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Marital adjustment in relation to duration of marriage: A study in Nimona tea estate of district of Jorhat

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Abstract

Marital satisfaction is the positive mental state of a person derived out of healthy spousal relationship. Longevity of a marriage depends on happiness of a couple. Adjustment after marriage is inevitable phenomenon and each couple must make certain adjustment at their own pace. The aim of the current study is to determine the difference between marital satisfaction of women of five years of marriage and women of fifteen years of marriage of Nimona Tea Estate, Jorhat District of Assam. Thirty numbers of married women were selected randomly. The selected married participants completed Locke-Wallace Marital Adjustment Test and completed a separate questionnaire for their background information. Data analysis was done by using frequencies, percentages, t-test, mean scores and Standard Deviation. The results disclosed that there was a significant difference on marital adjustment of women of 5 years of marriage and women of 15 years and above years of marriage.

Keywords: Marital adjustment, satisfaction, tenure of marriage, woman

1. Introduction

Through the knot of marriage, a man and a woman become a couple and they get tied with ample responsibilities together. Marriage is not merely a legal tie; it involves physical, social and emotional commitments, since it ties not just two individual, it is the union of two different families and in some case two different cultures united. Marriage is the turning point of every married individual's life. If someone wants to be happy they must be satisfied with their new role and they must both work together to make their marriage successful. (Arshad, Mohsin and Mahmood, 2014)^[1].

Marriage is the union of two different personalities. With time, adjustments and understanding make a couple to live happily with satisfaction and failure of which leads to conflict in families. Couples learn to share, compromise, communicate and adapt to a new surroundings. The adjustment between couple is the efforts of two spouses towards each other to achieve some common goals to balance out their own life and families at the same time and the adjustment must be equal for both spouse. A married couple lives together and solves personal, social, economic, cultural problems. Married couples who communicate and share things with each other, who can agree and solve family issues positively, who respects each other's opinion and feelings, are considered to be in a more harmonious marriage (Erbek *et al*, 2005)^[2]. Some factors such as conflicting beliefs, negative attitudes, opinion, different interest and values, disloyalty and so on can lead to marital disharmony and if not controlled necessarily, may end in separation (Batra and Gautam, 1995)^[3]. According to Vincent and D'Mello, (2018)^[4] due to modernization and change in the value system in the society the acceptance of divorce is increasing in the modern families. Divorce rates have risen across the nation. Interpersonal conflicts between partners were the one and only most frequent cause of divorce.

The roles and responsibilities assigned to an individual after marriage change over time. Spousal support and marital satisfaction are necessary regardless of the number of years of marriage. According to Depner and Ingersoll-Dayton (1985)^[5] as couples age, they undergo changes within their marriages that influence their financial and health status. Older men reported less anxiety and this may be due to maturity and tenure in certain roles (Greenberger and O'Neil, 1993)^[6]. Over time couples should assess their marriages in order to deduce what areas of the marriage may become stressful.

Marital adjustment has been significantly studied in family studies by many researchers. The duration of marriage is one of the factors which contribute to success and failure of a married couple. Marital duration has been mentioned in the literature as a possible factor that could

affect marital satisfaction (Ghoroghi, Hassan and Baba, 2015) [7].

1.1 Objective

- To assess the level of marital satisfaction among married couples of Nimona Tea Estate based on socio demographic variable
- To identify the difference in marital satisfaction between couples of 5 years and 15 years and above years of marriage

1.2 Hypothesis

H₀: There is no significant difference in marital satisfaction between couples of 5 years and 15 years and above married life.

2. Materials and methods

The Nimona Tea Estate, Jorhat was the selected area since there was no previous study focused in this area and researcher also wanted to know the level of marital adjustment between couples. Considering the convenient accessibility and proximity for the researcher, the samples were selected by using a non-probability convenience sampling method. The data collected from the households of Nimona tea estate where the number of total sample was 30 (15 were of 5 years marital life and 15 were of 15 years and above marital life), who were the married women of age 20-40 years and above. The researcher first established rapport with the respondents and purpose of collecting data was made clear to them and assured them the information gathered will be kept confidential and will be used for research purpose only. After obtaining the raw score appropriate statistical tool were used to obtain result.

2.1 Tools used

2.1.1 Background Information Questionnaire

A self structured questionnaire was prepared to collect the background information of the respondents.

