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## A Psychological Study of Marital Adjustment in Couples in the Context of Marital Type

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**Dr. Sunilkumar S. Jadav**

Assistant Professor (Psychology), Children's Research University Gandhinagar

**Corresponding Author: Dr. Sunilkumar S. Jadav**

Email: [Sonujadav7275@gmail.com](mailto:Sonujadav7275@gmail.com)

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### Abstract:

Marital adjustment is an adoption between husband and wife to point where there is companionship, agreement on basic values, affectional intimacy, accommodation, euphoric and certain other unidentified factors. The prime aim of the study was to explore A Psychological Study of Marital Adjustment in Couples in Context of Marital Type. A total of 40 couples living in Sector-20 & 21 of Gandhinagar have been selected as a sample using Purposive sampling method as a sample in the present research. The marital adjustment questionnaire developed by Dr. Pramod Kumar and Dr. Kanchana Rohatgi (2018). All this information was collected by Gandhinagar Sector-20 & 21 according to Marital Adjustment were used to describe the interpretation of research results using the t test. The difference between Arrange Marriage and Love Marriage is not significant.

**Keyword:** Marital Adjustment, Couples, Marital Type

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### Introduction:

A person has to adjust in different areas throughout his life from birth till he dies. It is important in today's times that a person has a harmonious and loving relationship with his family, school, friends, society and surrounding environment. Today's time is too much use of technology and social media and it is also structured but from such many areas of adjustment marriage adjustment is unique. The most important area is because it is a golden part of everyone's life. That's why choosing a partner is essential for the adjustment of married life.

Also, the type of marriage you associate with your partner also affects the marriage arrangement. It includes arranged marriage and love marriage. In which we will study the marriage arrangement of couples connected with both types of marriage. shows understanding and endurance in every stage of life to save. But in present times, women are seen to be too demanding, wandering around, not making time for each other, fighting too much, incomplete knowledge about sexuality and imitating changing trends. So emerging in married life. Living together with each other with understanding and adjustment in all the questions and problematic situations is a very difficult question in present times. That's why marriage adjustment is a basic and important aspect of living as per present times.

“ Marital adjustment is an adoption between husband and wife to point where there is companionship, agreement on basic values, affectional intimacy, accommodation, euphoric and certain other unidentified factors.”

(Locke and Williamson 1958)

### Review of related literature:

Gajjar's (2019) research conducted a psychological study of the emotional maturity and emotional stability of their children with respect to parents' marital adjustment and family type and found no significant difference in the emotional maturity and emotional stability of their children with respect to parents' marital adjustment and family type.

Jayashree and Joseph (2013) studying the marital adjustment and emotional maturity of couples in which both husbands and wives are employed found that wives' marital adjustment is higher than husbands' and couples' marital adjustment and marital adjustment in terms of age, type of marriage and number of children are different. The difference between impulsive maturity is found to be significant.

Thakor (2019) studying marital adjustment in terms of working hours and gender found that there was no difference in marital adjustment in terms of working hours and gender.

Sharma (2017) studying the effect of emotional maturity on marital adjustment of employed and non-employed women found that there is a significant difference between the emotional maturity of employed and non-employed women. Women with high stability have higher marital adjustment than women with moderate stability.

Dodia (2020) conducted a psychological study of marital adjustment of couples in terms of type of marriage and gender found significant differences between marital adjustment of couples in terms of type of marriage and gender.

Mohammad (2014) on marital adjustment and life satisfaction of early and late married individuals (couples) found that there was a positive correlation between early and late marriage and marital adjustment and life satisfaction.

**Variable:**

Sr. No.	Variable Name		Level	Name of Level
1	Independent	Type of Marriage	2	1. Arrange Marriage 2. Love Marriage
2	Dependent	Marital Adjustment	1	Measurement of Marital Adjustment

**Marital Adjustment Questionnaire:**

The marital adjustment questionnaire has been developed to provide a handy tool to identifying couples who are making poor marriage and need psycho diagnostic help. Further, the questionnaire is developed in a way as to provide a more meaningful single composite marital adjustment score for the couple unlike other available scales which give separate marital adjustment scores for the two. The marital adjustment questionnaire developed by Dr. Pramod Kumar and Dr. Kanchana Rohatgi (2018). In this questionnaire total 25 Sentence under the three options, viz. Always, Sometimes and Never. These options indicate the level of marital Adjustment.

