Chapter-III

METHODOLOGY
Methodology

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METHODOLOGY

3.1 AIM AND OBJECTIVES OF THE STUDY:

i) Aim

The main aim of this investigation is to study the mental health and marital adjustment of inter-caste married couples and to compare them to within-caste married couples

ii) Objectives

1) To study mental health and marital adjustment of married couples belongs to low, middle and high socio-economic-status.
2) To study mental health and marital adjustment of male and female of 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.

3.2 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’ mental health.

✓ 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

3.3 SAMPLE:
Present research was carried out on total 300 married couples from Aurangabad and nearby districts namely Jalna and Ahamadnagar. Purposive sampling technique was used in order to select the sample. Total sample were equally selected on the basis of their type of marriages that was inter-caste (150) and intra-caste (150). Each subgroup was consisted with equal number of three subgroups i.e. low, middle and high SES subgroup. As each couple is the pair of male and female these all sub groups were sub divided in male and female. Sample distribution is depicted as follows;

| Table: 3.1 |
| Distribution of Samples |

<table>
<thead>
<tr>
<th></th>
<th>High socio-economic status</th>
<th>Middle socio-economic status</th>
<th>Low socio-economic status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of marriage</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>

3.4 VARIABLES:

i) Independent variables

- **Types of marriages (A)**
  - Inter-caste marriage (A1)
  - Intra-caste marriage (A2)

- **Gender (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

**3.5 OPERATIONAL DEFINITION OF VARIABLES:**

**Socioeconomic status (SES)** is an economic and sociological combined total measure of a person’s work experience and of an individual’s or family’s economic and social position relative to others, based on Income, education and occupation. When analyzing a family’s SES, the household income earners' education and occupation are examined, as well as combined income, versus with an individual, when their own attributes are assessed.

Socioeconomic status is classified into three categories, high SES, middle SES, and low SES to describe the three areas a family or an individual may fall into. When placing a family or individual into one of these categories any or all of the three variables (income, education, and occupation) can be assessed.

**High Socio-economic status** The couple who scores above 109 are high on SES scale are treated as high socio-economic status.

**Middle Socio-economic status** The couple who scores between 51-79 are middle on SES scale are treated as middle socio-economic status.

**Low Socio-economic status** The couple who scores below 51 are low on SES scale are treated as low socio-economic status.

**Gender** This variable are two categories male and female. The husband of the inter-caste married couple is treated as male in the
study. The wife of the inter-caste married couple is treated as female in the study.

**Inter-caste marriage** The marriage in which the husband is from one caste and the wife (bride) is from the other caste, sub-caste, religion and sect is treated as inter-caste marriage.

**Intra-caste marriage** The marriage in which both the husband and wife are from same caste is intra-caste marriage.

**Mental Health** The scores on SRQ (self reporting questionnaire) decides the mental health; less the score better the mental health.

**Marital adjustment** The scores on the marital adjustment questionnaire is main criteria to decide marital adjustment. More the score better the adjustment.

### 3.6 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 3.2

<table>
<thead>
<tr>
<th></th>
<th>C1</th>
<th></th>
<th>C2</th>
<th></th>
<th>C3</th>
<th></th>
</tr>
</thead>
</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

3.7 RESEARCH TOOLS:

Following tests were used in the study.

Table 3.3 Showing list of tests used for present study

<table>
<thead>
<tr>
<th>Aspect studied</th>
<th>Name of the test</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health</td>
<td>Self Reporting Questionnaire (SRQ)</td>
<td>M. Beusenberg (WHO)</td>
</tr>
<tr>
<td>Marital Adjustment</td>
<td>Marital Adjustment Inventory</td>
<td>Dr. Pramod Kumar, Dr. Kanchan Rohatagi</td>
</tr>
<tr>
<td>Socioeconomic Status</td>
<td>Socioeconomic status scale</td>
<td>Dr. Beena Shah</td>
</tr>
</tbody>
</table>

i) Self-reporting questionnaire (SRQ);

World Health Organization( WHO)’s standard tool for screening Mental health problems was used in this study. Evidence of wide spread and disabling psychiatric morbidity and the lack of care has led the World Health Organization to allocate a high priority to psychiatric provision at primary health are level. Within the framework of a collaborative study coordinated by WHO, the Self
Reporting Questionnaire was developed as an instrument which was designed to screen for psychiatric disturbance in primary health care setting, especially in developing countries.

