Chapter-III
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RESEARCH METHODOLOGY

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CHAPTER-III

RESEARCH METHODOLOGY

1. Introduction
In 21st century, we know that because of science and technology development there are many changes in people's life style communication between worlds different countries have became faster. This century is century of competition Tradition of family, role and status of men women has changed. Education of women abs developed attitudes of independence and self-awareness in women and they have become conscious about their rights. Men and women are going to be substitute of each other.

Everybody is trying constantly to be stable in changing trends, Failure in one part effect another. The level or high emotional maturity is very important factor for success in marital adjust, vocational adjustment etc. Better adjustment means more happiness and less stress.

Hence, the researcher formulated the following problem for the present investigation.

Statement of Research Problem:
2. Objectives

(1) To study the mean effect difference between the married the Men and unmarried Men of joint family in their emotional maturity.

(2) To study the mean effect difference between the married the Men and unmarried Men of nuclear family in their emotional maturity.

(3) To study the mean effect difference between the married Women and unmarried Women of joint family in their emotional maturity.

(4) To study the mean effect difference between the married Women and unmarried Women of nuclear family in their emotional maturity.

(5) To study the mean effect difference between the married Men and unmarried Men of joint family in their Happiness.

(6) To study the mean effect difference between the married Men and unmarried Men of nuclear family in their Happiness.

(7) To study the mean effect difference between the married Women and unmarried Women of joint family in their Happiness.

(8) To study the mean effect difference between the married Women and unmarried Women of nuclear family in their Happiness.

(9) To study the mean effect difference between the married Men and unmarried Men of joint family in their Stress.

(10) To study the mean effect difference between the married Men and unmarried Men of nuclear family in their Stress.

(11) To study the mean effect difference between the married Women and unmarried Women of joint family in their Stress.
(12) To study the mean effect difference between the married Women and unmarried Women of nuclear family in their Stress.
(13) To find out significant mean difference on scores of emotional maturity with reference to the marital status and sex.
(14) To find out significant mean difference on scores of emotional maturity with reference to the marital status and family type.
(15) To find out significant mean difference on scores of emotional maturity with reference to the sex and family type.
(16) To find out significant mean difference on scores of emotional maturity with reference to the sex and marital status.
(17) To find out significant mean difference on scores of Happiness with reference to the Marital status and family type.
(18) To find out significant mean difference on scores of Happiness with reference to the sex and family type.
(19) To find out significant mean difference on scores of Stress with reference to the Marital status and sex.
(20) To find out significant mean difference on scores of Stress with reference to the Marital status and family type.
(21) To find out significant mean difference on scores of Stress with reference to the family type and sex.
(22) To suggest major steps for increasing Emotional Maturity.
(23) To suggest major steps for increasing Happiness.
(24) To suggest steps for decreasing Stress.
(25) To make suggestions for healthy married life.
3. Hypothesis

Keeping the objectives in view, the following hypothesis formulated.

(1) $H_0$ Married men and unmarried men of joint family do not differ significantly in Emotional Maturity.

$H_1$ Married men of joint family are higher in Emotional Maturity.

$H_2$ Unmarried men of joint family are higher in Emotional Maturity.

(2) $H_0$ Married men and unmarried men of nuclear family do not differ significantly in Emotional Maturity

$H_1$ Married men of nuclear family are higher in Emotional Maturity.

$H_2$ Unmarried men of nuclear family are higher in Emotional Maturity.

(3) $H_0$ Married women and unmarried women of joint family do not differ significantly in Emotional Maturity.

$H_1$ Married women of joint family are higher in Emotional Maturity.

$H_2$ Unmarried men and of joint family are higher in Emotional Maturity.

(4) $H_0$ Married women and unmarried women of nuclear family do not differ significantly in Emotional Maturity.

$H_1$ Married women of nuclear family are higher in Emotional Maturity.
$H_2$ Unmarried men and of nuclear family are higher in Emotional Maturity.

(5) $H_0$ Married men and unmarried men of joint family do not differ significantly in Happiness

$H_1$ Married men of joint family are higher in Happiness

$H_2$ Unmarried men of joint family are higher in Happiness

(6) $H_0$ Married men and unmarried women of joint family do not differ significantly in Happiness.

$H_1$ Married men of nuclear family are higher in Happiness.

$H_2$ Unmarried men and of joint family are higher in Happiness.

(7) $H_0$ Married women and unmarried women of joint family do not differ significantly in Happiness.

$H_1$ Married women of joint family are higher in Happiness.

