

# Marital Adjustment among Married Women in Salem District of Tamil Nadu – A Sociological Analysis

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## Abstract

*The marriage is a universal institution which unites the male and female under one roof. This institution of the marriage is also responsible for the formation of another social institution i.e. the family. Therefore the institution of the marriage is considered as the prime and first social institution among other social institutions. The institution of marriage is also regulating the sexual behaviour of the married couple. During the present days, the literacy rate of female is increasing and due to that their economic participation outside the family is also increasing. The census data of 2011 reveals that 59.3 per cent of the rural women engaged themselves as self-employed and 5.6 per cent of urban women engaged themselves in the salaried jobs. The women who engaged themselves in any job either self or salaried before marriage they won't face any problems but after marriage they face lot of problems because they have to look after their household tasks and also their career. The effective participation of the married women in their career depends on the adjustment of their husband and in-laws. The present study aims to understand the amount of marital adjustment of married women in Salem District of Tamil Nadu. For the purpose of the present study 50 married women have been selected by using purposive sampling method and their responses have been recorded with the help of interview schedule. The results show that the married women are enjoying less amount of marital adjustment.*

**Keywords: Married Women, Dual Career and Marital Adjustment.**

## Introduction

Women in the modern society have created their own space through education and employment. They are also having equal mental capabilities and physical abilities on par with their counterpart of men. In the traditional and medieval societies, the contributions of the women for the family were not recognized. But in the modern society their participation towards society as well as family has been recognized very much than during the earlier period. The literacy level of the women have been increased over the years and because of their education level their participation in the economic related activities both inside the home as well as outside the home have been increased.

As per the 2011 census, 65.46 per cent of the females in India were literate and the female work participation rate was 25.51 per cent. When we speak about these figures with regard to rural and urban as well as regular salaried and self-employed, 59.3 per cent of the rural women and 42.8 per cent of the urban women were self-employed. With regard to regular salaried women in rural India it worked out to 5.6 per cent whereas in urban India it worked out to 42.8 per cent (Census of India, 2011).

When the working women get married, the continuation of employment after marriage is totally depend on the decision of the women, husband and in-laws and such a woman is called as dual role woman. It means that the woman has to do the household work on the one hand and the same woman also has to look after the career. The success of the dual role of the woman depends of the husband as well as the support extended by the in-law. The married woman who look after the household as well as the career they urgently need the marital adjustment from both husband as well as in-laws. Dave (2015) conducted a study among the married working women about marital adjustments and results indicated that there is significant marital adjustment between women based on their employment. Renu Pal (2017) found that the working women face more difference in face marital adjustment than non-working women. Hashmi et al. (2007) mentioned that the marital adjustment has been related to personality, job and home stresses, mental illness, depression, education, sex role attitude, happiness and success in life. Sheema Aleem et al. (2008) revealed that there is no significant difference in marital satisfaction among the dual career women and single career women. Sendil and Korkut (2008), Hortacsu (2007) have identified that the factors such as education level, economic status, marriage pattern, family structure, marital conflict and number of children affect marital adjustment. Basharpoor and Sheykholeslami (2015) conducted a study in Iran showed that determinants of marital adjustment such as problem solving, communication and family roles significantly influenced the women's quality of life. Lawrence et al. (2001) conducted a study on domestic violence and the way violence affected the quality of marriage demonstrated that men were more aggressive than were women, and that aggression markedly increased marital instability and incompatibility in marriage. Fatima (2014) stated that marital adjustment of women living in rural areas were weaker than that of those living in urban areas and that those whose length of marriage was less than 10 or who had socioeconomic level had better marital adjustment. In another study conducted with working and non-working women in India (Gupta and Nafis, 2014) and which revealed that the marital adjustment score

was 44.25 for the working women and 52.05 for the non-working women, which suggests that non-working women's marital adjustment was better than that of the working women. In a study conducted with people who had late (over 35-years-old) or early (under 20-years-old) marriages in Pakistan, marital adjustment of individuals who married late was better than that of individuals married early (Arshad et al., 2014). Nathawat and Mathur (2003) found that in respect of marital adjustment, working women reported significantly better marital adjustment and subjective wellbeing than housewives; they also scored higher than housewives in general health, life satisfaction and self-esteem measures. Goel and Narang (2012) studied marital adjustment, mental health and frustration reactions in males and females of middle age, and founded that females showed high level of recreational adjustment as compared to males but males were having better group oriented attitude than females. Siji Mary Koshy (2013) had conducted a study on "marital adjustment among the working women in industry". The findings of this study show that nearly half (52%) percent of the respondents had low level of sexual adjustment and less than half percent (48%) of them had high level of emotional adjustment. Marital adjustment is a process which is created during couples' life because it is necessary for taste conformity, person's traits recognition, behavioral rules creation and relational models formation. Thus, marital adjustment is an evolutionary process between the couple (Aminjafari et al., 2012). Hind Beegam et al. (2017) demonstrated that single working couples have better marital adjustment than dual working couples. Findings also shows significant mean difference between marital adjustment scores of single and dual working couples. Marital satisfaction is also one of the most important indicators of life satisfaction and family performance (Tavakol et al., 2017). Farah Haris and Aneesh Kumar P (2018) revealed that the interpersonal communication skills are necessary for making good relationship bond between the partners. The reviews which are mentioned in the above paragraphs have been discussed various dimensions of the marital adjustment and also identified what are the factors influencing the marital adjustment. The present paper is an attempt to study the extent

of marital adjustment among the married women in Omalur Taluk of Salem District in Tamil Nadu.

