5.1 INTRODUCTION

Life is a path usually travelled with a partner. It is full of communication, expectation, adjustment and identification. Every person identifies him/her in a role and according to this the journey of life begins. Marriage is one milestone of life, where one selects a partner, with a new role and new expectation. There are at least two reasons why marriage might enhance happiness. The first one is prosaic marriage offer the role of spouse and parent which can provide additional source of self-esteem (Crosby, 1987). Secondly, married people are more likely to enjoy enduring supportive intimate relationship and are less likely to suffer loneliness. It was also seen that male partner after marriage is having less stress and anxiety (Coombs, 1991).

A good marriage gives each partner a dependable companion, love and friend. It is typically marked by equity and intimacy. When equity exists, when both partners freely give and receive and when they share decision-making their chances for sustained and satisfying companionate love are good (Gray-little & Barks, 1983; Van Yperen & Buunk, 1990).

According to Rogers (1972), the concept of marriage is the basic of many marital adjustments. He mainly spoke about two broad
concepts of marriage. For some, marriage is a romantic box, a tight fence, limiting freedom, roomy comfortable box, a magic box resolving the difficulties in their relationship. For some, it is an exciting exploration of new avenues. Each is given freedom and encouragement to develop full potential. If both parties perceive accurately and understand clearly their concept of marriage, things go smoothly and good understanding takes place.

Adjustment is a lifelong and ongoing process. Mode of adjustments may differ according to the need of the hour. An adjustment best suited for one situation may not necessarily be suitable for another situation. Apart from all life processes, adjustment can be called a very basic requirement for marital life, to do some adaptation without much regrets, worries or other defensive mechanism.

In any marriage, the individuals coming from different background, when start living together; start adjusting just after ceremony of marriage is performed. This reveals that reality must be faced and fantasies must be erased. There is no longer any space left in life of fantasy or of make-believe; one must come out of the clouds of fantasy and puts one’s feet firmly on the earth to have a sun shower to live life beautifully with spouse. Responsibility must be assumed and new duties must be accepted with all expected and unexpected conditions between the partners in any marital process. Some personal
freedom must be relinquished, and many adjustments, unselfish adjustment, must be made. It can be believed that one’s happy married life can be determined by, firstly, ignoring faults in a limited way, because no one is perfect and secondly, by adjusting with the partner with the help of compromising tools.

Marital adjustment as a function is dependent on various factors like an ideal mate, fulfillment of needs, similarity of backgrounds, common interest value, role concepts and change in life partners. Marital adjustment, satisfaction with different facets in marital field, relationship, happiness a number of variable attest to the quality of a marriage. Such dimensions are frequently studied in the marriage and family field. The concepts of marital adjustment, success, satisfaction, stability, happiness, consensus, cohesion, adoption, integration and role strain are used in a psychological sense referring to the state of one of the marital partners, sometime they are used in social, psychological sense referring of the state of the group or system. All these concepts emphasize a dimension that contrasts with male adjustment dissatisfaction, instability and unhappiness. The adjustment of married partners is unlike any others human relationship, it may share many conditions of friendship groups, peer groups, work groups, differs, marriage, involving two senses in physical propinquity is public and binding in nature, being publicly sanctioned marriage becomes more
difficult to break being binding the members must act as a unit and cooperation becomes essential for each of the spouse these forces determine the level of adjustment, the nature of the interaction and the degree of conflict.

Spanier (1976) explained, “Marital adjustment or dyadic adjustment may be conceptualized as a process and the outcome is determined by the amount of (1) troublesome dyadic difference, (2) Interpersonal tensions and personal anxiety, (3) Dyadic satisfaction, (4) Dyadic cohesion and (5) Consensus on matters of importance to dyadic functioning”. He further explained that these aspects of adjustment are applicable to both married and unmarried couples. Marital adjustment can be explained with the help of psychodynamic and social learning models.

However, marital relationship is the foundation of family life because it involves the union between a man and a woman as husband and wife. Marriage is a component part of the culture usually formulized by the custom, law and occasionally solemnized by religion. The human family has become one of the most widely discussed issues in recent times.
5.2 PROBLEMS AND HYPOTHESES

In the light of above mentioned discussion, the following problems have been set forth to seek their scientific solutions. In the present study, following are the proposed problems which are framed to meet the end of research work:

1. Does frustration tolerance generate significant variance in the marital adjustment of the female partners of dual career couples?

