTRODUCTION

Since time immemorial marriage has been the greatest and most important of all institutions in human society. It has always existed in one form or another in every culture, ensuring social sanction to a physical union between man and woman and laying the foundation for building up of the family – the basic unit of society [S. Nambi -2005]. The Hindus have idealized marriage in a big way. In the patriarchal society of *Rig Vedic* Hindus, marriage was considered as a sacramental union, and this continued to be so during the entire period. In the Shastric Hindu law, [Diwan P-2008] marriage has been regarded as one of the essential *sanakaras* (sacrament for every Hindu). Every Hindu must marry. “To be mothers were woman created and to be fathers men.” The Veda ordains that “Dharma must be practiced by man together with his wife and offspring”. “He is only perfect who consists of his wife and offspring.” “Those who have wives can fulfill their obligations in this world; those who have wives truly have a family life; those who have wives can be happy; those who have wives can have a full life.” [Diwan P-2008] For a Hindu marriage is essential, not only for begetting a son in order to discharge his debt to the ancestors, but also for performance of other religious and spiritual duties. The institution of marriage is considered sacred even by those who view it as a civil contract.

Wife is the *ardhangini* (half of man) according to Satpatha Brahmana “The wife is verily the half of the husband. Man is only half, not complete until he marries.” The *Taittiriya Samhita* is to the same effect. Manu declared that mutual fidelity between husband and wife was the highest *dharma*. According to Mahabharata, by cherishing the woman one virtually cherishes the Goddess of prosperity herself. Wife under Hindu law is not only a “*grahpatni*,” but also a “*dharma patni*” and “*shadharmini*.” The wife is her husband's best of friends. She is the source

of *Dharma*, *Artha*, *Kama*, and *Moksha*. The husband is known as *bharthi*. He is supposed to support his wife. He is also known as *pati* because he is supposed to support her.

The sacramental aspect of marriage under Hindu law has three characteristics: (1) That it is a sacrament union, which means that marriage is not to gratify one's physical needs; but is primarily meant for the performance of religious and spiritual duties; (2) a sacramental union implies that a marriage once entered cannot be dissolved on any ground whatsoever; and (3) a sacramental union also means that it is a union of soul, body and mind. It is a union not only for this life, but for all lives to come. The union is not only for this world, but also for other worlds. Performance of certain Sastric ceremonies, which have been laid down in detail in Griha Sutras, are necessary for a Hindu marriage.

Marriage has been an important social institution. It is the basis for the family. The functions of marriage include regulation of sexual behavior, reproduction, nurturance, protection of children, socialization, consumption, and passing on of the race.

Hindu marriage is regarded as a means to establish a relationship between two families. Free intermixing between two sexes is a taboo. Thus most marriages are arranged by parents or relatives, even in the educated class. Children are expected to accept their parents' decision with respect to marriage unconditionally, extra-marital relationships, separations, and remarriage have been looked down upon. For most people in India, marriage is a one-time event in life, which sanctified and glorified with much social approval. Marriage is a social necessity; marrying children is the primary responsibility of parents in India. Daughters should be married as soon they become young in early twenties and sons married as soon as they start earning. Married couples are accorded respect in the community. Non-solemnization of marriage is a social stigma. Social values, customs, traditions and even legislation have attempted to ensure stability of marriage.

The goal of marriage in Hinduism is to foster, not self-interest, but self-restraint and love for the entire family, which keeps the family united and prevents its breakdown.

Marital adjustment has long been a popular topic in studies of the family, probably because the concept is believed to be closely related to the stability of a given marriage. Well-adjusted marriages are expected to last for a long time, while poorly adjusted one's end in divorce. Simple as it seems, the notion of marital adjustment is difficult to conceptualize and difficult to measure through empirical research. After more than half a century of conceptualization about and research on marital adjustment, the best that can be said may be that there is disagreement among scholars about the concept, the term, and its value. In fact, several scientists have proposed abandoning entirely the concept of marital adjustment and its etymological relatives (Lively 1969; Donohue and Ryder 1982; Trost 1985).

Scientists have long been interested in understanding which factors contribute to success in marriage and which to failure. As early as the 1920s, Gilbert Hamilton (1929) conducted research on marital satisfaction by using thirteen clusters of questions. In 1939, Ernest Burgess and Leonard Cottrell published *Predicting Success or Failure in Marriage*, in which they systematically discussed marital adjustment. 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" (p. 10).

Researchers have not agreed upon the use of any one term. To describe the seemingly same phenomenon, some have used the terms "marital quality," "marital satisfaction," and "marital happiness." Robert Lewis and Graham Spanier have defined *marital quality* as "a subjective evaluation of a married couple's relationship" (1979, p. 269)—a concept similar to that of "marital adjustment." There have been numerous definitions of "marital adjustment" and "marital quality" (Spanier and Cole 1976), and it may not be fruitful to attempt to define the concept in a sentence or two. Rather, the following description of the factors that constitute marital adjustment or quality may prove more meaningful.

