

Assessment Of Socioeconomic Conditions And Marital Adjustment Among The Working Women In Trichy

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ABSTRACT

Women are the backbone of every family. They show keen interest in the household activities and also in their profession. They have to balance their work life with family life. In this regard, they face with many adjustment problems such as relationship adjustment with couple, problem of understanding the mother-in-law and sister-in-law in the family, problem in understanding their own children, economic problem, emotional problem and social problem. Hence the researcher aims to study the marital adjustment of married women and described the characteristics of married working women by using Descriptive research design and their adjustment problems by using non-probability sampling in the form of purposive sampling and collected data from 100 married working women in Trichy. A self-prepared questionnaire is used to collect data regarding Socio demographic information of the respondents and applied the Marital Adjustment Scale developed by Vaishnavi and Shalini (2020) and analyzed the data by the use of SPSS. Chi-square test between age and marital adjustment, ANOVA between respondents education, occupation with regard to marital adjustment has been carried out. The findings and suggestions are discussed in the article.

Key words: Women, working women, Socio-economic conditions, marital adjustment.

INTRODUCTION

Women play an inevitable role in every family as a daughter, wife, mother, aunty, sister-in-law and mother-in-law. At these entire roles, they have to compromise and adjustment with others in the family in order to lead and promote an conducive family atmosphere. Similarly, they go for work and have to fulfill the job requirements. Hence it becomes very essential to balance both work and family. Failures result in many problems with their couple, children, in-laws and executives in the office. This will have an adverse effect on the mental health of women leading to depression and OCD.

Working women furthermore have complications in marriages as they have different desires and aspirations about their marriage and life partner. After marriage, they are ought to have smooth relationship with couple as they have limited time or no time to spend with their couple, share their joy and sorrow with them, marital satisfaction, discuss about family matters and take right decision at right time.

The society also pose lot of expectations on them to take part in celebrations of the family as a key member, attending functions in relatives house and fulfilling their requirement is very burdensome for the women to cope up with all these duties. They accumulate with more stress and anxiety leading to mental health problems. Thus the researchers have attempted to study the association between socioeconomic conditions and marital adjustment among the working women residing in Trichy district.

1.2 REVIEW OF LITERATURE

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Rao and Sharma (2020) investigated the psychological well-being and marital adjustment of working women. The study explored how the mental health and stress levels of working women could influence their ability to navigate and maintain satisfactory marital relationships.

Rani (2018) examined the issues with marital adjustment that Bahadurgarh city's working women teachers and non-working women encountered. Eighty women were chosen at random to make up the sample: forty were working women instructors and their wives, and forty were not working women and their spouses. Data for this study were gathered using the Marital Adjustment Inventory. According to the findings, wives who do not work experience more difficulties adjusting to married life than their spouses. Second, compared to women who do not work, working women teachers experience more difficulties adjusting to married life. It is possible to argue that working women experience more severe forms of maladjustment at home or at work due to the additional demands of their jobs.

Dhote (2018) investigated how Mumbai's working women's mental health was affected by marriage adjustment. 150 Mumbai-based working women in a range of professions were chosen using a random selection technique. The age range was 26 to 35 years old, and graduation was the minimal educational requirement. Widows and divorced women were not included in the sample. The findings showed a strong correlation between women's mental health and their ability to adjust to married life.

Velmurugan and Maheswari (2017) examined the psychological health and sociodemographic characteristics of women employed by Southern Railways in Tiruchirappalli. The 343 women who work for Southern Railways in Tiruchirappalli make up the study's universe. The researcher used a descriptive research design. A straightforward random sample technique was used to collect data from 96 research participants, or one-third of the total population. The researcher employed a standardized test on marital satisfaction and a self-prepared interview schedule related to sociodemographic factors. The study's primary conclusions showed that a majority of respondents (73.5%) reported a moderate level of marital satisfaction.