2. Is family types held responsible creating differential variance upon marital adjustment of the female partners of dual career couples?

3. Does emotional intelligence generate significant variance upon the marital adjustment of the female partners of dual career couples?

4. Does an interactional effect of the independent variables viz., frustration tolerance, family types and emotional intelligence generate significant variance upon marital adjustment of the female partners of dual career couples?

Considering the above mentioned statement of problem, it is clear that there exists one dependent variable, i.e., marital adjustment and three independent variable viz., frustration tolerance, family types and emotional intelligence.
Formation of hypotheses

Keeping in view the specification of dependent and independent variables proposed to be incorporated in this study. The following hypotheses have been proposed for verification.

1. Female partners of dual career couples with high frustration tolerance level would show better marital adjustment than the female partners of the dual career couples with low level of frustration tolerance.

2. Female partners of dual career couples who lived in nuclear family would be better in marital adjustment than the female partners of the dual career couples who lived in joint family.

3. The female partners of dual career couples with high emotional intelligence would show better marital adjustment than the female partners of the dual career couples with low emotional intelligence.

4. It is assumed that there would exist interaction effects of three independent variables viz., frustration tolerance, family types and emotional intelligence on marital adjustment of the female partners of dual career couples at first and second order level.
5.3 METHODOLOGY

In the present piece of research work following methodological steps has been taken to test empirical solutions for the framed hypotheses inorder to reach a specific conclusion.

Research design

In the present research work 2 x 2 x 2 factorial design was used to investigate the research problem. Here, the dependent variable is marital adjustment of female dual career couple and frustration tolerance, family types and emotional intelligence are acted as independent variables in the present study. The type of research work is ex-post-facto in nature.

Sample

The stratified random sampling technique is incorporated in the present research work. To meet the requirement of 320 sample distributed over the 2 x 2 x 2 cell of factorial design. Finally 320 sample is selected from the various schools of Chhattisgarh state. In the present research work, it was necessary to exercise control over extraneous variable viz., age, gender, socioeconomic status etc to overcome their expected influence on marital adjustment.
5.4 **TOOLS**

**Dependent Variable Measure:**

**Marital Adjustment Questionnaire (M.A.Q.):** Marital Adjustment Questionnaire Revised (1999) is used to measure dependent variable of the present study. This measure of marital adjustment is constructed and standardized by Kumar and Rohatgi (1985). It consists of 25 ‘yes-no’ type items.

**Independent Variables Measures**

1. **Frustration Tolerance:** The frustration tolerance test constructed and standardized by Rai (1988). It is used to assess the frustration tolerance level of the subject. The test has 31 items in all in the form of figure shown in the puzzles. There are two types of puzzle in the test:
   
   i. Insoluble puzzles
   
   ii. Soluble puzzles

Two sets of data are obtained from this experiment:

   a. Time (in minutes and seconds) devoted by the subject on two insoluble puzzles i.e. puzzle number I and II.
   
   b. Number of attempts made for solving two insoluble puzzle i.e. puzzle number I and II.

   Time and number of attempts are summed and Mean time and Mean number of attempts are calculated for each subject to know his or
her frustration tolerance. Data obtained in this manner may be analyzed by using any test of significance.

2. Family types

The family type is a demographic variable of the subject, the stratification on this variable will be done through the personal interview. The researcher asks orally whether subject belong to nuclear or joint family.

3. Emotional intelligence

Emotional Intelligence Inventory (E.I.I.) developed by Bar on’s (1997). Here the researcher used a Hindi Version of EQI prepared by Mishra (0000) was used to measure the level of E.I. Inventory that of the teachers yielded five significant factors upon factor analysis. The inventory consist of 21 items. In the five categories ranging from the Always 5, Almost 4, Generally 3, Seldom 2, Never 1. All these items are given a score of encircle items scores for responses. The sum of these values gives the emotional intelligence score for the subjects.

To conduct the research work, required permission was taken by the District Education Officer of districts of Chhattisgarh. They were briefed about the purpose of the research and questionnaires used in the study. They were also asked to give their co-operation to fulfil the purpose of the research study. The initial step was to prepare a list which indicates the name of government schools of the district of Chhattisgarh.
To carry out the work, researcher approached to District Education Officers of four districts namely Raipur, Bilaspur, Rajnandgaon and Dhamtari. Thereafter the researcher approached to the concerned schools where the permission has been taken from the principals to conduct the research work. They were also briefed about the work and explained about the purpose of research and the sample which is included in the study. Only those teachers were taken into consideration who fulfils the age criterion i.e. those under the age group of 35-40 years. After listing the teachers were randomly selected from different strata as sample that fulfils the characteristics of the present sample.

