Chapter-V

SUMMARY AND CONCLUSION

SUMMARY
INTRODUCTION

Inter-caste marriage is one of the important issue of the modern, globalization era. The number of inter-caste marriages are increasing day by day. The Supreme Court also recommended the necessity of inter-caste marriage to eradicating caste system from India. It is important for reinforcing the inter-caste marriages. The concept of inter-caste marriages is not new to Indians. It is well known in ancient India. We find so many names who had done this type of marriages. But the caste is persisting through the ages. It is deep rooted in the society. It caste system is a curse to India. Marriage is one of the important event of man’s life. Marriage is the base of the society. It creates tradition and culture to society. It is the main source of satisfaction of a person. Every person tries to his best to find suitable life partner to fulfill his dream. But the partner does not belongs to same caste. So he decide to marry to the person without considering his/ her caste. It is necessary to study the nature of mental health and adjustment of the couple. Mental health is one of the important factor in inter-caste marriages. Various models of mental health explains the causes of mental disorders. Bio-psychosocial model is one of the model which explains the various causes of mental disorder. Stress-diathesis model clarifies the role of stressful life event in mental disorders. Inter-caste marriage is one of the stressful life event. So it is related to mental health. Marital adjustment is another important variable in inter-caste marriages. Marital adjustment is affected by various factors. Parents attitude is one of the important variables. And the third important variable is the person’s socio-economic status. Economic hardship negatively affects the marital adjustment and mental health of the couple. Thus there are many challenges to inter-caste marriages. So there is special provision to protect inter-caste marriage by law- The Special Marriage Act (1954).

REVIEWS OF THE STUDY:
There are studies in this area but a very few studies consider the qualitative measures. They study the quantitative measures of the inter-caste marriage. Most of the studies of inter-caste marriages are focused on demographic details of the couples. They are social studies. Dr. Deshpande’s study is one exception to these studies. He studied mental health and marital adjustment of inter-caste married couples.

**Objectives**

1. To study mental health and marital adjustment of married couples belonging to low, middle and high socio-economic status.
2. To study mental health and marital adjustment of male and female married couples.
3. To study mental health and marital adjustment of inter-caste and intra-caste married couples.
4. To examine the effect of marriage type (inter-caste and intra-caste) on mental health of married couples.
5. To ascertain the effect of gender on married couples’ mental health.
6. To find out the impact of socio-economic status on mental health of married couples.
7. To determine the interactional effect among variables i.e. SES, gender and type of marriage on mental health of married couples.
8. To examine the effect of marriage type (inter-caste and intra-caste) on marital adjustment of married couples.
9. To ascertain the effect of gender on married couples’ marital adjustment.
10. To find out the impact of socio-economic status on marital adjustment of married couples.
11. To determine the interactional effect among variables i.e. SES, gender and type of marriage on marital adjustment of married couples.
HYPOTHESES:

a) There will be no significant difference in mental health between inter-caste and intra-caste married couples.
b) There will be no significant effect of gender on couples’ mental health.
c) Socio economic status has significant effect on couples’ mental health.
d) There will be no following interaction effect among independent variables on couples’ marital adjustment.

✓ Marriage type * Gender
✓ Marriage type * SES
✓ Gender * SES
✓ Marriage type * Gender * SES

e) There will be no significant difference in marital adjustment between inter-caste and intra-caste married couples.
f) There will be no significant effect of gender on couples’ marital adjustment.
g) Socio economic status has significant effect on couples’ marital adjustment.
h) There will be no following interaction effect among independent variables on couples’ marital adjustment.
   ✓ Marriage type * Gender
   ✓ Marriage type * SES
   ✓ Gender * SES
   ✓ Marriage type * Gender * SES

METHODOLOGY:
SAMPLE:
Total 300 married couples were selected for the study. Convenient Random sampling method was used for sample selection.

Table: 4.1
Distribution of Samples

<table>
<thead>
<tr>
<th>Type of marriage</th>
<th>High Socio-economic status</th>
<th>Middle Socio-economic status</th>
<th>Low Socio-economic status</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>male</td>
<td>female</td>
<td>Male</td>
</tr>
<tr>
<td>Inter-caste</td>
<td>50</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Intra-caste</td>
<td>50</td>
<td>50</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>

VARIABLES:

i) Independent variables
- Types of marriages (A)
  - Inter-caste marriage (A1)
  - Intra-caste marriage (A2)
- Sex (B)
  - Male (B1)
  - Female (B2)
- Socioeconomic status (C)
  - High Socioeconomic status (C1)
  - Middle Socioeconomic status (C2)
  - Low Socioeconomic status (C3)

ii) Dependent variables
- Mental health
- Marital adjustment

DESIGN:
- To attain all objectives of the present study 3 X 2 X 2 factorial Design was used. One of the independent variable was varied at three level while other two were at two level. (A= SES, B=Gender, C=type of marriage.)

