Marital Adjustment among Working Couples: 
Some Preliminary Evidence

Mr. Jeet Shah, Fulltime Research Scholar &
Dr. Shivani Mishra, Director In charge, Department of Social Work,
Sardar Patel University, Vallabh Vidyanagar. Gujarat. India.

Abstract— Marital adjustment as ‘the state in which there is 
an overall feeling in husband and wife of happiness and 
satisfaction with their marriage and with each other. The 
aim of the present study is to understand the satisfaction 
level of marital adjustment among medical professionals. 
200 Participants were selected through purposive sampling 
from Anand city, Gujarat. The finding of the study revealed 
that in spite of their busy schedule couples loves to be with 
each other. Respondent’s level of satisfaction found 
moderate and high in their sexual, social and emotional life. 
Authors strongly viewed that family and marriage is an 
oldest social institutions and this institution needed to be 
sustain and stabilize in the era of liberalization and globalization 
hence such study would be carry out for effective and 
successful marriage, children and family development.

Key Words: Marital Adjustment, Social Institutions, 
Working Couples.

I. INTRODUCTION

Marital adjustment as long had been a popular 
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 ones 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 concepalization 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. I

Schutte 2003 the study was focused at examining the link 
between emotional intelligence and marital adjustment over 
and above personality dimensions and social desirability. In 
the present study, emotional intelligence was considered as a 
perceived emotional intelligence since self report test by) 
was used. As previous studies found mix findings regarding 
the issue of gender differences in emotional intelligence and 
marital adjustment (Bouchard, Lussier, & Sabourin, 2000, 
Smith, Heaven & Ciaramico, 2008 it was tested in the 
present study and found no significant difference.

Kate Young 2008 in her book stated that “The sexual 
division of labour also applies to the organization of the 
household. The dynamics of bargaining, decision 
making and gender relations within the household have 
made an important contribution to our understanding of 
production and consumption. We learn that the 
household is not a homogenous unit but as Amartya Sen, 
calls it, a sector of ‘co-operative conflict’, where there 
are different interest, expectation, contributions, needs and 
degrees of control. The finding that the relationship between 
emotional intelligence and marital adjustment remained 
statistically significant even after controlling social 
desirability shows that the relationship between these two 
variables is not affected by couples’ tendency to give 
socially favourable responses, and that irrespective of this 
there are some components in the concept of emotional 
intelligence which are related to individuals’ marital 
adjustment. Thus, the hypothesis stating that emotional 
intelligence and marital adjustment are correlated over and 
above social desirability was supported.

According to Tim Aubry, Bruce Telfit, Nancy Kingsbury 
2004 the Journal of Community Psychology Comprehensive
study of husbands and wives investigated some of the factors that contributed to marital satisfaction. Some of their findings revealed existing social, cultural, educational level the greater satisfaction. Occupation and income, which are often thought to be associated with levels of satisfaction, have no relationship with it. The number of children too affects marital satisfaction. There is evidence that the pressures of managing multiple roles in women are the greatest, and the psychological benefits of employment are the least, under conditions of heavy family responsibilities that is, when young children are at home. But beyond specific factors such as these, what is important to marital satisfaction over the course of marriage is the ability of partner to adjust to a variety of changes and to cope with a number of stresses. Marital role can be defined as set of attitudes and behaviours a spouse is expired to demonstrate in the content of the marriage relationship. A marital role comprises cultural expectations associated with the husband or with a wife. A husband is expected to provide used is considered as head of family while wife is expected to make home and companion, or the wife may be expected to be the strong one, upon whom the husband can rely.

III. RESEARCH METHODOLOGY

1.1 Participants
200 couples having profession of medical-doctors of different specialisation from Anand city, Gujarat, India were invited for participated in the study. The average age was 27.69 ranging from 20 to 48 years old. And the standard deviation 3.01 from the mean.

1.2 Instruments
By Dr. Pramod Kumar and Dr. Kanchana Rohatgi Questionnaire was used in this survey research. The Marital Adjustment Questionnaire (MAQ) consists of 25 items high discriminating “Yes-No” items and the areas wise distribution presented namely sexual, social and emotional. The data were analyzed using SPSS. Version 16.0 for Window. The data which were collected through the MAQ were subjected to descriptive Statistics.

IV. RESULTS AND DISCUSSIONS
Study investigates the status of marital adjustment between working couples with reference to sexual, social and emotional area.

