



A Comparative Study of Marital Adjustment between Working and Non-working Married Women

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ABSTRACT

The present study was aimed to find out the relationship of marital adjustment between working and non-working married women. Sample of the study consisted of 100 working and non-working married women (working married women = 50, non-working married women = 50). Their age ranged between 25 to 46 years. Urdu Translation of Dyadic Adjustment Scale (Naseer, 2002) was administered to measure the Marital Adjustment of the entire sample. Results showed that the non-working married women are better adjusted than working women. Working married women were facing more problems in their married life as compared to non-working married women; non-working married women are better adjusted than working women.

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Introduction

Most people take marriage as a major life goal. People tend to select a marriage partner on the basis of the factors such as age, education and similarity. Married couples must work out how best to interact while dealing with daily decisions, about such diverse issues as households tasks, careers, leisure time, sex, and parenthood. Adjustment problems in marriage are common because of factors such as stress, dissimilarities, boredom, and the presences of more negative and positive effects. Conflict is natural and inevitable in all human interactions. This is true of marital interaction, as well. However these conflicts, when ongoing and unresolved, are likely to be linked to dissatisfaction with or even the ending of the relationship.

One of the most important relationships between a man and woman is marriage. It involves emotional and legal commitment that is quite important in any adult life. Moreover, selecting a partner and entering into a marital contract is considered doubt that the choice of marital partner is one of the most important decisions one makes in his/her life time (Bernard, 1984). Role Expectation theory is basically covered with the longitude system of an individual. How does a person perceived actions and activities of any other individual in his one face of liking disliking and according to his own role desirability or expectation. The basic assumption of this theory is that marital happiness seems to be congruent between the role expectation of one spouse and role performance of the other spouse than to any specific pattern of role (Super, 1957). The theoretical applications of the social exchange paradigm to marital relationships have focused on the issues of mental satisfaction or the quality and stability. Utilizing the social exchange paradigm, Thibant and Kelly (1982) suggested that the degree of marital satisfaction experienced in a dyad is reflected in the evaluative out comes available to the interactants. Evaluative outcomes are the result of the rewards minus costs in the marriage weighed against what individual feel they deserve. Concomitantly marital stability is determined by the degree positive effect toward spouses (satisfaction), the unattractiveness of alternatives to marriage, and the constraints against the dissolution of the

marriage (Levinger, 1964). In fact recent studies indicate that both rural and urban Pakistani women participate in the work force in significant numbers. Between seventy to eighty percent of the rural female population works in recognized economically productive task. Rural women make a substantial contribution to the agricultural economy of Pakistan (Patel, 1991).

Objectives of the study

1. To find out the relationship of marital adjustment between working and non-working married women.
2. To explore factors which are related to marital adjustment and maladjustment.
3. To find out the level of adjustment between working and non-working married women.

Literature Review

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 (Sinha & Mukerjee, 1990).

According to Naqvi (2002) marital status of women is another factor affecting the decisions of women in economic participation. In Pakistan, both, in urban and rural areas mostly married women are working. McMullough (1977) found that a gap between spouses' occupational achievement was associated with marital dissatisfaction. When the couple holds more traditional conceptions about their gender roles, it is posited that a shift to the female as the predominant vocational achiever would cause more tension.

According to the researches (Hops, Patterson & Weiss, 1972) working married women cannot properly adjust with their married life because they have many tasks to perform at a time According to Rack (1982) In Pakistan a household consists of grandparents, their sons, with their wives and children and perhaps some unmarried or widowed sons and daughters and other close relatives. A woman has not just married her husband; she has married into her husband's family, and has become a member of existing establishment. In this context her liberal talkative, ordered and prevailing behavior is not accepted by the other family members and this create maladjustment in their life.

Table 1. Correlation among Sub-scales of Dyadic Adjustment Scale

Pearson Correlations				
	Consensus	Affection	Satisfaction	Cohesion
Consensus	1			
Affection	0.72	1		
Satisfaction	0.78	0.66	1	
Cohesion	0.77	0.74	0.64	1
Correlation is significant at the 0.01 level (2-tailed).				

Table 2. Means and Standard Deviations of Working and Non-Working Married Women (N=100)

	N	Mean	Std. Deviation	Maximum
Working	50	4.6706	.63942	5.51
Nonworking	50	5.8066	.67870	5.57
Total	100	4.7386	.65957	5.57

Rahimi (2001) noted in a study among the Iranian women stated that working women revealed more anxiety than non-working women because of combined dual roles of the working women.

