In modern age many marriages are on the edge of divorce. This is causing a serious problem on the institution of family. Marriage was considered as an indissoluble union between two opposite sexes previously. It is union made by God and have to continue to live with each other until death make them apart. But now marriage is considered as an adjustment. To make marital adjustment a successful one the personality of the husband and wife has to be similar. Similarity of personality promotes marital adjustment. Now a days many marriages are broken as a result of difference in personality patterns of both husband and wife. Keeping in view of these facts the present research work was planned in order to study marital adjustment in relation to personality.

The following hypotheses have been formulated:

A) There may be a correlation between marital adjustment and personality of both the couples.

B) There may be a correlation between marital adjustment and other conditions related to marital adjustment.

This is a non-experimental type of research. Personality factors of both husband and wife were compared in relation to their marital adjustment.
In total 500 couples were selected by systematic sampling with random start. From different parts of Guwahati and North Lakhimpur village for this research. The age group of the subjects was 25-35 years.

Present study was designed to study the influence of personality on marital adjustment.

The Marital Adjustment Questionnaire (MAQ) was constructed and standardized by Promod Kumar and Kanchana Rohtagi (1976). The Sixteen Personality Factor Questionnaire (16PFQ) was constructed and standardized by R.B.Cattell (1950). The Self Devised Questionnaire was constructed and standardized by the investigator for the research purpose. Each of the three tests was administered by the investigator to every subject individually with a gap of few days. The procedure which was laid down in the manuals of the tests was strictly followed.

The scores obtained by the subjects in each of the tests were tabulated methodically and treated statistically in order to arrive at a meaningful conclusion.

In order to find the correlation between personality and marital adjustment and personality of the couples the coefficients of correlation by Product Moment Method (Pearson ‘r’) were calculated.
The significant difference between means and that of coefficients of correlation were tested.

Result and Discussion

The main purpose of the present investigation is to determine the relation between marital adjustment and personality of both husbands and wives. In addition, it is also considered worthwhile to investigate statistically whether there is any correlation among other aspects such as family background, economic condition, education levels of husband and wife and also interpersonal relation in marital adjustment.

The coefficients of correlation by Product Moment Method (i.e. Pearson's 'r') were calculated with the use of computer system in order to study correlations among the variables as noted below.

A) Marital adjustment scores and 16 personality factors,

B) Marital adjustment scores and scores of Self Devised Questionnaire. The ‘t’ test and chi-square test were also applied in order to investigate the significant difference in the marital adjustment of husbands and wives of the sample and also in other variables in terms of Family background, Educational level,
Economic conditions, Personality patterns and Interpersonal relations as determined by the Self Devised Questionnaire.

It was presumed that the statistical analysis would be useful to reach a meaningful conclusion. For the purpose of present study, therefore, the results are presented in the following steps.

1) The ‘t’ test,
2) Coefficients of correlation by Product Moment Method (Pearson ‘r’) and
3) Chi-square test.

The frequencies of the responses were obtained and the percentages of them were presented in tables.

Table-3 shows the percentages of the variables (Area, size, Marriage pattern in (Urban and rural area) Religion and Marriage) selected for the present investigation. Out of the sample of 500, Rural couples were 41 and the rest 459 were urban couples. As far as marriage pattern (Urban area) was concerned two categories were formed one belonged to love marriage and another to the arranged marriage. In love marriage category 150 couples got married and rest 200 got married by the traditional form of marriage i.e. arranged marriage. Similarly marriage pattern in rural area was also divided into two categories love marriage and arranged marriage. In love
marriage category 50 couples got married in rural area and 100 couples got married by following the traditional system. As for as the religion is concerned two categories were formed one belonged to Hindu and another to the Muslim. More than just half (i.e. 84%) i.e. (420) of the respondents were Hindu and the remaining 16% i.e.(80) couples were Muslim. Regarding marriage in respect of religion a great majority of them got married within the same religion and the rest 10% i.e (50) couples had Inter religion marriage.

The table 4 shows that the t value in $V_5$ Interpersonal relation is (-4.303) which is significant at 0.05 level of significance, whereas the other variables like $V_1$ family background,$V_2$ economic condition,$V_3$ educational level,$V_4$ personality make up of the husbands and wives are not significant.

Table 5(a) and 5(b) shows mean (M) and S.D.($\sigma$) and the 't' value obtained by husbands and wives in 16 P.F. Q.

