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## RELATIONSHIP BETWEEN MARITAL ADJUSTMENT AND QUALITY OF LIFE AMONG DUEL-SINGLE WORKING COUPLES



Vasanthaxmi<sup>1</sup> and R. Venkat Reddy<sup>2</sup>

<sup>1</sup>Research Scholar, Dept of Psychology, Gulbarga University, Kalaburagi.

<sup>2</sup>Associate Professor, Department of Psychology, Sharanabasaweshwar College of Arts, Kalaburagi .

### ABSTRACT

This study aims at assessing marital adjustment and quality of life among dual-single working couples. Sample comprised of 50 (25 dual working couples and 25 single working couples). Marital adjustment questionnaire (Pramod Kumar and Kanchana Rohatgi, 1999) and Quality of life scale (WHO) were used to identify their marital adjustment and quality of life status. Obtained data were statistically analysed by using mean, SD, t'-test. Further, Karl Pearson's product moment correlation coefficient was done.

The findings revealed that dual working husbands are better in marital adjustment and quality of life compared to single working husbands. It was also the dual working wives are better in marital adjustment and quality of life compared to single working wives. Further, findings revealed that there is a significant positive relationship between marital adjustment and quality of life of dual-single working couples.

**KEYWORDS** :Marital adjustment, Quality of life, Dual-single working couples

### INTRODUCTION

Marriage is an important social institution that permits or admits man and women for family life. It is more or less a durable condition between male and female beyond the mere act of propagation (birth of offspring). By marriage they start the basis for family life. The merits of the

marriage include the regulation of sex life, sex relation, leads to establishment of family, provide for economic corporation, contribute the emotional and intellectual inter stimulation of the partner and aim at social solidarities. Factors which influence marital adjustment includes demographic individual factors such as, the age, sex, religion, education, job, economics states, number of children, type of family, income, locality and type of marriage. Marital maladjustment can occur when two individual from different background start living together and face adjustment problem. The last two decades have seen a steady increase in divorce and failures in marriages. The attitude towards marriage is also changing. Hence this study on relationship between marital adjustment and quality of life among dual-single working couples is undertaken.

Dual-career couples have been defined as —a married couple where both husband and wife have different careers, HR Dictionary, (2011). —For dual-career couples and working women, balancing work demands with personal and family responsibilities is difficult to do||, Jackson and Mathis, (2007), and the situations becomes even more challenging where dual career couples have a child or children. Organizations have to introduce specific measures and initiatives in order to assist their dual-career couples and parent employees to achieve work-life balance, and thus to achieve their commitment and contribution to the achievement of organizational objectives in an effective manner. Whereas single working couples have been defined as —a married couple where husband is working and wife is house holder.

### MARITAL ADJUSTMENT

Adjustment in marriage is a significant phenomenon. The relationship a man has with a woman in marriage is perhaps the highest form of relationship because it involves physical, emotional, spiritual and social aspects of life. The success of the marriage depends upon the capacity of man and woman to make it successful. This is because; husband and wife in their relationships to each other are equally dependent upon the complementary nature of their personalities. Occurrence of marital coalition is the hallmark of a healthy marriage, where both the partners take care of the needs of each partner and recognize the differences between their conceptual and social reality. Marital adjustment is ‘the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (Thomas, 1977).

### QUALITY OF LIFE

Quality of life is a sense of well being that is arises from the satisfaction or dissatisfaction in various important aspects of life (Sammarco, 2001). For each person, quality of life is dependent on his unique perception from life and life satisfaction; in spite of the relationship with family, friends and community. In addition, the person is satisfied from psychological, social, economical, cultural, religious and sexual aspects (Cella, 1994). Quality of life describes an ultimately subjective evaluation of life in general that encompasses not only the subjective sense of well-being but also the objective indicators such as health status and external life situations (Dimenas ES, 1990).

### METHODOLOGY

#### Aim of the study

To assess the marital adjustment and quality of life among dual-single working couples.

#### Objectives

1.To study the marital adjustment and quality of life among dual-single working couples.

- 2.To assess the relationship between marital adjustment and quality of life.
- 3. To compare the marital adjustment and quality of life among duel-single working couples.

**Hypotheses**

- 1.There will be no significant difference in the marital adjustment and quality of life among duel-single working wives.
- 2.There will be no significant difference in the marital adjustment and quality of life among duel-single working husbands.
- 3. There will be no significant relationship between marital adjustment and quality of life among duel-single working couples.

