

Comparative Study of Stress and Adjustment in Married Life of Non-Working Women and Working Women

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Abstract

In the modern era, the family environment is changing. Ever since the woman has given meaning to her independence and has become aware of her identity, since then the ambition to become something has started growing inside her. In ancient times, the workplace of women was their home. She used to work by staying inside the house. Work outside the home was considered to be men's, but in modern times it is not as divided as before. Now men and women have equal responsibility towards work. The present era is the era of progress, competition and success. Women are also achieving success by coming out of the house and reaching the field of work. Women have made debut in all fields like education, medicine, bank, politics, engineering, advocacy etc. and are continuously moving towards success. The more educated the women of today, the more civilized, cultured and decent they are. Despite all these circumstances, working and non-working women have to make marital adjustments.. Adjustment with life partner and family is the most important challenge in married life. Women have to adjust with both family and business while working. From a practical point of view, it is difficult to maintain harmony between the two, which affects the married life of women.

In the presented research, a comparative study has been done on adjustment and stress in married life of non- working and working women. For research, 30-30 working (working in offices and mills) and non-working (housewives) women (whose education level is at least up to graduation) of Raipur District have been selected by random method. . Researcher's adjustment scale for data collection (1999) Dr. Pramod Kumar and Dr. K.K. Arun K. for Rastogi and stress gauge. Singh, Ashish K. Standard scale prepared by Singh and Arpana Singh was used.

Keywords: non working and working women, adjustment, stress etc.

INTRODUCTION:

One of the most important relationships between a man and a woman is marriage. It involves emotional as well as legal commitment which is quite important in any adult life. Furthermore, choosing a partner and entering into a marital contract is considered both a maturational milestone and a personal achievement. Marriage is a commitment made with love and responsibility for peace, happiness and development of strong family ties. Marital adjustment is 'the state in which husband and wife have an overall sense of happiness and satisfaction with their marriage and with each other all marriages are aimed at happiness in some way or the other. Marital adjustment demands maturity that accepts and understands the growth and development in the spouse. If this growth is not experienced and not fully

realized, death is inevitable in the marital relationship. The relationship between couples is not instant but a slow progress. "It's like undiagnosed cancer that kills silently and slowly"

A comprehensive study of husbands and wife examined some of the factors that contribute to marital satisfaction. Some of their findings revealed greater satisfaction to the existing social, cultural, educational level. Occupation and income, which are often thought to be related to the level of satisfaction, have little to do with it. The number of children also affects marital satisfaction.

Marital role includes the cultural expectations associated with the husband or wife. A husband is expected to be the head of the household, while a wife is expected to make a home and companion, or a wife may be expected to be a strong force that the husband can rely on.

Half of adults with severe depression blame their spouse for deteriorating relationships. Given the rising rate of divorce, court cases for alimony, physical abuse and single parenting; It seems like handling a relationship can be a difficult and often taxing issue. The possible reasons could be endless. More often than not, stress resulting from marital relationships manifests itself in chronic disorders such as depression, insomnia, and high blood pressure. Since a relationship depends on the nature of the individuals involved, it helps to surface underlying personal differences to seek a middle ground. It often helps to change one's attitude, go for counseling or open up about the problems you are facing in your relationship with your spouse.

The phenomenon of marital adjustment is given priority in all cultures, as marriage is one of the most important commitments in a person's life. A good marriage not only generates a satisfied life but it also generates a sense of well-being. Working women may be prone to depression as they shoulder the double burden of household chores and jobs outside the home. Because they have to work in two types of environment, one is office environment and the other is home environment. Both are very different from each other. The stress resulting from marital relations manifests itself in chronic disorders such as depression, insomnia and high blood pressure. Since a relationship depends on the nature of the individuals involved, it helps to find a middle ground when underlying personal differences come to the fore. It often helps to change one's attitude, go for counseling or talk openly with your spouse about the problems you are facing in your relationship. This research will be very helpful to know the difficulties faced by working and non-working women in just leading a simple married life. Because our society is a male dominated society, women have to face many problems. If they are working then they should perform all the duties in office as well as at home. This study will give valuable information that there are many reasons behind depression and stress of women during marital adjustment.

Finally Woman is the pivot of the family, in front of whom all the family activities are balanced, planned and completed successfully. As a result, the chariot of the household continues to move. Husband and wife are its two wheels. Between whom peace is very necessary. Changes are visible in the flow of married life, then there are changes in the health, strength and capabilities of working and non-working women. Good adjustment in married life is very important for family life, because whether a woman is working or not. Be it working or non-working, according to the Indian tradition, the responsibility of domestic life is considered to be of women only, along with adjustment in carrying out

these responsibilities, they also have stress. Therefore, an attempt is being made by the researcher to know what is the effect of adjustment and stress on the marital life of working and non-working women, and it has to be studied. Therefore, the researcher has selected this area for research. Went.