It is clear from table 5(a) and 5(b), that husbands have obtained higher mean scores in the following personality factors such as B (bright), C(Emotionally stable, mature, faces reality), G(conscientious, persistent, moralistic, staid), H (venturesome, uninhibited, socially bold), I (Tender minded, sensitive, clinging), L(Suspicious), M(Imagination, Bohemian, absent-minded), N(Astute,
polished, socially aware), O(Apprehensive, Self-reproaching, insecure), Q₁ (Experimenting, liberal, free thinking), Q₂ (Self sufficient, resourceful), Q₃ (controlled, exacting will power) and Q₄ (Tense, frustrated, driven) than wives. This shows that husbands are more Intelligent, have higher ego strength, stronger super ego, Shrewdness, Guilt proness, Radicalism, higher strength of self sentiment and higher ergic tension than their wives, Whereas wives have scored higher mean scores on A(Outgoing, warm hearted, easygoing, participating), M=6.94, E(Assertive, aggressive, competitive, Stubborn), M=3.25, and F(Happy go lucky, enthusiastic) M=6.43 respectively than that of the husbands. It indicates that wives are more outgoing, competitive and Happy go lucky than the husbands.

In reference to table 5(c) all the sixteen variables of 16 P F Q are significant at 0.05 level of significance

In reference to table 6, there is a difference in the mean scores of Husband and wife in marital adjustment Questioning. In very good adjustment mean of Husband is M=25.67 and Mean of wives is M=25.71. The difference between the mean scores of Husband and wives is %04)only which is very less.
Similarly in very poor adjustment Husband the mean is \( M=12.21 \) and very poor adjustment wife the mean is \( M=10.71 \). The difference between the mean scores of husband and wives is \( 1.5 \) only which is again less. The t value of Marital Adjustment Questionnaire are significant at 0.05 level of significance.

This indicates that if the husband is having a very good marital adjustment the wife is also having a very good marital adjustment and if the husband is having very poor marital adjustment than the wife is also having a very poor adjustment.

In table 7 the Mean, Standard Deviation and t value obtained by husband and wife is given. From the table it is clear that all the variables of Self Devised Questionnaire are significant at 0.05 level of significance.

Correlational study:-

The coefficients of correlation by Product Moment Method i.e. Pearson’s “r” were calculated to investigate the relationship between the following variables.

1) Marital adjustment and personality of the husband and wife i.e., variable “D” in the SDQ and
II) Marital adjustment and 16 personality factors.

Marital adjustment and personality make up of husband and wife in the Self Devised Questionnaire.

a) *(Personality Husband Personality wife)*.

In reference to table 8(b) the coefficient of correlation by Pearson's Product Moment Method appears to be .878 between personality make up as note in the SDQ in case of wife and that of Husband. This $r=.878$ is a high positive correlation.

It can be interpreted that the personality Make up of the wife and that of the husband are similar in nature. As a result of which this high positive correlation has been found out. So in this case it is very clear that there is a very good marital adjustment between the husband and wife.

(b) *Very good adjustment (H) with Personality make up wife:-*

Here, the coefficient of correlation by Product Moment Method i.e. (Pearson'r) appears to be .416 between very good adjustment (H) as noted in Marital adjustment questionnaire. In the case of husband and that in personality make up of wife as noted in SDQ. It indicates that very good adjustment of Husband has a relation
with the personality make up of the wife. Personality make up of the wife influences the marital adjustment of the Husband also.

(c) **Very good adjustment (H) with very good adjustment (W):**

Here the coefficient of correlation by Product Moment Method (i.e.), Pearson's ('r') appears to be (.995) between very good adjustment of husband and also very good adjustment of wife. It was a high positive correlation. It indicates that very good adjustment of Husband and very good adjustment of wife also, are positively correlated. If the husband is having a very good adjustment definitely the wife will also have a very good adjustment.