Use of the SRQ as a screening instrument, of more precisely, case finding instrument, has not been restricted to primary health care settings. By now, applications of the SRQ vary from research among elderly black people in South Africa to research among schizophrenics in psychiatric clinic in Malaysia.

In recent years the psychiatric qualities of the SRQ have been assessed in over twenty studies. The result gathered over the years gave rise to the development of a literature review, the result of which is presented here. Moreover, the historical background of the SRQ and the instruction on the use of the SRQ are also included in this document. Special attention is paid to issues of reliability and validity.

Originally the SRQ consisted of 24 questions, 20 questions related to neurotic symptoms and 4 questions concerning psychotic symptoms. In this research the psychotic items are not dealt as the sample of the present research is from normal population.

WHO collaborative study on the strategies for extending mental health care The SRQ was developed as part of collaborative study coordinated by WHO, on strategies for extending mental health care. This study started in 1975 by teams composed of psychiatrists, public health workers and other in four areas in Colombia, India, Senegal and Sudan. Later three more teams were from Brazil, Egypt and Philippines joined the study. Some areas were rural, some semi rural and some semi urban. Their population cried from 30000 to 75000. The areas selected had primary health care facilities.

There are more than 100 study since 1981 to 2000. inter-ratio reliability coefficient of the was found 0.98; and internal consistency was very high. when the variance of total composite was considered together the coefficient was very satisfactory that was 0.81. The Self Reporting Questionnaire was tested on Face validity, Content validity
and Criterion validity. According to the applied criteria the SRQ items have a high face validity. However, there are some circumstances in which high face validity is not desirable. The content validity of original SRQ is very high but as the classification of mental disorder changed (ICD-10) it does not cover all categories. The sensitivity of the scale is quite high enough to screen,

This tool was used the national research project of Indian Council for Medical Research at Center for Advanced Research Maharashtra Institute of Mental Health Sassoon Hospital campus, Pune. The title of the study was Health consequences of Marathwada earthquake special reference to mental health (1993). The research student had worked in the study.

2) Marital adjustment Questionnaire;

Marital adjustment questionnaire is developed by Dr. Pramod Kumar Professor and head of the department of psychology Sardar Patel university Vallabh Vidyanagar Anand (1999). The questionnaire consists of 25 highly discriminating ‘Yes-No’ type items. The questionnaire has three factors 1) Sexual 2) social 3) emotional . the split half reliability 0.49, (n=60 and index reliability 0.70) test retest reliability was found to be 0.71, (n=60 and index reliability 0.84). The face validity of the questionnaire appears to be high. It is more easy to administer.

3) Socio-economic status scale:

SES Scale by Dr. Beena Shah Garhwal University Srinagar,(1986). This socio-economic scale was developed to identify the correct categories and minimize the perceptual content in SES and it was found that the socio-economic status can be measured more accurately with the help of following variables. 1. caste, 2. Occupation, 3. Education, 4. Income, 5, possession, 6.Social Participation. The reliability of the scale ranging from 0.69 to 0.86
The original test is made for the children so the researcher had converted it to adult form to use.

3.8 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 for the present investigation so they were excluded and some items were included as per requirement in order to attain the variance in variables considered in the present research. 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 makes them familiar to the purpose of research. And then personally interviewed them. After building the rapport with them, they were requested to fill the SES scale and on this basis they were categorized in low, middle and low SES group as per objective of the research. 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.

3.9 STATISTICAL TREATMENT OF THE DATA

First data were treated by mean and standard deviation, later on the analysis of variance was computed. The data was interpreted with the help of statistics of significance.