Methodology

The present study was designed to investigate the marital adjustment between working and non-working married women. The present study included a sample of (N = 100) women. The sample was further divided into two groups of subjects each consisting of (n = 50) working married women and (n = 50) non-working married women. The ages of subjects ranged from 25 years to 46 years. They belonged to different socioeconomic status and had different educational levels. Non probability convenient sampling technique was used for data collection.

Instruments

Urdu Translation of Dyadic Adjustment Scale (Spanier, 1976). The Dyadic Adjustment Scale (DAS) originally developed by Spanier (1976). It is a self-report questionnaire that provides global wideness of marital distress. It consists of 27 items (Urdu). It is easy to administer and has high reliability overtime and well established norms. It gives subjective impressions regarding the degree of satisfaction. The scale was translated and adapted for Pakistani population by Pakistani psychologist Naseer, (2002). The translated version of scale has reliability of 0.89. In translated version item No. 9 was split into two parts i.e.

and because it was administered to both spouses. However, for the present study only one part of item No. 9 was chosen because the scale was administered only to one spouse. Items No 1-20, 22, 23, 24, 25 were rated and a 6 point scale. The responses category assigned a score of "5" to assigned a score of "0" to assigned score "4" to assigned a score of "3" to assigned a score of "2" to and assigned score of "1" to .The original version of the scale has 32 items.

Procedure

Informed consent for data collection was taken by contacting the subjects in their respective workplaces. The first few minutes were spent putting the women at ease and explaining that their cooperation would highly be appreciated. The participants were made assure that all the information given by them would be kept confidential.

Dyadic Adjustment Scale (Naseer, 2002). Scales were administered individually on a sample of 100 women, 50 working and 50 non-working married women. Required demographic information was printed in a separately designed information sheet regarding age, education, and family income. Oral as well as written instructions were given to the participants. These included Pearson's Product Moment Correlation, Mean Scores, Standard Deviation and Independent sample *t*-test.

Results

Four interrelated component, dyadic satisfaction, dyadic cohesion, dyadic affectional expression which were conceptually and empirically related of adjustment were found to be exist.

Marital Adjustment

Results indicate that there is significant difference of marital adjustment among non-working and working married women. Results showed that the non-working married women are better adjusted than working women

Discussion

In the present research results showed that the non-working married women are better adjusted than working women. This indicates that working married women cannot pay full attention to their homes and unable to satisfied their family members. Whereas, the non-working married women can do their household task easily and their married life is going smooth. It showed that in some of the areas working married women cannot contribute significantly for the well being of their family. Their attention diverted because of working in two situations.

They cannot give proper attention to their marital lives .On one hand working women have an elated self image that they are sharing their husband's financial responsibilities and on the other hand sometimes they develop depression not fulfilling their household duties properly and cannot perform better her married life responsibilities. In Most of the areas of Pakistan there is a joint family system, working married women cannot pay full attention to their homes they have to work in two situations because of this they cannot give proper attention to their married life and unable to satisfied their family members this causes their marital maladjustment.

Whereas, the non-working married women spend most of their time at homes they can do their household task easily and satisfied them with her household duties. According to Rack (1982) In Pakistan a household consists of grandparents, their sons, with their wives and children and perhaps some unmarried or widowed sons and daughters and other close relatives. A woman has not just married her husband; she has married into her husband's family, in this context her liberal talkative, ordered and prevailing behavior is not accepted by the other family members and this create maladjustment in their life. DASS is designed to serve marital adjustment. It has four sub scales dyadic satisfaction, dyadic cohesion, dyadic affectional expression, dyadic consensus. These four are thought to be components of marital adjustment. All these four sub scales are correlated. It shows that the adjustment exists

Conclusion

The results showed that the non-working married women are better adjusted than working women. The findings of the study also indicated that working married women had to face

more difficulties in their lives as compared to non working married women. Kobasa (1989) Indicate that the professional employed married women scored significantly higher on hardiness, control and challenge than unemployed women. It also showed that depression and stress to be significantly more prevalent among the employed than unemployed women. It showed that in some of the areas working married women cannot contribute significantly for the well being of their family. Their attention diverted because of working in two situations. They cannot give proper attention to their marital lives.

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