

## **Marital Adjustment and Emotional Maturity among Dual Career Couples**

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**Abstract:** Women in early centuries were restricted to their home, a very few women had the access to higher education. They were forced to be at the mercy of their father and husband. But in the present scenario, women working everywhere can be seen in India or outside. As the education, awareness and opportunities for the women provided by the government are increasing day by day, and they have been honored so the women started working outside. Dual career couples are attracting fresh attention in recent years mainly due to the growing involvement of women in the workforce.

**Key Words:** Dual Career, Family, Women, Adjustment, Psychological.

**Introduction:** The term “Dual Career” was first coined by Rapoport and Rapoport (1971). He defined the dual career family as a social unit, where the two partners pursue a professional career. Traditionally men have been the economic provider of the family and women have looked after home and children. Both are accepted this construct. But in today’s developing time men are no longer considered to be a bread earner and economic provider for the family. The women in India changed their roles over the past. With the rise in women education, their psychological need to develop self-identity and the rising cost of living, as a result women are entering to professional life as well as taking care of family. The dual career lifestyle is on rise and as a result joint families are replaced by nuclear families.

**Marital adjustment:** Adjustment is a continuous process. Adjustment means the process of adopting ways of behavior suitable to the environment. The process of adjustment starts from birth of child and continues till death. Black (1988) defines adjustment as the degree of an individual’s psychological comfort with various aspects of new setting. There are several fields of life where adjustment becomes more and more important. One of them is marital life where adjustment is very important factor. It is the basic requirement of marital life. Marriage is

considered as a legal and emotional relationship between men and women. Selecting a partner and entering into a marital contract is considered a milestone and personal achievement in life. Undoubtedly the choice of marital partner is one of the most important decisions one makes in his / her lifetime. A successful marital relationship depends on some level of marital adjustment. Marital adjustment is a lifelong process. Married people need to adjust with each other to live a happy life. According to Sinha and Mukerjee (1990) marital adjustment is the state in which there is an overall feeling between husband and wife of happiness and satisfaction with their marriage and with each other.

With the increasing number of women entering in professional careers, there has been an increase in problems. Both couples are serious about their career, are highly educated and together run a double career family. Although dual career can give freedom to family income and increase equality but they face unique challenges. Several studies of husbands and wives investigated that many factors contributed to marital satisfaction. Some of studies find out that existing social, cultural, educational level the greater satisfaction. The number of children also affects marital satisfaction. The pressure of managing multiple roles of women is the key factor responsible for marital satisfaction. Another important factor to marital satisfaction is the ability of partner to adjust to a variety of changes and to cope with a number of stresses.

Perhaps half of the adults suffering from severe stress blame the failing relationships on their partner. Looking at the growing rate of divorces, physical abuses and single parents; it seems as if handling a relationship can be a tricky. The possible causes can be endless. It can be seen that the phenomenon of marital adjustment is given priority in all cultures because marriage is one of the most important commitment of an individual that he or she makes in his or her life. A good married life not only creates a satisfied life but it also makes a sense of well-being.

Partners enter in marriage with different beliefs about happiness and differ in their expectation of happiness. Mutual communication and sharing are backbone of marital adjustment. Studies revealed that high level of marital adjustment among those who communicate well. Communication is the life-breathe of love, understanding of each other feelings, needs problem and expectations. However there has been a remarkable increase in the number of working

women as well as in the number of dual-career families in our society, the impact of dual-career on the partners and the families is not yet explored.

**Emotional Maturity:**

In the present situation individuals are facing many difficulties in life so it is very difficult to live life happily without facing difficulties and problems. These problems and difficulties give rise to some psycho-somatic problems such as tension, anxiety, frustration and emotional upsets in day to day life. We need higher degree of emotional maturity to fight with these problems. Emotional maturity became an effective determinant of personality pattern. When we talk about an emotionally mature person, it can be seen that the person gains the ability to successfully adjust with his/her own self, members of family, peer groups at the school and with other member of society.

Emotional maturity can be better understood in terms of self-control. Emotional maturity is such ability of people that manipulate a condition then act according to what is best for him and for the other person in particular situation. In the marital life of an individual emotion play significant role and to lead an effective life one requires adequate emotional maturity. The emotional maturity level that we acquire continuously influenced our behavior. Emotions work as motivating force in throughout human life. Emotions affect an individual's desires, feelings and action. Emotionally stable person will have better adjustment with himself as well as with others. A person who is emotionally mature will have more satisfaction in life. He will have balanced attitude and more positive than negative attitude towards life.

Willough (1932) described emotional maturity in terms of capacity for happy and effective living. It consists essentially in a loosening and slipping away of attitudes which are not tolerable. A person is considered to be emotionally mature when he reacts to a situation (a) proper to his degree of development. (b) Be able to balance between the demands of situation. In this way, emotional maturity signifies proper emotional control or self-control, which means neither repression nor aggressive in terms of their emotions. A person who is emotionally mature will be able to live a mature and well-adjusted marital as well as professional life. Thus it is very important to study the emotional maturity and marital adjustment of dual career couples.

**Objectives of the Study:**

- To compare the marital adjustment of males and females.
- To compare emotional maturity of males and females.
- To assess and see the relationship between marital adjustment and emotional maturity.

**Hypothesis:**

- Females would score higher on marital adjustment than their male counterparts
- Females would score higher on emotional maturity than their male counterparts.
- There would be positive relationship between marital adjustment and emotional maturity.

