



Effect of Family Type on Marital Adjustment among Single and Dual Earner Couples in Lucknow City

Raksha Singh* and Anshubhi Bahadur**

*Research Scholar ; **Assistant Professor

School of Humanities & Social Sciences, Babu Banarasidas University, Lucknow, Uttar Pradesh , India

ABSTRACT

The present study aimed to examine the gender differences in marital adjustment and the effect of family type and ethnicity on couples between 25 to 45 years of age range (Single earner couples =200; Working males =100 and Non working females=100 and Dual Earner Couples=200; Working males=100 and Working Female s=100) . The total sample consisted of 400 couples. The Marital Adjustment Questionnaire (MAQ) developed by Kanchana Rohatgi and Pramod Kumar were used for collection of data. Exploratory analyses and t –test of variables across gender and marriage categories was carried out. Correlation analyses were carried out in order to have a better understanding about the relationship among variables. Results indicated that there is a significant gender difference among single earner couples and dual earner couples in marital adjustment ($p < .05$). It reveals that dual earner couples have better marital adjustment than single earner couples. The study also reveals that family type also did not have effect on the marital adjustment of couples ($p > .05$).

Keywords: Gender differences, Ethnicity, Family type , Marital Adjustment and Couples.

INTRODUCTION

The term marital adjustment corresponds to a continuous process of adjustment of wife and husband in conjugal life. According to Burgess and Cottrell (1939) , " a well - adjusted marriage may be a marriage during which the attitude and actions of every of the partners produce an environment which is highly favorable to proper functioning of the personality structures of each partner." Vincent (1981) feels that the goal of marital adjustment is self - fulfillment for both partners together without sacrificing the individual self - fulfillment of either.

Sinha & Mukerjee (1990) defines marital adjustment as "the state during which there's an over all feeling in husband and wife of happiness and satisfaction with their marriage and with one another ." It therefore calls experiencing satisfactory relationship between 18 spouses characterized by mutual concern, care, understanding and acceptance." All the marriages are aimed toward happiness in one or another way. Most couples become married to fulfill their expectations. Some of the expectations may be realistic while the others unrealistic. This is thanks to the complex nature of marriage and every individual is as complex as a universe. Therefore, in marriage two universes come together. Happiness, satisfaction and fulfillment of expectations are possible only by mutual adjustments that lead to a woman's concept of marriage. Marital adjustment is a life-long process, although in the early days of marriage one has to give serious consideration, As Lasswell (1982) points out, " Understanding the individual trait of the spouse is an ongoing process in marriage, because albeit two people know one another before or at the time of marriage, there's an opportunity that people may change during the life cycle. Marital adjustment therefore, involves maturity that accepts and understands growth and development within the spouse. If this growth isn't experienced and realized fully, death in marriage is inevitable.

METHODOLOGY

Sample

A total 400 couples (200= single earner couples and 200= dual earner couples) were included in the study within 25 to 45 years of age range. The purpose of this study is to examine the gender differences in marital adjustment among single earner couples and dual earner couples and effect of family type on marital adjustment. This is an exploratory analysis.

The important demographics have been included in the study i.e. Family type; Nuclear, Joint and Extended and Ethnicity; Rural and Urban.

Instruments

Marital Adjustment Questionnaire (MAQ)

Marital Adjustment Questionnaire by Pramod Kumar and Kanchana Rohatgi (1999) will be used. This scale is a simple measure of marital adjustment. The measure is often used as a quick screen to spot degree of marital adjustment. The scale involves 25 questions with dichotomous options (Yes / No). A 'yes' response is assigned a score 1 apart from items 4, 10 and 19 during which case reverse is applicable. This tool is meant for married couples with age running from 28-60 years.

Procedure

Data was collected from the sample by giving instructions and rapport establishment. After data collection, the data was analyzed through SPSS 16 version. The data was analyzed by using the statistics two way ANOVA and one way ANOVA.

RESULTS

Table.1.(a) Showing Mean and S.D in Marital Adjustment for Family Type among Dual Earner Couples and Single Earner Couples (N=400)

Marital Adjustment	Family Type	N	Mean	Std. Deviation
Dual earner male couples	Nuclear	63	17.59	2.55
	Joint	33	17.75	2.42
	Extended	1	18.00	-
Dual earner female couples	Nuclear	73	17.72	3.57
	Joint	27	17.88	4.06
	Extended	0	-	-
Single earner male couples	Nuclear	72	16.37	2.31
	Joint	20	17.20	2.41
	Extended	8	17.62	2.26
Single earner female couples	Nuclear	72	16.65	2.84
	Joint	28	15.92	2.66
	Extended	8	-	-
Total	Nuclear	283	17.07	2.916
	Joint	108	17.21	3.03
	Extended	9	17.66	2.12

Table.1(a) showing mean and S.D of Marital adjustment for Family type among dual and single earner couples. It indicates that the mean score of dual earner male couples is better in joint family as the number of cases in this category is fewer than for nuclear family but the mean score is higher (17.75). The table also indicates that the mean score of dual earner female couples in marital adjustment is better in joint family (17.88) than nuclear family (17.72). It also indicates that the mean score of single earner male couples in marital adjustment is better in extended family (17.62) than nuclear and joint family. The result also indicates that the mean score of single earner female couples in marital adjustment is better in nuclear family (16.65) than joint family. Overall, the number of participants in extended family type is limited, but the mean score of the overall sample in marital adjustment is better in extended family type followed by joint family and nuclear family.

