

Adjustment Problems of Working and Nonworking Women in Contrast of Their Husband

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Abstract – In truth, marriage is a lifestyle. This is not always rosy; nonetheless, its success is contingent on both parties' capacity to modify. Adjustment and marital relationships are important issues in most families as the percentage of dual-career families grows. The focus of this research was to discover the marital adjustment issues that non-working women and working women teachers in Jaipur encounter. A total of 80 women are chosen at random (40 non-working women and their husbands, and 40 working women instructors and their spouses). Data was collected using the Marital Adjustment Inventory created by Dr. Harmohan Singh, Department of Psychology, R. B. S. College, Agra (1987). In compared to their partners, non-working wives have higher marital adjustment issues, according to the findings. Second, working women instructors are more likely than non-working women to have marital adjustment issues. Working women, we might argue, may suffer from the more severe reasons for maladjustment at work or at home due to extra duties of their jobs.

Keywords – Marital Adjustment, Working and non-working women

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INTRODUCTION

Women gained increased information and thinking capability as a result of the growth of education. Only intelligent women are capable of reasonable thought. Education has equipped them with the skills to do a variety of tasks and given them the ability to make decisions. Following independence, our constitution stipulated that the government shall not discriminate against its residents on the religious grounds, race, caste, sexuality, place of birth, or any combination of these factors. Fundamental rights are outlined in Chapter 3 of our constitution. These are unalienable rights that are exercised equally by men and women. If someone or any organization, whether political, economic, or social, violates these rights, the injured person has the right to take his or her case to the High Court and Supreme Court (Article 32) seeking protection. Women's standing has also improved as a result of societal developments. Women have increasingly demanded a say in the family's decision-making process as time has passed. The 73rd and 74th amendments to our constitution were passed as a result of this pressure. In local self-government entities, they have a provision for a 33 percent reserve. This demand has now been amplified, with women wanting a third of the seats in parliament. It is expected that allowing women to participate in decision-making and rule-making will improve their

standing. Women have undergone dramatic transformations as a result of education. She has aided contemporary man in overcoming his chauvinistic attitude toward women. Man has placed woman on an equal footing with him. Taking care of home is not just a woman's role, but also a husband's. If husbands share home management responsibilities, wives must learn to share the economic strain of the husband by donating to the household revenue. India's whole population has been touched by the tremendous societal changes that have occurred since freedom. They came to the conclusion that Indian women's education and work had enormous ramifications not just for their own lives, but also for the lives and relationships of others around them. Hence! For Indian women, education and work are the new age mantras for improving marital equilibrium between them because their husbands. Because of their work, employed women would be in a better position at home. Any shift in their viewpoint will be denied in their family activities, and it will have an effect on the other family members. It is a well-known reality that working women have drastically altered their family life. Working women's economic independence has been the most significant consequence. The redistribution of labour throughout the family is another impact. Working women's salaries provide a significant contribution to the family's income. Today, an

increasing number of women are taking up remunerative employment. A working woman is required to fulfil two responsibilities. First and foremost, she is a mother and a housewife, and then she is an employee. Both positions place a strain on her effort and time. Her job has an impact on not just her entire personality, and also her family relationships, and she is at risk of experiencing an adjustment crisis, which can lead to despair. Working and non-working women's stress levels in recreational, social, and job/work life were investigated by B. Sandhya Rani and M. Sarada Devi (2008). Working and non-working women both showed anxiety about attending social occasions and participating in religious activities. Most working women are ill-adjusted as a result of their husbands' and family members' unwillingness to cooperate. Adaptation is the process that enables a person to live a happy and comfortable life while combining his wants and his ability to meet them. It provides him the capacity and strength to adapt his style of living in response to the requirements of the moment, and it gives him both strength and ability to bring about required adjustments in his environment's conditions. Marital adaptation is defined as "the situation in which both husband and wife are happy and satisfied with their relationship and with each other." In one way or another, all marriages aspire for happiness. The majority of couples married with a lot of expectations. Some expectations will be reasonable, while others will be irrational. This is owing to the fact that marriage is a complicated institution, and each human is as unique as a cosmos. As a result, marriage brings two universes together. Marital adjustment necessitates maturity in accepting and understanding the spouse's growth and development. Death in a marriage relationship is unavoidable if this progress is not completely experienced and fulfilled. Couples' relationships are not immediate, but rather need time to develop. "It's like a cancer that goes undetected and kills quietly and softly."

