

To study the attitude on marital adjustment of selected respondents from Mehsana and Ahmadabad city

Jiju N.Vyas, Neha Tiwari and Neeta Chaudhari

The present study was conducted in Mehsana (urban and rural area) and Ahmadabad (urban and rural area) city. The sample size was 720 women and they were selected from both the cities. The women who were educated upto 12th standard, graduate and post graduate were randomly selected for the study. Purposive random sampling technique was used for selection of the sample. The research design for the present paper was two pronged approach. A descriptive survey with pre-tested, validated interview schedule was used to acquire the information needed to study the attitude on marital adjustment.

Key Words : Women, Marriage, Education, Goals of marriage, Marital adjustment

How to cite this article : Vyas, Jiju N., Tiwari, Neha and Chaudhari, Neeta (2020). To study the attitude on marital adjustment of selected respondents from Mehsana and Ahmadabad city. *Food Sci. Res. J.*, 11(2): 169-174, DOI : 10.15740/HAS/FSRJ/11.2/169-174. Copyright@ 2020: Hind Agri-Horticultural Society.

INTRODUCTION

Marriage, also called matrimony or wedlock, is a socially or ritually recognised union between two people, also called spouses, that establish rights and obligations between them, as well as between them and any resulting biological or adopted children and affinity (in-laws and other family relations through marriage). The definition of marriage varies around the world not only between cultures and between religions, but also throughout the history of any given culture and religion, evolving to both

expand and constrict in who and what is encompassed, but typically it is principally an institution in which interpersonal relationships, usually sexual, are acknowledged or sanctioned. In some cultures, marriage is recommended or considered to be compulsory before pursuing any sexual activity. When defined broadly, marriage is considered a cultural universal. A marriage ceremony is known as a wedding. Individuals may marry for several reasons, including legal, social, libidinal, emotional, financial, spiritual and religious purposes. Whom they marry may be influenced by gender, socially determined rules of incest, prescriptive marriage rules, parental choice and individual desire. In some areas of the world, arranged marriage, child marriage, polygamy, and sometimes forced marriage, may be practiced as a cultural tradition. Conversely, such practices may be outlawed and penalized in parts of the world out of concerns of the infringement of women's rights, or the infringement of children's rights (both female and male children) and because of international law. Around the

MEMBERS OF RESEARCH FORUM

Author for correspondence :

Neha Tiwari, Krishi Vigyan Kendra (JAU) Amreli (Gujarat) India
Email: nehatiwari@jau.in

Associate Authors' :

Jiju N. Vyas, Aspee College of Home Science and Nutrition, Sardarkrushinagar Dantiwada Agricultural University, Dantiwada (Gujarat) India

Neeta Chaudhari, Children Univeristy, Gandhi Nagar (Gujarat) India

world, primarily in developed democracies, there has been a general trend towards ensuring equal rights within marriage for women and legally recognizing the marriages of interfaith, interracial, and same-sex couples. These trends coincide with the broader human rights movement.

Traditionally, marriage among Hindu was considered as a sacrament and hence, perpetual. It was viewed as an obligation from the religious and social view points. Entering the marital relationship itself was considered responsible for making people accept the new marital situation ungrudgingly. It was taken as a sacred and eternal union of two human beings. (Kapadia, 1966). The social background provided by the authoritarian joint families and with caste dominating in all the spheres of life, previously, there was no recognition of any personal factors, individual interests and aspirations in the relations between husband and wife (Kurien, 1982).

Adjustment in marriage :

Marital adjustment, happiness, satisfaction or a number of variables that attest to the quality of a marriage may be the most frequently studied dimension in the marriage and family field. Many of attempts have been made to assess the quality of marital relationships using such concepts of “marital adjustment”, “success”, “satisfaction”, “stability”, “happiness”, “consensus”, “cohesion”, “adaptation”, “integration”, “role strain”, and the like sometimes these terms are used interchangeably: other times each denotes something different, sometimes the terms are used in a psychological sense referring to the state of one the marital partners, sometimes they are used in a social psychological sense referring of the state of the relationship and sometimes they are used in a sociological sense, referring to the state of the group or system, in addition there are times the terms are used to refer to the achievement of a goal and other times they are used to refer to a dynamic process of making changes, all the concepts emphasize a dimension that contrasts with maladjustment, dissatisfaction, instability, unhappiness and so forth.