$H_2$ Unmarried women of joint family are higher in Happiness.

(8) $H_0$ Married women and unmarried women of nuclear family do not differ significantly in Happiness.

$H_1$ Married women of nuclear family are higher in Happiness.

$H_2$ Unmarried women of nuclear family are higher in Happiness.

(9) $H_0$ Married men and unmarried men of joint family do not differ significantly in Stress.

$H_1$ Married women of joint family are higher in Stress.

$H_2$ Unmarried women of joint family are higher in Stress.
(10) $H_0$: Married men and unmarried men of nuclear family do not differ significantly in Stress.

$H_1$: Married women of nuclear family are higher in Stress.

$H_2$: Unmarried women of nuclear family are higher in Stress.

(11) $H_0$: Married women and unmarried women of joint family do not differ significantly in Happiness.

$H_1$: Married women of joint family are higher in Stress.

$H_2$: Unmarried women of joint family are higher in Stress.

(12) $H_0$: Married women and unmarried women of nuclear family do not differ significantly in Stress.

$H_1$: Married women of nuclear family are higher in Stress.

$H_2$: Unmarried women of nuclear family are higher in Stress.

(13) $H_0$: Unmarried men and unmarried women of joint family do not differ significantly in Emotional Maturity.

$H_1$: Unmarried men of joint family are higher in Emotional Maturity.

$H_2$: Unmarried women of nuclear family are higher in Emotional Maturity.

(14) $H_0$: Unmarried men and unmarried women of nuclear family do not differ significantly in Emotional Maturity.

$H_1$: Unmarried men of nuclear family are higher in Emotional Maturity.

$H_2$: Unmarried women of nuclear family are higher in Emotional Maturity.
(15) \(H_0\) Unmarried men and unmarried women of nuclear family do not differ significantly in Happiness.

\(H_1\) Unmarried men of joint family are higher in Happiness.

\(H_2\) Unmarried women of joint family are higher in Happiness.

(16) \(H_0\) Unmarried men and unmarried women of nuclear family do not differ significantly in Happiness.

\(H_1\) Unmarried men of nuclear family are higher in Happiness.

\(H_2\) Unmarried women of nuclear family are higher in Happiness.

(17) \(H_0\) Unmarried men and unmarried women of joint family do not differ significantly in Stress.

\(H_1\) Unmarried men of joint family are higher in Stress.

\(H_2\) Unmarried women of joint family are higher in Stress.

(18) \(H_0\) Unmarried men and unmarried women of nuclear family do not differ significantly in Stress.

\(H_1\) Unmarried men of nuclear family are higher in Stress.

\(H_2\) Unmarried women of nuclear family are higher in Stress.

(19) \(H_0\) Married men and married women of joint family do not differ significantly in Emotional Maturity.

\(H_1\) Married men of joint family are higher in Emotional Maturity.

\(H_2\) Married women of joint family are higher in Emotional Maturity.
(20) $H_0$ Married men and married women of nuclear family do not differ significantly in Emotional Maturity.

$H_1$ Married men of nuclear family are higher in Emotional Maturity.

$H_2$ Married women of nuclear family are higher in Emotional Maturity.

(21) $H_0$ Married men and married women of joint family do not differ significantly in Happiness.

$H_1$ Married men of joint family are higher in Happiness

$H_2$ married women of joint family are higher in Happiness

(22) $H_0$ Married men and married women of nuclear family do not differ significantly in Happiness.

$H_1$ Married men of nuclear family are higher in Happiness

$H_2$ married women of nuclear family are higher in Happiness

(23) $H_0$ Married men and married women of joint family do not differ significantly in Stress.

$H_1$ Married men of joint family are higher in Stress.

$H_2$ married women of joint family are higher in Stress.

(24) $H_0$ Married men and married women of nuclear family do not differ significantly in Stress.

$H_1$ Married men of nuclear family are higher in Stress.

$H_2$ married women of nuclear family are higher in Stress.
4. Variables

**Independent variables**
* Marital Status
* Gender
* Family type

**Dependent variables**
* Emotional maturity
* Happiness
* Stress

**Control variable**
* Age – Respondents are not below 30 years.

5. Research Method

5.1. Tools

1. **Emotional maturity Scale**
   Emotional Maturity Scale by Kum. Roma Pal (Department of Psychology, Agra College, Agra published by Agra Psychological Research Cell, Tiwari Kothi, Belanganj) measures emotional maturity. It measures 5 factors of Emotional maturity that is emotional regression, emotional instability, faulty social adjustment, lack of independency and flexibility and composite score for emotional maturity. The scale is translated in Gujarati without changing the meaning and nature of the original item. Emotional maturity scale has a total 40 items and it is a self reporting 5 point scale The 5 options mentioned in strongly agree, agree, undecided, disagree and strongly disagree.
Reliability:
The internal consistency of the scale was checked by split half method and the values of internal consistency of its various areas and test re test validity are as given in the table.

