



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research  
Vol. 10, Issue, 04, pp.68194-68196, April, 2018

INTERNATIONAL JOURNAL  
OF CURRENT RESEARCH

## RESEARCH ARTICLE

### MARITAL ADJUSTMENT AND PSYCHOLOGICAL WELL-BEING: GENDER DIFFERENCES IN DUAL -CAREER COUPLES

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#### ARTICLE INFO

##### Article History:

Received 20<sup>th</sup> January, 2018

Received in revised form

27<sup>th</sup> February, 2018

Accepted 04<sup>th</sup> March, 2018

Published online 30<sup>th</sup> April, 2018

#### ABSTRACT

The purpose of the study was to examine the gender differences in marital adjustment and psychological well-being among the dual-career couples. The sample of the study consisted of 70 dual-career couples (70 male and 70 female). Marital adjustment was assessed by using marital adjustment inventory by Deshpande (1988) and psychological well-being scale by Bhogley and Prakash (1995). Results revealed significant gender differences in marital adjustment whereas no significant gender differences were found in psychological well-being of the dual-career couples.

#### Key words:

Marital adjustment,  
Psychological well-Being, Dual Career  
Couples.

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**Citation:** Arti Bakhshi and Shabila Wani, 2018. "Marital adjustment and Psychological well-being: Gender differences in dual-career couples", *International Journal of Current Research*, 10, (04), 68194-68196.

## INTRODUCTION

Marriage is one of the universe social institutions. It is closely connected with institution of family (Rao, 2006). Marital adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and each other (Jaisri and Joseph, 2013). Ernest and Leonard (1939) defined marital adjustment as "integration of couple in a union in which two personalities are not merged, or submerged, but interact to complement each other for mutual satisfaction and the achievement of common objectives". Marital adjustment is a process that is created during life of couples because it is necessary for taste conformity, person's traits recognition, behavioral rules creation and relational models formation. Thus marital adjustment is an evolutionary process between a couple (Lasswell and Lasswell, 1982).

### Psychological well-being

Psychological well-being is a general term denoting feelings of high self-esteem, life satisfaction, and lack of negative symptoms, well-being or positive health.

It can be defined as consisting of those physical, mental and social attributes that permit the individual to cope successfully with challenges to health and functioning (Stephens and Antonovsky, 1993, as cited in Vanisri, 2014). Psychological well-being is a multi-dimensional concept. Bhogle and Prakash (1995) found that it consisted of twelve factors which include both positive and negative components such as meaninglessness, self-esteem, positive affect, life satisfaction, suicidal ideas, personal control, tension etc. A person high in psychological well-being not only carries higher level of life satisfaction, self-esteem, positive feelings and attitudes but also manages tensions, negative thoughts, ideas and feelings more efficiently. Roothman, Kirsten and Wising (2003) found gender differences in psychological well-being. Fuller, Edwards, Vorakithphokatorn and Sermsri (2004) studied gender differences in psychological well-being and found significant gender differences in psychological well-being among married men and women. In another study by Goel and Narang (2012) marital adjustment and mental health among males and females of middle age from Delhi, India was studied. The sample consisted of 150 males and 150 females. Results indicated significant gender differences in marital adjustment with female having higher marital adjustment than males. Significant gender differences were also found in mental health where males are having better mental health than females.

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Muraru and Turliuc (2013) found significant gender differences in marital adjustment whereas Jackson, Miller, Oka, and Henry (2014) found no significant gender differences in marital satisfaction. Li, Kao and Wu (2015) investigated gender differences in psychological well-being among 653 adults and found significant gender differences. Sameshta and Agarwal (2017) studied subjective well-being among dual earner couples and found significant gender differences.

### Hypotheses

**H1:** There is significant gender differences in dual-career couples with respect to marital adjustment.

**H2:** There is significant gender differences in dual-career couples with respect to psychological well-being.

## MATERIALS AND METHODS

The present study was conducted to examine the gender differences in marital adjustment and psychological well-being among dual-career couples.

### Participants

The sample of the study comprised of 70 dual-career couples (70 male and 70 female). Purposive sampling technique was used to collect the data.

### Measures

**Marital adjustment inventory by Deshpande (1988):** The inventory contains 25 items, 15 items are with rated statements on a five-point scale. The remaining 10 items are on five-point scale of agreement-disagreement.

For males the Mean and SD are 43.76 and 8.22 respectively. The mean of marital adjustment in females is 50.34 and SD is 9.61. The obtained t-ratio is 5.20 and it is significant ( $p < .01$ ). Thus dual-career couples differ in their marital adjustment and females have higher level of marital adjustment as compared to males. Therefore hypothesis 1 is accepted which states that there is significant gender differences in dual-career couples with respect to marital adjustment. Jaisri and Joseph (2014) also studied marital adjustment and psychological well-being among dual-employed couples. The participants were 100 dual-employed couples selected from Trichur and Ernakulam districts in Kerala.

Results indicated a significant gender differences in marital adjustment. Wives had better marital adjustment than their husbands. Table -2 indicates the Mean and SD values of psychological well-being in males and females. The Mean and SD for males are 58.05 and 8.01 respectively. The mean of psychological well-being in females is 57.55 and SD is 6.40. The obtained t-ratio is 0.87 and it is non-significant. Thus dual-career couples did not differ in their psychological well-being. Therefore hypothesis 2 is rejected which states that there is significant gender differences in dual-career couples with respect to psychological well-being.

In the light of above findings it can be concluded that there is significant gender differences in marital adjustment in dual-career couples. In psychological well-being no significant gender differences were found. The present findings should be interpreted with the following limitations in mind. Convenience sampling technique was used which might limit the generalisability of the results. The size sample of the study was relatively small. A larger and more representative sample is needed to further investigate the gender differences in marital adjustment and psychological well-being among dual-career couples.

**Table 1. Depicting the values of Mean, standard deviations and t-ratios of marital adjustment among male and female**

Variables	Groups	N	Mean	Sd	t-ratio	Significance
Marital adjustment	Males	70	43.76	8.22	5.20**	Significant
	Females	70	50.34	9.61		

\*\* $p < .01$

**Table 2. Depicting the values of Mean, standard deviations and t-ratios of psychological well-being among males and females**

Variables	Groups	N	Mean	Sd	t-ratio	Significance
Psychological well-being	Males	70	58.05	8.01	0.87	Non-Significant
	Females	70	57.55	6.40		

**Psychological well-being scale by Bhogle and Prakash (1995):** The scale contains 28 items measuring health, well-being, attitudes and interests. The items on the scale have two responses: "yes" and "no". There are no right and wrong responses

### Statistical analysis

Descriptive statistics, that is, Mean, Standard deviation were used. t-test was computed to compare the males and females on marital adjustment and psychological well-being.

## RESULTS AND DISCUSSION

Table -1 indicates the Mean and SD values of marital adjustment in males and females.

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