CHAPTER - III

METHODOLOGY

The chapter deals with problem, objectives, hypotheses, variables, design of the study, sampling details, tools employed for data collection, method of data collection and statistical method to be used for analysis.

3.1: STATEMENT OF THE PROBLEM

“A comparative study of Marital Adjustment, Life satisfaction and Assertiveness and Mental Health of Life partners of Working Women and Housewives”

3.2: OBJECTIVES OF THE STUDY

1. To compare the marital adjustment of life partners of working women and housewives.
2. To compare life satisfaction of life partners of working women and housewives.
3. To compare assertiveness of life partners of working women and housewives.
4. To compare mental health of life partners of working women and housewives.
5. To find out the effect of age on marital adjustment, life satisfaction, assertiveness and mental health of life partners of working women and housewives.

6. To study the interrelationships among marital adjustment, life satisfaction, assertiveness and mental health.

3.3: HYPOTHESES

1. Marital adjustment would be more in life partners of working women than the life partners of housewives.

2. Life partners above 40 years of both the working women and housewives would be more maritaly adjusted than the life partners below 40 years.

3. Life partners of working women would experience more life satisfaction than the life partners of housewives.

4. Life partners above 40 years of both the working women and housewives would have more life satisfaction than the life partners below 40 years.

5. Life partners of working women would be less assertive than the life partners of housewives.
6. Life partners above 40 years of both the working women and housewives would be more assertive than the life partners below 40 years.

7. Life partners of working women would have better mental health than the life partners of housewives.

8. Life partners above 40 years of both the working women and housewives would have better mental health than the life partners below 40 years.

9. Marital adjustment is positively associated with life satisfaction.

10. Assertiveness and life satisfaction are positively correlated.

11. Assertiveness and marital adjustment are positively associated.

12. Mental health and marital adjustment are positively correlated.

13. Life satisfaction is positively associated with mental health.

14. Assertiveness and mental health are positively associated.
3.4: VARIABLES UNDER STUDY

- Marital adjustment, Life satisfaction, Assertiveness and Mental health are dependent variables.
- Employment of women and age of life partners are independent variables in this study.

3.5: Design : 2x2 Factorial design (Two-way ANOVA)

<table>
<thead>
<tr>
<th></th>
<th>A1</th>
<th>A2</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>B2</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

N = 400

A = Life partners

A1 = Life partners of working women
A2 = Life partners of housewives

B = Age

B1 = Above 40 years
B2 = Below 40 years

3.6: SAMPLE

The sample of the present study consists of 400 respondents from Aurangabad city, Maharashtra state. (200 life partners of working women and 200 life partners of housewives.) Life partners were doctors, lecturers, officers, clerks etc. Random sampling was used for this study.
It was taken from only nuclear families. The sample consists of the couples who have completed at least five years of their married life and having at least one child.

<table>
<thead>
<tr>
<th>Life partners of working women</th>
<th>Life partners of housewives</th>
</tr>
</thead>
<tbody>
<tr>
<td>200</td>
<td>200</td>
</tr>
</tbody>
</table>

N=400

Background characteristics of the sample:

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>30 – 50 years</td>
</tr>
<tr>
<td>Education</td>
<td>HSC to Post-graduation</td>
</tr>
<tr>
<td>Employment status</td>
<td>Class I to class IV</td>
</tr>
<tr>
<td>Area</td>
<td>Urban</td>
</tr>
</tbody>
</table>

Background characteristics of working women and housewives:

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td>HSC to Post-graduation</td>
</tr>
<tr>
<td>Employment status</td>
<td>Unemployed to Class I</td>
</tr>
</tbody>
</table>

3.7: OPERATIONAL DEFINITIONS OF THE TERMS

1. Marital adjustment: “The changes and adjustments in a couple’s relationship during the course of married life”.

2. Life satisfaction: “It refers to a state of happiness in all spheres of life i.e. family, health, job satisfaction etc.”

(89)
3. Assertiveness: “The expression of one’s rights & feelings in a direct way without violating the rights of others”.

4. Mental health: “Person’s ability to make positive self-evaluation, to perceive the reality, to integrate the personality, autonomy and group oriented attitudes and environmental mastery”.

