



PSYCHOSOCIAL CORRELATES OF MARITAL ADJUSTMENT AMONG WORKING AND NON WORKING MARRIED WOMEN

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Abstract: *Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships. According to Rogers, the concept of marriage is the basic of many marital adjustments. Social support refers to the perceived comfort, caring, esteem, or help a person receives from other people or groups. When the negative reactions to life's situations become repetitively, intense and frequent, women develop symptoms of depression. Depression gradually leads to suicidal ideation. In the present research the sample consists of 150 working married women and 150 non working married women. Sample was randomly selected from Chandigarh, Panchkula and Mohali with age range from 25 to 35 years of age. Marital Adjustment Questionnaire, Beck Depression Inventory, Social Support Questionnaire and Suicidal Ideation Questionnaire were administered on the sample. After administering all the scales scoring was done and statistical calculations were done. Results depicts that there was significant differences between working married women and non working married women on marital adjustment, social support, depression and suicidal ideation. Results also show that there was relationship between all the measured variables among working and non working married women.*

Keywords: Marital adjustment, working women, depression, suicidal ideation, social support

CONCEPTUAL FRAMEWORK

Women occupy multiple roles. These roles have added pressure & time constraints in their lives. Now, it is not uncommon to see Indian women participating in higher education, administration, medicine, engineering, business and politics. More and more women prefer to be engaged in some kind of employment, so that they can contribute financially to their family. But the attitude towards women especially married women and their role in family has remained the same, as even today taking care of the family and children is considered as their primary responsibility. Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships Marriage is one of the greatest things in human life. Marriage allows a man and a woman to come together, sharing everything, and support each other throughout life. Marriage provides permanent stability, as the two people form, not only an economic unit, but a social force against the harsh realities of the world. A great marriage is not when the perfect couple comes together but it is when an imperfect couple learns to enjoy their differences.

Marital adjustment has been defined as the presence of such characteristics in a marriage as a tendency to avoid or resolve conflicts, a feeling of satisfaction with the marriage and with each other, the sharing of common interests and activities and the fulfilling of the marital expectations of the husband and the wife. A brief definition of marital adjustment was made by Locke and Wallace (1959) as “accommodation of a husband and wife to each other at a given time”. Previous research on the relationship between wife employment and marital adjustment has produced conflicting results. Some investigators report a positive relationship between wife employment and marital adjustment others suggest the negative relationship.

Gupta and Sinha (2014) conducted studied on marital adjustment and psychological well-being differences in working and non-working female. The present study intends to examine marital adjustment and psychological well-being among working and non-working women. The study was carried out on a purposive sample of 40 participants. Marital adjustment inventory and Ryff’s Medium Form of Psychological Well-Being Scale was administered on 40 working and nonworking female participants. Results revealed that working and non-working women did not differ from each other on marital adjustment as well as on psychological wellbeing but on few dimensions of psychological wellbeing.

Social support is the perception and actuality that one is cared for, has assistance available from other people, and that one is part of a supportive social network. These supportive resources can be emotional (e.g. Nurturance), tangible (e.g. Financial assistance), informational (e.g. Advice) or companionship (e.g. Sense of belonging) & intangible (e.g. Personal advice). There are two types of social support. Perceived support – refers to a recipient subjective judgment that provides will offer (or have offered) effective help during times of need. Received supports (enacted support) - refers to specific supportive actions (e.g. Advice or reassurance) offered by providers during times of need. Social support can come from a variety of sources, including (but not limited to): family, friends, romantic partners, pets, communities and co-workers.

Depression is prevalent among all age groups in almost all phases of life. Persons of any age, children or adults may develop depression symptoms. Even minor stress events can stir-up depression symptoms depending on the personality type. Symptoms such as intense sadness, lack of interest or all, causes in normal activities, sleep disturbances or over sleeping, feelings of helplessness and thoughts of suicide are sequels to stress and induced depression.

Depression in a spouse is an issue that most couples will face at some point in their marriage. Marital distress and relationship conflict also contribute to depression. Suicide as well as suicidal behavior/ or attempted suicide are often preceded by suicidal ideation. According to Bush and Pargament (1995) suicidal behavior is often preceded by thoughts, threats, and unsuccessful attempts at suicide.

Hirsch (2003) suicidal ideation is defined as self-reported thoughts of self-injurious behavior or thoughts of wanting to take one’s own life. Suicidal intention is

present when there is evidence of advanced detailed planning, taking precaution against discovery and using a lethal method. The client does not seek help from others to be rescued from self-harm and a final act is carried out. Gani and Ara (2010) examined the causes, consequences and correlates of work-family conflicts among dual-career women. The study examines if the working women were able to combine their work and family, and identifies the constraints they faced and the family and organizational support they received in this process. The study also examines the strategies that working women adopt to contain the stresses of contradictory and competing dual role demands. The results suggest that many factors contribute to make role conflict of working women a reality. The sources of conflict are dependent on the availability of various support systems within and outside the family as well as the organization where she works.

