

Marital Adjustment and Stress amongst Married Females

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Abstract: Stress really effects on the couples. Stressful life events may play a more important role in marital adjustment and chronic stress leads to divorce marital discord etc. This study seeks to first out the correlation between marital adjustment and stress of married females. 60 married women are participated in this research. Results reveal significant differences which indicate that higher level of marital adjustment may decrease the level of stress in married adjustment increases adjustment to mate, sexual, financial adjustment etc. Findings also indicate that negative life events, marital distress and instability effects physical & emotional wellbeing of spouses. Cooperative and companionable marriages are predictive of better marital adjustment in females.

Introduction

Marital adjustment

Landis writes, " Marriage and family are not optimal; they are necessary. They meet man's deepest needs." Marriage provides a person an opportunity for a secure and protected satisfaction of his for companionship, affection and sexual expression. It involves the most intimate type of emotional relationship between two individuals. Many

marriages suffer because the two partners fail to develop a relationship which is characterized by mutual acceptance, trust, care, concern, love, admiration, and sharing of role responsibilities.

The success in marriage is said to depend partly on finding the right person. Two persons suited to each other does not guarantee that they will make a successful marriage. They must learn to live together to share, accommodate, compromise, adjust and plan together. One is required to develop a proper attitude, skill and temperament to be successful in marriage. Such rightly says that being the right person is more a matter of becoming the right person. This implies considerable change in their personalities, they bring with them at the time of marriage in short, a good marriage does not simply happen, it has to be worked out.

The term marital adjustment refers to the adjustment which every individual comes across after his marriage. There are several problems which people come across in their marital life like adjustment to mate, sexual adjustment, emotional adjustment, in-law adjustment etc. Some of these are as follow;

Adjustment to a mate: The first major adjustment problem in marriage is adjustment as in friendship and business relationships. The more experience in interpersonal relationship both man and the woman have had in the past, the greater their willingness to cooperate with others the better they will be able to adjust to each other in marriage. Far more important to good marital adjustment is the ability of husband and wife to relate emotionally to each other and to give and receive love. A husband and wife who have the habit of not expressing

affection will have difficulty establishing a warm and close relationship because each interprets the other's behavior as an indication of "not caring"

Sexual adjustment: The second major adjustment problem in marriage is sexual adjustment. This is unquestionably one of the most difficult adjustments to marriage, and it is the one most likely to lead a marital discord and unhappiness if it is not satisfactory achieved.

Financial adjustment: The third major adjustment problem in marriage is financial. Money or lack of it has a profound influence on adult adjustments to marriage. Many men also find financial adjustments very difficult, particularly if the wife worked after they were married and then must stop with the arrival of the first child. Not only is their total income reduced, but the husband to share the workload. Second, if a husband is unable to provide his wife and family with the marital possession they want they may feel resentful of him and a frictional attitude develops.

In law adjustments: The fourth major adjustment problem in marriage is to the in laws. With marriage every adult acquires a whole new set of relatives, the in laws. Both husbands and wives must learn to adjust to their in law if they are to avoid frictional relationship with their spouses .When married couple is young and inexperienced for the in laws to try to exert some control over their support. By contrast, the couples is older ,more experienced and better established financially in law interference with their lives is between persons of the same religions, if the in-laws have similar pattern of social activities and if husband and wife accept each other's family as their own.

Stress

Stress is simply a fact of nature-forces from inside or outside world affecting their individual. The individual responds to stress in ways that affect the individual as well as their environment. Because of the over abundance of stress in our modern lives, we usually think of stress as a negative experience, but from a biological point of view, stress can be a neutral, negative, or positive experience.

In general, stress is related to both external and internal factors. External factors include the physical environment, including yours job, your relationship with others, yours home ,and all the situations ,challenges, difficulties and expectations you're confronted with on a daily basis. Internal factors determine your body's ability to respond to, and deal with the external stress include your nutritional status, overall health and fitness levels, emotional will being and the amount of sleep and rest you get.