After explaining the objectives of research work, permission was obtained from the subjects i.e. selected teachers to administer the questionnaire. A rapport was established with subjects. It was assured that the responses of Ss and their identities would be kept in strict confidential and not disclosed to anywhere. Thus, they are free to give their answer comfortably and honestly, whatever they felt. In this way, subjects were briefed to give their proper co-operation during the testing.

To get the final sample of at least 40 cases in each cell of 8 cells of 2x2x2 factorial design, stratified random sampling was used. From initial population of 1200 female teachers, first of all the frustration tolerance test prepared by Rai (1988) was administered. The printed instructions given on the cover page of the questionnaire were explained to the
subjects before the administration, generally subject took 1 hour to complete the test.

The researcher asked the subject about the type of family in which they habitate. After that the researcher administered the questionnaire of emotional intelligence prepared by Mishra (2000). The scoring of the two tests namely frustration tolerance and emotional intelligence were done according the manual. After that, subjects were classified according to the type of family which they belong, the level of frustration tolerance and emotional intelligence.

After obtaining the responses of all 320 cases on marital adjustment questionnaire, the questionnaire put to scoring as prescribed by the author of the questionnaire as described in the manual. Thus, the scores of the tool obtained by the each subjects on marital adjustment was completed by computing all scores of 25 items. The maximum scores were be 25 and the minimum was be 0. Thus, the total scores of each 320 cases were separately computed on marital adjustment.
5.5 **ANALYSIS AND INTERPRETATION**

Before applying statistical techniques, normality of distribution of scores pertaining to marital adjustment have been checked out through the indices of skewness and kurtosis. Homogeneity of variance of the marital adjustment scores was also tested. Then after, the marital adjustment scores were subjected to $2 \times 2 \times 2$ ANOVA treatment to ascertain the main and interactional effect of these factors.

**Distribution Oriented**

The dependent variable, i.e., marital adjustment of female partners of dual career couples and the independent variables, namely frustration tolerance, family types and emotional intelligence have been found to be homogeneous and normally distributed in marital adjustment.

**Difference Oriented**

1. The hypothesis I of the present investigation states that the marital adjustment of female partners of dual career couples with high frustration tolerance level would show better marital adjustment than the female partners of the dual career couples with low level of frustration tolerance.

The results of the statistical analysis of data and their interpretations are summarized below:

The obtained $F$-ratio is 39.89 which indicate that is significant beyond .01 level. This signifies that the female partners of dual career
couples with high frustration tolerance level would show better marital adjustment than the female partners of the dual career couples with low frustration tolerance. Hence, the hypothesis is accepted.

2. The hypothesis II of the present investigation states that the female partners of dual career couples who live in nuclear family would be better in marital adjustment than the female partners of the dual career couples who live in joint family. To verify this hypothesis, a comparison of the mean scores on marital adjustment scale pertaining to two groups was made i.e. group who live with nuclear family and group who live in joint family.

The obtained F-ratio 63.85, which is significant beyond .01 level. This signifies that the female partners of dual career couples who are live in nuclear family have better marital adjustment than the female partners who live in joint family. Hence, the hypothesis is accepted.

3. The hypothesis III of the present investigation states that the female partners of dual career couples with high emotional intelligence would show better marital adjustment than the female partners of the dual career couples with low emotional intelligence. To verify this hypothesis, a comparison of the mean scores on marital adjustment scale pertaining to two groups was made i.e. group
consisting of high emotional intelligence and group consisting of low emotional intelligence.

The obtained F-ratio 141.96, which is significant beyond .01 level. This signifies that the female partners of dual career couples with high emotional intelligence are having better marital adjustment than the female partners with low emotional intelligence. Hence, the hypothesis is accepted.

**Interaction Oriented**

1. In the two factor interactional Hypothesis I, it was stated that the female partners of the dual career couples with high frustration tolerance and who live in nuclear family would show better marital adjustment than the female partners of the dual career couples with low frustration tolerance and live in joint family. The statistical analysis was done to investigate the interactional effect of these two factors on marital adjustment.