Vaghela (2014) conducted research on marital adjustment among employed and unemployed married women of urban and rural area. The aim of the present investigation is to study marital adjustment between employed and unemployed married women of urban and rural area. The main findings showed that there was a significant difference between employed and unemployed married women of urban area in respect to their marital adjustment scores. As regarding to rural area significant difference were also found between employed and unemployed married women on their marital adjustment.

Qadir (2013) says that social support buffers the impact of negative interactions in marital relationship to indirectly increase marital adjustment and it also enhances the adjustment in marriage directly. Macewen et al. (2010) studied the Inter role conflict, family support and marital adjustment of employed mothers. A sample of 51 employed mothers working full-time outside home and having at least one child in day-care were selected for the study.

Nathawat & Mathur (2015) conducted a study on marital adjustment and subjective well-being in Indian educated housewives and working women. Results indicated significantly better marital adjustment and subjective well-being for the working women than for the housewives. Working women reported higher scores on general health, life satisfaction, and self-esteem, and lower scores on hopelessness, insecurity and anxiety compared with the housewives, although the housewives had lower scores on negative affect than the working women.

Sarwar (2015) conducted a study on marital adjustment and depression among working and nonworking women. Study indicated that working women might be prone to depression because they bore the double burden of house work and a job outside the home. Hashim et al. (2007) conducted a study to explore the relationship between marital adjustment, stress, and depression. Sample of the study consisted of 75 nonworking and 75 working married women. The finding showed that working married women had to face more problems in their married life as compared to nonworking married women. The result further indicated that highly educated

working and nonworking married women could perform well in the married life and they were free from depression as compared to their counterparts.

Narang et al. (2000) reported that single males and married females were more likely to attempt suicide. They, however, did not find type of family, economic status and educational levels as being significant variables. Mood disorders and adjustment disorders were diagnosed in a significant number of them.

SIGNIFICANCE OF THE STUDY

Marital adjustment is a lifelong process; however in the early days of marriage one has to give serious consideration. Adjustment after the marriage has been considered as one of the major problems among newly married couple, but adjustment problem among both working old couples is also not very uncommon. There is an inbuilt conviction that women are capable of less work than men they choose less demanding jobs for which they may even be over qualified. A woman could still bear up with these problems if she had control over the money she earns. In most families her salary is handed over to father, husband or in laws. Working women have to perform various roles they have the pressure of balancing work and family the work load cause women to be affected from stress even when women do not work outside home, they are confronted with high level of stress such role of women as carrying out household duties, motherhood and wife cause situation as over loading or role and role conflict and may become a reason for stress, which leads to depression in women. Findings of this study can produce important information allowing development of tools and interventions and can raise awareness of marital adjustment issues of working and non working married women by which depression around working women can be decreased. These findings can be useful for organizations, companies, and health professionals to help working women reduce problems related to marital adjustment and factors affecting it.

OBJECTIVES OF THE STUDY

1. To study the marital adjustment among working and non-working married women.
2. To study the social support among working and non-working married women
3. To study the depression among working and non-working married women.
4. To study the suicidal ideation among working and non-working married women.
5. To study the relationship between marital adjustment, depression, social support and suicidal ideation.

HYPOTHESES OF THE STUDY

1. It is assumed that non working women will be high on marital adjustment as compared to working women.
2. It is assumed that non working women will be high on social support as compared to working women.

3. It is assumed that non working women will be low on depression as compare to working women.
4. It is assumed that non working women will be low on suicidal ideation as compare to working women.
5. It is assumed that there will be positive relationship between marital adjustment and social support among women among women.
6. It is assumed that there will be negative relationship between marital adjustment, depression and suicidal ideation among women.

SAMPLE

Sample was randomly selected from Chandigarh, Panchkula and Mohali. It consists of 150 working married women and 150 non-working married women ranging with the age from 25 to 35 years and their qualification is upto graduation or more.

TOOLS USED

- Marital Adjustment Scale (Pramod Kumar and Kanchan Rohtagi, 1999) was used for assessing the extent of marital adjustment. It consists of 25 items and responses were based on yes or no alternatives. The split-half reliability and test-retest reliability was found to be 0.70 and 0.84 respectively. The face validity of the questionnaire appeared to be fairly high.
- Social Support Questionnaire (Sarason et al. 1983) was used to assess social support among married women. It consists of 27 items. The questionnaire has two parts for each question. Part 1 asks participants to list all the people that fit the description of the question, and in second part asks the interviewee to specify how satisfied they are with each of the people stated in the first part. The SSQ respondents use a 6 -point Likert scale to indicate their degree of satisfaction with the support from the above people ranging from “1 - very dissatisfied” to “6 - very satisfied. The SSQ has high internal consistency among items.
- Beck Depression Inventory (Beck, 1991) was used to assess the depression among women. It consists of 21 items based on multiple choice self-report inventories. Internal consistency for the BDI ranges from .73 to .92 with a mean of .86.
- Suicidal ideation questionnaire (Beck & Kovacs, 1979). It consists of 19 multiple choice questions. Its construct validity was supported by two studies. Reliability coefficient of .89 was obtained.

