

## **An Investigation of the Mental Health Factors that affect how well Working and Non-Working Women Adjust to Their Marriages**

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### **Abstract**

Mental health refers to a person's entire degree of personal efficiency, success, happiness, and functional excellence as determined by their actions, perceptions, and feelings. It is dependent on the creation and maintenance of objectives that are neither too high nor too low to allow realistic and effective preservation of one's conviction in one's own abilities. Marital adjustment is the state in which there is an overall sensation in one's self as a worthy, productive human being. Happy and satisfied husband and wife with their marriage and with each other. The purpose of this research is to determine the level of mental health and marital adjustment among working and non-working people. Women who are married. To learn more about the differences between working and non-working married women, go here. Mental health and marital adjustment are two topics that come up frequently. As a result, a total of 50 women were chosen (25 working and 25 not working). The present study used Pramod Kumar's Mental Health Inventory (6) and O.P. Mishra and S.K. Srivastava's Marital Adjustment Inventory (8) to assess mental health and marital adjustment. The findings revealed that both working and non-working women have higher levels of mental health and marital adjustment. Working and non-working married women had no significant differences in mental health or marital adjustment.

**Key words:** mental health, marital Adjustment.

### **Introduction**

Is described as more than the absence of mental disorders or disabilities, and a number of different social, psychological, and biological factors can pose risks to mental health. The Public Health Agency uses the term 'mental ill-health' to describe a range of mental health problems, from those with mild symptoms to the most severe mental disorders<sup>4</sup>. Mental ill-health can be characterised by mental health problems, where there are 'symptoms...that are not severe enough to warrant a diagnosis of a mental disorder, but can disrupt the way in which people think, feel and behave'. A 'mental health disorder' can be described as 'an illness that is diagnosed and causes major changes in a person's thinking, emotional state and behaviour, and disrupts the person's ability to work and maintain personal relationships'.

Marital Adjustment is a mental state that reflects the perceived benefits and costs of marriage to a particular person. The more costs a marriage partner inflicts on a person, the less satisfied one generally is with the marriage and with the marriage partner. Similarly, the greater the perceived benefits are, the more satisfied one is with the marriage and with the marriage partner. In perceiving whether a spouse's behaviour is costly or beneficial, cognitions, or thoughts about the behaviour, are important. If one's spouse performs a negative (costly) behaviour, this may be attributed either to characteristics of the spouse (for example, he or she is lazy), or instead to circumstances

surrounding the spouse's behaviour (for example, it was an especially taxing day at work, and he or she doesn't feel like making dinner). In the case of marital satisfaction, attributing costly behaviour to characteristics of one's spouse, rather than to circumstances surrounding his or her behaviour, is associated with decreased marital satisfaction, as well as marital deterioration. These mal-adaptive attributions occur more often with negative behaviours in marital problem-solving discussions, and these attributions do not appear to be a result of either partner being depressed, having a neurotic personality, or tending toward physical aggression. The way people interpret behaviour appears to be related to how satisfied they are with their marriage.

## **Review of Literature**

Nelson, D. L., & Hitt, M. A. (1992). conducted a study related Employed women and stress: Implications for enhancing women's mental health in the workplace. examine literature on working women and stress / provide a set of recommendations for improving women's mental health in the workplace. The advantages of working for women / evaluate the literature on the effects of gender on work-related stressors, strains, and organizational resources for stress management / discuss our study of male and female personnel experts, which shows gender variations in stresses and strain results for women / conclude with a series of recommendations for organizational initiatives and national policies to improve women's workplace well-being.

Abdul Azeez E.P (January 2013) conducted a study related Employed Women and Marital Adjustment : A Study among Female Nurses. Marital contentment is a necessary component of a happy family life and personal development. Only when a couple's connection is stable and satisfying will they be able to achieve contentment and good growth. Personality of the spouse, kind of employment, child raising duty, sexual pleasure, and communication habits are just a few examples of elements that have a substantial impact on marital satisfaction. The active participation of women in the labour force, as well as their dual function, has a strong link to marital pleasure, especially in a nation like India. Professionals in the health-care industry, particularly private-sector nurses, are under stress due to shifts, lengthy hours of service, and poor compensation. Aside from that, they serve as both an earner and a caregiver. These factors have a strong connection in family life as well. The current study focuses on female nurses who work in private hospitals and their marital happiness. A questionnaire was used to perform the descriptive study, which included a socio demographic profile and a marriage satisfaction rating. More over half of the respondents were fairly pleased with their family life, according to the poll. Different personal and relational variables have a big impact on degree of pleasure.

