RESULT AND DISCUSSION

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4.3.1 Marital adjustment and type of marriages
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4.3.3 Marital adjustment and SES

4.4 Interaction effect of Independent variables on marital adjustment
Explaining the behaviour is one of the goal of scientific research. To explain some behaviour is to know what caused it. The concept of causality is immensely complex, and its nature has occupied philosophers for centuries. For understanding this causal relationship, the researchers manipulate the variables in order to attain the objectives of their research or investigation in scientific manner.

Inter-caste marriages in India are increasing. But the couples are facing many problems due to orthodox mindset of society. Caste system is the basic reason. Caste systems acts as a bane for progressive India. The different societies of India have been divided on the basis of caste system and religion. The problem of caste system was so deep rooted that it took years for the Indians to come out of that idea. Even today also India is struggling to come out of this social menace. History reveals that efforts have been made by various social reformers and individuals to make India free from the clutches of caste system, untouchability and race discrimination. They couldn’t imagine inter caste marriages. They had a conception that marriages are only possible in the same community and caste. Talking about inter caste and inter religion marriages in India was a taboo for most people in the earlier days. However, with time, things changed and inter caste marriage also became a part of the society. Marriages are regarded as the most important social custom and hence, were viewed as the best means to remove the barrier of caste system. Today, in Indian society, though we can see inter caste marriages, but mostly it is the part of the city culture. The rural parts of the country still have a long way to go. People have realized that a successful marriage is not dependent on factors such as same caste and religion. It is on the other hand, built on the aspects of mutual understanding and compatibility. It is how well the two understand each other's need and feel for your partner. It is not necessary that you have to belong to the same community or caste to understand your spouse better. Today, there are ample of examples when two people from very different
background and lifestyle come together and spend their entire life happy with each other, thanks to education. Education has broadened the periphery of thinking and helped people develop analytical powers. It has not only altered their perception about life, but also about social concerns such as marriage and relationship. Inter-caste and inter-religion marriages serves as a beacon light for social equality. In order to break the perils of caste-system, it has becomes incumbent that there should be inter-caste marriages.

At the same time the Indian mindset in not changed so far. So the problems of inter-caste or inter-religious marriages increasing day by day. So the marital adjustment and the mental health of the couples are affected by these factors. The researcher wants to study these two variables in details with psychological perspective. Inter-marriages have granted attention periodically since two of the century, However, socio-psychological research in the area of intermarriage continues to be scant in spite of increased contact between the area in the 1960. Social scientists have maintained the study of intermarriage provide a precise, quantitative measurement of crucial and related questions such as the process of assimilation, the degree of internal cohesion in the individual racial, religious and ethnic groups and the extent of social distance between groups of these types (Barron, 1946, 249)

A very few research has been done in understanding social processes in regard of inter and intra caste marriage. Most of the research has been done on the incidence of interracial marriages causal factors, socio-psychological characteristics and the problems encountered by the marriage partners and their children. Result of the present research will throw the light on mental health and marital adjustment of married couples in regard of their gender, SES and type of marriage. Obtained results have been discussed in the light of relevant research according to the hypothesis laid down.
Mental Health

Mental Health is the balance between all aspects of life-social, physical, spiritual and emotional. How we manage our surroundings and make choices in our lives - clearly it is an integral part of our overall health. Mental Health is far more than the absence of mental illness and has to do with many aspects of our lives including.

According to World Health Organization: "Mental health is a state of complete physical, mental and social well-being, and not merely the absence of disease". It is related to the promotion of well-being, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders.

Mental Health and Type of Marriage

Mental health depends on so many factors. They can be grouped as psychological, biological and socio-cultural. Inter-caste marriage is one of the socio-cultural factors. Therefore, it affects the couple’s mental health. Marriage itself is one of the stressful life event. According to Home and Rahe marriage creates moderate level of stress to the individual which lead a person towards ill mental health. Inter-caste marriage is more stressful than within caste marriage because of lack of social support. The parents and relatives oppose the inter-caste marriage so the stress is increased naturally. The customs and the ritual of marriages are also different for different castes and religions.

In this regard Namita (2008) studied the relationship between marriage and mental health and found their positive relation. A government study conducted by the National Centre of Health Statistics, USA, concludes that it's healthy to be married. Married people are sick less often and are more active. They smoke and drink less and, in general, feel better than single, divorced, never married or even folks just living together. Marriage seems to protect health. Men and women who are happily married enjoy significantly higher levels of physical and mental health than unmarried people. Married couples have better economic resources, good psychological and social
support and feel encouraged to adopt a healthy life-style. They help each other in times of distress. The truth is that marriage gives that opportunity for all parts of your body to be used appropriately, and this leads to proper hormonal balance. Marriage improves sexual fulfillment, protects against feelings of loneliness, contributes to elevated feelings of happiness, gives one the pleasure of parenthood and increases individual earnings and savings.

