

Employed Status of Married Couples and Their Adjustment with Career

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Abstract:

Background: *This study was designed to study the marital adjustment between working couples who are also student .Marital adjustment include all the adjustment whether it is physical , mental, economical, social and the other type of adjustment between a husband and wife. Marriage is an institution in which two different type of people who lived in different type of background, different taste, different culture are living together through marriage and the adjustment between married couple called marital adjustment.*

Objective:

- *To know married condition of couples.*
- *To study marital adjustment among study subject*

Setting and participants: *A Total number of participants were 120 married males and married females in the age group of 18-25 years were studying in various organizations as well as working somewhere else at Lucknow district.*

Methodology: *In this cross-sectional design whier adopted on 18-25 years age group during the period of July 2013-May2014. Stratified random technique was implemented to select married couples at the time of survey & they also indulge in employment activity as well as career formation. The pre-designed & pre-tested*

Marital Adjustment Inventory by Harmohan Singh (1987) used as a study tools whereas information was obtain on satisfaction of the marriage condition, understanding between couples ,economic conditions ,respect and marital adjustment and so on.

Statistical analysis: *Statistical analysis were done by using SPSS for window version 2.1, Descriptive statistics such as frequency, mean and standard deviation, percentage were used to describe all variables.*

Results: *120 respondents are given the answers (40) respondents are score good in their marital adjustment and (1) respondents are score worst in their marital adjustment.*

Conclusion: *The conclusion of this study was showed that the marital adjustment only few couples scores excellent in the marital adjustment inventory and 40 respondents score good and 1 respondent score worst.*

Key words: Institution, underemployed, intermodal, restless, enriching, phenomena

Introduction

Young adulthood is an adjustment period of life it is a time when they get settle down in their life as adulthood is a settling down age. It is a time to get enrolled in organization for their career adjustment and for their better future and being married it is compulsory to get good job for their livelihood.

When underemployed men get married he is not economically strong because he is not earn enough money as according their expenditures, so the new member or his wife is also included in their salary or dependent on his family. This is the cause of poor living standard and the poor economic status. The married couple also fell restless because they are not financially free as they are dependent its affect their intermodal understanding , freely communication, marital adjustment , mental support, economic adjustment, adjustment with In-laws and the other family problem with each other.

Marriage is a social security for all the individuals, i.e. society through marriage system provides security of needs and cares thereby its existence and prosperity is secured. Marriage is for pleasure, happiness and peace of mind on account of satisfaction through interactions with others, trust, understanding and fulfilling social obligations and enriching personality development. A marriage relationship is a delicate, Kaleidoscopic and complex phenomena. It may be very difficult to disentangle anyone particular casual element. Besides Marital Satisfaction or dissatisfaction or "Marital Adjustment or Maladjustment," "mid-life-crisis" also have some other thoughts to include: Worries about the future, inability to enjoy leisure time, a feeling that health is deteriorating, a negative evaluation of work life, and stress arising .

In marital adjustment definition, Grief explains that adjustment couples are those who are at all compatible, they satisfy of their relationship level and type, also they satisfy of their leisure time type and quality and at last they have a good management in time and economics. In fact, marital adjustment is a process which is created during couples' life because it is necessary for taste conformity, person's traits recognition, behavioral rules creation and relational models formation. Thus, marital adjustment is an evolutionary process between a couple (Lass and Lasswell, 1982). The study of past concepts in marital adjustment showed that it is permanently necessary for those processes of acquiring a balanced and functional marital relationship (Bradbury, Fincham and Beach, 2000). So, well- adjusted relationship is defined as a relationship in which even if participants are againts each other, they relate well and solve their problems and conflicts mutually and satisfactory (Locke and Wallace, 1959). Spanier defines adjustment as a process which its consequences are determined with couples' problematic conflicts, interpersonal tension and anxiety, couples' satisfaction, unity, cohesion and

intellectual collaboration about marital important problems (Gong, 2007).