<table>
<thead>
<tr>
<th>Areas of Emotional Maturity</th>
<th>Split Half</th>
<th>Test Retest</th>
<th>Internal Consistency</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.U.</td>
<td>0.81</td>
<td>0.72</td>
<td>0.79</td>
</tr>
<tr>
<td>E.R.</td>
<td>0.73</td>
<td>0.79</td>
<td>0.68</td>
</tr>
<tr>
<td>F.S.A.</td>
<td>0.79</td>
<td>0.82</td>
<td>0.60</td>
</tr>
<tr>
<td>L of I.</td>
<td>0.76</td>
<td>0.72</td>
<td>0.82</td>
</tr>
<tr>
<td>Flexibility</td>
<td>0.80</td>
<td>0.86</td>
<td>0.65</td>
</tr>
<tr>
<td>Total E.M.</td>
<td>0.74</td>
<td>0.77</td>
<td>0.70</td>
</tr>
</tbody>
</table>

Validity:
The scale was validated with Singh & Bhargava’s Emotional Maturity Scale and Correlation was 84. The main version of questionnaire is in final translated Gujarati Version was delivered test retest reliability found 0.68.

2. Social & Family Role Stress Scale by Akhtar and Vadra (1988)
The Social & Family Role Stress Scale by Akhtar and Vadra (1988) measures social and family role stress the scale is translated in Gujarati without changing the meaning and nature of the original item. The scale has 25 items. The social and family role stress scale is a self-reporting 5 point scale the 5 options mentioned in strongly agree, agree, undecided disagree, strongly disagree.

Reliability and Validity:
The reliability was determined by spearman Brown split, half method and found 81 Reliability.

The coefficient of correlations between total scores and internal scores of validity found from 0.27 to 0.58.

By using varimax Rotation technique validity score varies from 0.37 to 0.82. The product moment correlation (N=50) obtained between total scores on Gujarati version and English version was 0.92.

Scoring high – High stress
Scoring low – Low stress

3. Fundamental of Effectiveness and Happiness

Orientation Behaviour (FEHO – B)

FEHO-B by J.B. Patel, Dipak Bhatt and Samir Patel (P.G. Department of Psychology, Sardar Patel University, V.V. Nagar) measures happiness. It measures 4 factors affecting happiness those are security, guidance, wisdom and power and composite score for happiness. The scale is in English and Guajarati language. FEHO-B has total 25 items and it is a self reporting 4 point scale. The 4 options mentioned in strongly agree, agree, disagree and strongly disagree.

The split-half and test re-test reliability of the Scale have been found to be 0.68 (N=30) and 0.67 (N=30; Time interval=2 weeks) respectively.

The Scale carries a fairly high validity index.

Score wise overall interpretation:

5 to 10 low score: Not effective, reactive, miserable

11 to 16 Average score: Socially accepted, Conformist, Reactive, Adjusted but not blissful

17 to 18 Good score: Pro-active, Effective

19 to 20 Higher score: Effective and Happy
5.2. Sample

For the present study incidental cum purposes, sampling technique was used with help of these technique 160 men and 160 women selected. In sample, the age of men and women were above 30.

5.3. Research Design

In order to study the main as well as interactive affect these three variables mentioned in dependent variable 2x2x2 factorial design as shown in the table was used by the investigator to study the differences.

<table>
<thead>
<tr>
<th>Family type</th>
<th>Married(A1)</th>
<th>Unmarried(A2)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men(B1)</td>
<td>Women(B2)</td>
</tr>
<tr>
<td>Joint(C1)</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Nuclear(C2)</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Total ....</td>
<td>80</td>
<td>80</td>
</tr>
<tr>
<td>N (Total)</td>
<td>320</td>
<td></td>
</tr>
<tr>
<td>n</td>
<td>40</td>
<td></td>
</tr>
</tbody>
</table>

5.4. Research Procedure

As per the description of sample selection, the selected married, unmarried men and women were administered questionnaires at their own convenient time. The responses of the subjects were scored as per the manual for each questionnaire. By using ANOVA the relationship between demographic variables and associate variables under the study were examined. Finally, conclusions of study were drown.