



MARITAL CONFLICT: A STUDY ON COUPLES IN THE TEACHING PROFESSION OF BELLARY DISTRICT



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ABSTRACT

Marriage has been and continues to be an important social institution in India even in a time of changing social mores and values .Marriages in India are not limited to the bond between the couple, but are perceived as a relationship between two families which are brought together socially (Aura, 2008). However, many factors have influenced the socio-cultural aspects of India, thus influencing its very nature, structure, functions and also the dyadic relationship of husband and wife too. Spread of education, Globalisation have not only led to greater employment opportunities, but changed the functioning of the family and also the traditional patriarchal notions. With the rise in the number of dual- career families, the adjustment and marital relationship are major challenges in most of the families. Couple today because of the changing scenarios suffer from severe maladjustment at home thus resulting in conflict. The present study intends to find out the variables that affect the marital adjustment among the couple and bring out conflict. The study was carried out on a purposive sample of 100 primary teachers working in different private and government institutes. Marital adjustment question and conflicts and stability scale developed by the investigator was administered on the respondents under study. Results reveal that amongst all the factors monetary issues, inter-personal issues, sexual factor, the role of the in-laws and parents were crucial determinants that brought out differences among the couples resulting in conflicts.

KEYWORDS: Marital adjustment, Marriage, Conflicts and stability, primary schools teachers.

INTRODUCTION :

Societies in order to survive and exist must maintain law and order, produce goods and services and for this to happen it must reproduce its new members, socialize them, and give them a sense of purpose. All such functions are performed through some institutions like family, school, state, church and business enterprises. The term institution is used for any social structure instituted for the welfare of others. It is governed by certain values, rules, regulations, laws, customs and traditions. It is well organised in its structure and functioning.

Institutions are the sanctioned rules and procedures to control the activities of social structures .Man is a social animal hence enjoys the company of his fellow being human beings and at the same time competes and want o gain power on his neighbour. To enjoy the various fruits of life, it was essential to

regulate the behaviour of group members for which he has developed various institutions .One such social institution that regulated man's behaviour was marriage.

The evolution of concept of marriage is a difficult thing to trace because birth of man is the birth of marriage. Marriage is a practice that seems to be as old as the human civilization itself .Marriage and family are closely associated with the being of each other.

MARRIAGE AS A SOCIETAL INSTITUTION

The term institution refer to a custom, practice, or behaviour pattern of importance in the life of a community or culture .Marriage has, despite demographic and political shifts, significant value for the individual, families and the society (Nock, 2005). When looking at marriage as an institution, as opposed to a free-standing concept, marriage represents socially sanctioned behaviour. Marriage embraces traditionally virtuous, legal and predictable assumptions concerning what is moral and what is proper (Nock, 2005). Through marriage an individual is transformed; they are perceived and treated differently by society and even enjoy rights / privileges unmarried individuals do not. Married couples are perceived as more mature, stable, committed and responsible. This means that regardless of an individual's opinion or value of his / her marriage, there are broader implications – society's connotation.

DEFINITIONS

Marriage is one of the deepest and most complex web of human relations .It is the most essential part of society and social system as well.

Radha Krishnan (1956) writes, 'marriage is not a mere convention but an implicit condition of human society'. It is an adjustment between biological purpose of nature and the sociological purposes of man'.

In the Dictionary of Sociology, Duncan Mitchell (1978) defines marriage as, "socially sanctioned sex relationship involving two or more people of the opposite sex, whose relation is expected to endure beyond time required for gestation and the birth of children.

Marriage has been more recently defined as a legally binding contract between a woman and a man that conveys certain rights and privileges including sexual exclusivity, legitimating of any children born of the union, and economic responsibilities. The institution of marriage is one of human being's most ancient enterprises, and it is the society's greatest master piece. It is not only the union of the two individuals, man and woman, but also of two kinship groups.

Marriage forms a social setting, and acts as the element which holds society together as a cultural, and not merely a biological community.

Marriage exists in every human society. No culture is known without its existence in some form. Based on biological urges although the primary purpose of marriage is procreation, the institution of marriage was, in fact created for the preservation of human society serving its many functions.

