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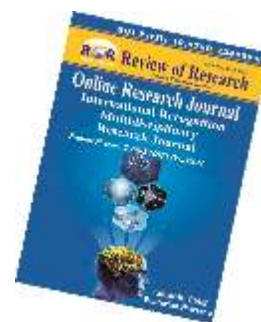
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## "STUDIES ON MARITAL ADJUSTMENT"



Poonam Singh and A.K. Srivastava

Department of Psychology , A.P.S. University, Rewa (M.P.)

### ABSTRACT

Marriage is the most important event in anybody's life. It combines the heart and soul of two people in to one. The two families come together to join hand with each other. The processing in Indian tradition is performed with great pomp and show. The event is blessed by nears, dears and relatives from both the families. The couple is blessed with long and happy married life.

**KEYWORDS :** *Marital Adjustment, Indian tradition and life.*



### INTRODUCTION :

Psychologically, Indian married life may be explained in many ways. It demands enormous adjustment from spouses which is also an important factor in determining family and marital adjustment. Interpersonal conflicts in married life can create lot of stress among spouses and other family members. If such interpersonal conflicts prolong for long time, they can lead to psychological disturbances (Joshi & Thingujam, 2009). In the last few years, along with the economic

sector the process of globalization has probably influenced political, cultural, and all other sector of Indian society in the urban areas. Marriage and family system is perhaps no exception to it. It is observed that people have changed their values and attitudes toward family and marriage. Family structure has also seemingly undergone a substantial change in recent times especially in the context of roles performed by husbands and wives. It seems that the traditional division of roles is no longer widely prevalent in Indian modern society, rather many spousal relationships are believed to be moving towards becoming more equalitarian. All these changes might be putting additional pressure on individual and have perhaps made marital adjustment really a tough job.

### DISCUSSION:

Marital or dyadic adjustment may be conceptualized as a process and the outcome is determined by the amount of : "(1) troublesome dyadic differences; (2) interpersonal tensions and personal anxiety; (3) dyadic satisfaction (4) dyadic cohesion; and (5) consensus on matters of importance to dyadic functioning" (Spanier, 1976). These aspects of adjustment are applicable to both married and unmarried couples. Marital adjustment can be explained with the help of psychodynamic

and social learning models. Existing literature shows that there are several tests available for the measurement of marital adjustment which is an important topic in the field of marriage study (Joshi & Thingujam, 2009).

According to the ability model, emotional intelligence is considered as the "ability to perceive, understand, use and regulate emotions" (Mayer & Salovey, 1997). There are both self-report and ability measures of this model. In the ability measure the respondent has to select the most appropriate response as decided by the majority of people in the society. The self report measure can be considered as perceived emotional intelligence as it reflects perception of the emotional ability but ability measure can be considered as a type of intelligence (Thingujam, 2004).

Fitness (2001) pointed out that emotion perception, understanding and reasoning about emotions and regulating or managing emotions are important in marital life. He further suggested that the link between marital happiness and these aspects of emotional intelligence may not be completely straightforward. Moreover, whether emotional intelligence is a type of intelligence is still a matter of debate and research on emotional intelligence has been activity continuing inspite of several criticisms (Davies et. al, 1998; Zeidner, et al. 2008).

Epstein (1998) suggested that people who are skilled at reading other individual's emotions, may well use it for either constructive or destructive purposes. So, spouses may exploit partners vulnerabilities and insecurities for own purposes with help of emotional intelligence abilities (Fitness, 2001).

There is empirical evidence that couples with both partners low on emotional intelligence ability show the lowest scores in different areas of relationship quality, support perceived availability of social support from the partner) and depth (perception of how secure, positive and important the relationship is). However, no consistent scores on positive outcomes of relationship quality are found when couples with both partners score high on emotional intelligence abilities. Besides, it has also been reported that couples tend to have greater positive relationship when at least one partner has greater emotional intelligence abilities (Brackett et. al. 2005).

Bricker (2005) has found that self-reported overall emotional intelligence is significantly correlated with marital satisfaction. The study also reported that interpersonal skills needed to resolve conflict and foster intimacy between spouses/partners have shown to be important in determining successful marital outcome. Schutte et. al (2001) have found that married couples with higher self-reported emotional intelligence reported higher marital satisfaction.

Bouchard et al. (1999) found that overall marital adjustment is correlated positively with extraversion, agreeableness and conscientiousness but negatively with neuroticism across the sex (female or male). However, openness was found positively correlated with marital adjustment among the men only, not among the women. In another similar study similar trend of linkages between overall marital adjustment and dimensions of Big Five Personality Factors are observed across the sex but openness was not found correlated with marital adjustment among both men and women (Cook et. al. 2005).

Little is known about the frequency of sexual dysfunction among women in the general population. In the united states of America (USA) Kinsey et. al. described the range of sexual behaviour in a large but non-randomly selected sample of women in which those of high educational achievement were over represented. In a later study of 'normal' couples of the United States other researchers found sexual dysfunction in 63% of wives, especially problems with arousal and orgasm. In a survey of denish women aged 40 sexual dysfunctions were found in 35% and were most common in women of lower social class. There appears to have been no study of sexual dysfunction in India as such. But the

many couples having marital adjustment problems may report this as a major issue at the time of marital and family counseling.

#### RESULTS:

Normal result vary, but in good circumstances, they include greater insight, increased differentiation of individual family members, improved communication within the family, loosing of previously automatic behaviour patterns, and resolution of problem that led the family to seek the treatment.

In a certain district of Germany there is an old custom for testing whether an engaged couples are suited for married life together. Before the wedding ceremony, the bride and the bridegroom are brought to a clearing where a tree trunk has been cut down. Here they are given a two-handed saw and set to work to saw the tree across. By this test it is found out how far they are willing to cooperate with each other. It is a task for two people. If there is no trust between them they will tug against each other and accomplish nothing. If one of them wishes to take the lead and do everything by himself, then, even if the other gives way, the task will take twice as long. They must both have initiative, but their initiatives must combine together. These German villagers realized that cooperation is the chief pre-requisite for marriage. (Adler, 1931, p. 263).

Married couples who are dissatisfied with their marriages often seek advice and counsel. They may initiate intervention or have it imposed on them by court order when they file a suit for divorce. The attempt is to make an effort at reconciliation, even at the eleventh hour. The divorce rate is high in the United States (U.S. Bureau of the Census, 1991) and has been for some time-the cycle of marriage and separation continues to repeat itself (Wilson, 1991). A counselor facing a dissatisfied couple recognizes that counseling or marital therapy is no panacea, that the couples disenchantment may eventually lead to termination of the relationship. There is a conflict in the literature. Many theorists advocate that sibling constellation is the determinant of the patterns of interaction and behavior which make marital adjustment possible or impossible. A body of literature and research exists in which no relationship between sibling constellation and marital adjustment was found.

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Poonam Singh

Department of Psychology , A.P.S. University, Rewa (M.P.)

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