

Marital coping style among working and non-working women**Dr.Chandrakant Jamadar, Asst.Professor,****Post Graduate Department of Studies in Psychology,****Maharani Arts College for Women J.L.B.Road,MYSORE-KARNATAKA****Abstract**

The present study aims at finding out the marital coping style among working and non working women's, Marital coping scale (MCS) by swetha singh. Test was administered to a random sample of 50 married women's. The data were analyzed using various statistical tools like mean, standard deviation, t-test, and ANOVA. The findings of the study indicate that working married women have to face more difficulties in their lives like as compared to non-working married women. It concludes that on some aspects working married women cannot contribute significantly for the well being of their family. Their attention diverted because of working in two situations. They cannot give proper attention to their marital lives.

Key words: Marriage, Coping, life style and marital satisfaction.

INTRODUCTION

Marriage is an important social institution that permits or admits man and women for family life. It more or less durable condition between male and female beyond the mere acting of propagation (birth of offspring). By marriage they start the basic family life. The merits of the marriage includes the regulation of sex life, sex relation, leads to establishment of family, provide for economic corporation, contribute the emotional and intellectual inter stimulation of the partner and aim at social solidarities. Factors which influence marital satisfaction includes demographic individual factor such as, security, material interaction like the husband attribution to household labor etc. Marital satisfaction is a subjective feeling of happiness, and pleasure experienced by spouse while considering all current aspect of marriage.

Indian marriages are all about tradition, customs and rituals. As compared to marriages all around the world, Indian marriages are elaborate events. In India, marriages are not only about the bride and the groom but also the mingling of their families. In fact, traditionally, marriages in India were arranged by family members. However, over time, there have been considerable changes in the way individuals choose to get married.

Types of Indian Marriages:

Types of Indian Marriages include Arranged Marriages, Love Marriages, Arranged - Love Marriages, Love - Arranged Marriages, Inter Caste Marriages, Court Marriages. Arranged marriages are one of the oldest and traditional types of Indian Marriages. In this type, usually, the families arrange the marriage. In

contrast to arranged marriages, Love marriages are where the couple first falls in love and then chooses to marry.

Monogamy, polygamy and polyandry are some of the marriage contracts used throughout the world. The version of marriage allowed in a society traditionally on the geographical location, religious make-up of the society, availability of males and females and economic status of the society.

Monogamy is generally divided into two different types; strict monogamy where a person is allowed only one spouse per lifetime and serial monogamy where people can be married to more than one person - just not at the same time. There are also several specialized types of monogamous marriages that involve cousins; bilateral, multilateral, patrilateral and parallel cousin marriage.

Polyandry is where a woman can have more than one husband at the same time and is generally divided into fraternal polyandry (where the husbands are brothers) and non-fraternal polyandry (where the husbands are not related).

Polygyny is the practice of a man having multiple wives simultaneously and has been historically the most popular form of marriage. A specialized version is called sororal polygyny where there man's wives are sisters.

Polygynandry is group marriage that involves multiple men married to multiple women simultaneously.

Levirate and **sorority** are other types of marriage that can be either polygynous or monogamous depending on how many spouses are involved at the time.

Meaning and definition of marriage

Marriage is an institution of society which can have different implication in different culture. Its purpose, functions and forms may different from society to society but it is present everywhere as an institution. Marriage can be defined as the more or less durable connection between male and female lasting beyond the mere act of propagation till after the birth of offspring.

Meaning and definition of marital maladjustment

Marital maladjustment is the disharmony or disequilibrium between husband and wife which leads to problem in their married life. Maladjustment can occur when two individuals from different background start living together and face problem in their married life. It is more common in the age group 20-30 years and in teen ages. Well adjusted marriages and exerted to last for life time. Marital maladjustment

is the disability of the person to adjust with the partner (Husband and Wife) which leads to marital conflict. .

Factor affecting marital maladjustment

Factor affecting marital maladjustment include inability to deal with each other, petty idiosyncrasies, mental in stability or illness, criminal behavior, physical or psychological health problem, lack of commitment, infidelity, kind of abuse (drug, sexual, physical, emotional), difference in career and personal goal, some time as household chores, child rearing, lack of maturity, intellectual and sexual incapability.

Several studies showed that there are several causes due to which corking in companies are having marital adjustment. Heavy work load, stresses full work place, competition, high technology, hours of works, night duty, dual career both husband and wife, cyber sex, financial stability, change in marital role, less time for family life etc are factor lead to marital maladjustment. Studies shown that computer professionals have more job stress and less job satisfaction through they get a handsome salary.