Belal and Gaheen (2016) have carried out research in Tanta, Egypt, on the variables influencing primigravida women's marital satisfaction. 150 women who attended the earlier settings were part of the study. Two instruments were employed to gather data for the research: the first was a structured interview sheet that focused on social assessment and socio-demographic traits. In contrast to age at time of marriage, duration of engagement, education of the couples, family type, residence, and family income, the study's findings showed that women's age, husband's age, couples' birth order, length of marriage, wife's job, husband's job, relationship with mother-in-law, and female circumcision were significant predictors of marital satisfaction.

2. METHODS AND MATERIALS

The goals of the research are to examine the socio-demographic traits of married working women, gauge their degree of marital adjustment, and recommend appropriate life skills treatments to improve their quality of life together.

2.1 METHODS

Descriptive research design has been employed to describe the socio-demographic characteristics and the marital adjustment problems of the married working women. The researchers have used purposive sampling method to collect data from 100 respondents from Trichy city.

2.2. MATERIALS

The researchers have used self-prepared tool to collect socio-demographic information about the married working women and used the Marital Adjustment Scale developed by Vaishnavi.

P and Shalini. A (2020) to collect the data. The Scale has 9 dimensions such as psychological, social, health, economical, familial relationship, sexual life, parenting, household activity and conflict resolution. The reliability co-efficient of the scale under Split half method is 0.816.

FINDINGS AND DISCUSSION

FINDINGS RELATED TO SOCIO-DEMOGRAPHIC VARIABLES

Table :1 SOCIO-DEMOGRAPHIC VARIABLES OF THE RESPONDENTS

Sl. No	Socio-Demographic Variables	Number of Respondents (n=100)	Percentage
1.	Age		
	21 to 30	30	30
	31 to 40	36	36
	41 and above	34	34
2.	Educational Qualification		
	High School	10	10
	Higher Secondary	10	10
	Under Graduation	29	29
	Post Graduation	46	46
	Ph.D.	5	5
3.	Nature of Marriage		
	Arranged Marriage	73	73
	Love Marriage	27	23
4.	Occupation		
	Daily Wages	7	7
	Self Employment	26	26
	Government Employee	24	24
	Private Employee	21	21
	Teachers	22	22
5.	Type of Family		
	Nuclear Family	63	63
	Joint Family	37	37
6.	Number of Children		
	1 to 2	83	83
	3 to 4	15	15
	5 and above	2	2
7.	Living with In-laws		
	Yes	33	33
	No	67	67

The table 1 indicates that 30 per cent of the respondents were in the age group of 21 to 30 year whereas 36 per cent of the respondents were between 31 to 40 years and 34 per cent of the respondents were above 40 years of age. Regarding the educational qualification of the respondents, nearly half of them (46%) have finished post graduation whereas 29 per cent of the respondents have completed under graduation and 10 per cent of the respondents have studied up to High School and Higher Secondary School respectively, very few of them (5%) have done Ph.D. Majority of the respondents(73%) have done arranged marriage and 27 per cent of them have entered love marriage.

It is noted from the table that little more than one fourth of the respondents (26%) are self employed, 24 per cent of them are Government employees whereas 21 per cent are working in private sectors, 22 per cent of them are teachers and only few of them are daily wage earners (7%).It is also revealed from the study that majority of the respondents (63%) hail from nuclear

families and 37 per cent of them come from joint families. Great Majority of the respondents (83%) has 1 to 2 children and 15 per cent have 3 to 4 children and very few of them (2%) have more than 5 children. It is clear to know that majority of them (77%) are not living with in-laws and 33 per cent of them are living together with in-laws.