Marriage is the stage when individual get engaged in their life with their partner with new responsibilities and new roles in the life. So this is very crucial time for a married couple and that's why marital adjustment is very important.

Objective:

- To know married condition of couples.
- To study marital adjustment among study subject

Design- A Total number of participants were 120 married males and females in the age group of 18-25 years were studying in various government universities of Lucknow district.

Setting and participants- in this cross sectional study 120 young adults whereas 60 married males and 60 married females aged 18-25 years studying in various government universities in a Luknow district Uttar Pradesh were selected randomly during period of year 2013-2014. The sample was select randomly from different government universities.

Methodology- The tools used for the study:-

Questionnaire method- The self-designed questionnaire was used to collect the information on general profile, career satisfaction, working years and motivational factors of organizations.

Marital Adjustment Scale- The scale was developed by Harmohan Singh (1987) The five categories Five marital adjustment category are divide >85, 76-85, 66-75, 46-65, 0-45. >85 show excellent , 76-85 score show good , 66-75 score average , 46-65 score poor, 0-45 score worst.

Marital and Family Adjustment-

4.3.1: Distribution of Subjects according to Marital Adjustment Scores (MAS)

SN	Marital Adjustment Score category	No. of subjects	Percentage	t	Sig.
1.	>85 show excellent	5	4.2		
2.	76-85 show good	55	45.8	1.174	.018
3.	66-75 show average	42	35.0		
4.	46-65 show poor	17	14.2		
5.	0-45 show worst	1	0.8		

- >85= show excellent
- 76-85= show good
- 66-75= show average
- 46-65= show poor
- 0-45= worst

(4.2.1) Out of 120 subjects enrolled in the study, maximum (n=55; 45.8%) had marital adjustment score in the range 76-85, 42 (35%) had marital adjustment score in category 66-75, 17 (14.2%) had marital adjustment score in the range 46-65 and 5 (4.2%) had marital adjustment score >85. There was 1 (0.8%) respondent who had marital adjustment score in the range 0-45. As category >85 (n=5; 4.2%) and category 0-45 (n=1; 0.8%) had only nominal representation, hence for the purpose of ease of analysis, in subsequent part of these results they have been merged with their subsequent categories. Five marital adjustment category are divide >85, 76-85, 66-75, 46-65, 0-45. >85 show excellent , 76-85 score show good , 66-75 score average , 46-65 score poor, 0-45 score worst. Majority of (45.8%) couples score good in their marital adjustment and only 1 (0.8) respondents score worst. And also show females have good marital adjustment comparing to males.

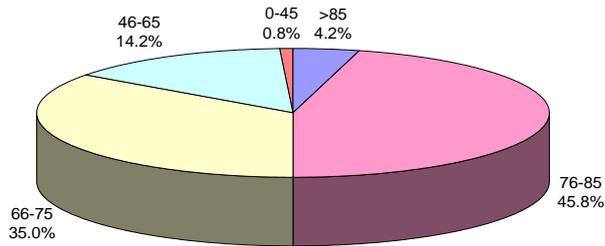


Figure 4.2.1 shows the marital adjustment with MAS score

- >85= show excellent marital adjustment
- 76-85= show good marital adjustment
- 66-75= show average marital adjustment
- 46-65= show poor marital adjustment
- 0-45= worst marital adjustment

Maximum number of respondent (45.8%) had good marital adjustment while (0.8%) number of respondent has worst marital adjustment. The five categories are divided in MAS (Marital Adjustment Score). According to **Singh .R** the marital adjustment is good in the youth age.

Conclusion

In conclusion, this study revealed that the marital adjustment of study subject found very adjusting , the finding show that majority of respondent have good marital adjustment with their partners. Being married it is difficult to manage the economic and marital condition together. If the job satisfaction or career conditions are favorable so the marital adjustment is also good or favorable.

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Future scope of this study

The findings of the research will help other researchers in designing the workstation which will reduce the problems of married couples & they also indulge in employment activity who are working.

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