The obtained F-ratio 0.66 which is not found to be statistically significant at any level. Consequently, it can be stated that the interactional effect of these two factors was not able to generate significant variance upon marital adjustment scores. This led to the finding that hypothesis I has not received empirical
support in the present investigation. Therefore, hypothesis I is rejected.

2. In the two factor interactional Hypothesis II, it was stated that the female partners of the dual career couples with high emotional intelligence and who live in nuclear family would show better marital adjustment than the female partners of the dual career couples with low emotional intelligence and who live in joint family. The statistical analysis was done to investigate the interactional effect of these two factors on marital adjustment.

The obtained F-ratio 3.30 which is not statistically significant at any level. Consequently, it can be stated that the interactional effect of these two factors was not able to generate significant variance upon marital adjustment scores. This led to the finding that hypothesis II has not received empirical support in the present investigation. Therefore, hypothesis II is rejected.

3. In the two factor interactional Hypothesis III, it was stated that the female partners of the dual career couples with high frustration tolerance and high emotional intelligence would show better marital adjustment than the female partners of the dual career couples with low frustration tolerance and low emotional intelligence.
intelligence. The statistical analysis was done to investigate the interactional effect of these two factors on marital adjustment.

The obtained F-ratio 3.48 which is not found to be statistically significant at any level. Consequently, it can be stated that the interactional effect of these two factors was not able to generate significant variance upon marital adjustment scores. This led to the finding that hypothesis III has not received empirical support in the present investigation. Therefore, hypothesis III is rejected.

4. Lastly, in the three factor interactional hypothesis I, it was stated that there would exist interaction effects of three independent variables viz., frustration tolerance, family types and emotional intelligence on marital adjustment of the female partners of dual career couples at second order level. The female partners of dual career couples with high frustration tolerance, who live in nuclear family and high emotional intelligence would be better in marital adjustment than the female partners of dual career couples with low frustration tolerance, who live in joint family and low emotional intelligence. The statistical analysis was done to investigate the interactional effect of these three factors on marital adjustment.
The F (AXBXC) ratio which is 29.75 has been found to be statistically significant beyond .01 level. Since, the three factor interactional effect of frustration tolerance, family types and emotional intelligence on marital adjustment has been found significant at .01 level. Therefore, it can be said that these three factors, namely, frustration tolerance, family types and emotional intelligence is able to generate significant variance upon marital adjustment scores.

5.6 DISCUSSION

Following statistical inferences can be drawn on the basis of obtained results:

1. The independent variable, frustration tolerance is able to generate significant variance upon the marital adjustment of female partners of dual career couples.

2. The main effect of family type is able to generate significant effect on marital adjustment of female partners of dual career couples.

3. The main effect of emotional intelligence is found to generate significant effect on marital adjustment of female partners of dual career couples.

4. The two-way interaction between frustration tolerance and family type (AXB), family type, emotional intelligence (BXC) and
emotional intelligence and frustration tolerance (AXC) were not able to generate significant effect at any level of confidence.

5. The three way interaction among frustration tolerance, family type and emotional intelligence (A x B x C) has a significant effect on marital adjustment of female partners of dual career couples.

Thus, it may be stated that independent variables incorporated in the present research study viz., frustration tolerance, family types and emotional intelligence have emerged as significant variables to generate variance upon dependent variable i.e. marital adjustment of female partners of dual career couple.

In the present study, it was found that female partners of dual career couples with high frustration tolerance level have better marital adjustment than the female partners of the dual career couples with low level of frustration tolerance. The reason may be attributed that the partner with high frustration tolerance have capacity to show persistence in efforts in varied family matters which is apparently difficult. The age of subjects considered in the study is 35 years to 45 years. It signifies that they are in marital relationship for more than 10-12 years. In these years working female has to play dual roles in home and at work. They have to fulfil the responsibilities towards both. And as the time passes they gradually become more habitual towards adjustment and better coordinate the things even in adverse situations. It can be said that time plays a
significant role in developing the tolerance level and leads couple to have happy and better marital adjustment.