3.2 DIMENSION WISE LEVEL OF MARITAL ADJUSTMENT

TABLE: 2 VARIOUS DIMENSIONS OF MARITAL ADJUSTMENT

Sl. No	Levels of Marital Adjustment	Number of Respondents (n=100)	Percentage
1.	Psychological Adjustment		
	Low	57	57
	High	43	43
2.	Social Adjustment		
	Low	50	50
	High	50	50
3.	Health Adjustment		
	Low	59	59
	High	41	41
4.	Economic Adjustment		
	Low	58	58
	High	42	42
5.	Familial Relationship Adjustment		
	Low	50	50
	High	50	50
6.	Sexual Adjustment		
	Low	59	59
	High	41	41
7.	Parenting Adjustment		
	Low	58	58
	High	42	42
8.	Household Activities Adjustment		
	Low	55	55
	High	45	45
9.	Conflict Resolution Adjustment		
	Low	58	58
	High	42	42
10.	Overall Marital Adjustment		
	Low	51	51
	High	49	49

The table 2 indicated that there is low level of marital adjustment in the dimensions of psychological adjustment (57%), social adjustment (50%), health adjustment (59%), economic adjustment (58%), familial relationship adjustment (50%), sexual adjustment (59%), Parenting Adjustment(58%), Household Activities Adjustment (55%) and Conflict Resolution Adjustment (58%) and overall level of marital adjustment (51%). Thus it is understood that married working women undergo lot of physical, emotional, psychological, health, sexual, familial relationship problem and social problems in the society because of which they experience lot of stress, tiredness and depression thus affecting their mental health.

3.3 Association between Age and Various Dimensions of Marital Adjustment

TABLE 3: Association between Age and Various Dimensions of Marital Adjustment

VARIOUS DIMENSIONS OF MARITAL ADJUSTMENT	AGE			STATISTICAL INFERENCE
	21-30	31-40	41 & ABOVE	
PSYCHOLOGICAL ADJUSTMENT				
Low	19	20	18	$x^2 = .750$ df = 2 P>0.05 Not significant
High	11	16	16	
SOCIAL ADJUSTMENT				
Low	19	15	16	$x^2 = 3.251$ df = 2 P<0.05 Significant
High	11	21	18	
HEALTH ADJUSTMENT				
Low	22	17	20	$x^2 = 4.613$ df = 2 P<0.05 Significant
High	8	19	14	
ECONOMIC ADJUSTMENT				
Low	22	12	24	$x^2 = 14.099$ df = 2 P<0.05 Significant
High	8	24	10	
FAMILIAL RELATIONSHIP ADJUSTMENT				
Low	18	15	17	$x^2 = 2.200$ df = 2 P<0.05 Significant
High	12	21	17	
SEXUAL ADJUSTMENT				
Low	23	17	19	$x^2 = 6.072$ df = 2 P<0.05 Significant
High	7	19	15	
PARENTING ADJUSTMENT				
Low	16	27	15	$x^2 = 7.229$ df = 2 P<0.05 Significant
High	14	9	19	
HOUSEHOLD ACTIVITIES				
Low	20	18	17	$x^2 = 2.357$

High	10	18	17	df = 2 P<0.05 Significant
CONFLICT RESOLUTION ADJUSTMENT				
Low	19	22	17	x ² = 1.387 df = 2 P<0.05 Not Significant
High	11	14	17	
OVERALL SCORE				
Low	22	14	15	x ² = 8.745 df = 2 P<0.05 Significant
High	8	22	19	

The table 3 showed that there is a significant association between age of the respondents and the levels of marital adjustment with regard to various dimensions such as social adjustment, health adjustment, economic adjustment, and familial relationship adjustment, sexual adjustment, parenting adjustment, household activities and overall levels of marital adjustment. However it is seen from the study that there is no significant association between age of the respondents and the level of marital adjustment in the dimensions of psychological adjustment and conflict resolution adjustment.