**Hypothesis a)**

There will be no significant difference in mental health between inter-caste and intra-caste married couples.

An association between marriage and health i.e. physical and mental, was first reported in the early 70s. the relationship persists, although much has changed since then. Sociologist Linda Waite says, “marriage is sort of like a life preserver of a seat belt.” We can put it exactly in the same category as eating a good diet, getting exercise and not smoking. The nature of your marriage has a significant impact on your health. A good marriage can do wonder to protect you from illness while a bad one can literally make you ill. A balanced marriage gives a person unconditioned acceptance. The marriage may not be perfect, but as long as it is not a negative relationship, it is fine for the health. In addition, the most important thing to realize is that married couples lead a more stable life, free from loneliness. Married people have the lowest morbidity and mortality rates than those who are unmarried, divorced or widowed. Is marriage an old fashioned, outdated institution? Certainly not! It has stood the volcanic ups and downs of centuries. A harmonious marriage still stands tall! It is a strong pillar of strength that supports society. It is a highly relevant institution even today. And this is especially true in the area of adults’ physical and mental health.
Table 4.1
Showing Mean, S.D. and f value for Inter Caste & Intra Caste Married Couples on Mental health.

<table>
<thead>
<tr>
<th>Marriage</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>F</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inter Caste</td>
<td>300</td>
<td>2.94</td>
<td>1.58</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intra Caste</td>
<td>300</td>
<td>2.18</td>
<td>1.03</td>
<td>50.78*</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>600</td>
<td>2.56</td>
<td>1.38</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* significant at 0.01

The above result table 4.1 indicates that the Intra-caste married couples are mentally healthy than the inter-caste married couples as higher the score on SRQ indicate low the mental health or higher the mental problems.. The mean score of mental health problem is greater for inter-caste married couples than the intra-caste married couples which reveal that when person get marry in inter caste they suffer
from various mental problems like stress, emotionally and socialy insecure, tense, anxious etc. F value (F = 50.78; P < 0.01 ) indicating significant difference between inter-caste and intra-caste married couples on mental health.

The result can be attributed on the fact that mental health depends on the support system of the individual. Emotional support is more important than social support. The inter-caste married couples are not supported by the parents, relatives and the society. So they are encountered in more mental health problems as compare to intra caste married couples.

Types of mental health problems result from a complex interaction of biological, social and psychological factors, but are still usually discussed in medical terms. How many people experience mental health problems? On average 1 in 4 people will experience some kind of mental health problem in the course of a year. However, of these, only a relatively small number will be diagnosed with a serious and enduring mental health problem. Unhappy marriage can increase your chances of becoming ill by 35 per cent John Gottman, (1942). He believes that working on your marriage every day will do more for your health and longevity than working out at a health club. Married people have less psychological stress and are more physically active than people in general. They did not have any serious mental disorders. But mental health problems are found in both the groups.

Dr. Deshpande C.G. have found similar results in his studies of inter-caste marriage. Respondents of the within-caste married couples, as compared to respondents of the inter-caste married couples showed highly satisfactory mental health. The respondents of inter-caste married couples were feelings of indignity, guilt, fear of being insulted, difference in standard of living, teasing treatment by the members of family and indifferent behaviour of the members of the caste. Among the respondents of the control group (within –caste married group), on
the other hand, such feelings existed, because of one’s poverty and illiteracy. Mental health of the respondents of the experimental group was comparatively more unsatisfactory than that of control group. Respondents of the former group indicated feelings of boredom, tiredness, for solitude, fears and anxieties, and ideas of reference much more than the control group. Deshpande indicated that the respondent’s responses were like vague fears about the conduct of the spouse, general dissatisfaction, marital discord, disturbed and unfavourable provocation by in-laws, loss of faith in love, pointing out worthlessness of worldly affairs, dissatisfaction about illiterate wife, craving for affection, anxiety and concern about childless married life, concern about the beauty of the wife, divorce wishes, complaints about the want of understanding and responsibility by the spouse, stating that love before marriage is a blunder in life, general apprehension, morbid doubts and depressed spirits about married life, absence of sense of compromise, concern about one’s respect to the spouse, sense of dejection about married life, constant worry about the temperament of the spouse, financial worries, and complaints about soaring prices.

Further attitude of the society in general is not favourable towards inter-caste marriage. Relatives and friends and even some inter-caste married couples consider such a marriage as a social stigma. It was found that many of them hesitated, and few of them even refused, to disclose the inter-caste marriage to relatives, friends acquaintances. The stigma is not limited to inter-caste marriage but to mental disorders also. Some of them sought help from counsellor for their mental health problems.

