Synopsis:

The present investigation is an attempt to study the different factors affecting marital adjustment and to develop a scale for measuring the marital adjustment achieved by female spouse. This is the first work of its kind in India. The Indian society is undergoing rapid changes and the changing structure of interpersonal relations in the society reflects these changes. The pattern of interpersonal relations in the family importantly determines a woman's role in marriage and consequently affects her marital adjustment.

The Likert Method was used for developing the scale. The sample contained two contrasting groups of 60. One group of 60 happily married women and the other group of 60 unhappily married women. The subjects were selected from middle class Hindu women population having lead a married life of 3 to 12 years. The subjects were interviewed by home to home visits with a help of a schedule which contained 115 items bearing on the married life of the Hindu woman.

Item analysis was carried out taking the sample as its own criterion and 92 items which showed significant power to discriminate between the high scoring group and the low scoring group were selected to construct two parallel forms of 46 items being each the items being
distributed almost equally over the different areas of marital adjustment.

Following factors were discussed at length on the basis of the interview data for their significance for the marital adjustment of the women.

1. In-laws adjustment and marital adjustment.
2. Companionship relation between the spouses and their marital adjustment.
3. Economic problems and marital adjustment.
4. Sexual problems and marital adjustment.
5. Personality traits and marital adjustment.
6. Conflicts and disagreements between husband and wife.
7. Children and marital adjustment.
8. Childhood history of the wife and marital adjustment.