MARITAL CONFLICT

Marriage is a union of two families. Though it is a union of two personalities, both the personalities come from different families. They came together with different attitude, opinion and conflict over various problems in their marred life. There can hardly be two persons having same opinions and attitudes. And when this two people are a man and a woman getting married and start living under one roof they will have to get adjustment to each other despite varied differences and perspectives else conflicts are bound to happen regardless of the degree of love . Conflict in marriage is inevitable, whenever two people get together eventually some of the belief system and personal habits of one will annoy the other,. In healthy relationships couples lent to accept and resolve conflict. But in case of unhealthy relationship marital conflicts arise due to several reasons. When there is conflict between role performance and role expectation of the spouses it leads to maladjustment of husband – wife relationships and to marital disruptions

In marriage the concept of adjustment is fundamental. Two individuals must adjust to each other, to the marital situation in both inter-personal, and to social conditions in general. Marriage is a process and not a constant marital adjustment; it is dynamic rather than static. It does not mean one person adjusting to another as if the other person were a fixed point and both were seeking to reach a dead level of changeless equilibrium. Being dynamic, it implies a developing mutual relationship in which sources for satisfaction are more and more fully drawn upon.

Preparation for marriage is of necessity generalized. In marriage, adjustment becomes particularized through knowledge, love discovery, effort and ingenuity.

REVIEW OF LITERATURE

One of the most indispensable part of the research project is receiving the literature. This implies synthesizing and going into the work of researchers who have already done in the field over a period of time and this also helps the investigator in many ways like knowing quantum of works done in the field and knowing how to tackle his own problem. It is not unusual for intimate relationships to have conflicts. In general, conflict in a relationship consists of negative behaviour and interactions that cause strain in the quality of the relationship. Specifically, marital conflict refers to covert/overt interaction between spouses that is identified by the spouses as disagreement or a source of difficulty in the relationship. Couples may complain about sources of conflict ranging from verbal and physical abuse to personal characteristics and behaviour (Fincham, 2003). It is important that the role of marital conflict is recognized in the life of the couples due to its influences on the relationship and its association with other aspects of the marriage.

Issues of conflict in marital relationships have caught the attention of scholars in psychology and communication studies and marital therapists. Studies have focused not only on potential factors that cause conflict (Amato & Rogers, 1997; Rosen-Grandon, Myers & Hattie, 2004), but also on conflict structures and resolution styles (Fincham & Beach, 1999; Gottman, 1994). The influences of stressors in marital relationships such as patterns of communication, skewed division of labour and poor parenting can become more consequential in explaining conflict behaviours and lead to low levels of marital satisfaction (Cohan & Bradbury, 1997; Repetti, 1989).

Some studies on work and its effects on family revealed highly significant relationship between marital adjustment, depression and stress. **Ms. Hina Ahmed Hashmi, Ms. Maryam Khurshid and Dr. Ishtiaq Hassan, (2007)** found out that that working married women have to face more problems in their married life as compared to non-working married women and that non-working married women could perform well in their married life and they are free from depression as compared to educated working women.

N. Krishna Reddy, M. N. Vranda, Atiq Ahmed, B. P. Nirmala, and B. Siddaramu (2010) research which aimed at exploring the factors which lead to work family balance among married women employees working in different settings found that work life conflict was found to be more among the women having the eldest child between 6 and 10 years.

Their study concluded that Dual role demands and expectation from working women by husbands was significantly related to high work family conflict among the working women.

Rashitrasant Tukadoji(2014) in his study aimed at finding out marital adjustment problems faced by non-working married women and working married women of Jammu and Kashmir city. For this sample size of 100 women (50 working married women and 50 non-working married women respectively were selected. Dr Parmod Kumar and Kanchan Rohatagiwa's "Marital Adjustment Inventory was used for data collection. The findings revealed that working married women faces marital adjustment problem in a greater degree to that of non-working married women, and this was because working married women due to added dual responsibilities of job may suffer from more maladjustment at home and the office.

Marriage is an intimate relationship between a man and a woman, if real love and understanding exist between two people difficulties and problems are overcome. Such a union cannot be shattered by temporary problems. Where the husband-wife relationship itself is not very deep,

problems are magnified and may disintegrate ending in ultimate rupture. The only way to prevent divorce is to encourage a young couple to understand each other and communicate freely so that tensions do not pent up and create irrevocable situations. **Ramachandrappa,s research (2012)** which dealt in finding out causes and consequences of divorce in Bangalore City revealed that the real reason for maladjustment and divorce in many cases is lack of understanding and communication between the spouses.

Joyce Olufunke Ogunsanmi,(2014) In his study investigated the influence of hours and years in employment on marital adjustment among married employed women of Ekiti state, South West, Nigeria. Results of the study revealed that there was a significant difference in marital adjustment of the employed women with different number of hours per day. But there was no significant difference in marital adjustment of the women based on the number of years spent in employment. Further it also threw light that in relation to hours in employment, there were significant differences in companionship and agreement on basic values of life. Also, there were no significant differences in affectionate intimacy and accommodation of the spouses based on hours spent in employment per day. Companionship had a significant result while affectionate intimacy, agreement on basic values or life and accommodation had no significant result based on the number of years in employment.