In this study, the scores on the questionnaire are treated as indicators of mental health problems. The score are used to screen the people for mental disorders. There are cultural differences in cut-off of the scores to diagnose. In India the cutoff point is more than 10. The mean scores of all samples are below cut-off. It means that they are not
having mental disorder. They are on the positive dimension of the disorders i.e. mental health. Therefore, both groups are not encountered in mental disorder but as far as we compare the mental problems of both groups, inter caste married group are having significantly higher mental problems than intra caste married couples. Thus, the null hypothesis regarding mental effect of marriage type on mental health has been proven wrong in the present study in favour of intra-caste married couples.

**Mental Health and Gender**

Hypothesis b)

There will be no significant effect of gender on couples’ mental health.

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>F</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>300</td>
<td>2.42</td>
<td>1.15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>300</td>
<td>2.70</td>
<td>1.58</td>
<td>7.02*</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>600</td>
<td>2.56</td>
<td>1.38</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* significant 0.01
The above result has showed significant difference between male and female on their score of mental health. Females have more mental health problems than males. The above table indicate that the mean of females (2.70) are greater than and males (2.42). The difference between means (F = 7.02; P > 0.05 and P < 0.01), f value indicates that there is significant difference between male and females’ score on their mental health.

The result of this finding can be impose on the fact that in inter-caste marriages women are blamed more than their counterpart men. David De Vaus investigates whether this widespread belief is supported by data from the 1997 National Survey of Mental Health and Well being of Adults. In 1972 Jessie Bernard coined the now famous phrase “his and her marriage.” By this, she meant that a man experiences his marriage very differently from the way a women experiences her marriage. Bernard argued that men do well out of marriage while women marry at considerable cost to themselves. She especially pointed to the way in which marriage advantaged the mental health of
men and damaged that of women (Bernard 1976). At much the same time as Bernard was writing American sociologist Walter Gove (1972) reported on research from which he argued that; “In modern western societies women have higher rates of mental illness than men.”

It was revealed that mental health of inter-caste married couples are affected by her negative experiences with in-laws and relatives. Most of the females are rejected by their parents. Kannan C.T (1969) Bambwale Usha, (1981). Because they have a lot of stress in their life. Inter-caste married couples is against the social tradition. So all members of society is oppose them for the inter-caste marriage. They are rejected by the society. It creates tension in the couples. When they have tension and lack of social support. It leads to mental health problems. (Stress-diathesis model of mental illness). According to this Model mental disorders are developed due to the stress. And in inter-caste marriage there is stress and social pressure to the couples. The inter-caste married couples could not bear it as they are not supported by the society.

This difference can be attributed to the role of married women. Married women have noticeably higher rate of mental illness than married men do. In contrast, when single women are compared with single men and divorced women with divorced men widowed women with widowed men. These women do not have higher rates of mental illness they are higher than their male counterparts in fact, if there is a difference within these marital categories It is that women have lower rates of mental illness. It is not certain whether or not Bernard an Gove were correct about the effect of marriage on men and women in North America in the 1960s since their evidence is incomplete and can be interpreted in different ways Fox (1980). Nevertheless this view of the effect of marriage on men and women has been enormously influential and has become part of the “common knowledge” about marriage: men do well from marriage and women do poorly. This view continues to be reported today only recently Susan Maushart argued that: “Marriage makes life much better for men and only somewhat
better for women and with significant and telling exceptions.” one of those exceptions is mental health. Marriage not only fails to protect mental health of women, there is evidence that it is a direct risk factor for depression.” In 1996 the Australian Bureau of Statistics conducted the National Survey of Mental Health and well-being of adult (1999) in which personal interview was conducted with a random sample of 10641 adults of Australians. This survey is largest study of mental health ever conducted in the world. Because the study is based on a probability sample the result can be generalized to the Australian population and thus provide the first chance to gain accurate picture of the prevalence of mental disorders in Australia. the study asked about people’s marital status, their family structure and related matters. This evidence is to support in belief that contemporary Australian marriage damages the mental health of women and improves that of men.

Further Goldberg and Huxley (1980) had found parallel result in their study. They reported that female having more mental health problem than males; emotional disorders are more among females. Fremming had also reported the frequency of undifferential neurosis 19 per 100000 men and women.
The prevalence of mental illness in general is more in females than in males but some studies do not support this findings. In NIMH US’s survey(1998), Men were found to have a significantly higher rate of cognitive impairment than women after controlling for the effects of age, race or ethnicity, marital status and socioeconomic status; Boyd and Weissman (1882)

In the present study it is found that there is significant difference between male and female on their mental health problems. Though mental health problems are not diagnosable/serious mental disorders in male and female as both groups scored below cut-off but in comparison of male and females’ mental problems female are found to be significantly higher.
Thus the null hypothesis regarding gender effect on mental health has not been proved here.