## **Methodology**

### **Rational of study**

The purpose of this study is the relationship of marital adjustment (especially working and non-working women) following their adjustment skills and traits of their personality and their mental health. This area of research engenders great interest in behavioral psychologists and psychiatrists. Since ancient times in India custom of joint family has been in run-through, but in modern times even the female members of the family also cooperate for earning the livelihood of the family. Due

to this process they need to make adjustments in their family activities, their jobs and their marital life. In making this adjustment effective, their personality traits and their mental health is also have affected and the level of marital adjustment also depends on these variables. The present study is designed to examine the effect of specific relationships.

### Objectives

To find the relationship between mental health and marital adjustment in working and non-working women.

### Sample:

The sample will consist of total 50 married women, out of which 25 working and 25 non-working from the Jaipur city, for the data collection on the availability basis.

### Criteria for inclusion/ exclusion

- Age group of sample will range from 30-50 years.
- Participants of middle and upper middle class families.
- Participants from the Jaipur city.

### Variables

Independent variables are Mental Health and Dependent variables is Marital Adjustment.

### Procedure

The sample will be selected from Jaipur city on the availability basis. The total sample 50 (25 are working women and 25 are non-working women) members will be given questionnaires of adjustment and mental health.

### Controls

1. Age criteria for participants will be 30 to 50 years.
2. Minimum job experience for working women will be 1 to 2 years.
3. In order to control the bias due to the order of the test administration the scales would be administered in random order.
4. Before administering the scale, the participants will be taken into confidence that result would be kept confidential and will be used for research purpose only.

### Statistical analysis

Descriptive statistics (mean, standard deviation, correlation.) for each of the variables significant relationship will be computed for analyzing the data, and other suitable statistics will be used according to the nature of the data.

### Measurement devices /psychological tools

1. Mental Health Inventory developed by A.K. Srivastava and Dr. Jagdish (1972).
2. Marital Adjustment questionnaire developed by Dr. Parmod kumar & Dr. (km.) Kanchana Rohatgi (1999).

## Result and Discussion

### Hypothesis:

There will be significant relationship between mental health, marital adjustment of working and non-working women.

Table

Relation of marital adjustment with ways of mental health factors among working and non-working women.

		Marital adjustment (Total Group)	Marital adjustment (working Women)	Marital adjustment (Non Working Women)
Positive self-evaluation	Pearson Correlation	.123	.021	.212*
	Sig.(2-tailed)	.050	.680	.012
Integration of personality	Pearson Correlation	.532**	.515**	.404**
	Sig.(2-tailed)	.000	.000	.000
Autonomy	Pearson Correlation	.161*	.241*	.104
	Sig.(2-tailed)	.011	.010	.217
Group oriented attitude	Pearson Correlation	.512**	.421**	.518**
	Sig.(2-tailed)	.000	.000	.000
Environmental mastery	Pearson Correlation	.408**	.313**	.421**
	Sig.(2-tailed)	.000	.000	.000

\* d.f. 200 at .05=.14 d.f. 100 at .05=.19

\*\*d.f. 200 at .01=.18 d.f. 100 at .01 =.25

In case of total group of working and non-working women, table shows that marital adjustment was positively and significant related to different ways of mental health such as positive self-evaluation ( $r=.123$ ; significant at 0.05 level); perception of reality ( $r=.532^{**}$ ; significant at 0.01 level); autonomy ( $r=.161$ ; significant at 0.05 level); group oriented attitude ( $r=.512$ ; significant at 0.01

level); environmental mastery ( $r=.408$ ; significant at 0.01 level).

## Conclusion

The purpose of research studies on working and non-working women as well as their mental health looked at the extent to which certain demographic characteristics predict Marital Adjustment. The results revealed that majority aspects of mental health are positive and significantly related to marital adjustment of working and non-working women.

Marriage may have a significant impact on mental health. A happy marriage has the potential to give significant emotional advantages. Marriage gives many people a strong feeling of self-worth and identity. A spouse may also give emotional closeness and support, which satisfies a basic human desire for connection. As a result, married people are likely to be happier, more fulfilled, and less sad than single persons. These emotional advantages may help their mental health by minimizing the mental toll that stress, depression, and other mental health issues can have.

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