



A Comparative Study on Marital adjustment, Relationship satisfaction & Psychological Well-being Among Working & Non-Working Married Women

Sukhpreet Kaur

School counsellor, BCM Senior Secondary School, Ludhiana
bhanukaur1616@gmail.com

ABSTRACT

Women know she has strength enough for the journey, but a woman of strength knows it is in the journey where they will become strong, and she never gives up. Marital adjustment is an adjustment between two partners in a married couple, relationship satisfaction is happiness and compatibility between two partners and psychological well-being refers to positive mental states, such as happiness and satisfaction. Marriages compromise different factors, but the research will pay attention to marital adjustment, relationship satisfaction, and psychological well-being. The present research is a comparative study that focuses on the relationship between marital adjustment, relationship satisfaction, and psychological well-being among working and non-working married women. A total of 60 samples of working and non-working married women of Ludhiana were used in the study. Standardised scales related to the above-mentioned variables were applied and data was collected through google forms. The findings of the research revealed that there is a significant difference between working and nonworking married women in marital adjustment, relationship satisfaction, and psychological well-being. The study suggests that women should start coming to the work field and also encourage men to be more supportive and motivate their partner to work.

Keywords: Marital adjustment, Relationship satisfaction, Psychological well-being, Working married women, Non-working married women

Introduction

A strong woman builds others up because she knows what it's like to be torn down. Society has given different roles to women, and in her entire life she tries to try to fulfil her responsibilities, marriage seems one of the most committed responsibilities for women, and due to this she also faces different kinds of issues and problems. As she started to recognize her value, some of them broke out of their cage, stepped into the world & conquered it. She works hard despite the different kinds of situations she is facing and her growth is visible.

Marital adjustment calls the compromise or understanding between two partners, this states how well husband and wife adjust to each other's needs and requirements. Adjustment level plays an important role in marriage, as a working woman's life would be very different from a nonworking. Relationship satisfaction in close relationships is satisfaction and happiness in the evaluation of one's relationship. Women's marital satisfaction, in contrast, appears to be two-dimensional. The first factor is overall happiness in the marriage, as with men, and the second-dimension concerns how the couple relates to other people, including proper behaviour with family members and friends. Psychological well-being (PWB) is quite like other terms that refer to positive mental states, such as happiness or satisfaction, and in many ways, it is not necessary, or helpful to worry about fine distinctions between such terms but it has two important facets. The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological well-being is referred to as subjective well-being (Diener, 2000).

A study shows that satisfaction is highest during the premarital and early years of marriage, then declines later. This decline holds for both men and women but appears to level off after several years (Cowan, 2000). Another study that showed that working married women have to face more problems in their married life as compared to non-working married women (Hashmi, 2016) When they go outside for the job, they have to face different kinds of circumstances that make them stronger and enable them to manage the bitter conditions in a better way. Moreover, working women often seem to be emotionally sound, patient, and cooperative and deal with stress more appropriately than that non-working woman (Arshad, 2015).

Marital Adjustment

Marital adjustment is defined 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' (Thomas, 1977). Process during which partners in a marriage adapt and change to their new roles complementing each other and acting as a team as opposed to two separate units, it is also important to unify the following- interests, and values, maintaining open lines of communication and encouraging the expression of each other's communication (Sam, 2013)

A study focused on very highly educated women, this study also serves to further test the comprehensiveness of role theory as an explanation of the complex relationship between female employment and marital adjustment. The data were from a sample of 663 women who received high-level graduate degrees from a large midwestern university between 1964 and 1974. The findings showed that marital adjustment was higher in working women than in non-working (Houseknecht, 1981). When working women teachers were compared to non-working women it was found that working women teachers faced marital adjustment problems to a greater degree than that non-working woman. The findings of this study indicate that working married women have to face more difficulties in their lives as compared to non-working married women (Rani, 2013).

Relationship satisfaction

Relationship satisfaction is defined as an interpersonal evaluation of the positivity of feelings for one's partner and attraction to the relationship (Rusbult & Buunk, 1993). Marital satisfaction has been linked to numerous, important individual and couple outcomes including physical health, mental health, treatment of both physical and mental health disorders, work productivity, divorce rates, and general life satisfaction. A total of 17 waves of the Household, Income and Labour Dynamics in Australia household panel survey (76,866 observations, 11,986 people) showed that both men and women became less satisfied when they transitioned to dual-earner households where women out-earned their partners. Respondents were most satisfied when they were in male-breadwinner, female-homemaker households. For women, but not men, gender role attitudes influenced some of these associations (Blom, 2019).

