



**A Study of Marital Adjustment among The Couples Who are Facing Family Disputes
Before The Legal Forums**

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Abstract:

To compare the marital adjustment, mental health and life satisfaction among the couples who are facing family disputes. For this research work a purposive random sampling technique will be used. The samples were consisting of total 200 subjects including four groups i.e. 100 Male and 100 Female. Both groups were made through nature of marriage i.e. inter cast marriage 100 and arrange marriage 100. This Questionnaire developed by Dr. Pramod Kumar and Dr. Kanchan Rohtagi was used. On the basis of the findings it may concluded that the higher level of marital adjustment in male than female who facing family dispute and the high level of marital adjustment in Inter cast marriage than arrange marriage couples who facing family dispute.

Keywords: Marital Adjustment, Couples, Family Disputes, Legal Forums.

Introduction:-

It is highly necessary to establish adjustment wherever there is conflict or clash between man and his environment or it can be said that adjustment is necessary to avoid the conflict or clash between the two-it is necessary for the man to adjust himself stage by stage, while going through the different fields in his life-say, from his birth to death. A man has to harmonize and create healthy different fields. There are several fields of life in which adjustment becomes more and

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more important and one such important field of life is marital life in which adjustment is very important factor.

A) Concept of Marital Adjustment:-

The definition of marital adjustment depends upon several factors related to marriage. In different societies, we find different standards of adjustment. In comparison to the Western society, very typical standards of marital adjustment, in the social context, are to be found in India. The sociologists of the Western countries have given several definitions of the marital adjustment which are given below:

- Landys (1965): To refer to the state of accommodation, which is achieved in different areas where conflict may exist in marriage.
- Lock & Williamson (1949): "The presence of such characteristics in a marriage, as a tendency to avoid or solve conflict, a feeling of satisfaction in a marriage and with each other, the sharing of common interest and activities and the fulfilling of marital expectation of the husband and wife."

Socio-psychologists give importance to several characteristics of marital adjustment that determine the happiness in marital life. Research workers do not consider any one main factor that is responsible for the happiness in marriage. Lok and Williamson in "The Analytical Study of the Factors Responsible for Marital Adjustment" redefine the marital adjustment thus:

- Lock and Williamson (1958): "Marital adjustment is an adoption between husband and wife to the point where there is companionship. Agreement on basic values, affection, intimacy, accommodation, euphoria and certain other unidentified factors.

In the marital life the life partners (husband & wife) should create harmonious relations with other members of the family. It is necessary to establish such relations individually between each other also. This is how the marital adjustment may be made. The women who are only housewives or doing some job, face some problems, react and face the difficulties in understanding double role—the role as a wife and the role as a mother. All these factors do affect the marital adjustment. If such woman, by facing all these difficulties, satisfies her double role as

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well as satisfies her husband and the family, it can be said that she will surely find adjustment in marital life. As against this, the woman who does not solve her difficulties, does not face her problems will face difficulties to find marital adjustment. All-important thing in marital adjustment is the congenial and harmonious relationship between husband and the wife in marital life. Hence, in general sense, marital adjustment may be defined: marital adjustment is one such areas of marital relations in which husband and wife mostly feel happiness and satisfaction and this is how satisfaction in marriage is felt between each other.

- **Successful Marriage:** The couple having love, trust interest aptitude and feelings for each other is said to have a peaceful, happy and successful marital life. If the relation between husband and wife is pure, easy and honest, their marital life is successful. They both accept each other freedom in the matter of views, expression and action when both, husband and wife have common qualities, their marital life is supposed to be successful and for successful married life, it is necessary to have friendly feelings between them. It is somewhat confusing to call which marriage is a 'Successful marriage'. Marriage is not an occasional event that has a specific beginning and end.

Where there is a computational approach in marriage, one's success is to be considered in the defeat of another. But in some of the human sedations where there exist cooperation, love, friendship and long companionship between husband and wife, husband's success at the cost wife is not accepted for such marriages, success or failure is not the criteria but there exists the criteria of each other's all round and collective development.