**Sample**

Sample for the present study included 50 couples, out of which 25 duel working couples and 25 single working couples (N=100). Age of the sample is 25 to 50 years from Kalaburagi district of Karnataka state, India.

**ASSESSMENT TOOLS**

**1.Marital Adjustment Questionnaire**

Marital Adjustment Questionnaire developed by Pramod Kumar & Kanchana Rohatgi (1999) (has totally 25 ‘Yes-No’ type items divided into three area like Sexual, Social and Emotional. The reliability of the test is 0.96 and is frequently used in Indian studies.

**2.Quality of Life**

World Health Organization–Quality of Life (WHO QOL) – BREF: The World Health Organization –Quality of Life (WHO QOL) – BREF: was chosen to measure the quality of life. The questionnaire has been developed by World Health Organization, in order to provide a short form for quality of life assessment that looks at the domain level profiles. It consists of 26 items and 5 alternatives.

**RESULTS AND DISSCUSION**

**Table No.1: Shows the mean, SD and ‘t’ value of duel working husbands and single working husbands on marital adjustment and quality of life.**

Variables	Duel working couples		Single working couples		t-value
	Husbands		husbands		
	Mean	SD	Mean	SD	
Marital adjustment	21.76	1.56	17.96	2.28	6.87**
Quality of life	102.22	5.75	95.12	7.46	3.75**

\*\*Significant at 0.01 level

The mean scores obtained on the marital adjustment for the duel working sample was 21.76 (SD=1.56) and single working sample was 17.96 (SD=2.28). The obtained ‘t’ value of 6.87 implies that there is a statistically significant difference (at 0.01 level) between these two groups. It reveals that duel

working husbands are better in marital adjustment compared to single working. Therefore, the null hypothesis stating that there will be no significant difference between the duel-single working husbands on marital adjustment is rejected.

The mean scores obtained on the quality of life for the duel working sample was 102.22 (SD=5.75) and single working sample was 95.12 (SD=7.46). The obtained 't' value of 3.75 implies that there is a statistically significant difference (at 0.01 level) between these two groups. Therefore, the null hypothesis stating that there will be no significant difference between the duel-single working husbands on quality of life is rejected.

Above the findings reveal that duel working husbands are better in marital adjustment and quality of life compared to single working husbands.

**Table No.2: Shows the mean, SD and 't' value of duel working wives and single working wives on marital adjustment and quality of life.**

Variables	Duel working couples wives		Single working couples wives		t-value
	Mean	SD	Mean	SD	
Marital adjustment	20.40	2.84	18.24	2.40	2.90**
Quality of life	104	4.96	98	4.80	4.83**

\*\*Significant at 0.01 level

The mean scores obtained on the marital adjustment for the duel working sample was 20.40 (SD=2.84) and single working sample was 18.24 (SD=2.40). The obtained 't' value of 2.90 implies that there is a statistically significant difference (at 0.01 level) between these two groups. Therefore, the null hypothesis stating that there will be no significant difference between the duel-single working wives on marital adjustment is rejected.

The mean scores obtained on the quality of life for the duel working sample was 104 (SD=4.96) and single working sample was 98 (SD=4.80). The obtained 't' value of 4.83 implies that there is a statistically significant difference (at 0.01 level) between these two groups. Therefore, the null hypothesis stating that there will be no significant difference between the duel-single working wives on quality of life is rejected.

**Table No.3: Shows correlation between marital adjustment and quality of life of duel-single working couples.**

Variables	'r'-value
Marital adjustment	.3.21**
Quality of life	

\*\* .Correlation is significant at the 0.01 level

Above table shows that there is a high significant positive relationship (r.3.21) between marital

adjustment and quality of life, which is significant at 0.01 level. It indicate that higher the marital adjustment higher the quality of life.

#### CONCLUSION:

- 1.The dual working husbands are better in marital adjustment and quality of life compared to single working husbands.
- 2.The dual working wives are better in marital adjustment and quality of life compared to single working wives.
- 3.There is a significant positive relationship between marital adjustment and quality of life of dual-single working couples.

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**Vasanthalaxmi**

**Research Scholar, Dept of Psychology, Gulbarga University, Kalaburagi.**

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