

# MENTAL HEALTH AND MARITAL ADJUSTMENT OF WORKING AND NON-WORKING MARRIED WOMEN

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**ABSTRACT:** Mental health is that behaviour, perception and feeling which determines a person's overall level of personal effectiveness, success, happiness and excellence of functioning. It depends on the development and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as worthy, effective human being and Marital adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other. The aim of the present study is to find out the level of Mental Health and Marital Adjustment among working and non-working Married Women. Further to find out difference between working and non-working married women regarding mental health and marital adjustment. For this purpose 200 women (100 working and 100 non-working) were selected. To measure Mental health Pramod Kumar's Mental health Inventory(6) and to measure Marital adjustment O.P. Mishra and S.K. Srivastava's Marital adjustment Inventory (8 ) were used in the present study; result indicated that both working and non-working women have higher level of Mental health and Marital adjustment. No significant differences are found in Mental health as well as in Marital adjustment of working and non-working married women.

**Key words:** Mental Health, Marital Adjustment, working and Non-working Married Women.

**1. INTRODUCTION:** Mental health describes either a level of cognitive or emotional well-being or an absence of the discipline of positive psychology or holism mental health may include an individual's ability to enjoy life and procure a balance between life activities and effort to achieve psychological resilience. Mental health is an expression of emotions and signifies a successful adaptation to a range of demand most recently, the field of global mental health has emerged, which has been defined as the area of study, research and practices that place a priority on improving mental health and achieving equity in mental health for all people worldwide.

Mental health is not merely an absence of mental illness, but it is also the ability to cope with problems in life, mental health is as important as physical health to everybody. A good mental health is essential for leading a good life effectively if he / she are suffering from stressed and strains and is struggling with mental health problems such as depression or unsteady feeling due to academic, social or mental pressure; with poor mental health one loses overall effectiveness (1). Mental health is balance between all aspects of life- social, physical and spiritual aspect of a person. It imparts on how we manage our surroundings and make choices in our lives clearly it is an integral part of our overall health (1).

The WHO (2) constitution states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." An important consequence of this definition is that mental health is described as more than the absence of mental disorders or disabilities.

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community. Some facts of women's mental health are:

1. Recorded rate of anxiety and depression are one and a half to two times higher in women than in men.
2. One study showed that 57 percent of those attending emergency departments for self-harm are women.
3. 13-15% of new mothers experience postnatal depression.
4. 90% percent of the 1.6 million people in the U.K. who have an eating disorder are female.

The importance of maintaining a good mental health is crucial to living a long and healthy life. Mental health when good can enhance when poor prevent someone from living a normal life. According to Richards Compania and

Muse Burke, "There is growing evidence that is showing emotional abilities are associated with prosocial behaviour such as stress management and physical health." Without emotional support mental health is at risk (3).

According to Kornhouser, "Mental health is those behaviour, perception and feeling that determine a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person. It depends on the development and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as worthy, effective human being (4).

Mental health is an index which shows the extent to which the person has been able to meet his environmental demands- social, emotional or physical. However, when he finds himself trapped in a situation he does not have matching coping strategies to deal with it effectively, he gets himself mentally strained. This mental strain is generally reflected in symptoms like anxiety, tension, restlessness or hopelessness among others. If it is felt for too long and too extensively by the person, these symptoms may take a definite form (or get 'syndromized'), representing a given illness. Mental health, therefore, should not be confused with mental illness; it is a study of pre-illness mental condition of the person (5).

Mental health, such as represents a psychic condition which is characterized by mental peace, harmony and content. It is defined by the absence of disabling and debilitating symptoms, both mental and somatic in the person (6).

A mentally healthy person should also be understood as dynamic and conscientious person who is found to be reasonable, rational in the choice of means for the realization of his/her pious ends.

Indian women have been gradually coming out of traditional roles and entering into the male dominated areas. In recent years the role and status of the women have been changed tremendously. With increasing female education and more liberty for their rights and privileges, women's attitude towards their stereotyped role is changing. Their participation in education and work place has also led to their increased socio-familial roles.