RATIONALE OF THE STUDY

The position of women of India has changed over time. A new image of marital life is emerging in the current changing socioeconomic scenario. Women are gradually moving into semi-professional and high production. Many previously male-dominated fields, such as engineering, medicine, law, and university teaching, are now open to women. The person is no longer thought of as the family's "economic provider." Women are also equating their career with their sense of self and identity. Working women, particularly married women, have dual responsibility of caring for their home, husband, and children on the one hand, and their jobs on the other. Overstretching to manage both the work and at home spheres is a result of a working female's role expectations. Women nowadays, whether working or not, are likely to acquire a strong need to be aware of their personal standing. They must deal with issues related to marital adjustment. In most families, adjusting and maintaining

a healthy marriage connection are huge hurdles. The investigator became interested in investigating the marital adjustment issues of working women instructors and non-working women after witnessing a number of variances in the life styles of serving women. It is believed that they might diverge in overall adjustment patterns and also personal values.

OBJECTIVES OF THE STUDY

- ▶ To compare marital adjustment problems faced by non-working women and their husbands.
- ▶ To compare marital adjustment problems of working women teachers and their husbands.
- ▶ To compare marital adjustment problems of working women teachers and non-working women.

HYPOTHESES OF THE STUDY

1. There is no significant difference between the working women teachers and their husbands on facing the adjustment problems
2. There is no significant difference between the non-working women and their husbands on facing adjustment problems.
3. There is no significant difference between the working women teachers and non-working women on facing adjustment problems.

METHODOLOGY OF THE STUDY

The study used a descriptive survey research approach. It is frequently employed in academic research to investigate current situations and phenomena. The phrase "descriptive survey" refers to a sort of study that aims to determine what are the current "normal" or "typical" conditions of practice.

SAMPLE

A total of 60 women were included in the study (30 non-working women and their spouses and 30 working women teachers and their spouses). In the situation of nonworking women, data is obtained from several Sampla town locations. Teachers' information is collected from several schools in Sampla town in the case of working women. Working women teachers were recruited at random from senior secondary schools, while non-working women were recruited from areas.

Tool Used For collection of data the investigator used the "Marital Adjustment Inventory" developed

by Dr. Harmohan Singh, Department of Psychology
 R.B.S.College, Agra (1987).

ANALYSIS AND INTERPRETATION

Adjustment Problems faced by Working Women
 Teacher and Their Husband.

Table-1

**Mean, S.D., N and Z-value of Working Women
 Teacher and Their Husband on Facing Adjustment
 Problems**

variable	group	N	Mean	S.D.	Z-Value
Marital adjustment	wives	30	64.28	11.07	3.241*
	husband	30	52.8	11.08*	

Significant at 0.0 level of significance.

From table 1 it may be observed that the calculated 'z' value of marital adjustment problems faced by working women and their husband is 3.241 which is significant at 0.01 level with df 78. It indicates that the mean scores of marital adjustment problems faced by working women and their husband differ significantly. Thus the null hypothesis "There is no significant difference between the working women teachers and their husbands on facing the marital adjustment problems" is rejected.

Table 2

**Adjustment Problems faced by Non-Working
 Women & their Husband. Mean, S.D., N and Z-
 value of Non-Working Women & Their Husband on
 Facing Marital Adjustment Problems**

Variable	Group	N	MEAN	S.D.	Z-VALUE
MARITAL	WIVES	30	61.31	8.428	3.64*
ADJUSTMENT	HUSBAND	30	51.65	17.55	

*Significant at 0.0 level of significance.

From table 2 it may be observed that the calculated 'z' value of marital adjustment problems faced by non-working women and their husband is 3.64 which is significant at 0.01 level with df 78. It indicates that the mean scores of adjustment problems faced by non-working women and their husband differ significantly. Thus the null hypothesis "There is no significant difference between the non-working women teachers and their husbands on facing the marital adjustment problems" is rejected.

Table 3

**Adjustment Problems faced by Non-Working
 Women & Working Women Teacher. Mean, S.D., N
 and Z-value of Non-Working Women Teacher and
 Non-Working Women on Facing**

variable	Group	N	Mean	S.D	Z- value
Marital Adjustment	Working women	30	47.115	11.06	6.88*
	Non-working women	30	61.82	8.128	

*Significant at 0.0 level of significance.

From table 3 it may be observed that the calculated 'z' value of marital adjustment problems faced by non-working women and working women teacher is 6.88 which is significant at 0.01 level with df 78. It indicates that the mean scores of adjustment problems faced by non-working women and working women differ significantly. Thus the null hypothesis "There is no significant difference between the non-working women teachers and working women on facing the marital adjustment problems" is rejected.

CONCLUSIONS

Working wives, according to the study, have more adjustment issues. As a result of the findings, we may deduce that non-working ladies have more marital adjustment issues than their partners. When comparing working women teachers to non-working women, it was discovered that working women teachers have more adjustment issues than non-working women. Working married women suffer more challenges in their life than non-working married women, according to the findings of the research. It finds that working married women may make a major contribution to their family's well-being in various ways. Because they are in two environments at the same time, their attention is diverted. They are unable to devote adequate attention to their married life, resulting in maladjustment. Working women may have more severe cases of adjustment problems at home or at work as a result of the additional responsibility of their jobs, while also caring for their children, husbands, and in-laws, as well as doing other household tasks.

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