Social support and work – family balance

The social support is the availability of helping relationships and increasing the quality of those relationships (Leavy, 1983; p. 5). Social support can be bifurcated into two facets such as organizational support and family related support (Brough and Pears, 2004). Work related social support comes from the organizational members, such as peers and supervisors, where an employee works, whereas personal social support comes from spouse, parents, children, extended family or friends. However, researchers found that support from the husband was positively associated to curb out conflict in the wife's roles (Aryee, 1992; Barling, 1986).

Employee performance and work – family balance

Employee performance is the level of productivity of an individual employee, relative to his or her peers on numerous jobs with related behaviors and outcomes (Babin and Boles, 1998, p. 82). Employee performance at work and its relationship with the ability to balance between work and family matters is very critical. Employees performing well at their work tend to be satisfied with their work, which helps in balancing the work and family affairs in a better way. The research has found very little evidence in the literature on the current relationship. Baptiste (2008) conducted a staff survey of employees which provided a brief overview of the link between HRM practices, employee well-being at work and performance. The author revealed that management relationship behavior in the form of support and development of trust, promoted employee wellbeing at work amongst workers.

Job satisfaction and work – family balance

Job satisfaction can be defined as an overall feeling about one's job or career in terms of specific facets of the job or career (Thompson et al., 2003). The researchers have examined the interrelationship of work family balance and job satisfaction (Thomas et al., 1995; Saltzstein et al., 2001; Clark, 2001; Karimi, 2009), and thus, Nadeem and Abbas (2009) found that job satisfaction was significantly and negatively correlated with work and family to family interference and work interference, respectively, whereas Saltzstein et al. (2001) revealed that a variety of policies widely presumed to be "family friendly" were

used in varying degrees by disparate groups of federal employees. The use of family friendly policies had diverse effects on both employee satisfaction with work-family balance and job satisfaction among employees.

METHODOLOGY

Research Problem

To study the marital coping style among working and non-working women's

Objectives of the study

To identify the Marital Coping Style in working non-working and women's.

To know the marital coping style in working and non-working women

To study the different dimension of marital coping style in working and non-working women

To identify the differences between working and non working women in their marital coping style

Hypothesis

H1. There is no difference in working and non working women in marital coping style.

H2. There is a significant difference in different dimensions of marital coping style in working and non-working women

H3. There is no significant difference in non working women in their marital coping style.

Variables

Independent variables: Occupations, working and non working women's

Dependent variables: Marital coping style

Samples

The sample of 50 married women (25 working and 25 non-working women's) was taken for this research from Starides Arcolabs limited Bangalore for working women. And Non-working married women's samples taken from Bangalore. Convenient random sampling was used for this study.

Tools

Swetha singh (2013). Marital coping scale (MCS). This scale consist of 34 items were retained in the scale out of which 3 items were under the support seeking category, 2 items were under the self blame category 12 items were under aggression and 8 items were under the category stone – walling and 6 items were under the category of positive approach.

STATISTICALTECHNIQUES USED FOR ANALYSIS

The researcher after collecting the data, the data were edited and coded. The data were then analyzed using various statistical tools like mean, standard deviation, t-test, and ANOVA.

Table – 1: Mean, SD and ANOVA of Working women's

	Group	Support seeking	Self balance	Aggression	Avoidance	Positive approach	Stone walling
Working women's	N	25	25	25	25	25	25
	Mean	9.40	6.04	25.2	19.0	22.6	9.12
	SD	2.89	2.41	5.62	3.70	3.75	1.99
	F-Value	*125.2					

*Significant at 0.00 level

Table 1- The above table shows the mean and SD of working women in different dimension of marital coping style. i.e., support seeking 9.40 and 2.89 it is higher in working women in the same group self blame is 6.04 and 2.41 it is moderate in the marital spouse. Aggression is 25.2 and 5.62 respectively. It is higher level in working women's and in avoidance in 19.0 and 3.70 it is higher in the marital spouse. Positive approach is 22.6 and 3.75 it is moderate in working women's. Stone walling is 9.12 and 1.99 it is moderate level in working women's. The calculated the t-value is 125.2. It is significant at 0.00 levels.