Table 1. Understanding Marital Adjustment With Reference to Sexual Area

<table>
<thead>
<tr>
<th>Marital Adjustment Area wise Response</th>
<th>Response</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoy Sex</td>
<td></td>
<td>104 (52)*</td>
<td>96 (48)</td>
</tr>
<tr>
<td>Take care each other needs and satisfaction in sexual Matters</td>
<td></td>
<td>120 (60)</td>
<td>80 (40)</td>
</tr>
<tr>
<td>That marriage provides the Most Satisfying Sex.</td>
<td></td>
<td>125(62.5)</td>
<td>75 (37.55)</td>
</tr>
<tr>
<td>To Maintain newness in your Sexual relationship.</td>
<td></td>
<td>121(60.5)</td>
<td>79(39.5)</td>
</tr>
</tbody>
</table>

*figures in parenthesis indicated percentage Source: Field Survey

From the data it has been observed that working couple showed a positive response towards sexual matters.

Figure 1 Distribution of Sexual Area of Marital Adjustment by Percentage
Generally speaking the result of this study that the couple had a strong tendency to the marriage provides the most satisfying Sex. Most of the respondents said that marriage providing for the satisfying the sex 62.5 Percent, the newness in sexual relationship 60.5 Percent, and take care and each other needs and satisfaction in sexual Matters 60 Percent. This result is with the result of Kate Young 2008 in her book stated that “The sexual division of labour also applies to the organization of the household. The dynamics of bargaining, decision making and gender relations within the household have made an important contribution to our understanding of production and consumption. We learn that the household is not a homogenous unit but as Amartya Sen. calls it, a sector of ‘co-operative conflict’, where there are different interest, expectation, contributions, needs and degrees of control.

Table 2. Understanding Marital Adjustment With Reference to Social Area

<table>
<thead>
<tr>
<th>Marital Adjustment Area wise Response</th>
<th>Social Area</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 They are religious minded</td>
<td></td>
<td>98</td>
<td>102</td>
</tr>
<tr>
<td>2 The often develops tension over Family Expenditure.</td>
<td></td>
<td>122</td>
<td>78</td>
</tr>
<tr>
<td>3 That taking care of children is a joint responsibility.</td>
<td></td>
<td>125</td>
<td>75</td>
</tr>
<tr>
<td>4 They believed in Family Planning.</td>
<td></td>
<td>111</td>
<td>89</td>
</tr>
<tr>
<td>5 They are respecting each other Family Member.</td>
<td></td>
<td>108</td>
<td>92</td>
</tr>
<tr>
<td>6 They are tried to solve family problem jointly.</td>
<td></td>
<td>83</td>
<td>117</td>
</tr>
<tr>
<td>7 They more as a partner than a husband or Wife.</td>
<td></td>
<td>99</td>
<td>101</td>
</tr>
<tr>
<td>8 They got similar views regarding the number of Children in the family.</td>
<td></td>
<td>139</td>
<td>61</td>
</tr>
<tr>
<td>9 They are arguments taking household issues.</td>
<td></td>
<td>116</td>
<td>84</td>
</tr>
</tbody>
</table>

*figures in parenthesis indicated percentage  Source : Field Survey

From the data it has been observed that working couple showed a positive response towards Social matters. These results may be due to very positive response to questionnaires. The couple had they got similar views regarding the number of Children in the family 69.5 Percent for Social area. Most accepted to take care of the is joint responsibility of family. This result is compatible for social relationship of Isakson and Symonds in 2004 study of husbands and wives investigated some of the factors that contributed to marital satisfaction. Some of their findings revealed existing social, cultural, educational level the greater satisfaction. Occupation and income, which are often thought to be associated with levels of satisfaction, have no relationship with it.

Table 3. Understanding Marital Adjustment With Reference to Emotional Area

<table>
<thead>
<tr>
<th>Marital Adjustment Area wise Response</th>
<th>Emotional Area</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 They are Prefer to go out together.</td>
<td></td>
<td>102(51)*</td>
</tr>
<tr>
<td>2 Full Confidence in each other.</td>
<td></td>
<td>92(46)</td>
</tr>
<tr>
<td>3 They are married at right age.</td>
<td></td>
<td>122(61)</td>
</tr>
</tbody>
</table>
They are incomplete when required livening alone.

Try to squeeze out maximum possible time to be each other.

They keep some of your Personal secretes to yourself.

They proud of each other.

They are Praise each other.

They are taken care of each other interests, habits and likings.

They are married at right age.

They are feel that they did the right that a married each other.

They quite feel miserable in the absence of each other.

They have got similar interest and aptitudes.

They are feel that they did the right that a married each other.

They proud of each other.