Table 1.(b) Showing the Summary of the Two way ANOVA for Gender on Family Type in Marital Adjustment among Dual Earner Couples and Single Earner Couples (N=400)

Source	Type III sum of squares	df	Mean Square	F	Sig.
Gender	98.46	3	32.82	3.93*	.00
Family Type	2.17	2	1.08	.13	.87
Gender* Family Type	22.45	4	5.61	.67	.61

Table 1.(b) shows the summary of two way ANOVA . The test was conducted to examine the significant effect of family type and gender on marital adjustment. Result reveals that main effect of gender indicated a significant difference in marital adjustment, $F(3)=3.93, p<.05$. As for the main effect of family type, the result indicated insignificant difference of family type on marital adjustment, $F(2)=.13, p>.05$. In the interaction effect between gender and family type, it shows insignificant difference on marital adjustment, $F(4)=.67, p>.05$. The result shows that family type doesn't have much of an impact on marital adjustment and also when interacting with gender.

Table 2.a) Showing Mean & S.D. of Dual and Single earner couples on total scores of Marital adjustment. (N=400)

Scale	Group of Gender	Mean	S.D
Marital Adjustment	DEMC	17.65	2.48
	DEFC	17.77	3.69
	SEMC	16.64	2.35
	SEFC	16.45	2.80
	N	400	

The Table 2.a) is showing Mean & S.D. value of Dual earner couples & Single earner couples on the total score of Marital adjustment . It indicates that the mean score of (17.77) dual earner female couple is comparatively larger than the mean score of (17.65) the dual earner male couple on the total score of Marital adjustment. It also indicates that the mean score of (16.64) the single earner male couple is comparatively larger than the mean score of (16.45) the single earner female couple on the total score of Marital adjustment. It also indicates that the mean score of dual earner female couple is comparatively larger than other three groups on the total score of marital adjustment.

Table 2.b) Showing the Summary of the One way ANOVA for Gender on Marital Adjustment. (N=400)

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	138.24	3	46.08	5.55*	.00
Within Groups	3288.25	396	8.30		

At *.05 significance level

Table 2.b) depicts F value for Gender on Marital Adjustment. Significant ($F= 5.55, (3,396) P< 0.05$) difference was found between male and female on marital adjustment. On this basis it can be observed that gender has an influencing factor to determine level of adjustment in marital life. Thus it can be concluded that there is marginal difference between male and female couples in marital adjustment. Although the working female exhibit more adjustment in marital life than male counterparts. In case of single earner couples, adjustment is approximately equal for both male and female.

Table 4.a) Showing the correlation between Marital Adjustment and Family type (N=400).

Variable	Family Type
Marital Adjustment	.024

Table 4.a) indicates that there is no significant relationship between Marital Adjustment and Family type ($r = .024$). It reveals that marital adjustment is not associated with family type.

DISCUSSION

The research was undertaken to investigate the gender differences in marital adjustment among single earner couples and dual earner couples. As the study reveals significant gender differences among single and dual earner couples in marital adjustment ($p < .05$). The mean score of dual earner female couples (17.77) is higher than male couples (17.65). The mean score of single earner male couples (16.64) is higher than single earner female couples (16.45). It indicates that dual earner couples are better in marital adjustment than single earner couples. Overall, dual earner female couples are better than other three groups in marital adjustment. In the present time, both the working males and working female partners try to establish balance in both the household responsibilities and their professional duties too. Unlike the traditional Indian marriage system where husbands and wives expect each other to follow gender based division of labor where the husband was responsible for financial support of the family and the wife was responsible for household works and child rearing.

The couples understand that in order to have a balanced married life they need to act as a unit where cooperation is essential and one must not feel burden to manage things alone. The male spouses in the present time are not as rigid as the earlier ones. One most important reason is those male spouses are not dominating because of several protective laws for women empowerment. On the other hand, female spouses have also gained self confidence which was strongly missing in the past female partners. This is supported by Shikha Goel and Darshan Narang (2012). They reported that there is significant gender difference in marital adjustment of males and females. They have also stated that Demographic factors such as similarities of background between couples, duration of marriage, education etc. might contribute to marital adjustment. Also because they are quite newly married so, things are new to them and not monotonous. This is because in the present scenario males are turning towards the realistic aspects of life where they are less demanding and more cooperative as compared to the earlier male attitude towards life.