*Mental Health and SES*

Hypothesis c)

_Socio economic status has significant effect on couples’ mental health._

<table>
<thead>
<tr>
<th>SES</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>F</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>200</td>
<td>2.64</td>
<td>1.65</td>
<td>1.27(NS)</td>
<td>2</td>
</tr>
<tr>
<td>Middle</td>
<td>200</td>
<td>2.44</td>
<td>1.16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low</td>
<td>200</td>
<td>2.59</td>
<td>1.29</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NS- not significant
Table 4.3 and figure 4.3 present the mean and SD values for Socioeconomic status on self-reporting questionnaire (SRQ) which is the indicator devise of mental health problems. It can be observed from the table that the mean scores of the all three SES married couple groups are approximately equal on SRQ, which revealed that these all three groups are parallel on their mental health. This result is also supported by the calculated f value that was not found significant. The f value indicates that there is no significant difference between all married groups they were divided on their SES criteria.

The present finding regarding SES effect on mental health is not supported from the previous research in same field as Socioeconomic status and mental health were found correlated with each other. There are many studies explaining these relationship like in study of Hudson’s (2005) provides strong evidence that socioeconomic status (SES) impacts the development of mental illness directly, as well as indirectly through its association with adverse economic stressful conditions among lower income groups. The poorer one’s
socioeconomic conditions are, the higher one's risk is for mental disability and psychiatric hospitalization. This was found regardless of what economic hardship or type of mental illness the person suffered. SES was assessed on the basis of community income, education and occupational status. Miech Richard A. (1998) also studied correlation between SES and mental illness, This study tests several hypotheses about the underlying causal structures of the universe correlating between SES and mental illness. It does through the analysis of a longitudinal statewide database on acute psychiatric hospitalization in Massachusetts supplemental census data. The modeling strategy used techniques of structural equation modeling and found that SES impact directly on rates of mental illness as well as economic indirectly through the impact of economic hardship on low and middle income groups.

As far as the result of the present study is considered obtained data and calculated statistical analysis does support the null hypothesis, regarding effect of socio economical status on mental health of married couples thus it has been accepted here.

Mental Health and Interaction effect of Independent variables

Hypothesis 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

Table 4.4
F value for interaction effect between independent variable on mental health of inter-caste married couples.

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marriage * Gender</td>
<td>20.16</td>
<td>1</td>
<td>20.16</td>
<td>12.03*</td>
</tr>
<tr>
<td>Marriage * SES</td>
<td>2.12</td>
<td>2</td>
<td>1.06</td>
<td>.63</td>
</tr>
<tr>
<td>Gender * SES</td>
<td>9.81</td>
<td>2</td>
<td>4.90</td>
<td>2.92**</td>
</tr>
<tr>
<td>Marriage * Gender * SES</td>
<td>32.94</td>
<td>2</td>
<td>16.47</td>
<td>9.82*</td>
</tr>
<tr>
<td>Error</td>
<td>985.64</td>
<td>588</td>
<td>1.67</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>5084.00</td>
<td>600</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* significant at 0.01; ** significant at 0.05

Result of the present study [Table- 4.4] indicates f value for interaction effect of marriage type * Gender, marriage type * SES, Gender * SES and marriage type*gender * SES, on mental health of married couples which were found to be 12.03,.63, 2.92 and 9.82 respectively.

These f value revealed that interaction effect of marriage type * Gender, Gender * SES,marriage type*gender * SES, on mental health of married couples have been significant ,where as marriage * SES not working together for determining ones’ level of mental health.

As far as interaction effect of various variables on mental health is considered various studies does not having consistency on their result. Like in the study on Characteristics associated with disadvantaged social position, such as low socioeconomic status (SES) and female gender, may play a significant role in the development of internalizing symptoms among adolescents. Indeed, theories of “double jeopardy” suggest that these disadvantaged status characteristics interact to produce particularly harmful mental health
outcomes. Tamar Mendelson, Laura D. Kubzansky, Geetanjali D. Datta and Stephen L. Buka (2008) tested the hypothesis that lower SES places adolescent females at greater risk for internalizing symptoms than males. We used data from the Project on Human Development in Chicago Neighborhoods collected from a 15-year-old adolescent cohort (n = 640) at baseline and at two-year follow-up. Female gender predicted internalizing symptoms cross-sectionally and prospectively, whereas household income and caretaker education generally were not associated with internalizing symptoms. Findings overall did not indicate interactive effects between gender and SES indicators.

The study of Lucía Artazcoz, Joan Benach, Carme Borrell, and Immaculada Cortès (2002) was found consistent with the present finding in which they examined gender differences in the effects of unemployment on mental health and assessed whether such effects are associated with interactions among gender, family roles, and social class. Result revealed that Gender differences in effects were related to family responsibilities and social class. Further they concluded that the effects of unemployment on mental health requires consideration of the interactions among gender, family responsibilities, and social class.