### Materials and Methods

In order to fulfil the research objective, the present study was conducted in the Kottagoundanpatty Panchayat of Omalur Taluk in Salem District and 50 working married women were selected for the purpose of the study by purposive sampling method. The required data for the present study were obtained from the respondents with the help of the interview schedule and tool consist of personal profile of the respondents, particulars of their husband, statements regarding marital adjustment. There were seven statements used to measure the level of marital adjustment of the respondents. These seven statements were including about the support received from their husband and his family members. In Indian social setting, after marriage the female must lead her life along with husband and whatever things she enjoyed before marriage and those things have been largely decided by the whims and fancies of the husband and his family members after marriage. The statement of the marital adjustment have been recorded in the five point scale 'strongly agree', 'agree', 'neutral', 'disagree' and 'strongly disagree'. These five point scale also have been assigned the score as follows: five for strongly agree, four for agree, three for neutral, two for disagree and one for 'strongly disagree'. The collected data have been analysed with the help of the simple frequency table with percentile score.

### Results and Discussion

Out of the total 50 respondents, 44 per cent of the respondents are in the age group of 24-27 years, 32 per cent of the respondents are in the age group of 27-32 years and remaining 24 per cent of the respondents are in the age group of 21-24 years. The mean age of the respondents works out to 27.59 years with a standard deviation of 3.71. With regard to education of the respondents, 36 per cent of the respondents are completed their schooling up to 6th -10th standard, 40 per cent of the respondents are completed their higher secondary and 24 per cent of the respondents are completed their under graduation. The mean years of schooling works out

to 10.83 with a standard deviation of 3.39. As far as the occupation of the respondents is concerned 36 per cent of the respondents are coolie workers other than agriculture like construction etc., 40 per cent of the respondents are the farmers and 24 per cent of the respondents are going for the private jobs.

While considering the respondents' monthly income, 36 per cent of the respondents mentioned that their monthly income is between Rs.5000/- and Rs.9000/-, 40 per cent of the respondents stated that their monthly income is between Rs.9000/- and -14000/- and 24 per cent of the respondents revealed that their monthly income is between Rs.14000 and Rs.20000/-. The mean monthly income of the respondents works out to Rs.11,734.68/- with a standard deviation of Rs.2,287.36/-. As far as the education of the respondents' husband is concerned, 28 per cent of the respondents are completed their schooling up to 6th -10th standard, 46 per cent of the respondents are completed their higher secondary and 26 per cent of the respondents are completed their under graduation. The mean years of schooling works out to 12.53 years with a standard deviation of 2.43. While considering the respondents' husband occupation is concerned, 46 per cent of the respondents' husband is working in the private concerns, 30 per cent of the respondents' husband occupation is government job and 24 per cent of the respondents' husband occupation is coolie. With regard to respondents' husband income is concerned, 46 per cent of the respondents' husband income is between Rs.25000/- and Rs.35000/-, 30 per cent of the respondents' husband income is between Rs.35000/- and Rs.58000 and 24 per cent of the respondents' husband income is between Rs.5000 and Rs.25000.

While considering respondents' family type, 64 per cent of the respondents are living in the nuclear family, 28 per cent of the respondents are living in the joint family and remaining 8 per cent of the respondents are living in the extend family. With regard to type of house of the respondents is concerned, 80 per cent of the respondents are living in the concrete house, 16 per cent of the respondents are living in the hut house and remaining 4 per cent of the respondents are living in the flats. While considering the family size of the respondent is considered, 48

per cent of the respondents' family size is up to 3 members, 30 per cent of the respondents' family size is between 4 and 5 members and remaining 22 per cent of the respondents' family size is between 5 and 7 members.

The results presented in the Table No. 1 shows that perception of the respondents about marital adjustment in their family. For the specific statement 'I'm getting support from husband's family member

in all occasion', 40 per cent of the respondents strongly agreed the statement, 20 per cent of the respondents agreed, 18 per cent of the respondents disagreed and remaining 22 per cent of the respondents disagreed the statement. For this statement, 40 per cent of the respondents replied negatively. It means that 40 per cent of the respondents are not able to get support from their husband's family in all occasion.

