



## **MARITAL ADJUSTMENT, STRESS AND DEPRESSION AMONG WORKING AND NON-WORKING MARRIED WOMEN : A CASE STUDY OF RANCHI TOWN IN JHARKHAND**

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*The present study is aimed at exploring the relationship between marital adjustment, stress and depression. Sample of the study consisted of 240 working and non-working married women (working married women = 120, non-working married women = 120). Their age ranged between 20 to 50 years. Their education was at least gradation and above. They belong to middle and high socio-economic status. Dyadic Adjustment Scale (2000), Beck Depression Inventory (1996) and Stress Scale were used. Results indicated highly significant relationship between marital adjustment, depression and stress. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women. The results further show that highly educated working and non-working married women can perform well in their married life and they are free from depression as compared to educated working and non-working married women.*

**Key Words:** Marital adjustment; Stress; Depression

### **Introduction**

Marriages are fixed in heaven and performed on earth. One of the most important relationships between a man and women is marriage. It involves emotional and legal commitment that is quite important in any adult life. There is no doubt that the choice of marital partner is one of the most important decisions one makes in his / her lifetime. People marry for many reasons, like; love, happiness, companionship, and the desire to have children, physical attraction, or desire to escape from an unhappy situation. Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships.

Marital adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction. All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage. A relationship between couples is not instantaneous rather a slow progress. Dissatisfaction in marital life is like the undetected cancer that kills silently and softly.

There is a list of eight areas of marital adjustment, which is defined by the psychologist, such as, concept of an ideal mate, fulfillment of need, similarity of background, common interest, similarities of values, change of life pattern, sexual adjustment, financial adjustment and in law relation. Study reveals that the marital satisfaction depends upon existing social, cultural, educational level of the couple. Occupation and income, which are often thought to be associated with levels of satisfaction, have no relationship with it. The number of children too affects marital satisfaction. A husband is expected to be considered as head of family while wife may

be expected to be the strong one, upon whom the husband can really.

The prime marital adjustment problem in marriage is due to finance. The couple's financial situation can be a threat to their marital adjustment. Friction may develop if the wife expects her husband to share the work load. During the early years of marriage when expensive labour saving device and domestic help are most needed, the finance condition does not allow such luxuries and the wife may want her husband to share the burden of running home.

Similarly in every marriage adult requires a whole new set of relation- the in-laws. They are of different ages, which often have different interests and values. If one fails to adjust them, it is likely to lead to stains in relationship with his/her mate.

Perhaps half of the adults suffering from severe stress blame the deteriorating relationships on their spouse. The possible causes can be endless. More often stress arising from marital relationships is manifested in chronic disorders such as depression, insomnia and hypertension. Depression in a spouse is an issue that most couples will face at some point in their marriage. Symptoms of depression include feelings of sadness, hopelessness, helplessness, anxiety, irritability, agitation, fatigue, low energy, and a reduced activity level are common, and there is also withdrawal from social contact and loss of interest in previously enjoyed activities, including sex. There may be changes in appetite, weight or sleep patterns, memory problems or difficulty in concentrating.

A few studies have been done on the topic of marital adjustment. In them marital adjustment has been studied with its relationship to depression among working and non-working women, male and female initiation of psychotherapy female education level. The present study is an attempt to investigate marital adjustment, stress and depression among working and non-working married women.

Working women may be prone to depression because they bear the double burden of housework and a job outside the home. Because they have to work in two environments, one is the office environment and the other is home environment. Both are vastly different from one to another.

Criteria of successful marital life is Happiness of Husbands & Wives, Good Parent-Child Relation, Ability to Deal Satisfaction with Disagreement, Togetherness, Good Financial Adjustment and Good In Law Adjustment

Both husband and wife should understand each other needs and should be ready to fulfill their respective roles in order to attain stability in their marital life.

### **Objective of the Study**

The Objective of present study is an attempt to investigate marital adjustment, stress and depression among working and non-working married women.

1. Marital satisfaction of working women is higher than that of non- working women.
2. Higher the depression lower would be the marital adjustment.
3. Non-working married women are martially better adjust than working married women

4. Working married women have to face more depression as compared to the non-working married women.
5. Working married women are more under stress than non- working married women married

### **Methodology**

The selected subjects 50 working women and 50 non- working women were contacted according to their convenience at their residence or office. Random selection of the total sample was done and they are provided with duly pre tested tools. All the instructions were given clearly and confusions were clarified. The entire respondents were assumed of their confident ability of their responses and were requested to fill the correct information without any hesitation. They were assured about the confidentiality of the information given by them. After few days all the filled forms were collected for further investigation.

### **Tools**

**a) Beck depression inventory (BDI):** The BDI is a self-report measure of depression, consisting of 21 items that assess the severity of affective, behavioral, cognitive, and somatic symptoms of depression. Each item is scored on a 3-point scale

**Dyadic Adjustment Scale:** The Dyadic Adjustment Scale (DAS) is a self-report questionnaire that provides global wideness of marital distress. Factors analysis of DAS has resulted in form components of adjustment: (a) Dyadic Satisfaction, (b) Dyadic Cohesion, (c) Dyadic Consensus and (d) Affectional expression. It is easy to administer and has high reliability overtime and well established norms. It gives subjective impressions regarding the degree of satisfaction

**b) Stress Scale:** Stress scale is developed for the purpose of the current study

Mental satisfaction was measured on the scale ranging from total dissatisfaction to total satisfaction.

### **Sample**

The total sample for the study considered of 50 non working and 50 working women from Ranchi city, Jharkhand (India) with in its multiple limits, working women belongs to service class including college professors, school teachers, AG Office employees, doctors, and bank employees etc. The sample was collected on availability basis.

