Chapter Two

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A large number of studies on marital adjustment in relation to personality and social variables was conducted by the sociologists and psychologists. The review of studies may be grouped in the following major sections: socio-demographic correlates of marital adjustment, personality correlates of marital adjustment, social-psychological correlates of social intimacy, interpersonal trust, and intimate relationship and other Indian studies on married couples. By and large, most of the studies reviewed in this chapter are conducted in India.

Socio-demographic Correlates of Marital Adjustment:

Gupta et al (1982) studied the effect of type of marriage, duration and sex on love and liking between the partner. The data were collected on 25 couples of love marriage and 25 couples were from arranged marriage. They concluded that there is a decline in the intensity of mutual love but does not change much among love marriage couples. The study revealed that men tend to be more likable than women but not more lovable.

Jamuna and Ramamurti (1984) conducted a study of adjustment trends and husband-wife communication of married women between 40-55 years of age. The results of this study indicate that poor adjustment in the menopausal age groups. The husband-wife communication was good in 40-45 age group, poor in the 46-50 age groups and better in the 51-55 age groups.
Rajkumar (1985) found that marital adjustment is influenced by attitude towards marriage. People having positive attitude towards marriage are better adjusted than those who have a negative attitude towards marriage.

Agnihotri (1985) aimed at investigating marital adjustment in relation to combination of ordinal birth positions of the couples. The best marital adjustment has been found between those couples whose husbands were the older brothers with younger sisters and wives were older sisters with younger brothers. The poorest adjustment is obtained between those couples where the husbands were younger brothers with older sisters and wives were the younger sisters with older brothers. In case either husband or wife making a couple was older among sibling, the adjustment was better, though not significantly different.

Chaya (1985) evaluated the effect of university education on the marital adjustment of 40 Hindu couples (aged 30 to 45 years) married for 10-40 years. SS were divided into 4 groups dependency on whether the husbands, the wives, both partners or neither partner had graduate, post-graduate or doctoral degrees. Levels of marital adjustment were higher when both husband and wife had equal higher education than when only one partner had a degree, overall adjustment was better when neither partners had a degree.

Upmanyu and Chauhan (1987) conducted a study of marital adjustment of the working and non-working women and their attitude towards marriage. The analysis of the results indicate that
working women have a positive attitude towards marriage whereas non-working women have negative attitude towards marriage. Working women have better marital adjustment as compared to non-working women.

Bal (1988) selected 72 married couples for determining marital adjustment of dual earner couples in relation to marriage style. A comparison of working and non-working wives and husbands of working and non-working wives was done on adjustment scores of Patel's Battery of adjustment scale. Analysis of variance revealed that working - nonworking status of wife does not affect adjustment scores for either wives or husbands on any of these scales. A significant column effect is observed for wives on the Marriage Adjustment Scale and Family Adjustment Scale indicating that adjustment scores significantly different for working and non-working wives for different marriage span. No significant difference on scores of sex adjustment scale was observed.

Arora et al (1988) aimed to trace out the impact of marriage of adjustment of literate females. Three groups (married, unmarried and divorced) were compared. Results revealed that marriage has a significant impact on adjustment of females. One major cause behind this fact is that ladies are over burdened due to abundant responsibilities of a lady after marriage.

Shukla (1989) examined marital relationship in single and dual career families. Four aspects of marital relationship - sociability, companionship, tension and happiness - were assessed
among husbands and wives. ANOVA revealed that no significant differences existed between the groups. Person's coefficient of correlation suggested various aspects of marital relationship to be significantly intercorrelated.

Sharma and Akhtar (1990) investigated the pattern of marital adjustment in housewives of joint and nuclear families. Marital adjustment was found to be better in housewives of nuclear family than joint-family. Socio-economic status difference were found to exists between housewives of nuclear and joint family belonging to high socio-economic status group and middle socio-economic status group. Middle socio-economic status housewives of nuclear family scored significantly higher than the low socio-economic status. Significant differences existed between housewives of nuclear and joint family in average duration and long duration of marriage. Significant differences were also found to exists between marital adjustment scores of housewives of nuclear family of short duration and average duration and between housewives of good family of short and average duration and short and long duration.