**Table 1 Respondents' Responses on Marital Adjustment**

Statements	Strongly Agree %	Agree %	Neutral %	Disagree %	Strongly Disagree %	Total %
I'm getting support from my husband's family members in all occasion	20 (40)	10 (20)	0 (0)	9 (18)	11 (22)	50 (100)
I feel free and comfort with my husband's family members	12 (24)	8 (16)	8 (16)	10 (20)	12 (24)	50 (100)
In every situation I have a rights to take my own decision	3 (6)	7 (14)	10 (20)	5 (10)	25 (50)	50 (100)
I have major role in house hold tasks	30 (60)	4 (8)	0 (0)	4 (8)	12 (24)	50 (100)
While discussing about some family issues, I have major role to involve and convey my words	5 (10)	12 (24)	3 (6)	15 (30)	15 (30)	50 (100)
There is a good relationship between my family members and spouse family members.	7 (14)	11 (22)	0 (0)	14 (28)	18 (36)	50 (100)
As a working woman, I'm getting huge support from my husband's family members in house hold works.	6 (12)	5 (10)	17 (34)	8 (16)	14 (28)	50 (100)

With regard of the statement 'I feel free and comfort with my husband's family members' 24 per cent of the respondents strongly agreed, 16 per cent agreed, another 16 per cent took neutral stand, 20 per cent disagreed and remaining 24 per cent strongly disagreed with the statement. For this statement more than two-fifth of the respondents (44 %) negatively responded and it means that 44 per cent of the respondents in the present study are not able to feel free and comfort with their husband's family members. As far as the statement 'In every situation I have a rights to take my own decision', half of the respondents (50 %) stated that they are unable to make their own choices, 10 per cent disagreed,

20 per cent expressed neutral opinion, 14 per cent agreed and remaining 6 per cent strongly agreed the statement. For this specific statement, three-fifth of the respondents mentioned that they never get an opportunity to take their decision in every situation. While considering the statement 'I have major role in household tasks', three-fifth of the respondents (60 per cent) strongly agreed, 8 per cent agreed another 8 per cent disagreed and remaining 24 per cent strongly disagreed the statement. For this statement, nearly one-third of the respondents (32 %) negatively responded and it means that these much percentage of the respondents never think that they have major role in their household tasks.

With regards to the statement ‘‘When discussing various family difficulties, the respondents have a key role to play in involving and conveying their comments’, 30 per cent of the respondents strongly disagreed and another 30 per cent of the respondents disagreed, 24 per cent agreed and remaining 10 per cent strongly disagreed the statement. For this statement, three-fifth of the respondents (60 %) mentioned that they never play any role either to involve or to convey their comments for overcoming the difficulties of the family. While considering the statement ‘there is a good relationship between the respondents family members and spouse family members’, more than one third of the respondents (36 %) stated that the two families do not have a good relationship, 28 per cent disagreed, 22 per cent agreed and remaining 14 per cent strongly agreed the statement. For this statement, 64 per cent of the respondents replied that there is no cordial relationship prevailing between their family members and the husband’s family members. As far as the statement ‘As a working woman I’m getting huge support from the husband’s family members in household works’, 34 per cent of the respondents took neutral stand, 28 per cent strongly disagreed, 16 per cent disagreed, 12 per cent strongly agreed and remaining 10 per cent of respondents agreed the statement. For this statement more than two-fifth of the respondents (44 %) responded negatively and it means that they are not getting huge support from their husband’s family in household works.

### Conclusion

The aim of the present paper is to understand the marital adjustment of the married women in Kottagoundanpaty Panchayat of Omalur Taluk in Salem District of Tamil Nadu. For this purpose fifty respondents were selected by using purposive sampling method and their responses were recorded with seven statements with five point scale. The results of the present study reveal that 40 per cent of the respondents negatively replied that they are not getting support from their husband’s family in all occasion, 44 per cent of the respondents never feel free and comfort with their husband’s family, 60 per cent of the respondents negatively responded that they don’t have rights to take on their decision, 32 per cent

of the respondents negatively replied that they don’t play major role in household tasks, 60 per cent of the respondents responded negatively that they don’t have major role to involve and convey their words, 64 per cent of the respondents negatively replied that there was no good relationship between their family members and the spouse family members and 44 per cent of the respondents don’t able to get support from the spouse family for the household works. Along with negative opinion of the respondents for the seven statements of the marital adjustment and considerable per cent of the respondents also took neutral stand for these seven statements. The results show that more than half of the respondents do not have marital adjustment. Since the study area is rural based one therefore the patriarchal mentality may still prevailed that mentality in turn may forces the respondents’ spouse family to be have like this. The respondents are working not only betterment of their own but for the betterment of the entire family. These respondents are doing both the household works as well as doing assigned work in the working spot too. The respondents’ spouse as well as respondents’ in-laws must try to understand the sacrifice of the respondents and such understanding enable them to provide better home environment to the respondents and such environment enable the respondents to have better martial adjustment.

### Limitations

The present study is conducted in Kottagoundanpatti of Omalur Taluk in Salem district. The respondents are also 50 and in order to generalize the results of the present study then it requires more number of respondents and that should be representing larger geographical area.

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