The adjustment of married mates is unlike any other human relationship, it may share many conditions of friendship groups, peer groups, work groups or religious groups but the husband and wife relationship differs, marriage, involving two sexes in physical propinquity is public and binding in nature, being publicly sanctioned. Marriage becomes more difficult to break being binding

the members must act as a unit and co-operation becomes essential, every decision must taken in to account the desires and wishes of the spouse, these forces determine to level of adjustment to the nature of the interaction and degree of conflict.

Adjustments in marriage are necessary. Everyone has to adjust in their married life. Such adjustments bring unity and happiness, compromise and self sacrifice and on the other hand unmarried people can hardly adjust themselves. They feel lonely and feel that something is missing in the life. Married people are happier than unmarried people, and this is the advantage of marriage and married life. Marriage gives chance for the satisfaction of physical needs, affection and sexual expression. Marital adjustments are efforts on the part of mates to satisfy each other’s needs by the process of give and take. Landis (1977) in his study of marital adjustments has used the term adjustment of “refer to the state of accommodation which is achieved in different areas, where conflict may exist in marriage.”

Marital adjustment is the process of modifying, adapting or altering individual and couple patterns of behaviour and interaction to achieve maximum satisfaction in the relationship in order to establish marital adjustments amongst the partners and within themselves. Establishment of harmonious relationship is necessary adjustment in marriage, a constant process of interaction.

From the psychological point of view, marriage is more or less permanent and culturally determined union between a man and a woman for the purpose of attaining mutual happiness. In successful marriage life, love, affection, interest, faith and feelings are necessary

Niaz (2001) found that older girls have less trouble than younger ones in terms of adjusting themselves after marriage. Those who marry very early have to complete their striving for emotional independence after marriage while those who marry later are more likely to have already achieved considerable degree of maturity and independence. Tahera (1998) reported lack of maturity, mutual understanding and increased marital problems among females who go for early years of marriage. Age being a direct relationship with marital adjustment is also a powerful predictor of mental health. Women who get married in their late twenties and early thirties have been found to be more satisfied with their marriage (Davila, 2002) and having high well being While age itself does not increase marital happiness and stability, rather late

years of marriage leads to greater personal maturity, higher educational status, better income and adequate marital preparedness by psychological maturity. Therefore the present paper attempts to know about the attitude on marital adjustment of selected respondents from Mehsana and Ahmadabad city.

METHODOLOGY

The present study was conducted in Mehsana (urban and rural area) and Ahmadabad (urban and rural area) city. The sample size was 720 women and they were selected from both the cities. The women who were educated upto 12th standard, graduate and post graduate were randomly selected for the study. Purposive random sampling technique was used for selection of the sample. The research design for the present paper was two pronged approach. A descriptive survey with pre-tested, validated interview schedule was used to acquire the information needed to study the attitude on marital adjustment. All the data in the paper was coded to maintain confidentiality and facilitate data entry,

documentation and discussion of finding. The data was computerized and statistical package for social science (SPSS) was used for analysis and one way ANOVA were carried out for assessing the relationship of different variables of marital adjustment among the selected respondents. Weighted mean was carried out to know the marital adjustments. It is carried out when matter needs to be given proper weights according to their relative importance and the average is calculated on the basis of weights (Chandel, 2004).

OBSERVATIONS AND ASSESSMENT

The results obtained from the present investigation as well as relevant discussion have been summarized under following heads :

Marital adjustment among selected respondents:

This paper is highlighting information on marital adjustment and its 'different areas. The ideal concept of marital adjustment is two individuals who enter into the joint relations hip of marriage have unique personalities

Table 1 : Personal attitudes towards marital adjustment among selected respondents

Sr. No.	Personal attitude	Expected weighted percentage W	Mehsana urban observed percentage A	WXA	A'bad urban observed percentage B	WXB	Mehsana rural observed percentage C	WXC	A'bad rural observed percentage D	WXD	Weighted mean
1.	You have complete faith on each other	15	20.83	312.45	25	375	20.13	301.95	27.77	416.5	23.43
2.	Your marriage took place at the right age.	14	11.11	155.4	16.66	233.24	6.25	87.5	18.75	262.5	13.19
3.	Both of you prefer to keep some personal matters secret from each other.	15	25	375	25	375	25	375	25	375	25
4.	You try to spare maximum possible time for each other.	15	8.33	124.95	20.83	312.45	13.88	208.2	20.83	312.45	15.96
5.	Your expressions and interest are common	15	7.6	114	13.19	197.85	17.36	260.4	27.77	416.55	16.48
6.	You care for your partner's requirement, interest and hobbies.	11	14.58	160.38	27.77	305.47	6.52	71.72	10.83	119.13	14.92
	Total	100		1533.78		2132.31		1679.77		2277.13	
	Weighted mean			15.33		21.32		16.79		22.77	

because of their sex, heredity, ideas, feelings and value that they have acquired from their development in a particular social group. These differences may cause conflicts and disharmony in marital relationship. Therefore, adjusting through sacrifice, co-operation and accommodation becomes essential for marital happiness. An effort was to study personal, psychological, social, religious, financial and parenthood attitude of individual towards marital adjustment.