On the basis of the present finding in which interaction effect of various independent factors on married couples’ mental health were found significant null hypothesis regarding interaction effect on mental health of married couples is rejected for:

- Marriage * Gender
- Gender * SES
- Marriage * Gender * SES;

And accepted for:

- Marriage * SES
MARITAL ADJUSTMENT

Adjustment is the establishment of a harmonious relationship with the physical and social environment. Marital adjustment is a harmonious relationship with marital partner and in-laws. Marital Adjustment refers to marital relationship, marital consensus, affection, expression, marital satisfaction and marital cohesion. In inter-caste marriages marital adjustment is affected by various factors like caste system, socioeconomic status of the couple and gender are some of the factor, which are considered in the study.

Marital Adjustment and type of marriage

Hypothesis g)

There will be no significant difference in marital adjustment between inter-caste and intra-caste married couples.

Table No .4.5
Marital adjustment of intra-caste and inter-caste married couples

<table>
<thead>
<tr>
<th>Areas of adjustment</th>
<th>Intra-caste marriage</th>
<th>Inter-caste marriage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual</td>
<td>3.60</td>
<td>3.06</td>
</tr>
<tr>
<td>Emotional social</td>
<td>8.00</td>
<td>7.22</td>
</tr>
<tr>
<td>Total score</td>
<td>9.91</td>
<td>9.12</td>
</tr>
<tr>
<td>Total score</td>
<td>21.20</td>
<td>19.40</td>
</tr>
</tbody>
</table>
Above result table and figure indicate the mean and SD of inter-caste and intra-caste married couple on marital adjustment as well as on
its' are namely sexual, emotional and social. Total adjustment on total marital adjustment intra-caste married couple scored $M=21.20$ while inter-caste married couple scored $M=19.40$. As far as area of marital adjustment is considered it were as follows;

1) **Sexual** In this area the intra-caste married couples have scored 3.60 (mean score) while the intra-caste married couples have scored 3.06 (mean score) maximum score of the test in this area will be 4.

2) **Emotional** In this area the intra-caste married couples have scored $M=8.00$ while the intra-caste married couples have scored $M=7.22$ maximum score of the test in this area will be 9.

3) **Social** : In this area the intra-caste married couples have scored $M=9.91$ while the intra-caste married couples have scored $M=9.12$ maximum score of the test in this area will be 12.

### Table 4.6

**Table Showing mean, SD and f value for marital adjustment of inter-caste and intra-caste married couples**

<table>
<thead>
<tr>
<th>Marriage</th>
<th>N</th>
<th>Mean</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inter-Caste</td>
<td>300</td>
<td>19.40</td>
<td></td>
</tr>
<tr>
<td>Intra-Caste</td>
<td>300</td>
<td>21.20</td>
<td>65.31*</td>
</tr>
<tr>
<td>Total</td>
<td>600</td>
<td>20.30</td>
<td></td>
</tr>
</tbody>
</table>

* significant at 0.01
The result table 4.6 has showed significant difference between inter-caste and intra-caste married couples. Intra caste married couples are better adjusted than inter-caste married couples. Table 4.3 shows that the mean of intra-caste married couples (M = 21.20) are greater than the intra-caste married couples (M = 19.40) on their criteria of marital adjustment. The significance of this mean difference indicated by f value which was found to be (F = 65.31; P < 0.01).

The result revealed that intra-caste (within caste) married couples are significantly better adjusted than inter-caste married couples. This result can be attributed on the fact that in inter-caste marriage there are lot of things the couples have to adjust. The grooms and the bridegrooms are from different castes and hence there are differences in every aspect of the life. So they have to adjust to all these things. Their daily habits of food, clothes according to livings standards and customs and rituals are different. Their belief systems are also different. They worship according to their caste and religion. So they have more difficulties than within caste married couples. Support system of the person is one of the factors affecting it. It lacking in intra-caste marriages.

Further Assessing marital adjustment with help of Marital adjustment inventory has some limitations. The couples do not report the truth. In inter-caste marriage they had fear of failure. They had married against the parents will so they want to prove that they should be succeed. So they tried to show their parent, relatives and friends that they are right. So the responses they have given are not totally reliable. Because the man who had reported that they do not have any problems later on had asked for help when his wife left him and not coming back to him. Some couples had denied to give information about their marital adjustment. They had told their friends not give the information to the research student. Parental reactions were varied from extreme opposition to mild resistance towards their son or daughter who married to different caste. Opposition by in-laws was not only because of the other caste but also due to fear of social
pressure and disparity of status. Society is not supporting to inter-caste marriage. That is the main hurdle to inter-caste marriage. If the person is under stress his or her sensitivity increases. So he or she can not bare the things. Neutral events also irritate him/her. So adjustment and stressful event are related. When the parent or relatives oppose the marriage, the couples experiences stress. Some times they are abandoned then it creates more stress. When the person is under stress it affects his thinking pattern.