Based upon a review of available published literature and extensive, in-depth interviews and brief discussions with a small sample of married Indian couples, it is observed that marital adjustment in various cultures is greatly influenced by the position of women in that socio-cultural set up and that western society is dominated by the concept of individualism while the eastern society is more family oriented.

STATEMENT OF THE PROBLEM

The marital relation in India is often understood as an ideal homogeneous unit with strong coping mechanisms. However, it is important to recognize that there may be inherent problems within the family. Family is also the source of inequality, exploitation and violence in addition to its idealistic picture of a source of nurturance, emotional bonding and support. But industrialization, together with technological development has brought several new challenges to the family. Since marital relations between the husband and wife and other relatives are a major source of personality development. When the marital disharmony or marital conflicts are present in the family it affects the whole family atmosphere, thus there is an urgent necessity to study and frame policies for stable and happy family.

OBJECTIVES

This study was orchestrated with two main aims in mind. Firstly, to study the socio-economic background of the respondents .Secondly, to find which variables affect marital adjustment of the couples the most and bring about conflict in their marriage .

SCOPE OF THE STUDY

The present study is an attempt to find out and understand the general trend to marital disharmony and to suggest ways to deal the problem. The study also aims to investigate the marital relationship between husband and wife and on the other hand the causes for the marital conflict.

LIMITATIONS OF THE STUDY

1. Due to shortage of time the information is collected from 100 respondents.
2. The study was limited only to the primary school teachers and their working spouses.
3. The study was confined only to Ballari District.

UNIVERSE OF THE STUDY

The universe of the present study is the primary school teachers and their working couples of Ballari District. This study explores on the families with one respondent working as a primary school teacher while their spouses shall be a working professional but necessarily not a teacher.

SAMPLE

The sample consisted of 100 couple (100 primary teachers and their working spouses) in Ballari District of Karnataka, who were randomly selected from different Government and Private Primary Schools. In all, 100 primary school couple respondents filled in the questionnaire. Each couple were given one questionnaire to fill. While most of the questionnaires were filled in the presence of an investigator, some of them were mailed by the respondents to the investigator.

RESEARCH TECHNIQUES AND TOOLS USED

The study employed descriptive survey method of research.

Source of Data: To elicit information from respondents, a structured interview schedule was prepared. This interview schedule was finalized after a pre-test, discussion with project guide and also keeping in view the objectives of the study. While few interviews were conducted at the respondents place using one questionnaire for the couple ,few others were collected as questionnaire and were posted to the investigator. The secondary data were collected through books, journals, articles, published and unpublished thesis, social work magazines, documents, and Internet etc.

Processing and Analysing Of Data

The Complete interview and questionnaire schedules were scrutinized, verified, edited and arranged serially. The data collected was fed in to the personal computer for processing and analyzing the data and to draw the conclusions

ANALYSIS AND INTERPRETATION**Table No. 1 Gender -wise Distribution of the Respondents**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Male	50	50.0	50.0	50.0
Valid Female	50	50.0	50.0	100.0
Total	100	100.0	100.0	

Table No. 2 Age-wise Distribution of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Between 20-29	30	30.0	30.0	30.0
Valid Between 30-39	34	34.0	34.0	64.0
Valid Between 40-49	28	28.0	28.0	92.0
Valid Above 50	8	8.0	8.0	100.0
Total	100	100.0	100.0	

Table No. 3 Religion-wise Distribution of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Hindu	70	70.0	70.0	70.0
Valid Christian	7	7.0	7.0	77.0
Valid Muslim	20	20.0	20.0	97.0
Valid Others	3	3.0	3.0	100.0
Total	100	100.0	100.0	

Table No. 4 Social Background of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Rural	30	30.0	30.0	30.0
Valid Urban	15	15.0	15.0	45.0
Valid Semi Urban	55	55.0	55.0	100.0
Total	100	100.0	100.0	

Table No. 5 Educational Qualification of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Degree	84	84.0	84.0	84.0
Post Graduation	16	16.0	16.0	100.0
Total	100	100.0	100.0	

Table No. 6 Years of Service of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid less than five years	35	35.0	35.0	35.0
between 5 to 10 Years	36	36.0	36.0	71.0
between 11 to 15 Years	17	17.0	17.0	88.0
between 15 to 20 years	12	12.0	12.0	100.0
Total	100	100.0	100.0	