Table: 4 3.4 “t”- TEST BETWEEN THE RESPONDENTS’ TYPE OF FAMILY AND VARIOUS DIMENSIONS OF MARITAL ADJUSTMENT

S.NO	TYPE OF FAMILY	N	MEAN	SD	STATISTICAL INFERENCE
1.	PSYCHOLOGICAL ADJUSTMENT				t= .671 df =98 P>0.05 Not Significant
	Nuclear Family	63	34.30	5.57	
	Joint Family	37	33.40	7.72	
2.	SOCIAL ADJUSTMENT				t= -1.918 df=98 P>0.05 Not Significant
	Nuclear Family	63	18.74	4.61	
	Joint Family	37	20.48	3.95	
3.	HEALTH ADJUSTMENT				t= -1.661 df=98 P>0.05 Not Significant
	Nuclear Family	63	18.09	2.96	
	Joint Family	37	19.13	3.12	
4.	ECONOMIC ADJUSTMENT				t=-2.182 df =98 P<0.05 Significant
	Nuclear Family	63	15.28	3.28	
	Joint Family	37	16.83	3.67	
5.	FAMILIAL RELATIONSHIP ADJUSTMENT				t=-2.088 df= 98 P<0.05 Significant
	Nuclear Family	63	16.20	4.93	
	Joint Family	37	18.29	4.65	
6.	SEXUAL ADJUSTMENT				t=-.785 df=98
	Nuclear Family	63	18.60	3.22	

	Joint Family	37	19.16	3.77	P>0.05 Not Significant
7.	PARENTING ADJUSTMENT				t=-.361 df=98
	Nuclear Family	63	17.11	3.54	P>0.05
	Joint Family	37	17.37	3.63	Not Significant
8.	HOUSEHOLD ACTIVITIES				t=-2.752 df=98
	Nuclear Family	63	17.23	4.03	P<0.05
	Joint Family	37	19.48	3.79	Significant
9.	CONFLICT RESOLUTION ADJUSTMENT				t=-.960 df=98
	Nuclear Family	63	14.76	3.14	P>0.05
	Joint Family	37	15.40	3.39	Not Significant
10.	OVERALL SCORE				t=-1.793 df=98
	Nuclear Family	63	170.34	23.57	P>0.05
	Joint Family	37	179.59	27.01	Not Significant

The table 4 indicated that there is significant difference between the type of family of the respondents with regard to various dimensions of marital adjustment such as economic adjustment, familial relationship adjustment and household activities adjustment. But there is no significant difference between the type of family of the respondents with regard to the levels of marital adjustment in the dimensions of psychological adjustment, social adjustment, health adjustment, sexual adjustment, parenting adjustment, conflict resolution adjustment and overall level of marital adjustment.

3.5 One Way Anova among Educational Qualification of the Respondents with regard to Various Dimensions of Marital Adjustment

Table:5 One Way Anova among Educational Qualification of the Respondents with regard to Various Dimensions of Marital Adjustment

S.NO	DIMENSIONS	MEAN	SS	DF	MS	STATISTICAL INFERENCE
1.	PSYCHOLOGICAL ADJUSTMENT Between Groups Within Groups	G1 -36.0	190.83 3902.07	4 95	47.70 41.07	F=1.162 P>0.05 Not Significant
		G2 -36.1				
		G3-34.55				
		G4-33.06				
		G5-30.60				
2.	SOCIAL ADJUSTMENT Between Groups Within Groups	G1-20.40	275.190 1676.600	4 95	68.797 17.648	F=3.898 P<0.05 Significant
		G2-21.30				
		G3-21.03				
		G4-18.15				
		G5-15.40				
3.	HEALTH ADJUSTMENT Between Groups Within Groups	G1-20.70	83.218 837.742	4 95	20.805 8.818	F=2.359 P<0.05 Significant
		G2-19.40				
		G3-18.55				
		G4-17.73				
		G5-18.60				
4.	ECONOMIC ADJUSTMENT Between Groups	G1-14.80	90.004	4	22.501	F=1.905 P<0.05 Significant
		G2-16.30				
		G3-16.75				