PROCEDURE

Rapport was built up with the subjects and the nature of the study was explained to them. Consent of the women regarding data collection was taken and they will be assured of confidentiality. All the measured variables (marital adjustment, social support, depression and suicidal ideation) were administered on the sample. After administering all the scales raw data were calculated with the help of respective scoring keys.

RESULTS AND DISCUSSION

Table-1
Mean and SD of the Total Sample

Variables	N	Mean	SD
Marital Adjustment	200	12.99	7.94
Depression	200	19.05	18.65
Suicidal Ideation	200	13.05	11.84
Social Support	200	104.34	67.253

The above table (Table-1) revealed the values of mean and standard deviation of all the measured variables. The mean±SD for the marital adjustment found to be 12.99±7.94. The mean±SD value of the depression comes out to be 19.05±18.65. For the suicidal ideation mean±SD found to be 13.05±11.84. For the social support the mean±SD was 104.34±67.25.

Table-2
Mean, standard deviation and t-value for marital adjustment, social support, depression and suicidal ideation among working and non working women

S. No	Variables	Groups	Mean	SD	t-value	p-value
1	Marital Adjustment	Working women	6.36	5.22	21.46	.000
		Non working women	19.62	3.30		
2	Depression	Working women	34.94	13.31	23.07	.000
		Non working women	3.17	3.51		
3	Social Support	Working women	48.41	20.24	21.24	.000
		Non working women	160.27	48.603		
4	Suicidal Ideation	Working women	23.73	6.40	29.87	.000
		Non working women	2.36	3.19		

Table-2 revealed the mean, standard deviation, t-value and also the p-value. The t-value found to be 21.46 for the marital adjustment among working and non working women. For all the measure variables the t-value found to be significant at 0.01 level. The t-value depicts that there were significant difference between working and non working women in marital adjustment, depression, social support and suicidal ideation. The t-value for depression, social support and suicidal ideation found to be 23.07, 21.24 and 29.87 respectively. In the present results the mean value also revealed that marital adjustment and social support were high among non working

women. Thus hypothesis number 1 and 2 were upheld. Mean values of depression and suicidal ideation among working and non working women depicts that both the measured variables were high among working women.

Previous research also support the current findings, Sarwar (2015) conducted a study on marital adjustment and depression among working and nonworking women. Study indicated that working women might be prone to depression because they bore the double burden of house work and a job outside the home. Hashim et al. (2007) conducted a study to explore the relationship between marital adjustment, stress, and depression. The finding showed that working married women had to face more problems in their married life as compared to nonworking married women. There found significant difference between all the measured variables and it may be because working women found no support from the family and society. They feel more burdened and stressed. Work pressure from the office and from the other side the household assignments both clashed and all these make the working women depressed and more prone toward suicidal ideation. Thus carrying out duties and responsibilities both at home and workplace overstrains a married working woman, thereby leading to various psychological problems like role conflict, job strain, mental fatigue, stress, anxiety, frustration, depression, anger, phobias, and other social and emotional distress. All of these problems can interactively affect the mental well-being of working women and more so in married working women.

Table-3

Multiple correlation between marital adjustment, social support, depression and suicidal ideation

Variables	Social Support	Depression	Suicidal Ideation
Marital Adjustment	.65**	-.77**	-.72**

Table-3 revealed that there was positive and significant relationship between marital adjustment and social support. The value of correlation found to be 0.65 which was significant at 0.05 level. Higher the social support, higher will be the marital adjustment. Social support provide conducive environment, well being among the married women and it will lead to higher marital adjustment. Findings also depicts that there was negative and significant relationship between marital adjustment and depression ($r = -0.77, p < 0.01$) and between marital adjustment and suicidal ideation ($r = -0.72, p < 0.01$). Thus hypotheses number 5 and 6 were also upheld in the present study. Findings revealed that higher the marital adjustment lower will be the depression and suicidal ideation among working and non working women. Marital adjustment motivate the women and provide greater strengthen for coping up with the negative approaches of the society. Previous researches also revealed the same results and explained that social support enhances marital adjustment and reduces the depression and suicidal ideation and other psychological problems.

CONCLUSION AND IMPLICATIONS OF THE STUDY

It was concluded that there was positive and significant relationship between

marital adjustment and social support. Findings also depicts that there was negative and significant relationship between marital adjustment and depression and between marital adjustment and suicidal ideation. The t-value depicts that there were significant difference between working and non working women in marital adjustment, depression, social support and suicidal ideation. Findings of this study is helpful in allowing development of tools and interventions for the married working women and can raise awareness regarding issues in marital adjustment of working and non working married women by which depression, anxiety, suicidal thoughts and other psychological problems around working women can be decreased. These findings can be useful for organizations, companies, and health professionals to help working women reduce problems related to marital adjustment and factors affecting it.

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