

## To Compare the Marital Adjustment level among love and Arrange Marriage couples

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### ABSTRACT

The present research aim to study the adjustment level among love and Arrange Couples. This study is based on sample of 80 subjects equally divided into two groups on the basis of gender (Male and Female) further these two groups were also divided into two more Groups on the basis of types of couples (Arrange and Love Marriage). Marital Adjustment Questionnaire (MAQ) constructed and standarlized by Dr. Pramod Kumar and Dr. Kanchana Rohatgi was used for data collation. Mean, standard deviation and t-test were applied for statistical analysis. Result reveal, that there is no significant difference between marital adjustment level among love and Arrange marriage Couples and there is no significant difference between marital adjustment level among Male and Female.

**Keyword :** Marital adjustment, Gender, Type & Couple (Love) and Arrange marriage couple.

### INTRODUCTION

Marriage is a key structure is most societies. It can be broadly defined as a formerly recognized partnership of two individuals in a personal relationship intended to be one of the most important and long lasting relationship in life, typically formed with the aim of living together, Sharing life experiences and raising children. Spouses are expected to recognize, understand and need each other's need. While the goal of the union is to provide forgone another's physical, emotional, and social well being achieving an ideal integration with marital satisfaction and marital adjustment is not easy

Marital adjustment can be defined as the ability of the couple to create a good relationship schema that includes positive feeling and thoughts about each other and Communicating well and resolving conflicts through consensus. Several factors can impair marital adjustment, including individual personality structures, attachment characteristics, the quality of the sexual relationship, and their physical and mental conditions.

Marital quality is an important, desirable and significant domain in human life. It allows natural growth of the society by creating family Units. Apart from its impact on the society, better quality marriages have a significant impact on the life Satisfaction, health and productivity of individuals (Madathi & Benshoff, 2008). Better marital quality is associated with lower depression (Williams, 2003), better self rated health and fewer Physical illness [Umberson, williams, Powers, Liu & Needham, 2006].

Thus it is not surprising that troubled marriage leads to greater Vulnerability to infection, illness and delays in recovery times of an individual (Coon & Mitterer, 2011). The marriage adjustment means acceptance between couple of marriage, which then creates a feeling of friendship between the couple about the importance of affection, intimacy and support from each other. Hurlock (2002) stated that the Marriage adjustments important to apply in the life of married couple. Since this adjustment becomes a process of adaptation between husband and wife to avoid and settle down conflicts that might be existed in-house hold matters. Rink (2013) revealed that non working women face more marital adjustment problems in comparison to working women. Eng et al (2005) examined the effect of change in marital status on health behaviors among men. They found marital termination have adversely affect on health and dietary behaviors of men. Ng et al (2009) investigated gender differences in marital and life satisfaction and the results reveal that women generally report lower marital quality than men.

### Statement of problem:

To study the level of marital adjustment on the basis of Gender (Male and Female) and Types of Couples (have Marriage and Arrange Marriage).

## OBJECTIVES :

- To find out the level of marital adjustment among male and female subjects.
- To find out the level of marital adjustment among love Marriage male and female subjects.
- To find out the level of marital adjustment among arranged Marriage male and female subjects.
- To find out the level of Marital adjustment among Love Marriage and arranged Marriage Couples.
- To find out the level of marital adjustment among Male subjects of Love marriage and arranged marriage Couples.
- To find out the level of Marital adjustment among Female subject of Love Marriage and arranged Marriage couples.

## HYPOTHESES:

- There would be no significant difference found on marital Adjustment between mean scores of male and female subjects.
- There would be no significant difference found on Marital Adjustment between mean score of love Marriage Male and female subjects.
- There would be no significant difference found on Marital Adjustment between mean score of arranged Marriage Male and Female subjects.
- There would be no significant difference found on Marital Adjustment between mean score of Love Marriage and arranged Marriage Couples.
- There would be no significant difference found on Marital Adjustment between mean score of Male subject of Love Marriage and arranged Marriage Couples.
- There would be no significant difference found on Marital Adjustment between mean score of Female subject of Love Marriage and arranged Marriage couples.