**Personality Correlates of Marital Adjustment**

Singh (1976) examined that marriage may be more successful in individuals whose need pattern are complementary rather than similar. The study had further suggested that personality is perhaps the most crucial factor in marital adjustment and spouses having complementary traits are likely to lead a more happy married life.
Parikh (1982) investigated the anxiety reaction variables of the divorce and happily married. The two groups differ significantly in all the nine traits. But the divorces are significantly high on five traits of harmavoidance, disjunctivity, change impulsion and emotionality, while the happily married have scored significantly high in the opposite traits of conjunctivity, sameness, deliberation and placidity. It seems that there are different types of reaction patterns of anxiety, exhibited by the divorce and the happily married.

Kumar and Rohatgi (1984) found that better adjustment is significantly associated with higher intelligence, extravertive interests in the couples along with higher dominance in the husbands. A slight but not significant trend for better adjustment with submissive tendency was found among better adjusted wives. They have reported a close positive relationship between intelligence, dominance need and extraversion and marital success. The authors of the study found that the high adjusted couples to be more relaxed (lower anxiety), emotionally more stable (lower neuroticism), and a tendency to feel more secure in comparison to the low adjusted couple.

In another study Kumar and Rohatgi (1985) determined the relationship of anxiety, neuroticism and security with adjustment in marriage. The marital adjustment questionnaire was administered on a sample of 300 married couples to identify two criterion groups the high adjusted (top 25%) and the low adjusted (bottom 25%). Each group comprised 75 couples in the age of 21-25 years. The
comparison of the two groups showed that the high adjusted husbands and wives felt significantly more relaxed (anxiety score being low) and emotionally more organized (neuroticism score being low) as compared to the low adjusted husbands and wives. The high adjusted couples tended to feel more secure though not on statistically significant basis.

Mathur and Likhari (1985) employed Marital Adjustment Scale, Depression Inventory and Neurotic Scale on 50 infertile and 50 fertile couples. Infertile couple in both samples showed poor marital adjustment, poor depression and neuroticism. However, rural infertile couples were found more neurotic as compared to urban infertile couples.

Kumar and Rohatgi (1986) identified certain personality correlates frustration management and self-disclosure associated with success in marriage among high adjusted and low adjusted couples. Results showed that the high adjusted couples depended to a lesser degree on unadaptive defensive modes in the management of frustration in comparison to the low adjusted couples. They also showed a higher tendency to self-disclose among themselves than the low adjusted couples.

Patel (1987) explored the role of personality traits (emotion, counteraction and understanding) among quarrelling couples. The trait of understanding is found lowest degree than the trait of emotion and counteraction in quarrelling couples. The trait of counteraction is found in highest degree than the traits
of emotion and understanding in the quarrelling couples. The trait of understanding has lowest total mean score in the group of male and female. The trait of counteraction is dominating on the other traits in quarrelling couples.

Husain and Sharma (1987) determined the relationship between marital adjustment scores and satisfaction with life scores among spouses of working and conventional couples. Results indicated that the significant positive relationship existed between scores of marital adjustment and satisfaction with life among subjects. Critical ratios yielded significance of difference between husbands and wives of working couples, between husbands and wives of conventional couples, and between wives of working couples and wives of conventional couples in the relationship scores of marital adjustment questionnaire and satisfaction with life scale.

Kumar and Maniyar (1987) attempted to examine the relationship of sexuality and marital adjustment. The study showed that the high adjusted wives realized a fairly satisfactory level of sexual adjustment in their marriage. The low adjusted wives on the other hand greatly suffered from sexual dissatisfaction in their marital relationship.

Kumar et al (1989) attempted to examine the relationship of marital adjustment and mental health in married couples. Results showed that the high adjusted husbands and wives possessed better mental health status as compared to the low adjusted husbands and wives.
Kumar and Patel (1990) made an attempt to study the differential in the personality of women showing high and low adjustment in marriage. Results showed that there existed a substantial differential in the personality of high and low adjusted groups.