Since Burgess and Cottrell's formulation, scientists have examined extensively the factors constituting marital adjustment. Although there has been no consensus among researchers, factors constituting marital adjustment include agreement, cohesion, satisfaction, affection, and tension. Agreement between spouses on important matters is critical to a well-adjusted marriage. Though minor differences may broaden their perspectives, major differences between the spouses in matters such as philosophy of life, political orientations, and attitudes toward gender roles are detrimental to marital adjustment. In addition, agreement on specific decisions about family matters must be reached in good accord. *Marital cohesion* refers to both spouses' commitment to the marriage and the companionship experienced in it. In a well-adjusted marriage, both spouses try to make sure that their marriage will be successful. They also share common interests and joint activities. In a well-adjusted marriage, both spouses must be satisfied and happy with the marriage. Unhappy but long-lasting marriages are not well-adjusted ones. Spouses in well-adjusted marriages share affection, and it is demonstrated as affectionate behavior. Finally, the degree of tension in a well-adjusted marriage is minimal, and when tension arises it is resolved amicably, probably in discussion, and the level of tension and anxiety is usually low.

The core component of marital adjustment is marital satisfaction, and it has been extensively studied as a stand-alone concept. As such, it deserves separate consideration. *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, p. 648).

Again, scientists disagree about the definition. Some scholars conceptualize satisfaction rather as "the amount of congruence between the expectations a person has and the rewards the person actually receives" (Burr et al. 1979, p. 67). Because marital satisfaction is influenced not only by the congruence between expectations and rewards but also by other factors, the former definition is broader than the latter and thus is adopted here.

Although Hawkins's definition of marital satisfaction subsumes happiness, marital happiness is usually considered a distinct variable. According to Campbell et al. (1976), happiness is similar to satisfaction, but these two qualities do differ in one important aspect:

[A] term like "happiness" seems to evoke chiefly an absolute emotional state, whereas "satisfaction" implies a more cognitive judgment of a current situation laid against external standards of comparison such as "other people I know" or more private levels of aspiration. (p. 31)

Since happiness (and marital happiness) denotes an emotional state, it has been known to be affected by the mood swing of the respondent. For that reason, this article does not specifically use the concept "marital happiness." Since marital happiness, marital satisfaction, marital quality, and marital adjustment are highly related to each other, interchangeable use of these terms is relatively common.

Although many scientists treat marital satisfaction as a factor of marital adjustment, there exist possibly major differences between these two concepts about the unit of analysis. Because satisfaction is a subjective property of an actor, there are two kinds of marital satisfaction in a marriage, the husband's and the wife's, and they are conceptually distinct. As Jessie Bernard (1972) stated, there are always two marriages in a family; the husband's marriage and the wife's marriage. Then, do these two marital satisfactions go hand in hand, or are they independent of each other? Research has produced mixed findings. In general, the more satisfied one spouse is with the marriage, the more satisfied is the other, but the correlation between the husband's and the wife's marital satisfactions is far from perfect (Spanier and Cole 1976). Marital adjustment or quality, on the other hand, can be either an individual or a dyadic property. When we say "a well-adjusted marriage," we refer to the dyad, while when we say, "She is well adjusted to her marriage," we refer to the individual. No one has proposed valid measurement techniques for examining marital adjustment as a dyadic property, although some observational methods might be considered.

Another difference between marital satisfaction and marital adjustment is that while the former is a static product, the latter can be a dynamic process. In fact, marital adjustment is sometimes defined as a dynamic process, and marital satisfaction is listed as one of the outcomes of the adjustment process (Spanier and Cole 1976, pp. 127–128). It has also been proposed that marital adjustment be defined as a dynamic process and yet be measured as a state at a given point in time, a "snapshot" conception (Spanier and Cole 1976). Nevertheless, this connotation of dynamic process in the term "adjustment" has been criticized (Trost 1985) as a confusion of its meaning, because no measure of "adjustment" involves dynamic change, such as negotiation between the spouses.

Without agreeing on either which term to use or on the definition of such a term, researchers have tried for decades to measure marital adjustment, quality, or satisfaction. Burgess and Cottrell (1939) created one of the first measures of marital adjustment from twenty-seven questions pertaining to five subareas (agreement; common interests and joint activities; affection and mutual confidences; complaints; and feelings of being lonely, miserable, and irritable). Along with numerous attempts at measuring marital adjustment, Locke and Wallace (1959) modified Burgess and Cottrell's measure and called it the Marital Adjustment Test. Based on factor analysis, the test consists of fifteen questions ranging from the respondent's overall happiness in the marriage, the degree of agreement between the spouses in various matters, how they resolve conflicts, and the number of shared activities, to the fulfillment of their expectations about the marriage.