Stress include psychological stress like major life events such as being raped, death of a close friend, death of a spouse ,two exam in one day ,finals week, talking in front of a class, financial difficulties etc. Daily hassles and environmental stress. The major form of stress is marital stress. Marital stress includes marital adjustment for a newly married girl. It is worst form of stress for her. So we can say that there are many causes for stress like daily hassles, marital adjustment and psychological stress.

Marital adjustment and stress

The main cause of stress is marital adjustment. Marital adjustment refers to the adjustment which every individual comes across after his or marriage. There are several problems which people come across their marital life like adjustment to mate, sexual adjustment, emotional adjustment, in-law adjustment etc. Both boy and a girl face all these type of difficulties but a girl after marriage faces more stress. The first major stress in marriage is a worst form of stress. The first major stress in marriage is adjustment to mate. A husband and wife who have the habit of not expressing affection will have the habit of not expressing a warm and close relationship because each interprets the other's behavior as an indication of "not caring" the second major stress in marriage is sexual adjustment. It is one of the most difficult adjustment in marriage and it is the one most likely to lead a marital discord and unhappiness if it is not satisfactorily achieved. Financial adjustment very difficult particularly if the wife worked after they were married and then must stop with the arrival of the first child. The fourth major stress in marriage is to in-laws. With marriage, every adult acquires a whole new set of relatives, the in laws. Both husbands and wives must learn to adjust to their in-laws if they are to avoid frictional relationship with their spouses. In-laws stress is also eased of the marriage between persons of the same religions, If the in-laws have similar pattern of social activities and if husband and wife accept each other's family as their own. So, marital stress basically includes marital adjustment.

Problem: To find out the correlation between marital adjustment and stress of married females.

Objectives:

- 1.To find out the level of stress in married females.
2. To explore the nature of correlation between marital adjustment and stress amongst married females.

Hypothesis: There would be positive correlation between high marital adjustment and low level of stress.

Design and methodology

Design: A co-relational design was applied to find out the association between marital adjustment and stress amongst married women.

Sample: A purposive sample of 60 married women with age ranging from 25 to 40 year, were selected on the basis of availability.

Tools: **Marital adjustment** questionnaire was prepared by Dr. Pramod kumar and kumari kanchana Rohtagi has been used extensively in research. The marital adjustment questionnaire consists of 25 statements that evaluate the marital adjustment of the respondents. There are two alternatives for each statements-Yes or No. The subjects has to tick mark any one of them. There is no time limit.

Stress appraisal measures (SAM) was prepared by Peacock and Wong. This test consists of 28 statements and this scale measure stress on five points that is not at all slightly moderately considerably and extremely. There is no time limit.

Procedure: The subjects were administered the above two tools after establishing rapport with them and after making acquaintance with the tools and the purpose of study was also explained to them. The inventories were administered one by one after giving proper instructions to them. Then the scoring was done according to the manual and the scores tabulated and were subjected to statistical analysis by calculating correlation.

Result and Discussion:

The present study was undertaken to find out the correlation between marital adjustment and level of stress amongst married females.

Table 1:- Showing the correlation value of marital adjustment and stress amongst married females;

Variables	Pearson correlation(r)
Marital Adjustment	.961**
Stress	

**P>0.01, N=60

The main aim of the present study was to find out the correlation between marital adjustment and stress with the help of marital adjustment questionnaire by Dr. Pramod kumar & Dr. kanchana Rohatgi and stress appraisal measures by Peacock and Wong. It was found that the correlation value of marital adjustment and stress was found to be .961** which shows positive correlation and was significant at 0.01 level which was indicated that highest level of marital adjustment may

decrease the level of stress in married women and the hypotheses has been proved. Over all it can be concluded that the highest level of marital adjustment in females may decreases the level of stress which may increase the marital adjustment such as adjustment to mate, sexual adjustment, financial adjustment and in laws adjustment etc.

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