(d) **Below average adjustment - H and personality Make up wife of S.DQ.**

Here, the coefficient of correlation appears to be (-.645) between Below average adjustment H in MAQ and Personality make up of wife as noted in SDQ. This figure of r (-.645) is negatively correlated. It can be interpreted that the Personality Make up of wife is not similar with the personality make up of the husband. If we compare the Below average adjustment of wife and Personality Make up of Husband the figure is (r - .646) which is again negatively correlated. It can be interpreted that as the Personality make up of the
husband and wife as noted in S.D.Q. is negatively correlated their marital adjustment is Below average adjustment as a result of which high negative correlation has been found out. So, it is very clear that personality of the husband and that of wife influence in their marital adjustment. Similar, is the case of very poor adjustment of Husband and Personality of wife. Personality of wife and Personality of husband is again \( (r = - .235) \) and \( (r = - .208) \) i.e, negatively correlated. Thus, from the table 8 (b) it is clear that personality of the husband and that of wife influence the marital adjustment of the husband and that of wife respectively. The findings of the present study are supported by other research findings. Different relevant studies have shown that similarity of personality of the Husband and wife is related to marital adjustment. Blazer( 1963), Corsini (1956), Dymond( 1954), Pickford, Signori, and Rempel( 1966) have found that similarity of the personality of the husband and wife promote marital adjustment. Levinger and Breedlove reported that similarity of personality and attitudes is more highly correlated with husband’s marital satisfaction than with wives’ Kelly (1995) reported that happy husbands and wives were more different from one another at the time of engagement than were the unhappy couples, But after 18 years of marriage the happy spouses are alike in personality characteristics and the unhappy couples are unlike in personality characteristics.
Hussain and Gupta, (1987) reported that personality similarity is important for understanding and promoting marital satisfaction and harmony among married couples. Zaleski, Zbigniew (2009) suggested that the values and personality similarity are the important factors determining the effectiveness of marriage. Clifford Kirkpatrick, (1932) have suggested the interplay of personalities of the husband and wife in marriage. He reported that with marriage, the interaction of Husband and wife beings and continues. There is an impact of Husband’s personality upon wife; this influence may be either friendly or hostile. There is the need to transform the personality of the husband and wife. If similar, it will lead to intimacy. But if it is dissimilar a vast gulf of resentment and bitterness will exist. Which also support many findings that for marital adjustment of the Husband the wife should also have a good adjustment. Similarity of personality of the husband and wife promotes marital adjustment and dissimilarity lead to very poor marital adjustment.

John Pickford, Henry Rempel, (1996) investigated similar or related personality traits as contributors to marital happiness. It has been found that similar or related personality traits as measured by the Guiford - Zimmerman Temperament survey are Significantly
related to marital happiness and that dissimilar or unrelated personality traits are significantly related to marital unhappiness.

Lee, Bruce (2001), examine the relationship between the personality and marital satisfaction scores. It has been found that Husband’s marital satisfaction scores appeared to be much more related to their wives personality scores and there is a significant relationship between the wives’ marital satisfaction scores and their husband’s personality scores. Which support the present finding of the study. Clen, Zi (2007) investigated the link between marital adjustment and personality and found that spouse’s marital satisfactions were correlated with each other. The study suggests that personality traits of a partner can predict an individual’s marital adjustment. Kig(1993), Richmond et al.(1991) found that wife’s or husband’s personality do not influence the husband’s or wives’ marital adjustment.

Table 9(a) and 9(b) Correlational study

II) Marital adjustment and 16 personality Factor:- (Husband) and (Wife).

In reference to table 9(a) coefficients of correlation by Product Moment Method(i.e. Pearson “r”) in MAQ and 16 PFQ (H) appear to
be (.393) in A(outgoing, warm-hearted, easy going, participating), (.391) in B(Bright), (.211) in C(Emotionally stable, mature, faces reality, calm), (.206) in E(Assertive aggressive, competitive), (.389) in F(Happy go lucky), (.252) in G(Conscientious), (-.382) in H(shy, timid), (-.400) in I(tough minded), (.352) in L(suspicious), (.372) in M(Imaginative), (-.396) in N(Forthright), (-.389) in O(self assured), (-.370) in Q1(Conservative), (.308) in Q2(Self sufficient), (.233) in Q3(controlled, exacting will power), (.285) in Q4(tense, frustrated).

Similarly in reference to table 9(b) wife in the very good adjustment as noted in MAQ and 16PFQ the coefficients of correlation appear to be in (0.353) in A(outgoing), (.240) in B(Bright), (.427) in C(Emotionally stable), (.311) in E(Assertive), (.332) in F(Happy go lucky), (.308) in G(Conscientious), (-.242) in H(Venturesome, socially bold), (-.233) in I(Venture some, socially bold), (-.233) in I(Tender minded), (.162) in L(Suspicious), (.259) in M(Imagination), (-.194) in N(Fortnight, genuine) (-.247) in O(self assured, placid, secure), (-.246) in Q1(Conservative), (-.305) in Q2(group dependent), (.305) in Q3(controlled, exacting will power) and Q4 in (.230) which means Tense, frustrated, driven.

It can be interpreted that the coefficients of correlation by Product Moment Method in the very good adjustment of the 16 PFQ
of the Husband and wives which are positively correlated are as follows (A) outgoing, B(Bright), C(Emotionally stable) E(Assertive), F(Happy-go-lucky), G(Conscientious), L(tender minded), M(Imaginative), Q3 (Controlled) and Q4 (Tense, frustrated). As a result we can say that as the personality factors of the husband and wife are positively correlated, they are having a very good adjustment. The finding of the study has been supported by many authors. Thomas (1982) studied personality factors related to the process of adjustment. He found that the subjects who had achieved the best adjustment scored higher on measures on assertive, Intelligence, creative/Imagination, social boldness, self-sufficiency, ego strength and tranquillity. Similar results have been found in the present study also. The husband and wives who have higher scores have good marital adjustment.