## METHODOLOGY:

### Sample:

The effective sample of the study consist of 80 subjects classified as 40 male and 40 females. There are 20 couples of Arranged marriage and 20 couples of love. Marriage i.e. (40 subjects) was selected randomly. The sample was taken from Aurangabad city. Their age ranges from 25 years to 45 years.

IV →	Arrange Marriage	Love Marriage	Total
Male	20	20	40
Female	20	20	40
<b>Total</b>	<b>40</b>	<b>40</b>	<b>80</b>

### \* Operational Definition of terms :

- \*Marital Adjustment** = is defined as the integration of a Couple with different personality traits in a couple with different personality traits in a union in order to complement each other to active happiness and common goals.
- Love Marriage** = Marriage in which people are in love before marriage is called as love marriage.
- Arrange Marriage** = Marriage in which people got married according to the choice of their parents of family is known to be arranging marriages.

### Variables :

Independent Variable

1. Gender (Male and Female)
2. Types & Couples (Love Marriage and Arrange Marriage)

### Tool :

In the present sturdy Marital Adjustment Questionnaire (MAQ) Constructed and standardized by Dr. Pramod Kumar&Dr.Kanchana Rohatgi was used. The questionnaire Consist of 25 highly discriminating "Yes - No" type items.

The Reliability of the test was calculated by split half method by applying the spearman. Brown Formula and byte test-retest method which was found 70 and 84.The validity of test was found by comparing with Singh's Marital Adjustment inventory.

## RESULTS :

The main purpose of the present study was to study the level of Marital adjustment among love Marriage and arranged marriage couples. The sample of 80 subjects was selected through random sampling method. The whole data was obtained by using Marital Adjustment Questionnaire (MAQ). The score was assigned for different responses according to the item. The score were arranged in tabular form and then t-test was applied to Test hypotheses. Mean and S.D. value of every group was also calculated they are shown in tables given below.

**Table No.1, Showing means, S.D. and t value of Marital adjustment scores male and female subjects.**

Groups	N	Mean	SD	df	t value
Male	40	18.75	2.23		0.58
Female	40	18.47	2.22	78	(N.S.)

**Table No.2, Showing means, S.D. and t value of marital adjustment score [Love marriage male and female subjects]**

Groups	N	Mean	SD	df	t value
Male	20	19.15	2.05		1
Female	20	18.55	1.96	38	(N.S.)

**Table No.3, Showing means, SD and t value of marital adjustment score of arrange marriage male and female subjects.**

Groups	N	Mean	SD	df	t value
Male	20	18.35	2.33	38	0.07
Female	20	18.4	2.37		

**Table No.4, Showing means, S.D. and t value of marital adjustment scores of Arrange and love marriage subjects.**

Groups	N	Mean	SD	df	t
Arrange Marriage couples	40	18.37	2.39	78	1
Love Marriage couples	40	18.85	2.03		NS

**Table No.5 Showing Means, S.D. of t value of marital adjustment score of Male subject of Arrange and Love Marriage couples.**

Groups	N	Mean	SD	df	t
Arrange Marriage	20	18.35	2.33		
Love Marriage	20	19.15	2.05	38	1.15 NS

**Table No.6 Showing Means, S.D. and t value of marital adjustment score of female subject of Arrange and Love Marriage couples.**

Group	N	Mean	SD	df	t
Arrange Marriage	20	18.4	2.37	38	0.22
Love Marriage	20	18.55	1.96		NS

N = 40

DF = 38

.05 = 1.68

.01 = 2.42

#### DISCUSSION :

Adjustment is a process to find and adopt behavior and custom that applies in circles of life. The principles of adjustment will keep going on until the human die. Every individual is strived to persistently adjust along with ages and grown duty as a human being. The purpose of the present study is to determine the level of marital adjustment among love Marriage and arrange marriage couples. In the present study the first three hypotheses formed on the basis of Gender. It was assumed that there is no significant difference found marital adjustment between mean scores of Male and female subject. It was observed that the means scores of male and female subject were found Male (M= 18.75) and female (M=18.47) respectively the t value is found t = .058 with df 78 which is not significant at any level. It indicates that there is no significant difference found

