

Effect of Emotional Maturity on Marital Adjustment of Women

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Abstract

The present study was conducted to the effect of emotional maturity on marital adjustment of women for this purpose a sample of total 300 women (150 working and 150 non-working) was purposive selected from Haridwar dehradun distt. The emotional maturity scale by Singh & Bhargava and Marital adjustment questionnaire by Kumar and Rohat was administered result shows that there was not significant effect of emotional maturity on marital adjustment of working and non-working women but women who belonged to extremely stable had better marital adjustment as compared to average stable and extremely unstable emotions.

Keywords: *Emotional Maturity; Marital Adjustment; Working and Non-working Women.*

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Introduction

Emotional maturity is often thought of as an ideal state towards which like truth, beauty and goodness, one aspires and can perhaps approximate, but seldom achieve. It is more useful, however to think of emotional maturity as a process rather than as a state. This process has its counterpart in the biological concept of maturation. Emotional maturity is achieved from the experiences that men have had in life. Emotional maturity is the result of many influences affecting a given constitution. The individual problem in adult life arises because whole patterns functioning formed in his childhood carried on into his adulthood.

Emotional maturity is not a final state it is a process of growth, a process of development, a process we call maturation and this takes place not a steady rate but in steps. These steps lead back and forth, but throughout life. One should expect some progression in this process. When the individual is in his late twenties or early thirties, he normally has solved most of his major problems of adjustment.

Willoughby (1932) has defined emotional maturity as the "Capacity for happy, full and effective living. Which consists essentially in a loosening and slipping away of attitudes and interests which are tolerable in children but fatal in adults; these attitudes appear to consist in an over preoccupation with the self and its satisfactions, a too great absorption of the field of attention with ego.

Landis (1946) in his study of marital adjustment has used the term adjustment, to refer to state of accommodation which is achieved in different areas where conflict may exist in marriage"

Locke and Williamson (1958) has defined marital adjustment as the presence of such characteristics in marriage as a tendency to avoid or resolve conflict, a feeling of satisfaction with the marriage and with each other the sharing of common interests and activities and the fulfilling of the marital expectation of the husband and wife.

Adjustment in marriage is a continuous process. As the complexion of the marriage changes, the two partners must resynchronize their ideas, values, desires and the goals if the marriage is to run smoothly.

Jamuna and Ramamurti (1984) indicated poor adjustment in the menopausal age groups. The husband wife communication which was good in the '40-45' age group in '46-50' and was better in 51-55 age group.

Rangan and Raddy (1994) investigate the relationship between emotional maturity (EM) and marital adjustment (MA), and the influence of duration of marriage and career status of husband and wife on M.A. using a 2. (marriage duration : less than 5 years Vs more than 25 years) X 2 (career status of the couple: Single career

Vs dual career), 100 couples completed and Em scale and a marital adjustment inventory. Finding showed that (a) greater emotional maturity greater the marital adjustment, (b) couple married for less than 5 year scored higher on MA in comparison to couples married for more than 25 year; and (C) career couples were better adjusted in marriage than single career couples.

Objective of the study :

1. To See the difference between working and non working women in terms of emotional maturity.
2. To See the difference between working and non working women in terms of marital adjustment.
3. To find out the effect of emotional maturity on marital adjustment.

The Sample of present study had been drawn by purposive sampling technique. The total number of respondents 300(150 working and 150 non working women) were selected from Haridwar and Dehradun distt. Uttarakhand state. The age range (30-55yr.) and length of service (not less than three years) had been controlled. The emotional maturity scale by Singh and Bhargava (1984) and Marital adjustment questionnaire by Kumar and Rohatgi (1987) was administered, and 't' test was calculated with the help of the following formula -

$$\text{'t' value} = \frac{M_1 - M_2}{SE_D}$$

When $M_1 - M_2 = D$, Which is the difference between the two sample means.

Result & Discussion

Table-1

Comparison between working and nonworking women in terms of emotional maturity.

Groups	N	Emotional Maturity Score		t-Value
		Mean	SD	
Working Women	150	96.42	37.05	6.63
Non -working Women	150	73.27	24.47	

Significant at 0.01 Level

Result Shows that there is significant difference between working and non-working women in terms of emotional maturity.

Table-2

Comparison between working and working women in terms of marital adjustment.

Groups	N	Emotional Maturity Score		t-Value
		Mean	SD	
Working Women	150	47.2	5.09	4.12
Non-working Women	150	44.6	5.85	

Significant at 0.01 level

result shows that there is significant difference between working and non-working women in terms of marital adjustments.

Table-3

Effect of emotional maturity on marital adjustment of women.

Groups	Levels of emotional maturity by	N	Emotional Maturity Score	
			Mean	SD
1	Extremely Stabs	159	49.83	7.54
2	Average Stable	87	46.75	5.24
3	Extremely unstable	54	44.59	6.42

't' value-

Group I vs Group II= 3.75, Significant at 0.01 level

Group II vs Group III= 2.09, Significant at 0.05 level

Group I vs Group III= 0.71, Not Significant

This table shows that the effect of emotional maturity on marital adjustment of women.

At the end we conclude that there was a significant difference between working and non-working women in terme of emotional maturity and marital adjustment and on the other hand the emotional maturity was not a significant factor to effect the marital adjustment but women who belonged to extremely stable had better marital adjustment than who belonged to average stable had better marital adjustment than who belonged to average stable and extremely unstable.

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