Social Psychological Correlates of Social Intimacy

During 1980's there have been many studies on the psychological significance of marriage or close relationship with others, which suggests that social intimacy is an important predictor of healthy psychological functioning among married spouses and couples. In this section we are citing only those studies where a measure developed by Miller and Lefcourt (1982) was used. Miller et al (1983) employed Miller Social Intimacy Scale (MSIS) for determining the validity of the Miller Marital locus of control scale (MMLOC) the total MMLOC scale correlated significantly with the MSIS \( r = .37, p < .001 \) indicating that the more external for marital interaction, the less intimacy subject were apt to reveal. Likewise, MMLOC correlated significantly with discrepancy scores between partners on this scale \( r = .16, p < .05 \) the more external for the marital interaction the more discrepant the intimacy scores of spouses were. This was particularly the case for wives whose score were significantly related to MMLOC scores \( r = .12, p < .05 \).

In the study White et al (1986) examined the 31 young married couples, scores on 5 dimensions of intimacy maturity
(relationship orientation, caring concern, commitment, sexuality, and communication) were analysed in relation to sex, sex-role and marital adjustment. There were no significant difference between husbands and wives on any one of the intimacy dimension or marital adjustment scales and only a marginal difference on one gender role scale (agency). Patterns of correlation among intimacy marital adjustment and sex-role scores were validated by sex.

Gupta (1990) conducted a study on a sample of 144 married couples to examine differences between married couples of adjusted and maladjusted groups, complementary group-I (adjusted husband and maladjusted wives) and complementary group-II (adjusted wives and maladjusted husbands), adjusted and complementary group-I, adjusted and complementary group-II and maladjusted and complementary group-I and maladjusted and complementary group-II on the social intimacy scores. There were no significant differences between adjusted and maladjusted couples ($t = .61, p > .05$), and between couples of complementary group-I and group-II ($t = .60, p > .05$) on the social intimacy scores. t-test revealed significant differences between couples of adjusted and complementary group-I ($t = 10.71, p < .001$) and between couples of adjusted and complementary group-II ($t = 9.88, p < .001$) on the social intimacy scores. Significant differences also existed between couples of maladjusted and complementary group-I ($t = 11.41, p < .001$) and between couples of maladjusted and complementary group-II ($t = 10.56, p < .001$) on the social intimacy scores.

Husain (1990) investigated the relationship between Marital Locus of Control (MLOC) and Social Intimacy (SI) scores among
4 groups of married couples. Results showed that positive relationships existed between MLOC and SI scores among adjusted husband, wives and couples and negative relationship existed between MLOC and SI scores among maladjusted husbands, wives and couples. No significant relationships were found between MLOC and SI scores among husbands, wives and couples of complementary groups-I and groups-II.

Gupta and Husain (1990) examined the relationship between approval motive and social intimacy scores among married couples. Results revealed that the significant negative relationship existed between approval motive and social intimacy scores among maladjusted husbands, wives and couples. Significant differences were not found to exists between adjusted and maladjusted husbands, and adjusted and maladjusted couples in the relationship scores of approval motive and social intimacy.

Gupta and Kaushik (1990) administered Miller Social Intimacy Scale (MSIS) on 75 married couples with varying length of married life. t-test revealed significance of difference between the groups formed on the basis of length of married life (group A: 1 - 3 years, Group B: 4 - 6 years, Group C: 7 - 9 years). Significant differences existed between groups A and B, \( t = 3.72, \ P < .01 \) and group A and C \( t = 4.98, \ P < .01 \) on social intimacy scores. There was no significant difference between group B and group C \( t = 1.48, \ P > .05 \) on social intimacy scores.
Interpersonal Trust and Intimate Relationship:

Some empirical studies explored the role of trust in close relationship. Driscoll et al (1972) examined the link between love and trust. Their concern was with the contrast between the romantic and conjugal love. They hypothesized that romantic love progresses to a more mature form of conjugal love as trust develops. According to their thinking, trust evolves through mutually satisfying interactions and increasing confidence.