Review of Literature-

Rajasekhar and saikala, (2013) concluded that working women faced stress because of family responsibilities, job insecurity, workplace, culture and high demand of job performance. They also stated that overcoming of stress involves understanding nature of stress directing stress for productive purposes and making the occupants know about their strength and encouraging them to develop strategies for coping with stress.

Bhuvaneshwari ,(2013) showed that the reasons for stress in working married women that were due to various family and official commitments, harassment at work place, working for long period and improper work life balance, as a result prolonged headaches, hypertension and obesity were observed in women. She stated that stress can be relieved by balancing work and family by spending time with family and performing physical exercise

Branchmail (2013) , in his study found that working women had more close adjustment, marital balance and good lifestyle while non-working women found differences in psychological aggression, physical aggression, hitting. And stress has also been shown to be more. Working women lead a better lifestyle than non-working women. The studies found that in both the groups, most of the non-working women were not found to be well adjusted with their life partner while working women were found to be well adjusted with their life partner, which leads to the conclusion that working women spend life more happily than non-working women.

G, Sonal and B. Parmar (2014) conducted a study to determine the mental health and marital adjustment of working women and non-working women and concluded that the mental health of working women and non-working women There is a significant difference between health and marital adjustment.

Study objectives-

The study had the following objectives-

1. Comparative study of the difference in adjustment in married life of non-working women and working women.
2. Comparative study of difference in stress in married life of non-working women and working women.

Hypotheses

The following were the hypotheses of the study-

1. There is no significant difference in marital adjustment between non-working women and working women.
2. There is no significant difference in the stress in the marital life of non-working women and working women.

Research method

Survey method was used by the researcher.

Variable-

1. Independent variable - non-working women and working women
2. Dependent Variable - Stress and Marital Adjustment

Sample

For the present research study, 30-30 non-working (housewife) women (whose education level is at least graduate) and working (working in office and mills) of Banswada district as a sample by the researcher.) is selected by random method.

Tools

In the presented research study, data related to adjustment and stress in married life of non-working and working women were collected. For the compilation of these data, the adjustment scale by the researcher (1999) Dr. Pramod Kumar and Dr. K. Arun K. for Rastogi and stress gauge. Singh, Ashish K. Standard scale developed by Singh and Arpana Singh was used.

Collection of data

For the collection of data, the researcher took time from non-working and working women and went to their office and home and filled the adjustment and stress scale in a congenial environment. Along with this, he was also assured that his name and the information given by him would be kept completely confidential. Its data will only be used for research work.

Results and Discussion

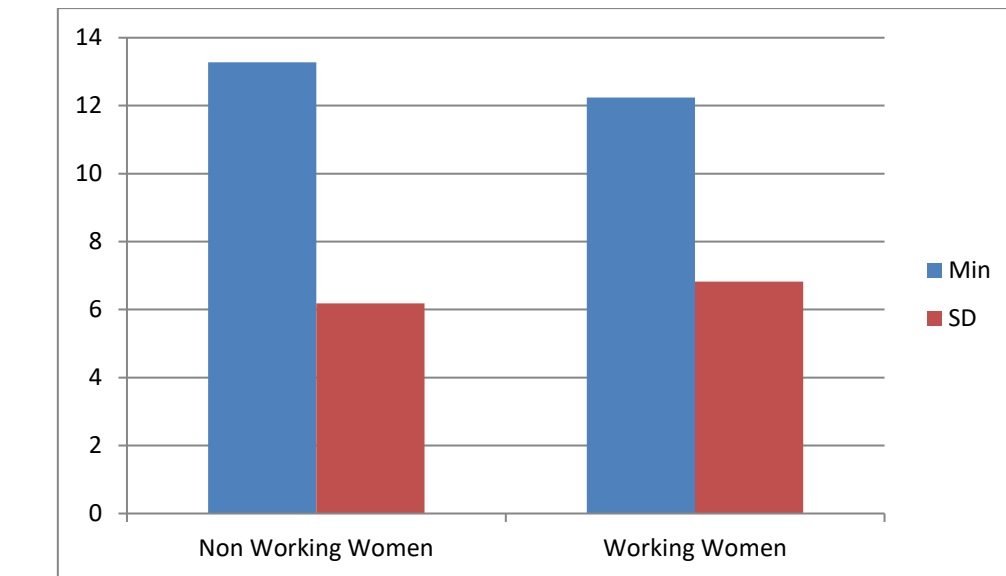
Table 1:

There is no significant difference in marital adjustment between non-working women and working women.