**Reliability:**

The Test-retest reliability for this questionnaire is 0.84.

**Validity:**

The face validity of the questionnaire appeared to be fairly high.

**Problems:** A Psychological Study of Marital Adjustment in Couples in the Context of Marital Type

**Objective:**

To study the marital adjustment of couples in terms of arrange marriages and love marriages.

**Hypothesis:**

There is no significant difference between arrange marriage and love marriage in the marital adjustment of couples.

**Sample:**

A total of 40 couples living in Sector-20 & 21 of Gandhinagar have been selected as a sample using Purposive sampling method as a sample in the present research.

**Statistical Analysis:**

Median, Standard Deviation (SD), t test has been used as statistical analysis in the present research.

**Result Discussion:**

In the present research, the type of marriage was studied as an independent variable to measure the marital adjustment in the couples. In which the information was collected from the couples through the Marital Adjustment questionnaire, which was designed by Pramodkumar and Kanchana Rohatgi. The statistical analysis of the data obtained in this research was done by Excel. The result obtained by using t test is shown in the table below which is as follows.

**Ho: There is no significant difference between arrange marriage and love marriage in the marital adjustment of couples.**

**Table 1: Shows Mean, SD and ‘t’ value on Marital Adjustment between Arrange Marriage and Love Marriage students.**

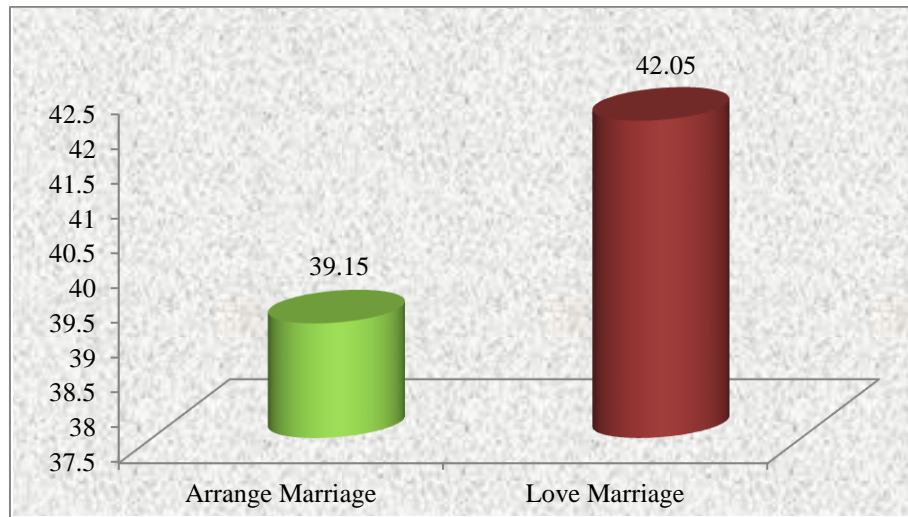
Group	N	Mean	SD	t	Significant
Arrange Marriage	20	39.15	6.79	1.80	NS
Love Marriage	20	42.05	2.87		

**\*0.05 level 2.02 (df= 38), 0.01 level 2.71 (df=38)**

Table 1 discloses results got by the group of Arrange Marriage and Love Marriage on Marital Adjustment. As reported table 1 Arrange Marriage shows lower mean score (M=39.15) then the Love Mariage (M= 42.05) In addition, the standard deviation (SD) of arranged marriage is 6.79 and the standard deviation (SD) of love marriage is 2.87 but ‘t’ value of 1.80 indicate that the differences between the two groups in Marital Adjustment is

find to be statistically not significant. Hypothesis is Accepted There is no significant difference between arranged marriage and love marriage in the marital adjustment of couples.

Chart:



Looking at the above graph, it can be seen that the mean of arranged marriage is 39.15 and the mean of love marriage is 42.5 in the marital adjustment of the couples. That is, the t value found in the present research is less than the value of t found in the t table. Only the previously formulated hypothesis is accepted. There is no significant difference between arranged marriage and love marriage in the marital adjustment of couples.

**Conclusion:**

A non-significant difference in marital adjustment is found among couples with respect to type of marriage. Hence, the previously formulated hypothesis no difference in marital adjustment of couples with respect to arranged marriage and love marriage is accepted.

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