

# Marital Adjustment among Dual Career Couples in Relation To Age

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**ABSTRACT:** Marital adjustment is an adjustment of two personalities which had different socio cultural back grounds. The success of family life largely depends upon the success in marital adjustment of the husband and wife. The study was designed to observe the marital adjustment of dual career couples in relation to age. The present study was conducted on a sample of 200 dual career couples 100 males, 100 females. For the present study, the marital adjustment questionnaire was used for collecting the data. Observed findings indicated in significant difference on marital adjustment of dual career couples in relation to age. It meant there was no effect of age on marital adjustment.

**KEYWORDS:** Psycho diagnostics, Marriage, Personality Introversion,

## I. INTRODUCTION

Life largely depends upon the success in marital adjustment of the husband and wife. Many attempts have been made to assess the quality of relationship, using such concepts as adjustment, success, satisfaction stability, happiness well bring, consensus, cohesions, adaption and the like, sometimes there terms are also used interchangeably, at other times, each denies something different, all the concepts emphasize a dimension that contrasts with maladjustment, dissatisfaction, instability and unhappiness. There are many factors that affects marital adjustment such as : type of family of spouses type of marriage, age at marriage, dowry , sexual life of spouses and their early days of marriage, occupation of the spouses, money concerning maters marital violence length of marriage, expectations in marriage. Adjustment in marriage refers to the state of accommodation which is achieved in different areas where conflict may exist in marriage (Landis 1946).Locks & Williamson (1950) have defined marital adjustment as the tendency to avoid or resolve conflicts, a feeling of satisfaction with the marriage and with each other, the sharing of common interests and activities and the fulfilling of the martial expectations of the husband and wife. The concept of marital adjustment refers essentially to the art of living effectively and wholesome, within the frame work of responsibilities, relations and expectancies constitute the state of marriage.

The dual career family pattern offers an interesting situation in which men and women's performance of various roles could be studied to extent that both men and women in the dual career families are involved in the parallel tasks of gainful employment together with homemaking and child care. They experience various pros and cons of being dual career couples. The employment of wives may possibly have quite different consequences for job satisfaction marital quality and well being of the two sexes. Studies about the consequences of wives employment for husband's well being and marriage and family living are not consistent. Some studies have indicated that wives employment results in a shift towards participation by husbands in household tasks. This shift has occurred, it is said, in response to the wife's being in the labor force other studies have indicated that wives employment causes major treat and distress among husbands. Men and women have always worked in all epochs of human history. However, historical and social factors have been responsible for variation in the nature of tasks, the location of work, the definite reasons for work, the nature of its execution and performance. This direct entry into the economic structure gives the impression of equality of women with men for economic role is believed to provide social-pre-eminence automatically.[Gunthey,1999]

**SINGH and associates (2011)** studied the relationship between marital adjustment and well being among married females, for this purpose marital adjustment scale by Kumar and Rohtagi (1987) and P.G.I. Well-being Scale by Verma

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and Verma (1989) was administered to all the respondents to assess both measures. The results of study revealed that females who got married at later years of life had enjoyed considerable degree of maturity, emotional independence and better mutual understanding with their spouse and their family matters. The obtained findings are very helpful as guidelines for parents as first to equip their daughters with education, job and then to tie them in marital bond.

**PURI, et.al. (2008)** studied marital adjustment in relation to personality dimensions of working and non working women. It was carried out on a sample of 30 educated working and 30 non working married women, who were administered marital adjustment questionnaire and NIEI (Neuroticism and Introversion and extroversion Inventory). Result did not show significant relationship between marital adjustment and neuroticism in working women while increase relationship was found between both the variables. On other dimension of personality introversion extroversion, extroverts' non working women showed better adjustment as compared to working women.

**PATIL (2007)** hypothesized that marital adjustment among couples with love marriage and arranged marriage are not significantly different with regard to their social, family, economic aesthetics and professional value. He collected data from thirty couples of love marriage groups and thirty couples of arranged marriage groups, between and age of below 25 years, using the marital adjustment scale and value study scale from north Maharashtra University. The finding in brief, indicated that there was no significant difference in marital adjustment and with regard to the value system; there were differences in economic professional and social values and not significant differences in aesthetics and family values

## II. PROBLEM

The present study was planned to investigate "MARITAL ADJUSTMENT AMONG DUAL CAREER COUPLES IN RELATION TO AGE." It was hypothesized that Marital adjustment may be influenced by the age of the couples.

## III. MATERIALS AND METHOD

The present study was conducted on a sample of 200 dual career couples 100 males, 100 females. The sample was purposive sample i.e. married sample which included only dual career couples. Their age was between 25-45 years. It was assumed that sociability, self-sufficiency, manifest anxiety, and many more traits are common to the population being studied. Numerical comparisons within these populations could be made.