Summary of mean, standard deviation and t-value of adjustment in marital life of working and non-working women-

Adjustment	No.	MIN	SD	T'Value	df	Inference
Non Working Woman	50	13.28	6.18	1.13	98	Not Significant
Working Woman	50	12.24	6.82			

$$\begin{aligned}
 \text{Digree of Freedom (df)} &= N1+N2-2 \\
 &= 50+50-2 \\
 &= 100-2 = 98
 \end{aligned}$$

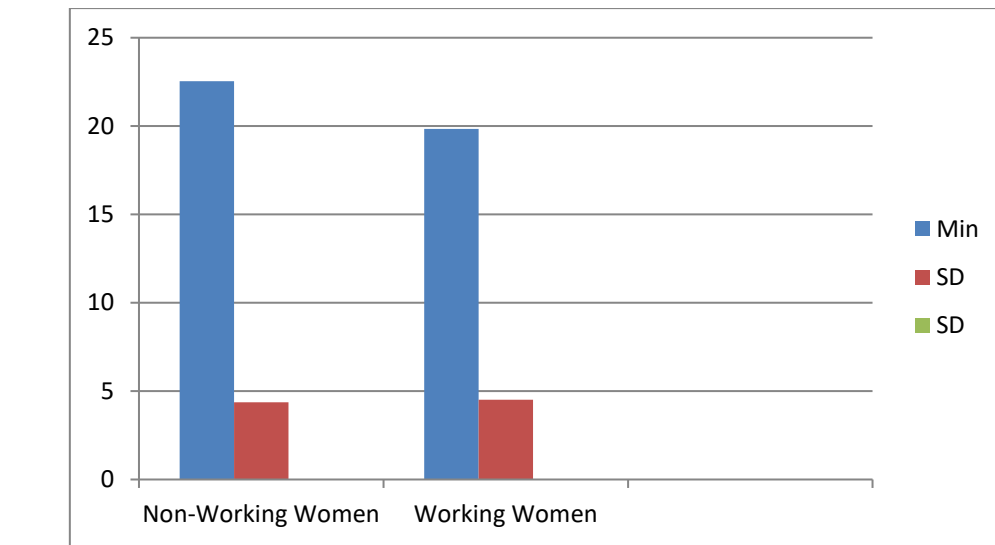


The above table shows that the mean score of adjustment in married life of Non-working women is 13.28 and standard deviation is 6.18, and the mean score of adjustment in married life of working women is 12.24 and standard deviation is 6.82, and The value of t is 1.13, which is not significant at any level of significance of $df = 98$. Therefore, the null hypothesis “there is no significant difference in marital adjustment of non- working and working women” is accepted. That is, it can be said that the mean scores of adjustment in married life of non-working and working women were found to be similar. Therefore, it can be concluded that there is no significant difference in marital adjustment of non-working and working women. Similarity was found in the adjustment of both.

Table 2: There is no significant difference in the stress in the marital life of non-working women and working women.

Summary of mean, standard deviation and t-value of marital stress of non working and working women

Stress	No.	MIN	SD	T'Value	df	Inference	Level of SIG
Non Working Woman	50	22.54	4.36	4.30	98	Significant	.01
Working Woman	30	19.84	4.51				



The above table shows that the mean score of stress in married life of non-working women is 22.54 with standard deviation 4.36, and the mean score of stress in married life of working women is 19.84 and standard deviation 4.51. , and the value of t is 4.30, which is significant at 0.01 level of significance of $df = 98$. Therefore, the null hypothesis “There is no significant difference in marital stress between non- working and working women” is rejected. That is, it can be said that disparity was found in the mean scores of stress in married life of non-working and working women. Therefore, it can be concluded that there is a significant difference in marital stress between non- working and working women. Disparity was found in the tension of both.

Conclusion

1. There is no significant difference in marital adjustment of non- working and working women. Similarity was found in the adjustment of both. Generally women are the center of the family. And they play an important role in the coordination of the whole family. If the adjustment is not good, the relations with the family members are not good, then as a result the family environment will become abnormal. Therefore, due to the multiplication of tolerance and patience of women, the adjustment also tries to keep the best.
2. There is a significant difference in the stress in the married life of non- working and working women. Disparity was found in the tension of both. It has been believed that working women have to fulfill their responsibilities honestly both at home and office, so due to maintaining harmony in both the places, there is more tension in them, while non-working women only Only the household is responsible. This reduces stress in them.

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