**Method:**

**Participants:**

A sample of 100 dual career couples (50 males and 50 females) purposively selected of state of Haryana was taken for this research. The age range of couples was 30 to 45 years. Only dual career couples who lived in nuclear families and having one or two children were selected for sample.

**Instrument:**

1. In the present study marital adjustment questionnaire (MAQ) constructed and standardized by Dr.PramodKumar and KanchanaRohtangi was used. The questionnaire consists of 25 highly discriminating 'yes-no' type items. The reliability of test was calculated by split half method by applying the Spearman-Brown formula and by test-retest method which was found .70 and .84. The validity of the test was found by comparing with Singh's marital adjustment inventory.
2. Emotional maturity scale(EMS) developed by Singh and Bhargava (1990) was used to measure the emotional maturity of the couples. The scale has 48 items measuring the following 5 dimensions of emotional maturity i.e. emotional stability, emotional progression, social adjustment, personality integration and independence. The total score on the scale is indicative of emotional maturity.The scale consisted of 10 items in each dimensions except for one dimension i.e. independence which has 8 items. The responses

were given based on 5- point likert-rating scale with the following correspondence such as very much, much, undecided, probably and never. The responses are scored 1 to 5 ranging from very much to never. The higher score indicates emotional maturity and lower score indicates emotional immaturity.

**Procedure:**

The couples were met individually and after getting their informed consent, the research instrument was given to them and was allowed to complete this at leisure.

**Result and discussion:**

The main purpose of the study was to investigate the relationship of marital adjustment with emotional maturity and to see the gender differences in marital adjustment and emotional maturity among dual career couples. The whole data was obtained by using marital adjustment questionnaire and emotional maturity. The scores were assigned for different responses according to the manual. The score were arranged in tabular form then product moment method of correlation was used to see the inter correlation among marital adjustment and the dimensions of emotional maturity. The t-test was computed to compare the males and females on marital adjustment and emotional maturity.

**Depicting the values of Mean, standard deviations and t-ratios of  
Marital adjustment and emotional maturity among males and females**

<b>Variables</b>	<b>Gender</b>	<b>N</b>	<b>Mea n</b>	<b>SD</b>	<b>t value</b>
Marital adjustment	Males	50	20.5	2.96	1.53
	females	50	19.62	3.05	
Emotional stability	Males	50	39.6	4.95	1.35
	Females	50	37.98	7.40	
Emotional progression	Males	50	41.1	4.94	.216
	Females	50	39.64	6.92	
Social adjustment	Males	50	40.5	5.08	.828
	Females	50	40.74	5.90	
Personality integration	Males	50	42.5	5.84	.672
	Females	50	42.08	5.94	
Independence	Males	50	31.8	3.71	.376
	Females	50	31.06	4.55	

Table 1 indicates the Mean and SD values of marital adjustment and subscales of emotional maturity of males and females. The Mean and SD of marital adjustment for males are 20.54 and 2.96 respectively. The mean of marital adjustment of female is 19.62 and SD is 3.05. The obtained t-value is 1.53 and it is not significant. Thus, there are no gender differences in marital adjustment. Therefore hypothesis 1 is rejected which states that females would score higher on marital adjustment than their male counterparts. The result of the present study is supported by the findings of Gupta and Joshi (2009) who reported no significant difference on marital adjustment among dual career couples. Further, table 1 shows the Mean and SD values of males and females on subscales of emotional maturity. Result reveals that no significant difference was found on subscales of emotional maturity. It shows that males and females did not differ on subscales of emotional maturity. Hence, hypothesis 2 is also rejected which states that females would score higher on emotional maturity than their male counterparts. The result supported by the findings of Amit et.al (2013); Stewart et al. 2001 they also found no significant difference between males and females on emotional maturity.

**Showing coefficient of correlation between variables of Marital adjustment and emotional maturity:**

<b>Variables</b>	<b>Marital adjustment N=100</b>
Emotional stability	.329**
Emotional progression	.336**
Social adjustment	.270**
Personality integration	.365**
independence	.169

The first subscale of emotional maturity is emotional stability which means a person's ability to remain calm when faced with pressure or stress. It is clear from above table that marital adjustment is significantly and positive correlated with emotional stability ( $r=.32$ ,  $p<.01$ ). It is

quite clear that if couple remains calm and cool under stress they experienced high marital adjustment. The second subscale is emotional progression which is the ability of a person for feeling of satisfactory growing positive emotions in relation to the environment. Emotional progression is significantly and positively correlated with marital adjustment ( $r = .33, p < .01$ ). Result clearly indicated that high emotional progression leads to high marital adjustment. The third subscale i.e. social adjustment is significantly and positively correlated with marital adjustment ( $r = .270, p < .01$ ). The result shows that couples who have better adaptation of social environment experienced high marital adjustment. Further, the fourth subscale is personality integration which means that best organization of emotional capacities into personality. It is clear from above table that personality integration is significantly and positively correlated with marital adjustment ( $r = .36, p < .01$ ). The fifth subscale is independence which means that taking responsibility for how you feel. It is quite clear from the above result that independence is not correlated with marital adjustment. It can be said that if one feels independence then he or she will not adjust in marital life. From the result it is clear that all the dimensions of emotional maturity are positively and significantly correlated with marital adjustment except independence. It can be said that if someone is positive towards environment, remains calm and peaceful, adapts the social environment would be able to make better adjustment in marital life. Higher the emotional maturity better will be the marital adjustment. Emotional maturity is correlated with marital adjustment of both husband and wife as cited by Dean. The study of Rangan and Raddy (1994) also reveals that greater the emotional maturity greater the marital adjustment.

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