Psychological well-being

Psychological well-being has two important facets. The first refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological well-being is referred to as subjective well-being (Diener, 2000). Psychological well-being is self-regard, interpersonal relationships, independence, problem-solving, assertiveness, reality testing, stress tolerance, self-actualization, and happiness; social responsibility and flexibility (Bar, 1988).

A study was done on 82 women working in different professions from dual-earner families and 82 homemakers from traditional single-earner families were included in the study and assessed on the following: (1) Postgraduate Institute (PGI) Health Questionnaire and (2) PGI Social Support Questionnaire (SSQ) for the assessment of well-being and social support, respectively, and data were analysed the results showed that working women had higher psychological well-being than homemakers or nonworking women (Sinha, 2017).

Purpose

To study Marital adjustment, Relationship satisfaction, and Psychological well-being among working and non-working married women.

Hypothesis

- There will be a positive correlation between marital adjustment, psychological well-being and relationship satisfaction
- There will be differences between working and nonworking married women in marital adjustment, relationship satisfaction, and psychological well-being.

Methods

Sample

In this research, samples of married women in the age range of 21-60 were included. A total of 60 samples were used. 30 were married working women and 30 non-working married women of Ludhiana.

Measures

Marital Adjustment Test (MAT): Locke developed this scale in 1959. It includes a 15-item scale that measures marital satisfaction. It is a 5-point scale.

Relationship Assessment Scale (RAS): The scale was developed by Hendrick (1988). It is a 7-item scale designed to measure general relationship satisfaction. Respondents answer each item using a 5-point scale ranging from 1 (low satisfaction) to 5 (high satisfaction).

Psychological Well-Being Scale (PWS): This scale was developed by Ryff (2010). It is an 18-item scale. It has the following subscales: Autonomy, Environmental Mastery, Personal Growth, Purpose in Life, and Self-Acceptance and positive relations.

Procedure

The participants were informed about the purpose of the research and the questionnaires were filled out through Google forms, each participant was thanked for their cooperation. Standardised Psychological Tests were administered to the participants.

Analysis of data

The participants' responses were analysed using a t-test to see the effect of marital adjustment, relationship satisfaction, and psychological well-being among working and non-working married women. Mean and Standard deviation data are presented in table1, table 2 shows the correlation between marital adjustment, relationship satisfaction, and psychological well-being, and table 3 shows the marital adjustment, relationship satisfaction, and psychological well-being among samples of working and non-working married women.

Table 1: shows the Mean and standard deviation of the data

	Group	N	Mean	SD
Autonomy	working	30	9.67	1.95
	non-working	30	7.03	1.27
Personal Growth	working	30	10.07	2.79
	non-working	30	5.47	1.70
Marital Adjustment	working	30	83.20	15.19
	non-working	30	59.33	8.60
Relationship Satisfaction	working	30	37.83	4.84
	non-working	30	20.77	3.82
Self-acceptance	working	30	9.70	2.42
	non-working	30	6.87	1.81
Psychological well-being	working	30	60.27	5.54
	non-working	30	39.00	4.05
Environmental mastery	working	30	10.20	2.01
	non-working	30	7.73	2.33
Relationship with others	working	30	10.13	1.81
	non-working	30	5.90	1.42
Purpose	working	30	10.50	2.37
	non-working	30	6.00	1.34

Table 2: Shows correlation between Marital adjustment, Relationship satisfaction, Autonomy, self-acceptance, purpose in life, environmental mastery, personal growth, and positive relations