Charania and Rehmatullah (2010) examined personality influences on marital satisfaction. The result revealed a significant positive relation with conscientiousness, agreeableness and social absorption with marital satisfaction.


Burgess and Willin, (1953) investigated neuroticism as related to happily married couples and unhappily married couples and found that Emotional stability leads to marital adjustment.

Russell and wells (1994) stated emotional stability is a significant predictor of marital adjustment.

Christensen, Jacobson and Babcock (1995) Johnson and Greenberg (1995) found agreeableness, conscientiousness, and openness were associated with marital happiness. According to Borkenau and Ostendory (1990), Digman (1990), Mc Crae (1991), Montag and Leuine (1994) the following four aspects lead to marital adjustment.

(1) Extraversion measures energy and sociability.

(2) Openness implies imagination, curiosity and liberal attitudes.

(3) Agreeableness measures trust, sympathy and cooperation and

(4) Conscientiousness encompasses a sense of competence and a sense of duty.
In reference to table 9(A) the coefficients of correlation by Product Moment Method (i.e., Pearson’s “r”) in the category of very poor adjustment of the husband as noted between MAQ and 16 PFQ appear to be (-1.42) in A (Reserved); (-.229) in B (Dull); (-1.79) in C (Affected by feelings, emotionally less stable); (.220) in E (Assertive); (-.251) in F (Sober); (-.136) in G (Imaginative); (-1.99) in H (Shy); (.140) in I (Tender-minded); (-.228) in L (Trust); (.272) in M (Imaginative); (-.247) in O (Self-assured); (-.240) in Q1 (Consecutive), (-.212) in Q2 (Group dependent); (-.130) in Q3 (Undisciplined, Self conflict) and (-.188) in Q4 (Relaxed). These figures are negatively significant at .01 level except the factors E (Assertive); I (Tender-minded) and M (Imaginative) which are positively correlated.

In reference to table 9(B) the coefficients of correlation by Product Moment Method (i.e., Pearson “r”) in the case of wife in very poor adjustment as noted between the variables of MAQ and 16 PFQ are positively correlated such as (.306) in B (Intelligent); (.164) in E (Assertive); (.155) in H (Sociallybold); (.193) in I (Tender-minded); (.205) in L (Suspicious); (.342) in M (Imaginative); (.188) in N (Sociallyaware, astute, polished); (.226) in O (Apprehensive); (.252) in Q1 (Experimenting); (.210) in Q3 (Self sufficient); (.126) in Q4 (Tense, frustrated, driven) and the other factors as (-.195) in A (Reserved); (-.149) in C (Affected by feeling); (-.160) in F (Sober); (-.114) in
G(Expedient) and (-.073) in Q3(Undisciplined self conflict) are negatively correlated at .01 level.

As a result we can say that the following factors such as Reserved, Emotionally less stable (neurotic), disregards rules/Expedient and undisciplined/ Careless of social rules lead to very poor marital adjustment. These findings support relevant past research in this field. An individual’s level of neuroticism/emotionally less stable has been the most consistent, powerful predictive factor of personal relationship. Neuroticism is negatively associated with diverse measures of marital adjustment.

Buss (1991), Geist and Gilbert (1996), Kurdek (1997) revealed that the level of neuroticism of both spouses were a key determinant of their marital adjustment.

Kelly and Conley (1987) conducted a longitudinal study on a sample of 300 couples and found that the spouses who divorced and the spouses who were dissatisfied with their union scored higher on neuroticism.

Botwin, Buss and Shackelford (1997) found that the levels of neuroticism were negatively associated with their wives marital adjustment.
Neuroticism is negatively related to marital adjustment as was observed by Genevieue, Stephane et al (1999).

Charania and Rehmatullah (2010) found that careless of social rules is negatively related to marital satisfaction. According to Fisher and James (2008) partner’s neuroticism predicts lower marital satisfaction among husband and wives.

According to Duncan Cramer (2002) found neuroticism may lead to marital dissolution.

The first personality factor (i.e. reserved) shows mixed result. A high level of outgoing was also positively related as supported by Richmond, Craig, and Ruzicka (1991). This factor was positively related as revealed in the study of Bentter and Newcomb (1978); Geits and Gilbert (1996), but unrelated according to Rusell and Wells (1994). Marital dissatisfaction is mostly related to spouse’s emotional instability. It discards rules and low in intellect according to Baumeister (2007).