Mental health has been reported as an important factor influencing an individual's various behaviours, activities, happiness and performance. Mental pressure is a vital cause of the mental health problems which arise due to various conditions. If the mental condition is good, women can take various responsibilities of a family and herself, understand the complications, try to solve them, plan for future and adjustment with others by becoming mentally strong. Mental health can be defined as the ability to make adequate social and emotional adjustments to the environment, on the plane of reality

Mental health scores highlight that working women are trapped in a situation where they are getting difficulty in coping strategies to deal with it effectively and get mentally strained. Excess work, less freedom, high need for motivation and working situations are powerful source of stress among working female. Therefore, emotional balance, adjustment process, tolerance level and other personality attributes are under great threat, which affect negatively the mental health.

Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationships. Marriage as "socially legitimate sexual union, begun with a public announcement and undertaken with some ideas of permanence; it is assumed with more or less explicit marriage contract, which spells out the reciprocal rights and obligations between the spouses and future children (7).

Marital adjustment as 'the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other (8).

Locke & Wallace (9) defines marital adjustment as: "accommodation of husband and wife to each other at a given time"

All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Therefore, in marriage two universes close together.

According to Spanier and Cole (10) - "Marital adjustment is a process, the outcome of which is determined by a degree of (a) troublesome marital differences (b) interpersonal tension and personal anxiety (c) marital satisfaction (d) dyadic cohesion (e) consensus on matters of importance of marital functioning.

The ultimate measurement of marriage is the degree of adjustment achieved by the individuals in their marriage roles and in interaction with one another. A well-adjusted marriage may be defined as a union in which the husband and wife are in agreement on the chief issue of marriage.

There is a list of six areas of marital adjustment, which is defined by the psychologist, such as, religion, social life, mutual friends, in laws, money and sex. Another psychologist defines ten areas of marital adjustment, i.e. values, couple growth, communication, conflict resolution, affection, roles, cooperation, sex, money and parenthood. A study on marriage and marital adjustment in USA presents social activities and recreation, training and disciplining of children, religion, in law relationship, financial matters, sexual relationship, communication, mutual trust and companionship as the areas of marital adjustment.

According to O.P. Mishra and S.K. Srivastava (11) in marriage husband and wife should sacrifice their egoistic attitude, to avoid mutual conflicts, feel mutual satisfaction, respect the each other interest and fulfil the expectations and aspiration related to marital life, all these will work in maintaining the good marital adjustment according to him the six dimensions of marital adjustment are: 1) Feeling for spouse 2) Harmonious relations 3) Communication 4) mutual understanding 5) sexual relations 6) other factors related to the marital life.

Previous research on the relationship between wife employment and marital adjustment has produced conflicting results: some investigations report a positive relationship between wife employment and marital adjustment others suggest a negative relationship.

Nathawat and Mathur (12) did a study in India about marital adjustment and subjective well-being in Indian-educated housewives and working women. Their results indicated that working women had better marital adjustment and subjective well-being. Working women reported high scores on general health, life satisfaction and self-esteem measures & lower scores on hopelessness, insecurity and anxiety whereas the housewives had lower scores on negative affect than the working women.

Researches demonstrated that Non-working married women are better marital adjusted than working married women this implies that working women cannot pay full attention to their family and are unable to satisfy their members. Whereas the non-working married women have more time to their household task and their married life goes smooth. According to the researches working married women cannot properly adjust with their married life because they have many roles to play at a time to find out the level of mental health of working and non-working women.

**2. OBJECTIVES:** Objectives of the present study are as follows:

- To find out the level of marital adjustment of working and non-working married women.
- To find out difference between working and non-working married women regarding the level of mental health and marital adjustment.
- To find out the level of mental health of working and non-working women

**3. HYPOTHESES:**

- There will not be any significant difference between the mental health of working and non-working women.
- There will not be any significant difference between the marital adjustment of working and non-working women.

**4. METHODOLOGY:**

**4.1 SAMPLE:** A sample of 200 women (100 working and 100 non-working) was taken the sample characteristics as follows:

1. No. Of the respondents - 200 (100 working and 100 non- working married women)
2. Level of the sample - Working and non-working married women.
3. Age range - 35-45
4. Income- 8,000-27,000

**4.2 MEASURES:**

**4.2.1 MENTAL HEALTH INVENTORY:** Mental health inventory developed by Pramod Kumar (5) was used to measure mental health of the respondents. There are 11 items in this inventory, which are divided in to 2 areas. These areas are psychological and physical. In this inventory there are 6 psychological items and 5 physical items, rated at 4 point scale. The reliability of split half method is .83 and test-retest reliability is .81.