The inter-caste married couples have to adjust different areas like: Language, food habits, financial adjustment, temperamental adjustment and interpersonal adjustment. The adjustment pattern of inter-caste married couples are also depends on the age of the couples at time of marriage. The matured couples are seen better adjusted than who married in younger ages. When the couples are under age they just think about their love but not about their result. Their magical thinking brings them together. They could not think rationally. They are immature to adjust. But when they are mature they can think about the consequences of the event inter-caste marriage. They are ready to face the consequences of it. They can understand and support to each-other. Their thinking perspective is widened as their age increases. So they are more prepared to face the society. But when they are under the age they are easily convinced by their parents or relatives. So the age of the couple is very important factor for the inter-caste marriage. The urban couples have better adjustment than the rural couples. In villages people know each and every person of the village. So the couples is known to everybody and rural people are more orthodox urban people. The urban persons do not have free time to discuss the matter. In villages the people have enough time to do the gossip. So it worsen the problem in the rural area. Inter-caste married couple is burning issue for them. The result of this study is consistent with the previous research work done by Dr. Deshpande who had found that the adjustment between the spouses majority of the control group (within-caste married couples)
obtained very high adjustment scores, while majority of the experimental group had only high adjustment. The difference were statistically significant between the two groups. The outstanding finding of Dr. Deshpande’s research work is that inter-caste marriages involving a member of the depressed castes receive the highest amount of opposition. It also reveal that among the members of the kin group, the closer the relation the stronger was the reaction. As regard society in general, only one fifth found approval. It was found that nearly two thirds of the control group were conservative and about half of the experimental group were radical in outlook regarding caste, the difference being significant. It was also noted that 84 % of the control group wanted their children to marry within caste irrespective of sex, education, economic status.

In another study of Xuanning Fu, ; Tora, Jessika ; Kendall, Heather (2001) quoted that Inter-racial marriages are often reported as less stable and less happy than intra-racial marriages, but the effect of race and culture is difficult to separate. This paper examines self-reported marital happiness among a sample of married couples in a multi-racial, multi-cultural but homo-religious community. Findings suggest that even after controlling religion and many other demographic variables, inter-racially married individuals report lower happiness than those in intra-racial unions, especially women. When couples are used as unit of analysis and husband and wife's responses are controlled for each other, wives' happiness is significantly affected by interracial marriage. Husbands' happiness is not related to their type of marriage.

The scores of the marital adjustment inventories do not indicate adjustment problems. the difference refers to the degree of adjustment not to maladjustment or adjustment problems. Though the Both groups (inter-caste and intra-caste married couples) are better adjusted but as far as comparison of both group is considered ,the result revealed that The scores of the inter-caste married couples are
significantly higher than intra-caste married couples on their marital adjustment. **Thus the null hypothesis regarding marital adjustment of inter and intra caste married couples has been rejected in favour of intra-caste married couple.**

Deshpande C.G.(1972) The chief areas of adjustment like caste differences, cultural differences, food habits, liking and disliking, fidelity and love, personal activities, social participation, temperamental differences, etc. were investigated. Each of the foresaid areas of adjustment was rated and presented in the form of statements; the first statement was indicative of maximum adjustment, and the last connoted the least adjustment. Respondent had to indicate any of the five statements which tallied with his experience. In neither of the groups was there any single instance of very low or low adjustment. Respondent of the control group (within-caste)(81.33%) as compared to the respondents of the experimental group (inter-caste)(20%), indicated very high adjustment. High adjustment was observed in 72% and 18.66% respondents respectively of experimental and control group. 8% of respondents only of experimental group, revealed indifferent adjustment. Respondents of the control group indicated harmonious relations whereas those of experimental group displayed greater symptoms of tension.

**Marital Adjustment and Gender**

**Hypothesis f)**

*There will be no significant effect of gender on couples’ marital adjustment.*
Table 4.7
Mean, SD and F value for the gender on marital adjustment.

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>F</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>300</td>
<td>20.10</td>
<td>3.10</td>
<td>3.41*</td>
<td>1</td>
</tr>
<tr>
<td>Female</td>
<td>300</td>
<td>20.51</td>
<td>2.71</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>600</td>
<td>20.30</td>
<td>2.92</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* significant at 0.01

Figure 4.6
Bar diagram showing mean and SD on marital adjustment for male and female of inter-caste married couples

Table 4.7 and figure 4.6 present the mean and SD values on marital adjustment of male and female. It can be observed from the table that the mean scores of female are higher than the male
on marital adjustment. This mean difference was found significant as calculated F value was found significant at .01 level of confidence. The result revealed that female are significantly higher on their adjustment after marry as compare to male.