2.1.2 The Marital Adjustment Test (MAT):

To measure the adjustment between couples, short marital adjustment test (MAT) developed by Locke and Wallace (1959) [8] was used. The Marital Adjustment Test (MAT), also

known as the Locke-Wallace Marital Adjustment Scale or the Short Marital Adjustment Test (SMAT), is a 15-item instrument used to evaluate marital adjustment. Among the 15 item the first item describes the degree of happiness and has a 7 point. The middle point, "happy," represents the degree of happiness and scores 15, and the scale gradually ranges to 35(perfectly happy) to one side and to 0(very unhappy). Some items were such as *Do you ever wish you had not married?* *Do you confide in your mate?* The scores for all 15 items is added up together. Higher scores indicate greater satisfaction.

3. Result and Discussion

The finding of the study is presented in two heads-

1. The descriptive statistics of the variables-age and types of family
2. To find out the difference in the marital satisfaction between couples of 5 years of marriage and 15 years and above years of marriage.
3. The descriptive statistics of the variables are age and types of family

The researcher has selected three independent variables- age, family type and years of marriage from the background information. The descriptive statistics (frequency, percentage) of the three selected variable are tabulated in this heading.

Table 1: Distribution of participants according to personal characteristics

	Total number of respondents(n=30)	
	Frequency	Percentage
Age		
21-35	18	60.0
35-50	12	40.0
Type of family		
Nuclear	23	76.7
Joint	7	23.3

The table-1 depicts the distribution of respondents according to personal characteristics. (60.0%) of the respondents are under the age group of 21-35 years and the rest (40%) are under the age group 35-50 years. (76.7%) of the respondents were living in nuclear families and the rest (23.3%) were living in joint families.

Table 2: Level of marital satisfaction among women based on age

Age	Total number of respondents (n=30)					
	Levels of Satisfaction					
	High		Moderate		Low	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
21-35(18)	9	50.0	4	22.22	5	27.77
35-50(12)	1	8.3	4	33.33	7	58.33
Total(30)	10	33.33	8	26.66	12	40.0

The data in table-2 depicts the level of marital satisfaction among women based on age. Among the women of age group 21-35 years, majority (33.33%) of them are experiencing high level of marital satisfaction with respect to the women of age group 35-50 years, majority (58.33%) of them are experiencing low level of marital satisfaction. This might be because young women are happier, healthier, fit, and more energetic. As women age, and particularly after giving birth to

children, their health tends to deteriorate and health issues tend to multiply. Most women between the ages of 21 and 35 are newlyweds who are to begin a new life filled with adventure and wisdom. The majority of studies have identified the ages of 18 to 25 and 24 to 30 as appropriate marriage ages for both men and women, and they have also stated that marriages at these ages are likely to be of higher quality. (Zaheri *et al.* 2016) [9].

Table 3: Level of marital satisfaction among women based on types of family

Types of family	Total number of respondents (n=30)					
	Levels of Satisfaction					
	High		Moderate		Low	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Nuclear (23)	7	30.43	6	26.08	10	43.47
Joint (7)	3	42.85	2	28.57	2	28.57
Total(30)	10	33.33	8	26.66	12	40.00

The table-3 indicates the level of marital satisfaction based on types of family. Among the women from nuclear family majority (43.47%) of the respondents were experiencing low level of marital satisfaction, whereas the women from joint family, majority (42.85%) were experiencing high level of marital satisfaction. The reason might be the study population belongs to tea community and most of the women were daily wage earner in tea gardens and since they are with joint family setting, mostly the responsibility, resource, time, bondings are shared, (Mangai and Sreenivas, 2019)^[10] women of joint families are more functionally feasible, able to provide better security to children and at the same time going out for work becomes convenient because of the family support they receive. Moreover, members of joint families are more emotionally connected which plays a crucial role in satisfaction of a person.

3.2 To compare the marital satisfaction between couples of 5 years married life and 15 years and above married life.

Table 4: Level of marital Satisfaction of women based on years of marriage

Years of marriage	Total number of respondents (n=30)					
	Levels of Satisfaction					
	High		Moderate		Low	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
5 years	7	46.66	4	26.66	4	26.66
15 years and above years	3	20.0	4	26.66	8	53.33

The table-4 indicates the level of marital satisfaction among women based on years of marriage. The table shows that among the women of 5 years of married life majority (46.66%) are experiencing high level of marital satisfaction, followed by (26.66%) are experiencing moderate level of satisfaction and the rest (26.66%) are experiencing low level of satisfaction.