Table 1 shows personal marital adjustment among selected respondents. The personal marital adjustment was seen better in Ahmadabad urban and rural respondents than Mehsana urban and rural respondents. Try to spare maximum time for each other (15.96%) and both (husband and wife) had faith on each other (23.43%) and also care for their partner’s requirement, interest and hobbies (14.92%). Study concluded that highest weighted mean was obtained by Ahmadabad rural (22.77%) and least were obtained by Mehsana urban of (15.33%) regarding personal attitude towards marital adjustment

Table 2 showed psychological marital adjustment among selected urban (Mehsana and Ahmadabad) and rural (Mehsana and Ahmadabad) respondents. The highest weighted mean were obtained by the statement “proud of each other” (70.41%), “you feel loneliness when you are away from each other” (65.96%). The least

weighted mean were found for statement “you have pinch of absence of each other” (16.31%), “you considered companion of each other rather than husband wife” (19.61%) and “you appreciate each other time to time” (25%). The study concluded that respondents from Ahmadabad rural gained highest weighted mean of 24.0 per cent. Whereas, respondents from Mehsana urban and Ahmadabad urban gained weighted mean of 18.61 per cent and 18.94 per cent, respectively which was almost similar respondents from Ahmadabad rural had the weighted mean of 19.02 per cent. This showed that respondents from Ahmedabad rural had better marital adjustment as the psychological attitude was better.

Table 3 showed the social attitudes towards marital adjustment among respondents. The weighted mean percentage were higher in urban and rural Ahmedabad (21.08% and 25.48%, respectively), in comparison to respondents from urban and rural Mehsana (19.66% and 19.50%), respectively. The statement which expressed that “they often like to go out together” had achieved the highest weighted mean 24.47 per cent. Regardless of area of residence and the least percentage was observed by the statement that “both try to solve family problem together” (17.31%).

Table 4 revealed that religious, financial and parenthood aspects played an important role in marital

Table 2 : Psychological attitude towards marital adjustment among selected respondents

Sr.No.	Psychological attitude	Expected weighted percentage W	Mehsana urban observed percentage A	WXA	A'bad urban observed percentage B	WXB	Mehsana rural observed percentage C	WXC	A'bad rural observed percentage D	WXD	Weighted mean
1.	You feel loneliness when you are away from each other.	20	16.66	333.2	25	500	19.44	388.8	27.77	555.4	65.96
2.	You are proud of each other.	20	18.05	361	23.61	47.22	25	500	25	500	70.41
3.	You appreciate each other time to time	20	25	500	25	500	25	500	25	500	25
4.	Both of you considered companion of each other rather than husband wife.	20	19.44	388.8	18.75	375	14.58	291.6	25.69	513.8	19.61
5.	You have pinch of absence of each other.	20	13.88	277.6	23.61	472.2	11.11	222.2	16.66	333.2	16.31
	Total	100		1861		1894		1902		2400	
	Weighted mean			18.61		18.94		19.02		24.0	

adjustment. Agreement with number of children (25.0%) belief in god (23.78%) accepting joint responsibility for child rearing (19.07%) had higher percentage of weighted mean as compared to dispute regarding domestic expenses and belief in planning family (17.80% and 16.46 %, respectively).

The study concluded that respondents from Mehsana and Ahmadabad urban had high weighted mean of 20.81 and 23.30 per cent, respectively. In comparison, respondents from Mehsana and Ahmadabad rural who had weighted mean 18.86 and 18.71 per cent, respectively.

Table 5 shows sexual attitudes towards marital adjustment. Majority of the respondents understood

importance of sexual desire and its satisfaction for successful married life. Making changes in the methods of sex play gained least weighted mean of 13.19 per cent, having complete sexual pleasure had the highest weighted mean of 25 per cent. Respondents from Mehsana urban and Ahmadabad rural have gained least weighted mean of 19.61 per cent and 19.96 per cent, respectively. In comparison, respondents from Mehsana rural and Ahmadabad urban had high weighted mean of 22.39 and 24.99 per cent, respectively. It could be concluded that respondents from rural (Mehsana) and urban (Ahmedabad) had better attitude towards sexual aspects in marital adjustment.