Adjustment between spouses is a key factor in marital happiness. It depends on the inter-spouse understanding and maturity. Each couple constitutes the smallest group and its structures pattern may be affected by behaviour of the family member. In this study, it was found that the spouses are trying to adjust to their best. There are different areas of adjustment, namely the social adjustment, emotional and sexual adjustment. The tendencies to skip the questions/sentences regarding sexual area of adjustment are seen in most of the couples. They are grown up in Indian culture and Indian people are shy towards this issue. There is taboo on this topic in general, so people generally avoid to talk about it. So the responses given by the spouses on sexual area of adjustment may not be too reliable. Most of the couples had told the research student to write the responses on his own. They reported that they are not having major problems in this area. In inter-caste marriages, it was found that the social adjustment of female members is more affected. Society does not accept other caste’s girl as daughter-in-law. Therefore, she has to face more adjustment problems particularly in social functions. The females of low castes are experiences more distress. They are insulted frequently in social functions than upper castes. If only female of both group inter and intra caste were considered it was seen that the female who has done inter-caste married are having more adjustment problems than the female who has done intra-caste married. The result indicate that whether inter-caste or intra-caste in both groups female were found more adjustive than male. The present finding can not be generalized on all individual as the adjustment of men and women depends on other variables like their personality and attitude toward marriage. Some couples are well adjusted than the others
Why? we can not find any significant reason. It may be because of their attitudes to each other are supportive and their thinking pattern is also different. The ages of the couples are also one of the important factor affecting marital adjustment. The couples who are more matured can adjust better than the teen ages couples.

The present finding supported with the Marital theorists who suggested that there is a link between sex role differences and close relationships for men and women and their adjustment. Marriage is often a context for the activation and expression of sex roles. As marital adjustment is influenced by complementarily of roles between husband and wife, the same could hold true for sex roles as well.

Further gender is one of the important factor in adjustment and specially in marital adjustment. The present result can be imposed on the fact that after marriage women has to change herself thoroughly from name, dress, food habits to timings of daily routines. The language should be soft towards in-laws. She has to leave the parents house and to stay at her husbands house so she has to face a lot of changes to her surroundings also. She has to adjust all these things. So naturally she has to face more adjustment problems than their counterpart male. Inter-caste married women have to live with in-laws house. However, they are reluctant to accept the daughter-law who is from other caste. Therefore, the women have more marital adjustment problems than men but as they are pretend previously from this all thing they make their mind accordingly and as a result their adjustment level is higher.

As the difference between male and female were found significant the null hypothesis regarding gender effect on couples' marital adjustment has been rejected in favor of female
Marital Adjustment and SES

Hypothesis e)

*Socio economic status has significant effect on couples’ marital adjustment.*

Table 4.8

Table Showing Mean, SD and F value for High and middle socioeconomic status on marital adjustment

<table>
<thead>
<tr>
<th>SES</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>F</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>200</td>
<td>19.98</td>
<td>3.06</td>
<td></td>
<td></td>
</tr>
<tr>
<td>middle</td>
<td>200</td>
<td>20.55</td>
<td>2.44</td>
<td>2.33</td>
<td>NS</td>
</tr>
<tr>
<td>Low</td>
<td>200</td>
<td>20.38</td>
<td>3.18</td>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>

NS= Not significant

Figure 4.7: Bar diagram showing Mean and SD on SES on marital adjustment of inter-caste married couples
Table 4.8 and figure 4.7 present the mean and SD values on marital adjustment for various SES groups namely low, middle and high. It can be observed from the table that all three groups i.e. high, middle and low SES group scored 19.98, 20.55 and 20.38 respectively. Difference in mean score of all three groups are too less as it said to be insignificant. This insignificant difference in mean supported by the f value( F=2.33) which was not found significant at any level of confidence.

Socioeconomic status is one of the important factor which affect the adjustment of the person. A large number of studies search the relationship between the socio-economic status of the individuals and adjustment. In these studies it was observed that the subjects low in social status make more unfavorable responses for adjustment than the subjects high in social status ( Baron, 1951). Kamala Raj (2004) studied the relationship between socioeconomic status and marital satisfaction and found that there is positive relationship between socioeconomic status and marital satisfaction- high the status, high the marital satisfaction which lead a person towards better adjustment.