	Autonomy	Self-acceptance	Environmental mastery	Purpose	Relationship with others	Marital adjustment	Relationship satisfaction	Personal growth	Psychological well being
Autonomy	—								
Self-acceptance	0.365**	—							
Environmental mastery	0.216	0.212	—						
Purpose	0.593***	0.357**	0.366**	—					
Relationships with others	0.564***	0.511***	0.397**	0.584***	—				
Marital adjustment	0.560***	0.428***	0.382**	0.499***	0.572***	—			
Relationship satisfaction	0.629***	0.585***	0.434***	0.666***	0.691***	0.639***	—		
Personal growth	0.523***	0.404**	0.306*	0.502***	0.612***	0.621***	0.669***	—	
Psychological well being	0.728***	0.647***	0.564***	0.786***	0.841***	0.703***	0.843***	0.790***	—

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 3 Shows T - test

	Group	N	Mean	SD	Statistic
Autonomy	working	30	9.67	1.95	6.19
	non-working	30	7.03	1.27	
Self-acceptance	working	30	9.70	2.42	5.13
	non-working	30	6.87	1.81	
Environmental mastery	working	30	10.20	2.01	4.39
	non-working	30	7.73	2.33	
Relationship satisfaction	working	30	37.83	4.84	15.15
	non-working	30	20.77	3.82	
Marital adjustment	working	30	83.20	15.19	7.49
	non-working	30	59.33	8.60	
Psychological well being	working	30	60.27	5.54	16.97
	non-working	30	39.00	4.05	
Relations with others	working	30	10.13	1.81	10.06
	non-working	30	5.90	1.42	
Personal growth	working	30	10.07	2.79	7.71
	non-working	30	5.47	1.70	
Purpose	working	30	10.50	2.37	9.04
	non-working	30	6.00	1.34	

Discussion of Results

The results found that there is a positive correlation between marital adjustment and psychological well-being ($r=0.703, p<.001$). The results also found that there is a positive correlation between marital adjustment and relationship satisfaction ($r=0.639, p<.001$). Further, we found that psychological well-being is positively correlated with relationship satisfaction ($r=0.843, p<.001$). The results found that working married women were higher in marital adjustment, psychological well-being, and relationship satisfaction in comparison to non-working married women, hence our hypothesis is accepted.

According to research on married teachers in elementary and secondary schools in the province of Mersin. It was found that psychological well-being, especially sub-dimensions of autonomy, self-acceptance, and personal development are the significant predictors of marital adjustment (Yeşiltepe, 2014). In a study, it was found that lower mental health is associated with lower satisfaction with partners. For females, relationship satisfaction is more likely to influence mental health and psychological well-being (Downward, 2022). There was a study that investigated the significance of differences between working women and housewives in their marital adjustment. This research was conducted on a sample consisting of 50 working women and 50 housewives from Dharwad City. It was revealed that working women have significantly higher marital adjustment than those housewives (Kulkarni, 2000). A study was conducted to show that in certain circumstances psychological well-being is significantly associated with having paid employment but that this association is not a general one. For example, the relationship is strong for single women but rarely observed for married women in general; it is more likely to be found in working-class than in middle-class samples (Warr, 1982). Another study was conducted on 189 husband and wife pairs who separately completed lengthy questionnaires examining such things as their satisfaction with life, marriage, and job; experienced job and life pressures; mental and physical well-being; and communication with their spouses. Results revealed that working wives were more satisfied and performed more effectively than non working wives (Burke, 1976). There was a study that aimed to compare the marital satisfaction of working women and housewives and its influencing factors in Izehcity. The mean comparisons revealed that there is a significant difference between the marital satisfaction of working women and housewives and the working women were satisfied more (Khezri, 2014).

Conclusion

The results showed that working married women are higher on marital adjustment than non-working married women, possible reason VA be that women who are working are on good terms with their spouse and their spouse are understanding about their needs, and in the end, both of them adjust with them in good terms. Results also revealed that working married women are higher on relationship satisfaction than non-working married women as working women are happy that they're fulfilling their aims and in this their spouse is also supportively increasing the sense of satisfaction between them. Results also showed that non-working married women are lower in psychological well-being than working women. A possible reason is that by working in their desired field there is an increase in self-esteem, autonomy, self-confidence, good mental health, etc. This also contributes to increased psychological well-being. Being a home housewife is restricted to only house chores. Women should step up for themselves. and do the work they desired. It can be the other way around as the working women are working because they have good relationship satisfaction and there is a great marital adjustment and this gives the space to work for their goals. The mindset of the husband should also change, they should support their partner and encourage her to work.