They keep some of your Personal secretes to yourself.

Try to squeeze out maximum possible time to be each other.

Full Confidence in each other.

They are married at right age.

They quite feel miserable in the absence of each other.

They have got similar interest and aptitudes.

They are Praise each other.

They keep some of your Personal secretes to yourself.

Try to squeeze out maximum possible time to be each other.

They proud of each other.

They are Praise each other.

They are taken care of each other interests, habits and likings.

They are feel that they did the right that a married each other.

They quite feel miserable in the absence of each other.

They have got similar interest and aptitudes.

From the data it has been observed that working couple showed a positive response towards Emotional matters. Generally speaking the result of this study that couple had a strong tendency is incomplete when required livening alone. Most couples are incomplete when required livening alone 65.5 Percent, most of the couple had taken care of each other interests, habits and likings 61.5 Percent. This result is compatible with that of Fitness in 2001 the finding that the relationship between emotional intelligence and marital adjustment remained statistically significant even after controlling social desirability shows that the relationship between these two variables is not affected by couples’ tendency to give socially favourable responses, and that irrespective of this there are some components in the concept of emotional intelligence which are related to individuals’ marital adjustment.

<table>
<thead>
<tr>
<th>Levels</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>51</td>
<td>25.5</td>
</tr>
<tr>
<td>Medium</td>
<td>77</td>
<td>38.5</td>
</tr>
<tr>
<td>High</td>
<td>72</td>
<td>36.0</td>
</tr>
<tr>
<td>Total</td>
<td>200</td>
<td>100.0</td>
</tr>
</tbody>
</table>

*Figures in parenthesis indicated percentage  
Source: Field Survey

Figure 3 Distribution of Emotional Area of Marital Adjustment by Percentage

Table 4 Respondents perceived Level of Marital Adjustment
From the above data it can be inferred that in marital adjustment low level response found in 25.5 percent, 38.5 percent couple perceived moderate level of response whereas 36.5 percent couples perceived high level of adjustments. Marital adjustment, social, economic or a number of variables that attest to the quality of marriage may be the most frequently study dimension in the marriage and family field. Many of attempts have been made to assess the quality of marital relationships using such concepts of "marital adjustment", "social", "economic", "stability", "happiness", "consensus", "cohesion", adoption, integration, role strain, and the like sometimes these terms are used inter change ably: other times each denotes something different, sometimes the terms are used in a psychological sense referring to the state of one the marital partners, sometimes they are used in social psychological sense referring of the state of the relationship and sometimes they are used in sociological sense, referring to the state of the group or system, in addition there are times the terms are used to refer to the achievement of a goal and other times they are used to refer to a dynamic process of making changes, all the concepts emphasize a dimension that contrasts with male adjustment, dissatisfaction, instability, unhappiness and so forth The adjustment of married mates is unlike any other human relationship, it may share many companionship, fulfilling the expectation of the community and so forth marital happiness distinguished from either adjustment success is a emotional response of an individual. Where happiness is an individual phenomenon merit success and adjustment are dyadic achievement 0 states of the marriage.

Concluding Remarks
All the marriages are aimed at happiness in one or another way. The marital adjustment includes impulse control, empathy, trust, good character, among others. These competencies require understanding feeling of partners, paying attention to partners feeling, deciding when and how to act to marriage life and work. The Usman 2006 stated that, often marriages have problems due to couples inability to manage emotions and lack of empathy which is being insensitivity to others felling and concerns. Marital issues are often greeted with impulse while conflicts are seen avenues to show might. In some case partners are very poor in their communication styles and skills. Marital adjustment is the process of modifying, adopting or altering individual and couple’s pattern of behaviour and interaction to achieve maximum satisfaction in the relationship. Present study helps to understand that the working arrangement which exists in marriage, issue of adaptation between husband and wife to a point where there is companionship, agreement on basic values, affectionate intimacy and accommodation. Medical professionals is busy in their working environment and less give time to their spouse hence such study not only mentioned about the level of adjustment but also explored the status of marital adjustment at three level : sexual, social and emotional. Further study also helps to understand that if marriage is well adjusted it helps to involves a relationship in which the attitudes and actions of each of the couple produce an environment which is highly favourable to the proper functioning of the personality structures of the couple especially in areas of primary relations and helps to build a children and family future too. Authors strongly viewed that family and marriage is an oldest social institutions and this institution needed to be sustain and stabilize in the era of liberation and globalisation hence such study would be e carry out for effective and successful marriage, children and family development. Intervention study could also be focused so as to locate issue and provides ways and means to solve it.

References