Thus, the personality characteristics of spouse contribute greatly to the relationship, culminating in satisfying marriage or dissatisfying marriage.
In reference to table 10 it is clear that there is a significant difference between the marital adjustment of the husband and wife in below average adjustment and very poor marital adjustment.

The table 11 shows chi square of the variables of SDQ with marital adjustment of the husband and wife. In reference to table 11, the $\chi^2$ value in Family background is 17.217 which is non-significant. Wilcoxon and Alan (1983) suggested that similarity of family background was positively related to marital adjustment. Similarly Coleman and Lawrence (1984) examined that family integration affects marriage. Those families who have high family integration have more positively attitude towards marriage.

The $\chi^2$ value in economic condition is 15.957 which is non-significant. According to Rosenblatt and Linda (1983) couples reporting greater economic vulnerability distress have a dissatisfied marriage.

The $\chi^2$ value in education level is 1.025 which is non-significant.

The chi square value in personality make up is 155.505 which is significant at 0.05 level of significance. From the Chi square study it is clear that there is a significant difference between personality makeup of the husband and wife.
The findings have been supported by many research studies. According to Sharpely and Jannet (1982) and Richard (1990) better marital adjustment is likely to exist in couples who have congruence in their personality. Eva (2005) suggested similarity in personality as become more important for a happy marriage.

The chi square value in interpersonal relation is 110.764 which is significant at 0.05 level of significance. It signifies that the interpersonal relationship of the husband and wife influences each other in their marital adjustment.

The findings have been supported by many research studies. Farley and James (1979) suggested the importance of interpersonal relation in marital adjustment. Kundu (1982) stated that husband and wife should share every aspect of their life with each other in both intellectual and practical aspects of life. Each person wants love admiration and respect.

In reference to table 3 in the row V6 figure 1 shows the graphical representation of inter religious marriage, love marriage and arranged marriage in the areas of urban and rural. In the rural area inter religious marriage is only 1 and in urban area it is 49, in the case of love marriage in rural area it is 50 and in the urban area it
It can be concluded that there is a positive correlation between the marital adjustment and personality of the husband and wife. It may be further clarified that the greater is the personality integration better is the marital adjustment. So there is a close connection and intensive relation between the marital adjustment and personality of the couples.

From t test it is clear that there is a significant difference between the husband and wife in terms of below average adjustment and very poor adjustment.

From the chi square study it is clear that there is a significant difference in the personality makeup and interpersonal relation of both husband and wife.

The hypothesis which states that there may be a correlation between marital adjustment and personality of the couples has been accepted beyond doubt.

Conclusion

It is concluded that personality factors of both husbands and wives have a great influence in their marital adjustments.
As a whole personality of the couples play a vital role in marital adjustment. Personality of both the partners is the main key to their marital success and marital happiness.

**Limitation**

There have been some limitations remained in the present study:-

(1) Though the size of the sample was appropriate for the present investigation, but for generalization of results fairly large sample to be undertaken.

(2) Subjects of the present study were mostly literate and educated belonging to the urban living set up. The illiterate and uneducated couple from the set up is very less in member.

(3) Certain other variables might have played significant role if taken into consideration viz :- employment of wife, size of the family, etc.

(4) Personality traits of the husbands and wives were compared with marital adjustment. These groups could be compared on other variables like socio-economic condition, employment of the wife, attitude, etc. which might yield a more comprehensive sketch,
(5) Desirability of some more statistical tools like factor analysis, etc. might have provided more understanding of the present study.

(6) There have been some errors and omissions, which are in adherent and some attributable to the fact of black and white mode of expression.

**Suggestion for further studies**

Although some limitations have remained in the present research work yet some variables and essential suggestions may be provided for social and cultural implications of the research work as well as some practical suggestions are given for further research.

(1) It would be desirable to obtain more adequate behavioural data on personality traits related to neuroticism, emotionally stable, introvert and extrovert of working and non working wives.

(2) The investigation regarding marital adjustment in relation to personality must include more of the sample of the rural couples for comparison between urban and rural couples.

(3) The investigation regarding marital adjustment in relation to personality must include more of the sample of the rural couples for comparison between urban and rural couples.
(4) Modernization, socio-economic status may influence the marital adjustment. The problem could be clarified better if the three groups of high socio-economic class, low socio-economic class and middle class are studied.

(5) In addition to existing statistical treatment in the study, further advanced statistical methods such as factor analysis can be undertaken.