It was seen that female partners of dual career couples who lived in nuclear family have better in marital adjustment than the female partners of the dual career couples who lived in joint family. The activities related to household and job is two-fold task for the females who are working. Both the work comes with responsibilities. These responsibilities were less in nuclear family compared to the joint family. As the members in nuclear family is less in number than the joint one and so the suggestions, struggle and interference in various issues is less. So, there is less chance of arising conflict in such families. If it arises, the couples resolve the problems with mutual understanding. In nuclear family, a couple gets more time and space to communicate and fulfil each other needs. Eventually, this leads to better marital adjustment.

The female partners of dual career couples with high emotional intelligence have shown better marital adjustment than the female partners of the dual career couples with low emotional intelligence. It is also confirmed by the researches in which partners with high emotional intelligence were found more adjusted in their marital lives than those who had low level of emotional intelligence (Joshi & Thingujam, 2009; Schutte et al., 2001; Lavalekar et al., 2010).
It can be taken into account that emotional understanding, support and communication help the partner to resolve various issues in marital life. Researchers working in this area such as Fitness, 2000; 2001 & 2006; Bricker & Rudnich, 2005; Cordova et al., 2005; Croyle & Waltz, 2002; Moshe & Iris, 2008 showed that there is a positive and significant relationship between emotional intelligence and marital adjustment. Perception of emotion, understanding and reasoning about emotion, regulating or managing emotions are important in marriage. As the partner with high emotional intelligence able to share some deepest feelings and emotions related to love, hate, joy, anger and sadness with the spouse, such attributes give additional bondage in their relationship and further lead them to have better adjusted in their marital life.

The two-way interactions viz., frustration tolerance and family types (AXB), family type and emotional intelligence (BXC), emotional intelligence and frustration tolerance (AXC) are those that could have been predicted to be important interaction, in generating variance upon the marital adjustment of female partners of dual career couples. But the result of the present study indicates that the interaction effect of these two factors have not shown significant effects on the marital adjustment.

The framed hypothesis I, II and III of two-way interactions is rejected. When the two independent variables were put to interact with each other, because of their own potentiality they are nullify the
interactional effect of each other and their interaction effects were found to be almost equal. Since, the interactional difference of each first order interaction was found to be negligible, it shows the failure of two factor interactional effect upon marital adjustment of female partners of dual career couples. It indicates that what is added by one factor at the first level of the other is not different from what is added at another level, so all the variables are independent and could not show any interactional effect.

It was clear that second order interaction, namely, frustration tolerance, family types and emotional intelligence are turned out to be significant at .01 level of confidence. The three way interactional effect was found to be significant. The influential factors viz. frustration tolerance when interacted with family types and emotional intelligence generate significant variance upon the marital adjustment. This result further confirms the potentialities of the independent variables. Hence, the hypothesis is accepted.
5.7 CONCLUSION AND LIMITATION

On the basis of above mentioned discussion, it may be concluded that frustration tolerance, family types and emotional intelligence can be accepted as factors affecting marital adjustment of female partners of dual career couples.

Limitations

1. The sample of the present study was drawn from the female teacher of the Chhattisgarh region. Therefore, the result can be generalized only to be female teacher of Chhattisgarh region.

2. In the present investigation, fixed model was used in the manipulation of independent variables. Therefore, the result of this study can generalized only for these specific levels of the independent variables.

3. The present investigation is an ex-post facto enquiry in which we cannot control the situation precisely as in the experimental enquiry.

4. Due to the practical difficulties and manifold selection criteria, investigator could identify only 40 cases in each cell or strata of 2X2X2 factorial design. In fact more cases in each cell might have enhanced the power generalization of the finding.
Suggestions

1. Since the sample of the present study has been drawn from the female teachers of the Chhattisgarh, therefore, the inference drawn in the present study are applicable only to female teachers of dual career couples in this particular region. A broad based sample from different type of careers like Doctors, Engineers, could have increased the power of the generalization in the present study.

2. The findings of the present study are applicable only to urban population. It may be extended to the rural population of Chhattisgarh region as well as to other states also.

3. The findings of the present study are applicable only to female teachers. It may be extended to the male teachers with certain modification.

4. The present study was conducted on 320 female teachers of dual career couples. Ours sample containing 40 cases in each cell. The sample population in each cell and total population may extend to further validate the results.

5. In the present investigation, marital adjustment of the female partners of dual career couples have been studied in the light only three variables namely, frustration tolerance, family types and emotional intelligence. Further studies should be conducted to verify the effect of other important variables.
6. The present piece of investigation may become fruitful identifying the factors which may influence marital problems and also help in providing the marital counseling.