Generally speaking, that marital life is also called successful in which husband or wife is not separated legally and one of them is not staying with someone else by leaving the house. It may also happen that sometimes husband and wife are not separated by law, there is no mental affinity between them, they might have made themselves used to day-to-day clash and thus they live together under the same roof for a long period for the successful marital life. It is highly necessary to have children but sometimes, couples having no children may also have successful married life. Hence it can be said that as the expectations in the matters of marriage undergo change the criteria regarding successful marital life may also undergo some change, for example, the marriage that divides a joint family is believed to be a failure in India; on the other hand

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husband and the wife stay together but separately after having left their joint family and during their stay, they gain wealth and happiness are believed to be successful. Thus if we look at successful marriages from different point of views we do find that many new factors are responsible for the successful marriages.

Statement of the Problem:

“To compare the marital adjustment, mental health and life satisfaction among the couples who are facing family disputes.”

Objectives of the Study:

In followings are main objectives of present study:-

1. To study the marital adjustment among male and female who are facing family disputes.
2. To study the marital adjustment among inter cast marriage and arrange marriage couples who are facing family disputes.

Hypotheses tested in the study:

The following major hypotheses are formulated in present study:-

1. There will be significant differences on marital adjustment among male and female who facing family dispute.
2. There will be significant differences on marital adjustment among inter cast marriage and arrange marriage couples who are facing family disputes.

Methodology**A) Sample:-**

For this research work a purposive random sampling technique will be used. The samples were consisting of total 200 subjects including four groups i.e. 100 Male and 100 Female. Both groups were made through nature of marriage i.e. inter cast marriage 100 and arrange marriage 100. The sample was collecting from Aurangabad, Jalna, Parbhani, Beed, Hingoli and Nanded district

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family courts of Marathwada region in Maharashtra state. The criteria of sample selection is only dispute matters enroll in family court those families are sample of the study. The educational status of the subjects will be controlled to a certain extent i.e., educational status 10 + (School education), the age range between 18 – 40 and equal economical status.

Sample Distribution

Types of marriage	Gender		Total
	Male	Female	
Inter cast Marriage	50	50	100
Arrange Marriage	50	50	100
Total	100	100	N=200

Operational definition of the sample:-**Inter cast Marriage:-**

Different cast couples who has done the marriage as per own choice and legal systems.

Arrange Marriage:-

Between cast couples who has done the marriage as per family choice and ways of religious traditional methods.

B) Psychological Devisees for Data collections:

The following three psychological tests were used for data collection in present research, which are standard.

I. Marital Adjustment Questionnaires:-

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This Questionnaire developed by Dr. Pramod Kumar and Dr. Kanchan Rohtagi. A group of 100 married couples randomly drawn from the city of Jodhpur were intensively interviewed relating to their concept of “Happy Married Life”. As the problem under study was of a very personal nature, they were assured that their interview data would be kept strictly confidential and used only for the research purpose. The interview data was then content analyzed under following categories: personality qualities, emotional factors, sexual satisfaction, marital role and responsibility factors, in-law relationship, attitudes towards family planning and children, interpersonal relationship and economic, religious and social factors. Following the content analysis of the interview data and the related literature on the problem, items were prepared. These items were then submitted to a group of judges-10 married couples for their comments and observations regarding the relevancy of these items with the problem. And finally 64 items showing complete agreement among the judges were selected to form the initial questionnaire.

Reliability:-The split-half reliability, correlating odd-even items, applying the Spearman-Brown formula for doubling the test length, was found to be .49 (N=60) with an index of reliability of, 70. The test-retest reliability was also studied. It was found to be .71 (N=60) with an index of reliability of .84. The retest was given with a time interval of 3 weeks.