METHODS

Statement of the problem

To understand and identify the differences between the couples in their "Marital Adjustment".

Aim of the Research

The aim of the present investigation has been to know about "Marital Adjustment among Degree College Professors."

Objectives of the study

1. To identify the differences in husband and wives' professors in their marital adjustment.
2. To understand the differences between the working in rural area and urban college professors in their marital adjustment in their daily life.

Hypothesis of the study

1. There is significant relationship between husband and wives' professors in their marital adjustment.
2. There will be difference in marital adjustment working in rural and urban degree college Professors.

Variable

- Independent variable: Working area and Gender.
- Dependent variable: Marital adjustment.

Samples

The sample comprised of total one hundred thirty two (N=132) Degree college Professors from different Colleges from Kalaburagi district, in Karnataka, out of which sixty six from Urban (n=66) Rural sixty six (n=66) and male and female distributed equally.

Tools

Interview schedule with attendant technique has been used as tool of data collection. Technique of interviewing and observation has been used for gathering information. Standardized toll is selected for this study through this tool their used to measure marital adjustment, reliability and validity. The method of testing has been of much help in holding such tests

Marital adjustment scale by Dr.Harmohan Singh (MAI) (1999). Internal consistency reliability coefficients for MAI-20 (10 Husbands and 10 Wives) items, the coefficient of reliability for each of the six professions of inventory and for general population is .94 and Professors is .85.

Statistical analysis

According to the plan already prepared uni-variate and multi variate table were drawn variables have been so arranged that definite inference regarding too presence or absence of actual relationship as hypothesized may be drawn. In order to arrive a different conclusion. Statistical method has been applied but greater reliance has been placed on statistical methods. These regarded as we used the test-mean, SD, t-test.

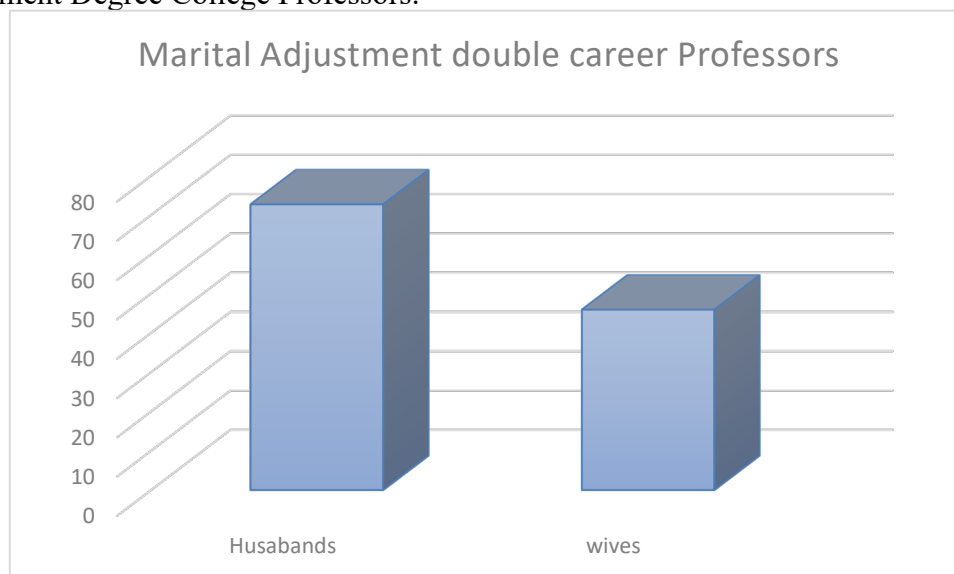
RESULT AND DISCUSSION

Table.No.1. Table shows the mean, SD and t-value of the double career couples of Government Degree College Professors.

Group	Husband	Wives
Mean	72.70	45.88
SD	16.23	8.92
SEM	2.00	1.10
N	66	66
t-value	11.7619	

p-value - 0.0001* It is significant.

Graph.No.1. Table shows the mean, SD and t-value of the double career couples of Government Degree College Professors.