**4.2.2 MARITAL ADJUSTMENT INVENTORY:** Marital adjustment inventory by O.P. Mishra and S.K.Srivastava (8) was used to measure marital adjustment of the respondents. There are 55 statements in this inventor, which are divided in to six areas. These areas are feeling for spouse, harmonious relations, communication, mutual understanding, sexual relation and other factors related to the married life. There are different numbers of items in all these areas. For these items 5 point rating scale was used. The reliability of split half is .76 and test-retest reliability is .83.

**5. RESULTS:** In order to find out the level of mental health and marital adjustment mean is calculated and to find out the mean difference between working and non-working married women t-test is applied.

Dimensions	Mean		SD	SED	t-test
	Working married women	Non-working married women			
Mental health	22.28	22.62	5.72	1.58	0.30
Psychological	12.34	11.86	3.26	.68	0.71
Physical	9.94	10.76	3.12	.58	1.41
Marital adjustment	213.4	215.78	24.68	52.72	0.05
Feeling of spouse	48.32	48.92	7.19	1.44	0.42
Harmonious relations	54.68	55.34	8.05	1.64	0.40
Communication					
Mutual understanding	20.36	20.56	3.68	0.85	0.24
Sexual relations	42.7	43.22	7.20	1.56	0.33
Other factors related to the marital life	27.48	28.66	4.16	0.88	1.34
	19.46	19.08	3.39	0.75	0.51

Table-1 significance of difference between two means

As table depicted that there is not any significant difference between working women non-working women on mental health. Thus the hypothesis No.1 "There will not be any significant difference between working and non-working women on mental health" is proved from the result of present study. Similar pattern of result is also found, when we look at the mean value of working women (22.28) and non-working women (22.62). As far as dimensions of the mental health are considered, it also shows that there is not any significant difference. Thus it can be sad that due to social and economical changes, both working and non-working married women have good mental health.

Colleen P.O'Neill and Amos Zeichner (1) examines the relationship job and home environment conditions, job stress, coping and health outcomes in 230 working women. The women sampled were employed full time and 73% were managers and professional with advance degrees. The level of job distress was found to be the best predictor of the degree of depression, anxiety and physical symptoms. The tendency to use avoidance coping was also a significant predictor. The result support the nation that stress in the environment has a negative impact of the physical and mental health of working women. The results are compared to those of previous relevant studies of men. The findings are also discussed in term of mitigating effect of coping on health.

As table depicted that there is no significant difference between working and non-working married women on marital adjustment. Thus the hypothesis No.2 "there will not be any significant difference between the marital adjustment of working and non-working married women" is proved from the result of the present study. Mean value of working women (213.4) and non-working married women (215.78) is also indicated similar level. As far as the dimensions of the marital adjustment are considered, it also shows that there is not any significant difference. Thus it can be said that due to better understanding, mutual trust and sharing both working and non-working married women have good marital adjustment.

Ms. Hina Ahmed Hashmi, Ms. Maryam Khursheed and Dr. Ishtiaq Hasan (13) are aimed at exploring the relationship between M.A. & M.H. of the study consisted 150 working and non-working married women (75 working married women and 75 non-working married women). Their age range between 18 to 50 years. Their education was at least graduation and above. Results indicated highly significant relationship between M.A. & M.H. The findings of the results also show that working married women have to face more problems in their married life as compared to non-working married women. The results further show that highly educated working and non-working married women can

perform well in their married life and they are free from depression as compared to educated working and non-working women.

Marriage may have important influences on mental health. A happy marriage may provide substantial emotional benefits. For many people, marriage creates an important sense of identity and self-worth. Moreover, a spouse may provide emotional intimacy and support, fulfilling an essential human need for connection. Consequently, married people may be happier, more satisfied, and less depressed than those who are unmarried. These emotional benefits may, in turn, improve their physical health, by reducing the stress, depression, and other mental health problems can take on physical well-being.

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