Largelere and Huston (1980) found that trust between partners was associated with love and with intimacy of self-disclosure. Their emphasis was on dyadic trust between intimates, which they defined as the extent to which a person believes the other to be benevolent and honest.

Rempel et al (1985) declared that trust is related in important ways to the success of a close relationship. The most important aspect of trust in close relationships appears to be faith: the belief that one's partner will act in loving and caring ways whatever the future holds. In terms of both predictive and discriminant validity, faith had by far the strongest correlation with measures of love and happiness and was uniquely tied to perceptions of a partner's intrinsic motivation. Dependability was also associated with love and happiness though the pattern of correlation was weaker. Thus, it is still important for an individual in a close relationship to feel their partner is someone who is dependable and can be relied on in more immediate objective ways for women there were strong correlations among
all three components of trust whereas men showed a differentiation of the three elements.

**Other Indian Studies on Married Couples:**

Sekaran (1976) tried to correlate three sets of exogenous variable (individual differences, work and non-work factors), two indogenous variables (job satisfaction and life satisfaction) a dependent variable (mental health) for husbands and wives in dual career families. The responses were analysed to establish the links among variables. Cross sectional analyses showed that both the indogenous variables (job satisfaction and life satisfaction) have direct influence on the mental health of the husbands and two of the exogenous variables, multiple role stress and number of children had significant direct link to the mental health. For both the husbands and wives age had a significant negative impact on job satisfaction.

Latha and Indira (1980) in an investigation of the psychological adaptation of married working women found that role conflict in working women was reduced by the fact that most of them had their husband's approval for working, work was seen as a means of supplementing family income and family members including in-laws approved of these women going out to work.

Husain and Garg (1985) investigated the significance of internal–external control beliefs among married couples. The results indicate a significant positive correlation between husband's and wife's scores on marital locus of control.
Husain and Gupta (1987) used the goal-specific measure of locus of control to obtain increased precision in the prediction of behaviour among spouses and couples of working, conventional, younger and older groups. Results indicated that there were no significant difference between spouses of working, conventional younger and older couples and between working and conventional couples, and between younger and older couples.

Gupta and Husain (1988) administered Marital Locus of Control Scale (MLOCS) and Approval Motive Scale (AMS) on 60 younger and 60 older couples (a) to determine the relationship between marital locus of control and approval motivation among spouses (younger and older husbands, younger and older wives) and couples (younger and older) (b) and to determine the significance of difference between younger husbands and younger wives, older husbands and older wives, and younger couples and older couples in two correlations. Significant positive relationships were found to exist between MLOC and AM among younger and older wives and younger couples. Significant differences existed between younger husbands and younger wives, older husbands and older wives, and younger couples and older couples in the relationship scores of MLOC and AM.

Agarwal and Srivastava (1988) tried to correlate sex role conception, ego development and marital harmony. Analysis through chi-square revealed a significant relationships between sex role conceptions, ego development and marital harmony. Further analysis of hypotheses of partial independence showed that marital harmony
is negatively related to conscientious ego level and positively related to androgynous sex role conception. The findings (i) confirm that marital adjustment is contingent upon integration of high masculinity and high femininity and (ii) negate the hypothesized association between cognitive complexity and marital adjustment.

Gupta and Husain (1989) investigated the relationship between marital locus of control and approval motivation in working and conventional married couples. Significant positive relationship were found to exists between locus of control and approval motive among working wives, non-working wives and conventional couples. On the correlation between locus of control and approval motive, significant difference existed between working husbands and non-working wives, and working couples and conventional couples.

It may be stressed that a bulk of researches has been carried out determining the relationship between marital adjustment and socio-demographic and personality variables. It remains to be seen what moderating effects of socio-demographic variables (age and type of couples) have on the relationship between marital adjustment and trust and social intimacy, and between trust and social intimacy. To this end the present study is mainly directed. The foregoing review of studies provides us with a methodological base for the present investigation.