Table No. 7 Status of workplace of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid government	37	37.0	37.0	37.0
Private	54	54.0	54.0	91.0
Aided	9	9.0	9.0	100.0
Total	100	100.0	100.0	

Table No. 8 Type of Family of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Joint family	39	39.0	39.0	39.0
Nuclear Family	61	61.0	61.0	100.0
Total	100	100.0	100.0	

The data and figures from Table 1 to 8 portray the socio-demographic profile of the primary schools teachers of Ballari district. Table 1 represents the gender wise distribution of the respondents. For the purpose of the study, equal numbers of men and women respondents were selected from different primary schools of Ballari District. Majority of the people lie in the 30-39 age-group and most of the respondents belonged to Hindu religion as can be seen in table 2 and 3. Regarding their social background majority of them were from semi-urban i.e. 55%, and 30% were from rural background – illustrated in table 4. Majority of the respondents 84% were graduates while 16% had their post – graduation degree. Table 6 represents the years of service of the respondents ,35% served less than five years while 36% reported of having service experience of 5-7 years,17% of them had a work experience of 11-15 years and only 12% of them had an long experience of 15-20 years. Table 7 ascertains that fact more number of the respondents belonged to private sector comprising of 54% while 37% of them belonged to government sector and 9% of them were from aided institutes.

Variables		Frequency	Percent	Valid Percent	Cumulative Percent
a. Lack of sharing of daily activities.	Valid	Often	23	23	23
		Sometimes	29	29	52
		Rarely	31	31	83
		Never	17	17	100
		Total	100	100	100
b. Suspicious behaviour of spouse	Valid	Sometimes	17	17	17
		Rarely	55	55	55
		Never	28	28	100
		Total	100	100	100
c. Customs of spouse	Valid	Sometimes	34	34	34
		Rarely	38	38	72
		Never	28	28	100
		Total	100	100	100
d. Tension of workload	Valid	Often	27	27	27
		Sometimes	26	26	53
		Rarely	19	19	72
		Never	28	28	100
		Total	100	100	100
e. Difference of opinion	Valid	Often	23	23	23
		Sometimes	25	25	48
		Rarely	30	30	78
		Never	22	22	100
		Total	100	100	100
f. Lack of communication	Valid	Often	43	43	43
		Sometimes	26	26	69
		Rarely	19	19	88
		Never	12	12	100
		Total	100	100	100
g. Lack of commitment	Valid	Often	22	22	22
		Sometimes	33	33	55
		Rarely	26	26	81
		Never	19	19	100
		Total	100	100	100
h. Age difference between us	Valid	Sometimes	28	28	28
		Rarely	37	37	65
		Never	35	35	100
		Total	100	100	100
i. Ego	Valid	Always	13	13	13
		Often	31	31	44
		Sometimes	24	24	68
		Rarely	18	18	86
		Never	14	14	100
		Total	100	100	100

j. Friends	Valid	Always	22	22	22	22
		Often	21	21	21	43
		Sometimes	23	23	23	66
		Rarely	18	18	18	84
		Never	16	16	16	100
		Total	100	100	100	
k. Physical abuse	Valid	Sometimes	35	35	35	35
		Rarely	30	30	30	65
		Never	35	35	35	100
		Total	100	100	100	
l. Mental abuse	Valid	Often	27	27	27	27
		Sometimes	28	28	28	55
		Rarely	25	25	25	80
		Never	20	20	20	100
		Total	100	100	100	
m. Hobbies / Habits	Valid	Often	16	16	16	16
		Sometimes	30	30	30	46
		Rarely	28	28	28	74
		Never	26	26	26	100
		Total	100	100	100	
n. Monetary issues	Valid	Always	18	18	18	18
		Often	18	18	18	36
		Sometimes	22	22	22	58
		Rarely	25	25	25	83
		Never	17	17	17	100
		Total	100	100	100	
o. Inter -personal relations	Valid	Always	18	18	18	18
		Often	24	24	24	42
		Sometimes	21	21	21	63
		Rarely	20	20	20	83
		Never	17	17	17	100
		Total	100	100	100	
p. Children	Valid	Often	22	22	22	22
		Sometimes	28	28	28	50
		Rarely	24	24	24	74
		Never	26	26	26	100
		Total	100	100	100	
q. Sexual issues	Valid	Often	26	26	26	26
		Sometimes	17	17	17	43
		Rarely	21	21	21	64
		Never	36	36	36	100
		Total	100	100	100	
r. In-laws	Valid	Always	20	20	20	20
		Often	28	28	28	48
		Sometimes	18	18	18	66