Validity:-The face validity of the questionnaire appeared to be fairly high as the items were prepared following intensive interviews of 100 married couples regarding their concept of happy married life. The content validity was adequately assured as only those items were selected for the initial questionnaire for which there was complete agreement among the judges. Further, only items which showed a fairly high discriminating value following item-analysis were selected for the final questionnaire. The diagnostic meaningfulness of the items at the time of final selection was also taken into account.

Procedure of Data Collection:-

There are two groups selected for this research work; one group is couples who get married by arrange marriage and another group of couples is performed marriage by inter-cast marriage or love marriage. Total data about the couples who performed inter-cast marriage is collected by the office of Social Welfare Department of the state and Zilla Parishads from the Marathwada

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Region as per pro-form – ‘D’ and register maintained by the office of Zilla Parishad and Social Welfare office. There are all about 287 couples married by inter-cast marriage during 2014 to 2017. And the groups who are performed arrange marriage and facing family disputes before the legal forums. There are all about 3384 couples are found for this research work from the board of the different courts in the Marathawada region of the state of Maharashtra.

The data of the couples, who are facing family disputes before the legal forums or authorities, is collected from board and cause lists of the Hon’ble Court; Especially according to the problem of research work. And as per the quantum of the cases filed by the aggrieved person of the couple sample is being fixed. As per the sample selection criteria there are 100 persons from the arrange marriage who has family disputes. And other 100 persons from another category i.e. from inter-cast marriage category those are facing the family disputes. The separate list is prepared with name and address of the persons enlisted for research work and contacted them directly. After taking in confidence and assurance given ample care will be taken about their privacy. Assurance was given to them about confidentiality of the data given by them for their appropriate answer without any hesitation. And also rendered an importance of the research to them, information/data is collected as per tests. There were three separate sets of test were given to every Subject and ask them to reply to the every statement without any hesitation. The statements were relating to their day to day life experience and asked them to tick with the appropriate option as per their own choice.

In this way the tests was administered by the couples by visiting their houses and court premises when their cases was on board for hearing or necessary steps. In such manner this data is collected and administered in 24 months.

Statistical Analysis of data:

The data were analyzed as follows:

The data were analyzed with descriptive statistics the mean (with graphical representation) and standard deviation for all the variables was done. For more understanding of the data inferential statistic was used. Two way Analysis of variance (ANOVA) was used to know the main and

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interactional effect of the Nature of marriage and Gender of the couples on the marital adjustment, life satisfaction, mental health of the couples who are facing family disputes.

Hypothesis No. 1 “There will be significant differences on marital adjustment among male and female who facing family dispute.”

Means of marital adjustment score are 17.94 and 15.82 respectively for male and female. Male scoring are higher than female. The second main effect of gender is significant ($F = 53.26$, $df=1, 196$ $P < 0.01$) and 't' values $6.63 < 0.01$. Thus there is a significant difference in marital adjustment of male and female who facing family dispute. The results is support to hypothesis stating that “There will be significant differences on marital adjustment among male and female who facing family dispute.” These finding shows, The level of marital adjustment is higher in male than female who facing family dispute. The effect size (partial eta square) for second main effect of gender on marital adjustment is largest (0.21), meaning that gender is explains 21% variance for marital adjustment.

The present finding supported with the marital theorists who suggested that there is a link between sex role differences and close relationships for men and women and their adjustment. Marriage is often a context for the activation and expression of sex roles. As marital adjustment is influenced by complementarily of roles between husband and wife, the same could hold true for sex roles as well. Further gender is one of the important factor in adjustment and specially in marital adjustment. The present result can be imposed on the fact that after marriage women has to change herself thoroughly from name, dress, food habits to timings of daily routines. The language should be soft towards in-laws. She has to leave the parents house and to stay at her husband's house so she has to face a lot of changes to her surroundings also. She has to adjust all these things. So naturally she has to face more adjustment problems than their counterpart male. Inter-caste married women have to live with in-laws house. However, they are reluctant to accept the daughter-law who is from other caste. Therefore, the women have more marital adjustment problems than men but as they are pretend previously from this all thing they make their mind accordingly and as a result their adjustment level is higher. The important factor in marital satisfaction is gender, previously quoted findings shown mixed report regarding sex differences. Some quoted husbands of arranged marriages are more satisfied, while some studies quoted

