

A Study Of Marital Adjustment Among Working And Non-Working Women Of Sicha Town

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INTRODUCTION

Marriage is an important relationship between a man and a woman. It involves emotional support for each other as well as legal commitment. Education and employment of Indian women has got significant implications not only for their own lives but for all the lives and relations linked with them. A working woman has to perform two roles. Firstly, a mother and housewife, and secondly of an employee. Both the roles demand on her time and energy. Her employment not only affects her entire personality but also her family relationship and is also liable to face crisis of adjustment which can result in depression. The present study is aimed at exploring the relationship between marital adjustment, stress and depression between working and non-working women.

RATIONALE OF THE STUDY

The working women, especially married ones, have the dual responsibility of looking after their home, husband and children on one hand and their job on the other. A working woman's role expectations lead to overstrains to manage both home and work spheres. Working women at present are more prone to marital adjustment problems because they have to work in two environments, one is the work environment and the other is home environment. The present study is an attempt to investigate marital adjustment among working women.

Objective

The objective of this study is

1. To find out the marital adjustment among working and nonworking women of Silchar town
2. And to compare marital adjustments among working and nonworking women.

METHODOLOGY

The present study titled "A study of Marital Adjustment among Working and Non-Working Women of Sicha town" was conducted on a simple comparison of marital adjustment between working and nonworking women of Silchar town.

Sample

100 married women (50 working and 50 nonworking) were taken for this research from Silchar town. The random samples were collected from 50 nonworking married women and 50 working married women in the age group 25 to 40 years. Working women were taken among doctors, engineers, bankers, lecturers.

Inclusion criteria

The working and nonworking married women in the age group of 25 to 40 years were included in the study

Exclusion criteria

Working and nonworking married women in the age group of 25 to 40 years having history of depression or any other mood or behavioral disorder before marriage were excluded from the study.

Research design

The present study was a cross-sectional study to assess the marital adjustment of working and nonworking women of Silchar town.

Tools

The marital adjustment of working and non-working women was analysed using the marital adjustment questionnaire developed by Kumar and Rohatgi. The questionnaire, developed by Kumar and Rohatgi (1985) is meant for studying the marital adjustment of married people. It consists of 25, highly sensitive, 'yes-no' type of questions.

Data analysis

Data was analysed using Student's t-test

RESULT AND OBSERVATION

Table 1 Showing Mean Of Marital Adjustment Among Working And NonWorking Women

variables	N	MEAN
Working Women	50	21.26
NonWorking Women	50	17.14

Table 2 Showing Comparison Of Marital Adjustment Between Working And NonWorking Women

variables	Working Women	NonWorking Women	P value
	Mean	Mean	
Marital adjustment	21.26	17.14	<0.05

Student's 't' test was used to know significance of the mean difference of the level of marital adjustment between married working and nonworking women.

DISCUSSION

The study indicates that working married women have to do more adjustments in their lives as compared to non-working married women. Working women in addition of their job responsibilities also have to take care of the children, husband, and in-laws and perform other domestic duties. So, it is clearly revealed from Table-2 which shows significant 'p' value. The result revealed that working women face more marital adjustment problems in comparison to nonworking women

CONCLUSION

There were significant differences in marital adjustment among Working and non-working woman. The result revealed that working women face more marital adjustment problems in comparison to nonworking women.

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CONFLICT OF INTEREST - Nil

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