Also because they realize that it is worthy to live joyfully for both mental and physical health. Because prolong stress could lead to loss of one's well-being and also of people associated to them. As reported by Semegn Sendek and Daniel Sehay conducted a study on Marital adjustment among early age appropriate arranged and love matched marriage in Ethiopia in 2007. The study revealed that there is a significant difference between early age arrange and love matched marriage. The early married males have significantly higher marital adjustment than their counter females. Males were high in expression of affection than their counter females. In a research conducted on Marital Adjustment, Mental Health and Frustration Reactions during Middle Age by Dr. Shikha Goel, Dr. Darshan Kaur Narang, Dr. Kavita Koradia concluded that Couples are having better marital adjustment during early adulthood than in late adulthood. Even if, working females play dual roles and are over burdened but still they try to make adjustments in family and are satisfied and cool under all circumstances. They participate in family matters, cooperate more and make themselves available when ever required for family matters. They try to make recreation and satisfaction out of successful management.

Because marital adjustment involves maturity that accepts and understands growth and development within the spouse. To establish the balance and adjustment in marriage is a challenge and also could be an opportunity for the couples. While maintaining balance between one's own needs and considering their partners needs as well. It is important to understand that marital adjustment requires a lot of skills and deep understanding among couples and this itself helps them to find satisfaction with life because of the coping strategies they use in their relationship. The study also reveals that there is no significant difference in family type among single and dual earner couples in marital adjustment ($p > .05$). The maximum percentages of couples belong to nuclear family type and there is almost equal mean score of couples belonging to nuclear, joint and extended family type in marital adjustment. It indicates that on basis of mean scores, that family type has no impact on marital adjustment as there is almost same scores of couples belonging to nuclear, joint and extended family type.

The study also reveals that there is no significant correlation between marital adjustment and family type for single and dual earner couples. It indicates it may not be accurate to say that marital adjustment gets better with the nature of family type.

CONCLUSION

Thus, it can be concluded from the above discussion that there is significant gender difference among single earner couples and dual earner couples in marital adjustment. And dual earner couples have better marital adjustment than single earner couples. It concludes both working male and female couples try to establish adjustment in their married life to have a smooth and balanced life. Income and financial support is an important factor which plays significant role in marital adjustment. For single earner couples, there is only male is the earning head of the family on who looks after the needs of the family. The single earner female couples manage the household responsibilities. In the present scenario, to manage and maintain the family needs mutual support as well as adequate money. For single earner male couples it is really tough to maintain the family needs alone. Therefore, it effects their marital adjustment also.

It is also concluded from the study that family type has no significant effect on marital adjustment. And there is also no significant relationship between marital adjustment and family type.

Acknowledgments

I would like to express my gratitude to my supervisor Dr. Anshubhi Bahadur for guiding me in the research work. I am also thankful to my relative and all those who participated in the study and helped me to facilitate the research process.

Conflict of Interests: There was no conflict of interests.

REFERENCES

- Atkins, D.C., Yi, J., Baucom, D.H., Christensen, A (2005). Infidelity in couples seeking marital therapy. *Journal of Family Psychology*.
- Bitter, R.G. (1986). Late marriage and marital instability. The effects of heterogeneity and inflexibility. *Journal of Marriage and the Family*, Bowerman; Chrls E. (1981). Adjustment in marriage : Over-all in specific areas like Caste, Spousal Satisfaction, economical conditions and sexual relations. *Sociology and Social Research* 1981
- Br Clark Le M. (1990) . Emotional Adjustment in Marriage. St. Louis, Mosbyain Albuquerque; Understanding measures of wellbeing
- Cole, Anna L. (1980). A decade replication : Emotional maturity and marital adjustment. *Journal of marriage and the Family*, 1980
- Gupta, Usha & Singh, Pushpa (1982). An exploratory study of love and liking and type of marriages. *Indian Journal of Applied Psychology*.
- Gottman, J. M., & Sevenson, R. W. (1986). Assessing the role of emotion in marriage. *Behavioral Assessment*
- Haring-Hidore, M., Stock, W. A., Okun, M. A., & Witter, R. A. (1985). Marital status and subjective well-being. A research synthesis. *Journal of Marriage and the Family*
- Kapur, Promilla (1970). *Marriage and the working woman in India*. Delhi : Vikas Publication.
- Kumar, P. (1986). Psychological study of factors in marital happiness. *Indian Journal of current Psychological Research*,
- Lee, G. R., Seccombe, K., & Shehan, C. L. (1991). Marital status and personal happiness: An analysis of trend data. *Journal of Marriage and the Family*
- Mcnier, Lisa M. (1991). Psychological and emotional maturity a n d marital adjustment. *Dissertation Abstract International*.
- Rogers SJ, May DC (2003). Spillover between marital quality and job satisfaction: Long-term patterns and gender differences. *Journal of Marriage Family*.
- Sinha S.P. & Mukerjee N. (1990). Marital adjustment and space orientation: *The Journal of social psychology*
- Thomas (1940) . *Woman and Marriage in India*. New york : Norton.
- Umberson, Debra (1992). "Gender, marital status and the social control of health behavior". *Social Science & Medicine*.
- Veenboven, R. (1983) *The growing impact of marriage*. *Social Indicators Research*.