A High SES person can easily fulfill his needs and he has the resources to carry out the work he wants. Therefore, he lives his life more happily than the lower SES person. In society, he has credit so he could have help from the society. He is respected in the society. If someone wants to marry he has to have enough sources of income to run his livelihood. In low SES the sources of income also limited so the person from low SES having more adjustment problems. Person who belongs to high and middle SES having enough resources, to do the things they want. In inter-caste marriage the SES is one of the important variable affecting marital adjustment. Ansari Kausar (2003) also found no significant difference in level of marital adjustment of women belonging to low, middle and high socioeconomic status.
Aforementioned statement and studies does not found in line with the present finding regarding SES effect on marital adjustment. Money is more important to everybody in the society. But the money is not everything. Man can fulfill his need by using money. Money help to ease the life of human being but it is not true for persons’ adjustment. Socioeconomic status of the couples could not make difference in their level of adjustment. In the present research the adjustment scores of low, middle and high were not found significantly different among married male and female. The present result is supported by the study of Shinde. R. R. (2008) Shinde has found the similar result that while he was studying the relationship between socioeconomic status and adjustment. He has not found significant relationship between socioeconomic status and adjustment.

Williamson Robert C. (1958) Williamson and his colleagues had found parallel result that economic factors have significant role to determine the marital adjustment. In this present study the following factors were found positive relationship to marital adjustment. (1) Social status as indicated by location and type of residence, level of education and occupation. (2) economic security as shown by such indices as savings, regularity of employment and lack of debts. (3) effective economic management, as shown by budgeting and efficient management of the home. Consequently most of the surveys have found relatively little significance in the economic factors—marital adjustment, however, that is unique about the present research is that it has undertaken a more previous studies.

On the basis of present result the null hypothesis regarding SES effect on persons’ marital adjustment has been proven true as here no significant difference was found among all three SES group on their adjustment regarding marriage.
Marital Adjustment and Interaction effect of Independent variables

Hypothesis 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

Some people adjust to their environment successfully; many others could not it means that there are some factors that help in satisfactory adjustment and the other factors that hinder the satisfactory adjustment. These factors independently as well as interacting with other factors and affect the persons’ level of adjustment. In order to understand that, attempt has been made not only to see the effect of considered independent variables (Marriage type, Gender and SES) separately but also to see their interaction effect on married couples’ marital adjustment.

Table 4.9
F value for interaction effect between independent variable on Marital adjustment

<table>
<thead>
<tr>
<th>Source</th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marriage * Gender</td>
<td>38.50</td>
<td>1</td>
<td>38.50</td>
<td>5.13**</td>
</tr>
<tr>
<td>Marriage * SES</td>
<td>1.74</td>
<td>2</td>
<td>.87</td>
<td>.11NS</td>
</tr>
<tr>
<td>Gender * SES</td>
<td>60.42</td>
<td>2</td>
<td>30.21</td>
<td>4.03**</td>
</tr>
<tr>
<td>Marriage * Gender * SES</td>
<td>49.82</td>
<td>2</td>
<td>24.91</td>
<td>3.32*</td>
</tr>
<tr>
<td>Error</td>
<td>4408.00</td>
<td>588</td>
<td>7.49</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>252444.00</td>
<td>600</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*significant at 0.01; ** significant at 0.05; NS Not significant
♦ Interaction effect among Marriage*Gender and Gender*marriage*SES on marital adjustment were found to be significant at .01 level of confidence.

♦ Interaction effect between Marriage and SES on marital adjustment was not found significant.

♦ Interaction between Gender and SES was found to be significant at 0.05 level of confidence on marital adjustment.

The study of E. E. Ebenuwa-Oko (2008) was not consistent with the present finding in which he has examined the extent to which emotional expression, communication flow, financial management and work involvement predict marital adjustment among married persons. The purpose of study was: 1) To determine the degree of correlation and prediction of married person’s emotional expression (EME), financial management (FIM), communication flow (COF), work involvement (WOI), Personality types (PET), gender, duration of marriage (DUM) and their marital adjustment (MAA), 2) What is the relative contribution of each of the variables in predicting marital adjustments?. They concluded that emotional expression, financial management, communication flow and work involvement were significant correlates and predictors of marital adjustment. While gender, duration of marriage and personality types were neither correlates nor predictors of marital adjustment. Emotional expression was the best predictor variable in the study.

Present results also get indirect support from the research article of DEBORAH L. WINGARD (2008) in which they noted that demographic and behavioral risk factors namely age, race, socioeconomic status, occupation, physical health status, use of health services, smoking, alcohol consumption, physical activity, weight, sleeping patterns, marital status, social contacts, church and group membership and life satisfaction do not account for the overall difference in marital adjustment and mortality rates. Examination of the interaction of
biologic and behavioral risk factors may more explain the marital adjustment and mortality.

On the basis of consistent findings as well as results of the present investigation null hypothesis regarding interaction effect of various independent variable on couples’ marital adjustment has been proven true for;
✓ *Marriage type* * Gender
✓ *Gender* * SES
✓ *Marriage type* * Gender* * SES

And proven wrong for;
✓ *Marriage type* * SES