Therefore, the formulated hypothesis is that "there is a significant difference in working women's in their marital coping style". Therefore the formulated hypothesis is accepted

Table – 2: Mean, SD and ANOVA of non-Working women's

	Group	Support seeking	Self balance	Aggression	Avoidance	Positive approach	Stone walling
Non Working women's	N	25	25	25	25	25	25
	Mean	8.48	6.12	26.8	20.0	21.8	8.92
	SD	3.31	1.67	5.49	3.97	2.91	1.87
	F-Value	*154.1					

*Significant at 0.00 level

Table 2- The above table shows the mean and SD of Non-working women in different dimension of marital coping style. Mean and SD in support seeking is 8.48 and 3.31 it is higher in Non-working women in the same group self blame is 6.12 and 1.67 it is moderate in the marital spouse. Aggression is 26.8 and 5.49 respectively it is higher level in Non-working women's and in avoidance in 20.0 and 3.97 it is higher in the marital spouse. Positive approach is 21.8 and 2.91 it is moderate in Non-working women's. Stone walling is 8.92 and 1.87 it is moderate level in Non-working women's. The calculated the t-value is 154.1. It is highly significant at 0.000 levels.

Therefore, the formulated hypothesis is that "there is a significant difference in non-working women's in their marital coping style". Hence, the formulated hypothesis is strongly accepted.

Table-3: Marital Coping Style among working and non-working women's

Group	Working women's	Non - Working women's
N	25	25
Mean	91.32	92.16
SD	11.77	9.35
t-value	*0.2793	

*It is not significant

Table 3- The above table shows the mean and SD of marital coping style among working and Non-working women and in working women 91.32 and 11.77 and Non working women's 92.16 and 9.35 respectively. It means that both have equal levels of MCS in their life. The calculated the t-value is 0.2793. It is not significant.

Therefore, the formulated hypothesis is that "there is no significant difference in working and non-working women's in their marital coping style". Therefore, the formulated hypothesis is accepted.

Discussion

This research was undertaken to investigate the marital coping style, among working and non-working married women. The results indicate that there is no difference in working and non-working married women in their married life. Findings do not support our hypotheses that working married women have to face more problems as compared to the non-working married women. It means that both have equal levels of problems in their life. It can be assumed that if working married woman feels problems in her married life because of her over burden of office work, then it is right to say that non-working married women may also face problems because of any family member's misbehavior or tension at home.

Another hypothesis there is a significant difference in different dimensions of marital coping style in working and non working women. Of this study is that non-working married women are better adjusted than working married women. This indicates that working married women cannot pay full

attention to their homes and are unable to satisfy their family members. Whereas, the non-working married women can do their household task easily and their married life goes smooth. According to the researches working married women cannot properly adjust with their married life because they have many tasks to perform at a time. Working married women found themselves moving from job to job under a frequently changing cast of bosses. Reduced autonomy and an ever-increasing workload, combined with the added burden of having a small child at home, made their job's huge claim on time and emotional energy intolerable. That is why they cannot perform well at home.

The hypothesis pertains that there is no significant difference in different dimensions of marital coping style in non working women in marital coping scale. The findings indicate that non-working married women feel more problems in their daily life and in home task. Because if a married woman is highly educated, she can well judge her household problems and solve them with ease. In this way her marital coping style is well and good and lives a happy marital life. On the other hand married women cannot solve their problems because of less information about that problematic issue. So that she feels herself and this affects her marital life. Along with this, the results further suggest that married non-working women are better adjusted in their married lives. It indicates that those non-working women who can spend their married life easily and solve their problems without problems. According to researchers non-working women to solve their problems marital coping style and it also helps them in bringing up their life properly.

The findings of this research indicate that working women have to face more problems than non-working women. There can be many reasons. First of all, working can get more satisfactory jobs because of their education. Second, their education helps them in solving their household problems. But results further indicate that both have marital adjustment problems in their married life. The working women cannot spend their married life easily and during the marital coping will not well. Here the reason is that they face problem in two different situation and both are very important. Because of this, they cannot give proper attention to their home and their married life. This causes their marital maladjustment.

Conclusion

Thus, it can be concluded from the above discussion that there are differences in the marital coping style in working and non-working women's. The findings of the study indicate that working married women have to face more difficulties in their lives like as compared to non-working married women. It concludes that on some aspects working married women cannot contribute significantly for the well being of their family. Their attention diverted because of working in two situations. They cannot give proper attention to their marital lives.

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