**Table 4.2**

3 X 2 X 2 factorial Design

<table>
<thead>
<tr>
<th>C1</th>
<th>C2</th>
<th>C3</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>B2</td>
<td>A1</td>
</tr>
<tr>
<td>A1B1C3</td>
<td>A1B2C3</td>
<td>A1B1C1</td>
</tr>
</tbody>
</table>

A1B1C1 = Inter-caste married male belongs to high SES  
A1B2C1 = Inter-caste married female belongs to high SES  
A1B1C2 = Inter-caste married male belong to middle SES  
A1B2C2 = Inter-caste married female belong to middle SES  
A1B1C3 = Inter-caste married male belong to low SES  
A1B2C3 = Inter-caste married female belong to low SES  
A2B1C1 = Intra-caste married male belong to high SES  
A2B2C1 = Intra-caste married female belong to high SES  
A2B1C2 = Intra-caste married male belong to middle SES  
A2B2C2 = Intra-caste married female belong to middle SES  
A2B1C3 = Intra-caste married male belong to low SES  
A2B2C3 = Intra-caste married female belong to low SES

**RESEARCH TOOLS:**

Self-reporting questionnaire (SRQ) World Health Organization( WHO)’s standard tool for screening mental disorders.(1994)
Marital adjustment inventory by Dr. Pramod Kumar Professor and head of the department of psychology Sardar Patel university Vallabh Vidyanagar Anand.(1999)
Socio-economic status inventory by Dr. Beena Shah Garhwal University Srinagar.(1986)

PROCEDURE:

Pilot study: The pilot study was conducted in order to decide the appropriateness of the tests used. Some items of the Socio-economic status scales were found inappropriate in some respect as the scale was included some old household things. The income categories given in the norm were also very old. So some additional criteria was used in deciding the level of socio-economic status of the couples.

Main study: At first, the information about the number of inter-caste married couples and their addresses were collected from Registry office, Social Well-office, Zila parishad and social organization. Some addresses were collected from friends, relatives and from the inter-caste married couples. The researcher had visited the home of the couples and personally interviewed them. After seeking concern, the tests of marital adjustment, Self reporting questionnaire and Socio-economic status were administered. And the information about the adjustment and mental health of the couples were confirmed with further discussion to them and their relatives. The 600 individuals (300 couples 150 inter-caste and 150 intra caste married couples) had completed the tests.

The data was analyzed with the help of statistical method of psychology. The three way ANOVA method was used for analysis. The results are shown below

Conclusions:
Following conclusions are made on the basis of present results;

- inter caste married couples are having significantly higher mental health problems than intra caste married couples.
- In comparison of male and females’ mental health problems female are found to be significantly higher than male.
• There was not significant difference among all three SES groups namely Low, Middle and High, on their criteria of mental health.
• There was Following Interaction effect of various independent factors on married couples’ mental health were found significant
  Marriage * Gender
  Gender * SES
  Marriage * Gender * SES
• Interaction between Gender and SES was found to be significant at 0.05 level of confidence on mental health.
• Intra-caste married couples are found significantly better adjusted than inter-caste married couples.
• There was a significant difference between male and female on their level of marital adjustment.
• Socio economic status was not found significant on marital adjustment of couples.
• Interaction effect of Marriage type * Gender, Gender * SES and Gender*marriage*SES on marital adjustment was found to be significant.
• Interaction effect between Marriage and SES on marital adjustment was not found significant.

**Limitations:**

In any social sciences investigation, the external validity of the result of the study is limited by many constrains related to sample selection / availability, research design, reliability and validity of the tools under study and number of variables feasible to study at a time. Thus the research student has been able to sort out the following limitation in the present study and the suggestions to refine the same have been provided.

♦ The area of the study was very small namely the Aurangabad, Jalna and Ahmadnagar only.
The research student could not consider all the caste in the inter-caste marriages.

The personality is one of the important factor which affect the marital adjustment. But the research student could not consider the these factors.

Assessing marital adjustment with help of Marital adjustment inventory there are some limitations of the inventory. For example the respondents report socially acceptable responses.

Inclusion criteria for inter-caste married couples are those who has completed one year to their marriage.

The samples taken in the study is small and most of them are from the urban area as most of the inter-caste marriages held in urban areas.

**Suggestions:**

- This study is limited to three district Aurangabad, Jalna and Ahamadnagar only, so it can be extended to other districts of the state
- The samples are not selected considering the religion, some couples are not only inter-caste but some of them are inter-religion marriages.
- Personality of the couples are also very important factor which affect the adjustment of the inter-caste married couples. So it should be considered in further study.
- To create awareness in the society to promote inter-caste marriages because inter-caste marriages are the most important medium to eradicate the caste system.
- The researcher should use more user-friendly techniques that the respondents can respond freely to give more reliable information.