Table 3 : Social attitudes towards marital adjustment among selected respondents

Sr. No.	Social attitude	Expected Weighted Percentage W	Mehsana Urban Observed Percentage A	WXA	A'bad Urban Observed Percentage B	WXB	Mehsana Rural Observed Percentage C	WXC	A'bad Rural Observed Percentage D	WXD	Weighted mean
1.	You often like to go out together	50	25	1250	25	1250	20.27	1013.5	27.63	1381.5	24.47
2.	You both try to solve a family problem together	30	13.8	414	13.8	414	18.05	541.5	23.61	708.3	17.31
3.	You both create crises for family matter	10	15.27	152.7	27.77	277.7	15.27	152.7	25	250	20.82
4.	You respect of each other's family	10	15	150	16.66	166.6	24.30	243	20.83	208.3	19.19
	Total	100		1966		2108.3		1950.7		2548.1	
	Weighted mean			19.66		21.08		19.50		25.48	

Table 4 : Attitude towards religious, financial and parenthood as the marital adjustment aspects among selected respondents

Sr. No.	Religious, financial and parenthood attitude	Expected weighted percentage W	Mehsana urban observed percentage A	WXA	A'bad urban observed percentage B	WXB	Mehsana rural observed percentage C	WXC	A'bad rural observed percentage D	WXD	Weighted mean
1.	You both believe in god	20	23.61	472.2	23.61	472.2	27.77	555.4	20.13	402.6	23.78
2.	You believe that child rearing is a joined responsibility	20	20.83	416.6	20.83	416.6	13.8	276	20.83	416.6	19.07
3.	You both generally have dispute regarding domestic expenses	20	13.8	276	26.25	525	17.36	347.2	13.8	276	17.80
4.	You believe in planning family	20	20.83	416.6	20.83	416.6	10.41	208.2	13.8	276	16.46
5.	You both agree with each other on number of children.	20	25	500	25	500	25	500	13.8	500	25
	Total	100		2081.4		2330.4		188.8		1871.2	
	Weighted Mean			20.81		23.30		18.86		18.71	

Table 5: Sexual attitudes towards marital adjustment among selected respondents

Sr. No.	Sexual attitudes	Expected Weighted Percentage W	Mehsana Urban	WXA	A'bad Urban	WXB	Mehsana Rural	WXC	A'bad Rural	WXD	Weighted mean
			Observed Percentage A		Observed Percentage B		Observed Percentage C		Observed Percentage D		
1.	You enjoying sex fully	25	17.36	434	27.77	6.294	24.30	607.5	24.30	607.5	17.35
2.	You care for each other's sexual needs	25	15.27	381.75	27.77	694.25	27.77	694.25	15.27	381.75	21.52
3.	Both of you believed that married life provide compete sexual pleasure	25	25	625	25	625	25	625	25	625	25
4.	You both try to make change in your methods of sex play to keep it lively	25	20.83	520.75	19.44	486	12.5	312.5	15.27	381.75	13.19
	Total	100		1961.5		2499.4		2239.25		1996	
	Weighted mean			19.61		24.99		22.39		19.96	

Conclusion:

It can be concluded from the study that respondents had better marital adjustment in all aspect of marriage. It was found in the study that education is an important aspect at every stage of human life. So, therefore, it is necessary that marriage related courses should be a part of course offers for higher secondary and college going students. Awareness programme should also be organized by the government and non-government organization so that it will help women to develop their positive opinion regarding marriage.

LITERATURE CITED

Chandel, S. (2004). *A handbook of agricultural statistics*.

Achal Prakashan Mandir, Kanpur (U.P.) India .

Davila, J. (2002). Marital adjustment and psychological symptoms. *J. Personality & Social Psychology*, **76** : 783-802.

Kapadia, K.M. (1966). *Marriage and family in India*, 3rd Ed., Oxford University, Bombay (M.S.) India.

Kurien, G. (1982). A review of marriage and adjustment in Indian Families, In: Juhn, S. Augustine (ed.) *The Indian Family in transition*, Vikas, Delhi, India.

Landis, P.H. (1960). *Making the most of marriage* (2nd Ed.) Appleto Century Crofts, New York, U.S.A.

Tahera, A. (1998). *Challenge for change: Literacy of girl child today*, The women of Tomorrow. Pakistan Association of women studies.

Received : 18.07.2020; Revised : 26.08.2020; Accepted : 26.09.2020