

# Comparison Between Working And Non-Working Women On Marital Adjustment And Women Empowerment

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**Abstract:** *Women in India endured significant changes to their status in the society. They gained independence, legal rights includes right to work, educational equality, property and maintenance etc. Apart from all these development in the status of women, they tend to face quite a lot of challenges when they step out for work. They affect in various ways, specifically, burden of family maintenance and carrying out household chores. The present study intends to compare the working and non-working women on factors such as women empowerment and marital adjustment. In order to fulfill the aim of the present study, 50 working and 50 non-working women were chosen by using quota sampling and their age ranged between 25 to 35 years. Data was collected by using marital adjustment questionnaire developed by Pramod kumar and Rohtagikanchan (1999) and women empowerment scale (Malini, & Yesodhara, 2001). The results revealed married working women face more adjustment problems in their married life as compared to married non-working women. Women empowerment was comparatively significant difference in working women than the non-working women which may be due to the financial independence and major social roles they play in the society.*

**Keywords:** *Adjustment, Empowerment, Marital problem, Non-working women, Working women.*

## I. INTRODUCTION

Marriage is an important social institution that permits men and women legally living together in their life. It more or less durable condition beyond acting of progeny (birth of offspring) when they start their family life. Women always been strong and play multiple roles in their life. They always on the forefront of struggle for the betterment of mankind. Also, they provide strength and great support to their male counterpart. They play numerous roles and handle all the circumstances in a better way at home as well as in their working place. However, selecting a partner and entering into a marital relationship required one's maturity and personal achievement.

Marriage is by far the most important personal relationship for any person and has been described as the most intimate, delicate and for reaching relationship between man

and woman. The stability and continuity of a marriage is important not just to the members of the marital dyad, but to their family and community as a whole traditionally in Indian culture, people extended kin who continued to play a significant role in the couples lives. Marriage has been discussed in terms of the interdependence between two individuals (Lewin, 1948) what happens to one individual is likely to influence the other. As a function of the interdependence in relationship, the nature of the relationship may undergo transformation to accommodate the changes in the partner's health and behavioral status (Kems & Turk, 1985).

Choice of marital partner is one of the most important decisions in one's life. Strong and healthy married life requires adjustment between husband and wife. Marital satisfaction measured by subjective feeling of happiness and

pleasure experienced by spouse while considering all current trends of marriage.

Empowerment has been defined as “the process of increasing capacity of individuals or groups to make choices and to transform those choices into desired actions and outcomes”. Despite growing interest in empowerment and its potential to affect health, the development of indicators to evaluate empowerment processes and outcome is still at an early stage.

Questions encompassing that working women may be prone to depression because they bear the double burden of house work and a job outside the home. Because of that they have to work in two environments, office as well as home environment. Both are vastly different from one another.

## FACTORS AFFECTING MARITAL ADJUSTMENT

Factors affecting marital adjustment which includes, ability to deal with each other, mental instability or illness, criminal behaviour, physical and psychological health issues, commitment, infidelity, some kind of abuses viz., drug, sexual, physical, and emotional, difference in personal goal, household chores, child rearing, lack of maturity, and intellectual incapability.

## II. REVIEW OF LITERATURE

A review of studies evaluated that Dave (2015) conducted a study to find out the marital adjustment among working and non-working women. The study revealed that there is a significant difference between working and non-working women on marital adjustment. Another study showed that working women were more satisfied with their marriage and life than non-working women (Rogers & May, 2003). However, a study showed that both working and non-working women exhibit no clear difference in their marital adjustment (Jamabo & ordu, 2012).

From the review of literature, there is no systematic study of comparison between working and non-working women on marital adjustment and empowerment. Hence, the study gives more insight into the topic and filled the knowledge gap in the existing literature.

## OBJECTIVES OF THE STUDY

The ultimate aim of the present study is to compare between working and non-working women on marital adjustment and empowerment.

## HYPOTHESES

- ✓ There would be significant difference in marital adjustment among working and non- working women
- ✓ There would be significant difference in women empowerment among working and non- working women

## METHOD

The study adopted survey method research design which conduct the study for comparing working and non-working women on marital adjustment and empowerment.

## PARTICIPANTS

The present study was carried out on a sample of working and non-working women who living with their spouses residents at Chennai, Tamil Nadu. 50 working women and 50 non-working women were participated in this study. All the participants were selected from middle-class socioeconomic status with education level of UG Degree, PG Degree holders were selected using Quota sampling technique.

## TOOLS USED

### MARITAL ADJUSTMENT SCALE

Marital adjustment scale was developed by Pramod kumar and Rohtagikanchan (1999). It was used to assessing the extent of marital adjustment between husband and wife. This tool is meant for married couples with age running from 28-60 years. The marital adjustment questionnaire consisted of 25 highly discriminating “yes”, “no” type items. The reliability of this scale is 0.71 and a validity of 0.84.

### WOMEN EMPOWERMENT SCALE

The scale was developed by Malini & Yesodhara (2001). The questionnaire consisted of 50 statements with three choices ranging from agree, undecided and disagree. The reliability of the test is 0.83 and a validity of 0.65.

## III. RESULTS & DISCUSSION

### HYPOTHESIS 1:

Variable	Groups	Mean	SD	‘t’
Marital Adjustment	Working women	14.77	8.68	3.72*
	Non-working women	18.57	5.36	

\*significant at 0.01 level

Table 1: The mean difference between working and non-working women on marital adjustment

From the table 1, result shows that there is significant difference in marital adjustment of working and non-working women. The mean of working and non-working women comes out to be 14.77 and 18.57 respectively and value of SD comes out to be 8.68 of working women and 5.36 of non-working women. The ‘t’ value was found to be 3.72, which is significant at 0.01 level. It means that working and non-working women face different situations at home. Working women have to face more difficulty in they are lives because of working in to situation (i.e.,) at homes as well as in office. Because of added responsibility of Job working married

women face sometimes maladjustment in their marital life. She is, of course not able to devote that much time with their husband as non-working women. Hence the researcher concludes that they cannot give proper attention to their marital lives and this cause marital mal Adjustment.

## HYPOTHESIS 2

Variable	Groups	Mean	SD	't'
Women empowerment	Working women	42.25	16.82	5.72**
	Non-working women	53.06	8.56	

\*\*Significant at 0.05 level

Table 2: The mean difference between women empowerment among working and non-working women

From table 2, shows that there is a significant difference in women empowerment status between working and non-working women. The mean value of working women comes out to be 42.25 and non-working women 53.06, which shows that the difference in empowerment between the two groups. The SD of two groups 16.82 and 8.56 respectively. 't'-value comes around 5.72 which is significant at 0.01 level. It indicates that working women are highly empowered than non-working women because working women face day to day challenges, they play different social roles in society and they are good in literacy levels that the non-working women who spend most of their time at home.

## IV. CONCLUSION

The finding of the present study is that marital adjustment of working women higher than non-working women, which means working status has significant positive effect on women's marital adjustment like economic self-sufficiency, duties and responsibilities may enhance their self-concept, confidence level, efficacy, positive life attitude etc. Further, non-working women may suffer from a moving cog in the wheel. They have to move as per the movement of the wheel. They have to be depend their spouse for every single need of their day to day needs.

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