

**MARITAL ADJUSTMENT IN RELATION TO JOB STATUS AND EMOTIONAL INTELLIGENCE****Vikas Kumar**

D.A.N. College of Education, Nawanshahr.

Yogesh Sharma

Ramgarhia College of Education, Phagwara.

Received: 28 July 2012

Accepted: 22 September 2012

Abstract

The present research was an attempt to study the influence of Job Status, Emotional Intelligence, and their Interaction on Marital Adjustment of women. Keeping in mind, the objective of the study, the survey method was used. The sample consisted of 175 working and non – working women. For collection of data, standardized tools, namely, Marital Adjustment Inventory by Singh and Mangal Emotional Intelligence Scale by S.K. Mangal and Shubra Mangal were used. The data were analysed by using 2×2 Analysis of Varince. It was found that working and non – working women did not differ with respect to Marital Adjustment, while emotional intelligence was found to be related with the Marital Adjustment of women. No significant influence of interaction between job status and emotional intelligence was found.

Key Words: *Marital Adjustment, Job Status and Emotional Intelligence.*

Introduction

Marriage is an institution necessary for the propagation and fulfillment of life goals. The goal of this stage as envisaged by Erickson is to form relationship of trust and intimacy with the partner. The new relationship should enhance the identity of both the partners without suppressing the growth of either. But, it is irony that in Indian conditions only one of both the partners grows and that is husband.

The present age of liberalization, privatization, and globalizations has no doubt opened gates of opportunities for the women. Women are now doing jobs at the places previously considered as male bastion only. More women at present are doing jobs than before and the gap between the number of males and females doing jobs in India is reducing at phenomenal rate. Men have lost all the plans to keep women slave. By proving Manu's words wrong women have started reaching new heights. But Indian society has not changed its traditional and rigid attitude towards women. Women working in any institution still face large number of problems at home. Indian psyche has not set women free from the chains of household chores. It is still considered that keeping home in a good shape is the duty of wife only. Indian society demands and expects that a woman of the 21st century also, should be obedient, first to father, then to husbands and then to son(s). This Taliban attitude is creating a lot of adjustment problems for the women. The women have to play the dual role. In order to achieve the harmony in life, women have to fulfill the obligations of both work and home. This doubles the amount of work. It was investigators assumption that the dual role expected from the working women creates disorganization in the marital status. And, the question arises that are working women have similar adjustment as compared to that of non – working women?

Emotional Intelligence (EI) is considered as necessary factor in the adjustment. EI is a cluster of traits or abilities relating to the emotional side of life – abilities such as recognizing one's own emotions, being able to motivate oneself and restrain one's impulses, recognizing and managing others' emotions, and handling interpersonal relationships in effective manner (Baron, 2007). It is expected that women with better EI must be able to deal with the problems of marital life more effectively. But, much has not been known about the influence of EI on the Marital Adjustment of women.

The purpose of the present study was to examine the influences of Working – Non Working Status and Emotional Intelligence on married women teachers' marital adjustments. Authors hypothesized that there is no significant influence of Job Status, Emotional Intelligence, and their Interaction on the Marital Adjustment of women.

Method

Sample

The sample of the study consisted of 175 women. Out of which, 95 were teachers working in secondary schools, and 80 were women not doing jobs anywhere. The sample was selected from two districts (Kaputhala and S.B.S. Nagar) of Punjab State. The sample belonged to urban as well rural strata.

Tools

Marital Adjustment Inventory (MAI)

MAI developed by Singh (1987) was used as a measure of Marital Adjustment of teachers. The MAI has two forms, namely, Form A, and Form B. The Form A is for husbands while Form B is for Wives. Keeping the objective of the study in mind, only Form B of MAI was used. It has ten questions, to be replied in Yes or No. The scoring was done as per the instructions given in the manual. The split – half reliability coefficient of MAI in case of teachers was found to be 0.85. The validity of MAI was established.

Mangal Emotional Intelligence Inventory (MEII)

MEII of S.K. Mangal and Shubra Mangal was used to assess the Emotional Intelligence of the teachers. MEII has 100 items, 25 each from the four areas, namely, Intra Personal Awareness; Inter Personal Awareness; Intra Personal Management; and Inter Personal Management. The items have to be answered in Yes or No. The scoring was done as per the instructions given in the manual. The test – retest and split - half reliability coefficients were found to be 0.92, and 0.89 respectively. The tool had criterion validity established with the external measures, namely, Adjustment Inventory by A.K.P. Sinha and R.P. Singh; and Emotional Maturity Scale developed by Yasvir Singh and Mahesh Bhargava.