		Rarely	14	14	14	80
		Never	20	20	20	100
		Total	100	100	100	
s. Parents	Valid	Always	22	22	22	22
		Often	17	17	17	39
		Sometimes	22	22	22	61
		Rarely	17	17	17	78
		Never	22	22	22	100
		Total	100	100	100	

Table 2 represents the data regarding the conflicts and most importantly gives us the clear picture as to which significant variables affect the most the marital adjustment of the couple and bring about conflict in their marriage .When asked if lack of sharing of daily activities bring in any conflict in the couple 31% of them said rarely while 29% them said sometimes yes, and 23 % of then often that was the reason for the conflict and 17 % said never did it affected their relationship. Since both the couples were working and women had the dual responsibilities of working both at home and outside the home, they did expressed of dual responsibilities that sometimes make them feel burdened .The responsibilities of home, in-laws and children post long office work made them fatigue and tired and thus when the burden not shared with the spouse do bring in slight conflict in the couple. When asked if the suspicious behaviour of the spouse was the reason for their conflicts 17% said sometimes yes and 55% of them rarely and 28% said never. Further 34 % of the respondents feel that the differences in the customs and practises of their spouse family brought little conflicts while 38% of the teachers said very rarely and 28% of them said the customs of spouse never was the reason for their conflicts .The couple belonging to different religion and sub castes had this problem of different customs and practises being observed in their respective families which was either absent/ disliked by their spouses thus brought in conflict between the couple. Talking about the effect of nature of work on their relationship 27% opined that tension at workplace often affected their relationship and resulted in differences between them .This was found more among the female respondents . Majority of the female expressed that even after the school hours they carried the office work to home to check assignments, prepare lesson plans, projects, etc. and hence they had more stress of the work even at home which thus affected their bonding time with family thus leading to work-life conflict. 26% of them said sometimes it brings in conflict and 19 % of them opined rarely and 28 % of them said never. Interesting fact found in the study is majority of the respondents felt that the main reason for their conflicts is the lack of communication and ego factor between them. 43% felt that due to mis-communication or sometimes no proper communication small things lead to unnecessary arguments and resulted in conflicts. Likewise 44% felt that always and often individual ego was the reason behind their conflicts and differences. When asked if age difference as a factor mattered to their differences 28% said sometimes ,37% expressed as always and 37% opined never. Regarding the role of friends 22% said always, 21% often and 23 % said sometimes, 18% said rarely and 16% said never. Few of the respondents expressed that their spouse made comparisons with their friend’s lives, and few dint approve each other’s friends, spending too much time with friends thus resulting in conflicts among them. When asked about physical in their relationships 35% said sometimes,30% rarely,35% said never likewise when asked about mental abuse 27 % said often, 28 % said sometimes,25% said rarely and 20% said never .Economic factor also is an crucial element in a marriage .This is understood from the data from the respondents where 18% said often monetary issues bought in conflict ,likewise 18 % said often 22% said sometimes .Also inter-personal relations also stand as a crucial factor because 18 %said always it has been a reason and 24% said often, 21 said sometimes and 20% said rarely while 17 % said never. Next table represents the role of the children and as can be seen 22% said often children become a reason for conflict,28% said sometimes,24% said rarely ,26% said never .When asked about the role of sexual issues 26% opined often, 17% sometimes ,21 % rarely,36% said never .The next factor that was asked was about in-laws

and if they stand as a reason for conflicts among couple precisely 20% said always, 28% of them said often, 18% said sometimes, 14% rarely and 20% said never. Last table represents the parents as a factor for the conflicts among the couples and regarding this 22% said always, 17% said often, 22% said sometimes and 17% said rarely while 22% said never.

SUMMARY AND CONCLUSION

The study concludes that majority of the teacher respondents were from the 30-35 age group and most of them belonged to Hindu religion coming from semi-urban background. The study also indicated that almost 84% were graduates but again few also possessed post graduate degree. Majority of the teacher respondents were from private sector with more or less 5 to 10 years of service. The study also indicated that almost more than half of them were nuclear families. The findings of the study indicated that amongst all the factors few of them played a major role in bringing differences among them resulting in conflict. The most important and the top most were lack of communication, ego factor among the couple, the role of the in-laws and parents, monetary and inter-personal and sexual factors. The study concluded that couples because of lack of proper communication and sparing enough time for each other suffer huge inter-personal issues thus affecting their sexual life which in turn is affecting their personal bonding and is creating maladjustment and thus resulting in conflicts.

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