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wives of inter-cast marriages are more satisfied. Present study supports any other higher satisfaction level of husbands or wives. Gender difference observed on marital satisfaction among inter-cast marriages and arranged marriages. So in consists studies quoted by Dinna, Manisha (2005) and Atta et al. (2000). In Dinna, Manisha (2005) study no gender difference were found on marital satisfaction. Atta et al. (2000) Study revealed non-significant gender differences in marital satisfaction.

Hypothesis No.2 “There will be significant differences on marital adjustment among inter cast marriage and arrange marriage peoples who are facing family disputes.”

Means of marital adjustment score are 17.84 and 15.92 respectively for inter cast marriage and arrange marriage peoples who are facing family disputes. The mean score of inter cast marriage peoples is higher on marital adjustment than arrange marriage peoples. The main effect of nature of marriage is significant ($F = 43.48$, $df-1, 196$ $P < 0.01$) and 't' values 6.00, $P < 0.01$. Thus There is significant differences in marital adjustment of inter cast marriage and arrange marriage peoples who are facing family disputes. These results are support to hypothesis no.2 stating that “There will be significant differences on marital adjustment among inter cast marriage and arrange marriage peoples who are facing family disputes.” These finding shows, the level of marital adjustment is higher in inter cast married peoples than arrange married peoples who facing family dispute. The effect size (partial eta square) for main effect of nature of marriage on marital adjustment is largest (0.182), meaning that gender is explains 18% variance for marital adjustment. This result can be attributed on the fact that in inter-caste marriage there are lot of things the couples have to adjust. The grooms and the bridegrooms are from different castes and hence there are differences in every aspect of the life. So they have to adjust to all these things. Their daily habits of food, clothes according to livings standards and customs and rituals are different. Their belief systems are also different. They worship according to their caste and religion. So they have more difficulties than within caste married couples. Support system of the person is one of the factors affecting it. It lacking in intra-caste marriages. Further Assessing marital adjustment with help of Marital adjustment inventory has some limitations. The couples do not report the truth. In inter-caste marriage they had fear of failure. They had married against the parents will so they want to prove that they should be succeed. So they tried to show their parent, relatives and friends that they are right. So the responses they have given are not totally

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reliable. Because the man who had reported that they do not have any problems later on had asked for help when his wife left him and not coming back to him.

The inter-caste married couples have to adjust different areas like: Language, food habits, financial adjustment, temperamental adjustment and interpersonal adjustment. The adjustment pattern of inter-caste married couples are also depends on the age of the couples at time of marriage. The matured couples are seen better adjusted than who married in younger ages. When the couples are under age they just think about their love but not about their result. Their magical thinking brings them together. They could not think rationally. They are immature to adjust. But when they are mature they can think about the consequences of the event inter-caste marriage. They are ready to face the consequences of it. They can understand and support to each-other. Their thinking perspective is widened as their age increases. So they are more prepared to face the society. But when they are under the age they are easily convinced by their parents or relatives. So the age of the couple is very important factor for the inter-caste marriage. The urban couples have better adjustment than the rural couples. In villages people know each and every person of the village. So the couples are known to everybody and rural people are more orthodox urban people. The urban persons do not have free time to discuss the matter. In villages the people have enough time to do the gossip. So it worsens the problem in the rural area. Inter-caste married couple is burning issue for them.

Conclusions:-

On the basis of data and discussion of results, following conclusion were drawn:

- 1) The higher level of marital adjustment in male than female who facing family dispute.
- 2) The high level of marital adjustment in Inter cast marriage than arrange marriage couples who facing family dispute.

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