Procedure

Keeping in mind, the objective of the study, the survey method was used. Data from the women selected in the sample were taken with the help of the instruments mentioned above. Both the above mentioned instruments were administered on teachers and non – working women separately. The data were collected from the teachers by approaching them in their respective schools. On the other hand, for collecting data from the the non – working married women, authors had approached them in their respective houses. In order to make, sample representative of the population, care was taken to collect data from the different types of schools (Government, Government – Aided, and Private) and houses (High – Average –Low Socio Economic Strata).

Design

The objective was to study the influence of Job Status, Emotional Intelligence, and their Interaction on Marital Adjustment of Women. There were two levels of Job Status, namely, Working, and Non - Working. The teachers were also categorized into two levels of Emotional Intelligence, namely, Above Average, and Below Average. Thus, there were two levels of Job Status, and two levels of Emotional Intelligence. Therefore, 2×2 Analysis of Variance was performed on the women's Marital Adjustment.

Results and discussion

The results of 2×2 Analysis of Variance on women's Marital Adjustment are given in the Table 1.

Table: 1
Summary of 2 × 2 Factorial Designs ANOVA of Marital Adjustment
Influence of Job Status

Source of Variance	SS	df	MSS	F
Job Status (A)	101.62	1	101.62	0.44
Emotional Intelligence (B)	13662.50	1	13662.50	59.38**
A × B	573.22	1	573.22	2.49
Error	39343.09	171	230.08	
Total		174		

**Significant at 0.01 level

The F-value for Job Status is 0.44 (vide Table 1), which is not significant. It indicates that mean scores of Marital Adjustment of working and non – working women did not differ significantly. It reflects that there was no significant influence of Job Status on Marital Adjustment of Women. Thus, the null hypothesis, namely, “There is no significant influence of Job Status on Marital Adjustment of women”, is not rejected. It may, therefore, be concluded that working, and non – working women did not differ with respect to Marital Adjustment. It may be because of the reason that working women are normally better educated than their non – working counterparts. The level of education plays a significant part in the ways an individual adjust to his/her environment. They may be more conscious about the well – being of their family. Moreover, doing jobs also provide them a kind of financial security that is very important to survive in the present scenario.

Influence of Emotional Intelligence

The F-value for Emotional Intelligence is 59.38 (vide Table 1), which is significant at 0.01 level. It indicates that mean scores of Marital Adjustment of women belonging to above average emotional intelligence group and below average emotional intelligence group differ significantly. It reflects that there was significant influence of Emotional Intelligence on Marital Adjustment of Women. Thus, the null hypothesis, namely, “There is no significant influence of Emotional Intelligence on Marital Adjustment of women”, is rejected. Further, the mean score of Marital Adjustment of above average emotional intelligence group was 63.18, which is significantly higher than that of below average emotional intelligence group whose mean score of Marital Adjustment was 45.12. It reflects that women with above average emotional intelligence were found to be significantly superior to the women with below average emotional intelligence in relation to Marital Adjustment. It may, therefore, be said that the Emotional Intelligence was related with Marital Adjustment of the women. It may be because of the reason that for adjustment is an important factor of emotional intelligence.

Interaction between Job Status and Emotional Intelligence

From the Table 1, it may be observed that the F-value for Interaction between Job Status and Emotional Intelligence is 2.49, which is not significant. It indicates that there was no significant influence of the resultant of the Interaction between Job Status and Emotional Intelligence on Marital Adjustment. In this context the null hypothesis, namely, “There is no significant influence of Interaction between Job Status and Emotional Intelligence on Marital Adjustment of women”, is not rejected. It can, therefore, be said that Marital Adjustment was found to be independent of the Interaction between Job Status and Emotional Intelligence.

In sum the study has implications, rather than thinking working and non – working criteria as a factor of Marital Adjustment, more emphasis should be given to the factor, namely, emotional intelligence.

References

- Dimkpa, D.I. (2010). Marital Adjustment Roles of Couples Practicing Child Adoption. *European Journal of Social Science*, 13(2) 194 – 200.
- Hapsariyanti,D et al. (2006). Emotional Intelligence Relationships with Self adjustment in Marriage to the Newly Married Couple for Three Years. Unpublished Undergraduate Dissertation, Gunadarma University.
- Kaur, H. (2003). Stress among Spouses. New Delhi: Manpreet Prakashan.
- Hashmi, H.M., Khurshid, M., and Hassan, I. (2007). Marital Adjustment, Stress, and Depression among Working and Non – Working Married Women. *Internet Journal of Medical Update*, 2(1) 19 – 26.