For the present study, the marital adjustment questionnaires (MAQ) were used for collecting the data. This questionnaire was constructed by Kumar & Rohatgi (1976) to provide a handy tool to identify couples who are making poor marriage and need psycho diagnostics. To get a single marital adjustment score for a couple, score of 1 was given if both partners (husband and wife) answer on item as 'Yes' showing their agreement except for items 4,18,21 in which case the reverse was to be applied. Since the agreement shown for the responses contributing towards marital adjustment is scored, the higher the total score the better would be the marital adjustment of the couple.

Statistical Analysis of the Data :

1. Frequency distribution, means, standard deviations.
2. There analysis of variance for estimation of effects and interaction effects of all response measures, for different groups was obtained.

## IV. RESULT

Results reveals that in general, the mean and standard deviation of most of the measures are comparable to the some of the earlier date form studies. Significant difference was not found between the couples of different age groups on marital adjustment. This can be explained by detailed description of Table 1

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**Table No: 1 (Marital adjustment & age)**

Display of Mean, SD and f value among age groups of couples for marital adjustment

Particulars	N	Mean	Std. Deviation
Age 25-35	48	20.3750	4.86584
Age 35-45	52	21.8462	3.55563

Particulars	Sum of squares	df	Mean Square	F	Sig
Between Groups	54.021	1	54.021	3011	NS
Within Groups	1758.019	98	17939		
Total	1812.040	99			

It is clear from table 1. that on marital adjustment significant difference was not found between the couples of different age groups, couples whose age was between 35-45 yrs have better adjustment then couples whose age was between 25-35 yrs. It indicates that happily married couples because of their happiness and pleasant attitude towards each other might see pleasant traits and agreement in characteristics.

**GUPTA & JOSHI (2009)** Assessed marital adjustment and life satisfaction among dual career couples across life cycle stages and found no significant difference on marital adjustment, while life satisfaction was reported more among wives. Further marital adjustment and life satisfaction both were found to be most in empty rest period and at least in honeymoon stage.

People who marry during their thirties or in middle age frequently require a longer time for adjustment and the end result is often not as satisfactory in the case of those who marry earlier however those who marry in their teens or early twenties tend to make the poorest adjustment of all as shown by the high divorce rate among those who married at these age.

The time when adjustments to different aspects of marital life must be made differ according to the age at which men and women marry.

Men and women disenchanted with marriage for difficult reasons. The man may be disenchanted with his marriage if he feels that his lack of vocational success is the result of the strains of family life on the unfavorable attitudes on family members towards his work. A woman is more likely to become disenchanted with marriage if she feels useless how that her maternal responsibilities have lessened or are over or if she feels that her husband is more concerned about her work than about his home and family. Thus in case of both men and women during middle age, disenchantment with marriage is due to conditions within the family than to the relationship between husband and wife.

When in middle age, parental responsibilities come to ending, the husband & wife once again become dependent upon each other for companionship whether they will adjust successfully to this changed pattern of family relationship is greatly influenced by how well adjusted they were when parental roles took precedence over husband wife only when the husband and wife can establish a close relationship similar to the one they had during the early years of marriage, middle age people must adjust to a pair centered relationship after having adjustment to a family centered relationship during the years when parenthood dominated their lives.

Establishing such a relationship is often difficult and even more important. It may take time as husband and wife adjust to their new roles, marital satisfaction, it has been found, reaches a low point when children are leaving home and radical role changes must be made as those role changes are made marital satisfaction increases.

There are many adjustment problems in marriage, but men and women make this adjustment successfully and are happier in their marriage one couple can be happy in any situation but for other, it is hazardous transition. Many of

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these unfavorable attitudes have been developing over years and by middle age they are often to deep rooted that they are impossible to eradicate.

### V. CONCLUSION

The simple day to day adjustment between dual career couples need to be attended to for most couples, dual career family patterns offers and interesting situation in which men and women performance of various roles could be studied to extant that both men and women in dual career families are involved in parallel task of gainful employment together with home making and child care. They experience various pros and cons of being dual career couples. The aim of present research was to study “Marital adjustment among dual career couples in relation to age and length of marriage.”

The findings of the study provide ample support to most of hypotheses and pertinent theoretical models. Some of the findings of earlier studies have also been substantiated by the present data. The present investigation is one of the few which specifically focuses on marital adjustment.

Observed findings indicated no significant difference on marital adjustment of dual career couples in relation to age. It meant there was no effect of age on marital adjustment the reasons behind require more in depth research of dual career couples and there adjustment values.

The changing role of women and implication it has on family and ultimately on their marital adjustment. Only since the rise of dual career concept however society has become aware of a new class of determining aspect of work defined by their target psychological effects and in some cases by their psychological and sociological repercussion so special emphases should be on improving the marital adjustment set in such a way that it is beneficial for over all role of dual career couples. “One should remember that one can always get another job but one cannot really get another family.”

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