Reference

- Aminabhav, V. A., & Kulkarni, V. R. (2000). Marital adjustment of working women and housewives. *SIS Journal of Projective Psychology & Mental Health*, 7(2), 153.
<https://www.proquest.com/scholarly-journals/marital-adjustment-working-women-housewives/docview/222302519/se-2>
- Arshad, M., Gull, S., & Mahmood, K. (2015). Life satisfaction among working and nonworking women. *European Journal of Research in Social Sciences* Vol. 3(1) <http://www.idpublications.org/wp-content/uploads/2014/10/LIFE-SATISFACTION-AMONG-WORKING-AND-NON-WORKING-WOMEN-Full-Paper.pdf>
- Blom, N. and Hewitt, B. (2020). Becoming a Female-Breadwinner Household in Australia: Changes in Relationship Satisfaction. *J. Marriage Fam*, 82: 1340-1357. <https://doi.org/10.1111/jomf.12653>
- Bar-On, R. (1988). The development of a concept of psychological well-being.
<http://hdl.handle.net/10962/d1002437>
- Burke, R. J., & Weir, T. (1976). Relationship of wives' employment status to husband, wife and pair satisfaction and performance. *Journal of Marriage and the Family*, 279-287.
<https://doi.org/10.2307/350387>
- Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index. *American Psychologist*, 55(1), 34-43
<https://psycnet.apa.org/doiLanding?doi=10.1037%2F0003-066X.55.1.34#:~:text=https%3A%2Fdoi.org%2F10.1037%2F0003%2D066X.55.1.34>
- Downward, P., Rasciute, S. & Kumar, H. (2022). Mental health and satisfaction with partners: a longitudinal analysis in the UK. *BMC Psychol* 10, 15.
[https://bmcpublishing.biomedcentral.com/articles/10.1186/s40359-022-00723-w#citeas~:text=%2C%20\(2022\).-https%3A%2Fdoi.org%2F10.1186%2F0003-066X-10-15](https://bmcpublishing.biomedcentral.com/articles/10.1186/s40359-022-00723-w#citeas~:text=%2C%20(2022).-https%3A%2Fdoi.org%2F10.1186%2F0003-066X-10-15)
- Hashmi, H. A., Khurshid, M., & Hassan, I. (2007). Marital adjustment, stress and depression among working and non-working married women. *Internet journal of medical update*, 2(1), 19-26.
https://www.researchgate.net/publication/26502545_Marital_Adjustment_Stress_and_Depression_among_Working_and_Non-Working_Married_Women
- Khezri, S. K., & Siahpoush, I. A. (2014). Comparison Satisfaction of working women and housewives married life and its influencing factors in the city of Izeh. *Advances in Environmental Biology*, 601-607
<https://link.gale.com/apps/doc/A417895458/AONE?u=google scholar&sid=bookmark-AONE&xid=1c73c873>
- Sam, N. (2013). Marital adjustment. *Psychology Dictionary*.
<https://psychologydictionary.org/marital-adjustment/>
- Rani, M. R. (2013). Marital adjustment problems of working and non-working women in contrast of their husband. *Education*, 2(7), 21-34
https://www.rajimr.com/ijre/wp-content/uploads/2017/11/IJRE_2013_vol02_issue_07_09.pdf
- Sharon K. Houseknecht and Anne S. Macke (1981). Combining marriage and career: The marital adjustment of professional women. *Journal of Marriage and Family* Vol. 43, No. 3, pp. 651-661 (11 pages)
<https://doi.org/10.2307/351766>

Sinha Sudhinta(2017).Multiple roles of working women and psychological well-being.*Ind Psychiatry J. 26(2): 171–177*

[10.4103/ipj.ipj_70_16](https://doi.org/10.4103/ipj.ipj_70_16)

Warr, P., & Parry, G. (1982). Paid employment and women's psychological well-being. *Psychological Bulletin, 91(3)*, 498.

<https://psycnet.apa.org/doi/10.1037/0033-2909.91.3.498>

Yeşiltepe, S. S., &Çelik, M. (2014). Evaluation of marital adjustment of teachers in terms of psychological well-being and some variables. *Elementary Education Online, 13(3)*, 992-1013.

<https://doi.org/10.15285/maruaeabd.647150>