Among the women of 15 and above years of married life, majority (53.33%) of them are experiencing low level of satisfaction, followed by (26.66%) are experiencing moderate level of satisfaction and the rest (20.0%) are experiencing high level of marital satisfaction.

Table 5: Differences of marital satisfaction among respondents based on years of marriage

Years of marriage	Mean	SD	F value	p value
5years	117.93	21.43	F=0.103	p=0.024**
15 years and above	98.93	22.11		

**Significant at 0.05% level.

The table-5 represents the Mean, SD and t-value of marital satisfaction among women based on years of marriage. Among the women of 5 years of married life, the mean, SD value were 117.93 and 21.43 respectively and in case of women of 15 and above years of marriage the mean and SD values were 98.93 and 22.11 respectively. The obtained t-

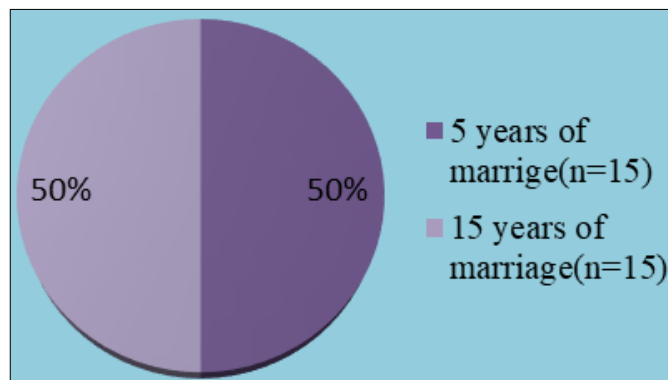


Fig 1: Distribution of respondents based on number of marriage

The fig- 1 shows the percentage of respondents regarding years of marriage. It shows that (50%), n=15 i.e. half of the respondents are of 5 years of marriage and rest (50%) n=15 respondents are of 15 and above years of marriage.

value was 0.024 which is significant at 0.5% level. Therefore, the null hypothesis (H_0) could be rejected.

So this result depicts that the marital satisfaction among women of 5 years of married life is more as compared to women of 15 years and above years of marriage. The justification of this finding might be, the new couples are more romantically involved, explore their new life by spending more times together and moreover the responsibility of offspring and family is less as compared to women of 15 years and above years of marriage.

But this finding is contradicted by a study done by Rajput (2017)^[11] and he found couples of 5 years marital life and 15 years and above marital life have significant difference on adjustment. Couples of 15 years and above marital life have better adjustment than couples of 5 years marital life.

4. Conclusion

One of an important factor of happiness after marriage is marital satisfaction. Marital adjustment is a broad concept; it denotes couples adaptation to behavior which permits them to meet the social, emotional, psychological demands leading to overall stability in life. After marriage a couple must adjust to each other's environment by some function such as sharing, compromising, sacrificing, planning, caring to balance peace and satisfaction. Satisfied couple is in a close feasibility to adjust life whereas couples with lower satisfaction often claim

life, blame partners and find difficulties to adapt even the small adjustments resulting in stress, depression and anxiety.

From the above study a significant difference was observed in the marital satisfaction between two different marriage tenures, couples with 5 years of marriage were found to experience more marital satisfaction as compared to the couple having 15 years and above marriage experience. Majority of the women of 5 years of marriage experience high level of marital satisfaction on the other hand majority of women of 15 years and above marriage experience low level of marital satisfaction. The justification of the result might be couple don't have much burden just after a few years of marriage but when they gradually experience more pressure due to many factor including children education, parents deteriorating ill health they find it harder to adjust. Other finding of the study were, regarding marital satisfaction and age of the women, majority of the women of age group (21-35) years were experiencing high level of marital satisfaction and majority of the women of age group (36-40) years were experiencing low level of marital satisfaction. Majority of women staying in nuclear family were experiencing low level of satisfaction whereas majority of women from joint families were experiencing high level of satisfaction.

From the above findings it can be suggests that high marital satisfaction is key to healthy adjustment among couples and determine longevity of a relationship. Since the present study assess the relationship between marital satisfaction and tenure of marriage it concludes that there is a significant difference on the marital satisfaction of women based on duration of marriage.

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