### **Discussion**

Mutual respect, love, understanding, courtesy and a mutual consideration of each other's needs plus mutual tolerance are important determination factors of marital satisfaction. Mental satisfaction is very important for individual overall adjustment. Dissatisfaction in marital life leads to impairment in adjustment in all sphere of life including social, occupational, health and emotional.

Husband wife are always together and pass a large portion of their life in each other's company. It is but natural friction to arise. Their normal misunderstanding and displeasure allow degenerating in the bitter quarrels and cruelty to each other, then not only worldly

pleasures destroy but the Divine reward for mutual love also loses. In Vedic age women enjoyed very high status and independence. It is stated in Vedas that where women are respected, God resides over there.

### Result

Result of study indicates that husband of employed wives as well as husband of non employed wives both are suffering from a problem of spouse role stress. They are not satisfied by their wives as well as their own role also. Study reveals that despite the facts, the wives are entering into jobs, and earning and providing for the family. They still expect the wives to be well versed in domestic affairs, please them, be loyal and obedient to them, not to interfere each and every affair and respect the husband even when they are less educated than their wives. Wives are also expected to look after children as well as other family members. Whenever their expectation is not fulfilled they get stressed.

**Table 1:**  
**Differential between Marital Satisfaction of Working Women and Non – Working Women**

	<b>Working Women</b>	<b>Non working Women</b>
Number (N)	50	50
Mean (M)	9.652	9.123
Std. Deviation (SD)	3.05	0.76

$t = 1.29$

$df = 49$

The above table reveals that the mean of marital satisfaction of Non – working women was 9.123 and working women was 9.652. This is agreeable to our hypothesis. The marital satisfaction of working women is slightly higher than non working women. The expected reason of this result is that now a day working women are given greater importance in comparison to non- working women. As a result non-working women have a feeling of lower worth and accomplishment. Many husbands undermined them and show a great regards to those women who adds to their family income. Generally non – working women have less opportunities of social interaction. Moreover husband need's for her attention is lesser because of major parts of day is passed in interaction with others people. This gives rise in them a sense of depression. All these result in great frustration, insecurity and lower self esteem which decrease their marital satisfaction.

The SD of non-working women has 0.76 and working women 3.05. It is clear deviation in score of marital satisfaction of working women is very high as compared to non-working women. The reason might be that many working women included in this study were in such occupations where they have to devote a very limited time and attention to their occupational life such as teaching in college. Thus there has enough to devote to their marital relation.

**Table 2: Correlation Matrix of Scores of BDI (Beck Depression Inventory) and MAD (Marital Adjustment) (N=50)**

Scales	MDA	BDI
	***50	**p< .001

The result of it indicates that there is highly significant correlation between the two measures. The table also suggests that the correlation of BDI (Beck Depression Inventory) and MAD (Marital Adjustment)  $r=.50$ , (\*\* $p<.001$ ). It indicates that if depression is high in married women then their married life will be suffered. Our hypothesis (2) regarding this relationship is supported, which implies that higher the depression lower would be the marital adjustment. The comparison of scores of working and non-working married women on MAD is performed in the following

Table 3 shows that there is non-significant difference between working and non-working married women and their marital adjustment ( $t=.18$ ,  $d.f=143$ ,  $p=n.s$ ). The results further show that non-working married women also have many problems like working married women. This findings do not support our hypotheses (3) that non-working married women are martially better adjust than working married women.

**Table 3: Means, Standard deviations and t-value of Scores of Working and Non-working married women on MAD (Dyadic Marital Adjustment) (N=50)**

Group	N	M	S.D.	t	df	
Working	50	54.23	18.15	18	49	** p=n.s
Non-working	50	54.87	54.87			

The comparison of scores of working and non-working married women on BDI is performed in the following:

Table 4: Result of it shows that there is non-significant difference between depression and working and non-working married women ( $t=2.10$ ,  $d.f=49$ ,  $p=n.s$ ). The results indicate that working and non-working married women both have to face depression in their married life. Findings do not support our hypotheses (4) that working married women have to face more depression as compared to the non-working married women.

**Table 4: Means, Standard Deviations and t-value of Scores of Working and Non-Working Married Women on BDI (Beck Depression Inventory) (N=50)**

Group	N	M	S.D.	t	df	
Working	50	11.56	8.65	2.10	49	** p=n.s
Non-working	50	14.85	7.23			

The comparison of scores of working and non-working married women on Stress Scale is performed in the following:

Result of Table 5 shows that there is significant difference between working and non-working married women and stress ( $t=.18$ ,  $d.f=49$ , \*\*\*  $p<.001$ ). The results show that

working married women are more under stress. Because they have to work in two environments, one is home environment and other in office. So they feel more stress because of too much burden of work as compared to non-working married women. This findings support our hypotheses that working married women are more under stress than non- women.working married

**Table 5: Means, Standard deviations and t-value of scores of working and non-working married women on SS (Stress Scale) (N=50)**

Group	N	M	S.D.	t	df	
Working	50	40.2	17.51	18	49	** p<.0
Non-working	50	32.65	14.32			

### Conclusion

This findings support our hypotheses that working married women are more under stress than non-working married women. Findings indicate that working married women who are engaged in multiple roles have to face sever stressful situations. Work sometimes serves as to put a woman into an unhappy situation, sometimes getting stuck in a situation that increases stress. Only many working married women experience high stress levels, because heavy work puts a bad effect on their lives and it creates stress in their personalities.

It concludes that on some aspects working married women cannot contribute significantly for the well being of their family. Their attention diverted because of working in two situations. They cannot give proper attention to their marital lives and this causes depression and stress.

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