5. Working women: “Those women who are doing jobs and earning money, in addition to the responsibilities of house”.

6. Housewives: “Those women who look after the house only and do not do the jobs. They do not earn money”.

7. Life partner: “Husband of a woman who is married and Live together”.

3.7: TOOLS USED

Marital Adjustment Questionnaire:

by Dr. Pramod Kumar and Dr. (Km) Kanchana Rohatgi.

The present questionnaire has 25 items. There are two categories of responses ‘Yes’ or ‘No’ for each item.

Reliability:

Reliability of the Questionnaire was calculated both by split-half method, correlating odd-even items, applying the Spearman-Brown formula and test-retest reliability was also studied, with an interval of three weeks. The obtained reliability was .70 and .84 respectively.
Validity:
The face validity of the questionnaire appeared to be fairly high as the items were prepared following intensive interviews of 100 married couples regarding their concept of happy married life. The content validity was adequately assured as only those items were selected for the initial questionnaire for which there was 100 percent agreement among the judges.

Scoring Method:
A ‘Yes’ response is assigned a score of 1 except for items 4, 10 and 19 in which case reverse is applicable. The sum of these values gives the marital adjustment score for the husband. Since the responses contributing towards marital adjustment are given a score, the higher the total score, the higher would be the marital adjustment of the husband.

Life Satisfaction Scale:
by Alam & Shrivastava
The scale has 60 items. Every item is to be responded either in ‘Yes’ or ‘No’.

Reliability:
Reliability of the Test – Test-retest reliability was computed after a lapse of six weeks. The obtained quotient was .84.
Validity:

Validity of the Test - The validity of the scale was obtained by correlating it with Saxena’s Adjustment Inventory and Shrivastava Adjustment Inventory. The quotient obtained was .74 and .84 respectively. Further the scale has face validity as all the items are closely related to the covered areas. It also possesses content validity.

Scoring Method:

The scoring of the test is very simple. One mark is assigned to the answer ‘Yes’ and for answer ‘No’, no marks have been given. The sum of all marks is taken as total marks. High score indicates the high satisfaction level.

Assertiveness Inventory:

by Dr. Smt. Tasneem Naqvi

There are 51 statements in the scale. Each statement has been given five responses namely ‘Strongly agree, Agree, Undecided, Disagree and Strongly disagree’. Each statement is to be responded by only one response. Some statements are positive and some are negative.

Reliability:

Reliability of the inventory by split-half method following Spearman-Brown formula was found to be .821 and by rational equivalence method following Kudar-Richardson formula was found to be .762.
Validity:

Point-biserial correlation is the test validation is which the criterian of validity is considered to be internal consistent. An item by item computation of point biserial correlation was calculated by using the formula, suggested by Garrett (1967) which shows the test is valid for the measure of assertive-behavior.

Scoring Method:

The scoring procedure of this inventory is very simple. The scores 0, 1, 2, 3, 4 are assigned to No, Some what, Average, Usually and Practically Always responses respectively. The sum of all the scores indicate total assertiveness score.

Mental Health Questionnaire:
by Shrivastava and Bhat

This questionnaire has 48 items. Each item has two or three categories of responses.

Reliability:

The split-half reliability of the test to be good.
Validity:

It was found that the M.H.Q. scores differentiate the neurotics from the normals at a statistically highly significant level.

Scoring Method:

Scoring was done with the scoring keys. Scoring keys were put on each page of the booklet and counted the answers ticked by the respondents for all sub-scales. Weightages for each answers are totaled for each scale and entered on the last page of the test.

3.8: METHOD OF DATA COLLECTION

The investigator approached the sampled families at their homes or work places. Before distributing the tools to respondents, the purpose of the study was made clear to them and were (respondents) given the tools. Then respondents were provided with the instructions regarding how to answer each tool and were requested to give honest responses assuring that their identity would be kept confidential and information provided by them would be used exclusively for the purpose of research work. The tools were answered by all the respondents. Scoring of each tool was done as per the guidelines given in the manuals.
3.9: STATISTICAL ANALYSIS

After obtaining the raw scores on all considered variables, they were analysed by appropriate statistical techniques. At the first stage, descriptive statistics i.e. Means and SDs were computed for all dependent variables. At the second stage data were treated by Two-way ANOVA and at the third stage, correlational matrix was computed to reveal the associations among dependent variables.