	Within Groups	G4-15.78	1122.036	95	11.811	
		G5-12.60				
5	FAMILIAL RELATIONSHIP ADJUSTMENT Between Groups Within Groups	G1 -17.0	143.803	4	35.951	F=1.519 P>0.05 Not Significant
		G2-18.60	2248.157	95	23.665	
		G3 -18				
		G4-16.39				
		G5-13.20				
6.	SEXUAL ADJUSTMENT Between Groups Within Groups	G1-20.30	74.697	4	18.674	F=1.627 P>0.05 Not Significant
		G2 -20	1090.693	95	11.481	
		G3-19.27				
		G4 -18				
		G5-18.20				
7.	PARENTING ADJUSTMENT Between Groups Within Groups	G1-18.80	74.697	4	53.560	F=4.891 P<0.05 Significant
		G2-19.50	1040.349	95	10.951	
		G3-18.24				
		G4-15.69				
		G5-17.40				
8.	HOUSEHOLD ACTIVITIES Between Groups Within Groups	G1-20.10				F=1.864 P>0.05 Not Significant
		G2-18.60				
		G3-18.96	119.531	4	29.88	
		G4-17.04	1522.97	95	16.031	
		G5-17.20				
9.	CONFLICT RESOLUTION ADJUSTMENT Between Groups Within Groups	G1-15.20	7.379	4	1.845	F=.170 P>0.05 Not Significant
		G2 -15.1	1028.621	95	10.828	
		G3-15.34				
		G4-14.76				
		G5-14.60				
10.	OVERALL Between Groups Within Groups	G1-183.30	7169.400	4	1792.350	F=3.065 P<0.05 Significant
		G2-184.90	55558.31	95	584.824	
		G3-180.72				
		G4-166.63				
		G5-157.80				

G1=High School, G2= Higher Secondary G3=Under Graduation G4=Post Graduation

G5=Ph.D

It is inferred from table 5 that there is a significant difference among various educational qualification of the respondents with regard to marital adjustment in the dimensions of Social Adjustment, Health Adjustment, Economic adjustment, Parenting Adjustment and overall level of marital adjustment. Further the mean score indicated that the respondents with higher secondary school education have higher level of social adjustment, parenting adjustment and overall level of marital adjustment and respondents with High School qualification have higher level of health adjustment and respondents with graduation have higher level of economic adjustment. However there is no significant difference among various educational qualification of the respondents with regard to marital adjustment in the dimensions of psychological adjustment, sexual adjustment, familial relationship adjustment, household activities adjustment and conflict resolution adjustment.

DISCUSSIONS

Today, women have numerous opportunities to pursue their passions and leave their mark. They can choose to be homemakers, teachers, doctors, engineers, fashion designer, lawyers,

programmers, or even astronauts. They have the freedom to decide when and whom to marry, and can have families that take diverse forms. The possibilities are endless. However, being a woman also means facing unique challenges and obstacles in achieving one's goals. The reality is that the world can be harsh and complex. Balancing multiple roles and responsibilities, such as being a friend, partner, mother, daughter, volunteer, and more, can be demanding and overwhelming. In professional settings, communication skills are essential for success in communication-related roles, as well as for establishing strong relationships with managers, colleagues, and customers across various industries. Change, both on a personal and societal level, is occurring at an unprecedented pace, and information is constantly bombarding us. Feeling overwhelmed and experiencing burnout has become the norm rather than the exception.

Learning to lead with influence, rather than relying solely on authority, is a crucial practical skill to acquire. Married working women need lot of support, encouragement and co-operation from their spouse in order to undertake their household responsibilities. Moreover, the spouse has to spend valuable time with them and understand their real difficulties as they are taking up multitasking at a time. The other family members like spouse, children and in-laws need to understand the exact need of them and share the responsibilities so that it will relieve them of tension, stress and depression. It is also suggested that they have to undertake marital counselling and family enrichment programme duly organized in order to strengthen their coping ability as a method of life skills intervention. Newly married couples should be provided space to understand each other in a better manner and then ponder them with familial responsibility. This will help them to develop positive attitude towards their spouse and in-laws and will be able to adjust to fulfill their expectations.

CONCLUSION

The present study enlightens the researchers to understand the various challenges faced by married working women and helped to suggest suitable measures to enhance the coping skill of married working women in the society. Exceptional leaders are able to unite a collective vision and inspire individuals to give their best for the benefit of the company, organization, or team. They effectively manage conflicts and make daily decisions. Outstanding managers come from diverse backgrounds, possess various personalities, and exhibit different leadership styles.

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