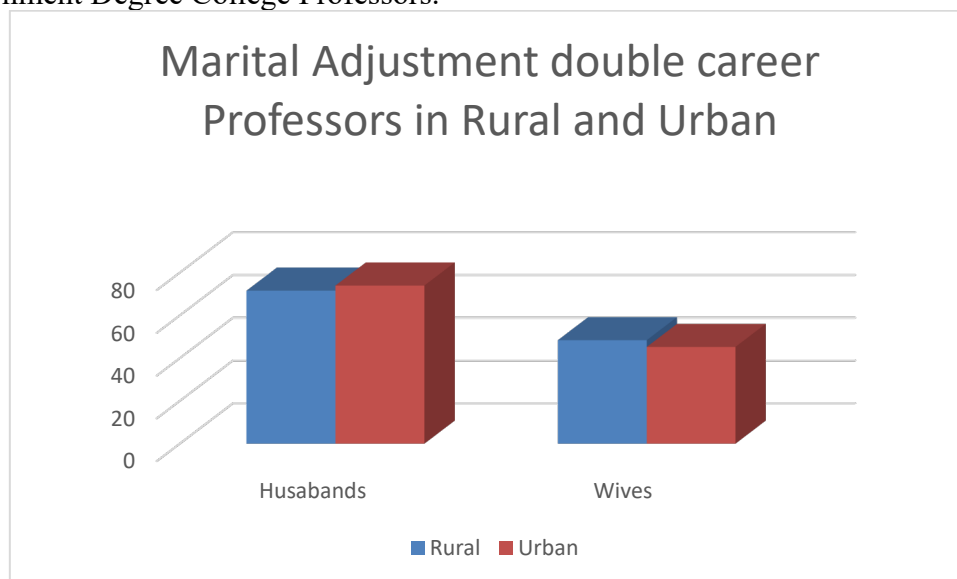
The above table reveals that, the mean score of husband its indicates 72.70 it shows good adjustment and wives is 45.88 average in adjustment. This results indicates that husbands are more marital adjustment with wives in their daily life. The problems of working women they can work in house and they must concentrate their children study and other family work, automatically they are under stress and they show adjustable behavior in their daily life. In the time of interview researcher qualitatively collected information rather than research items most of the working wives they expressed their difficulties in daily life and adjustment with husband work and other family members in home. However, All the multiple comparisons of mean difference were found to be highly significant at .000 levels. Therefore, the hypothesis is accepted.

Past studies also showed though the findings should be cautiously interpreted. Some people tend to favorably answer "adjustment" questions, whether the questions are about their marriages, their personal lives in general, or their subjective health. The apparent positive relationship may be spurious. Nevertheless, if the psychological adjustment is a composite of the adjustments in various aspects of life (i.e., marriage, family, work, health, friendship, etc.), high marital adjustment should lead to high psychological adjustment. In addition, positive effects of well-adjusted marriages on physical health may be accounted for, in part, by psychosomatic aspects of physical health.

Table.No.2. Table shows the mean, SD and t-value of the rural and urban double career couples of Government Degree College Professors.

Group	RURAL		URBAN	
	Husbands	Wives	Husbands	Wives
Mean	71.57	48.43	73.97	45.26
SD	14.00	7.10	18.59	10.71
SEM	2.37	1.20	3.34	1.97
N	35	35	31	31
t-value	9.4763		7.45	
p-value	0.0001*		0.0001*It is significant	

Table.No.2.Graph shows the mean, SD and t-value of the rural and urban double career couples of Government Degree College Professors.



The above result sheet reflects that, differences between the, working in rural and urban degree college Professors both husband and wife. In this data those are working in rural and urban both the side husbands are more marital adjustment than the wives. but in wives' columns compare to urban working female professors are less adjustment than the urban working female Professors. All the multiple comparisons of mean difference were found to be highly significant at .000 levels. Therefore, the hypothesis is accepted.

It has been widely shown that married persons tend to be better adjusted in their lives than either never-married, separated, divorced, or widowed persons. This seems true not only in the area of psychological adjustments such as depression and general life satisfaction, but also in the area of physical health. Married people are more likely to be healthy and to live longer. Two factors should be considered to account for this relationship. First, psychologically and physically well-adjusted persons are more likely to get married and stay married. Second, the favorable socioeconomic status of married persons may explain some of this relationship. Nevertheless, scholars generally agree that marriage has a positive effect on personal adjustment, in both psychological and physical aspects.

SUMMARY AND CONCLUSION

If marriages in general affect personal adjustment in a positive fashion, it is likely that well-adjusted marriages lead to well-adjusted lives. Past research shows just this, though the findings should be cautiously interpreted. Some people tend to favorably answer "adjustment" questions, whether the questions are about their marriages, their personal lives in general, or their subjective health. The apparent positive relationship may be spurious. Nevertheless, if the psychological adjustment is a composite of the adjustments in various aspects of life (i.e., marriage, family, work, health, friendship, etc.), high marital adjustment should lead to high psychological adjustment. In addition, positive effects of well-adjusted marriages on physical health may be accounted for, in part, by psychosomatic aspects of physical health. In this research result shows that, all the couple they are busy in their daily schedule and other activity but they care each other and maintain the positive relationship with each other, but in work stress female Professors have a more and more mental and physical stress therefore in the result

compare to male and female marital adjustment men shows highly marital adjustment in rural and urban both couples.

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