CHAPTER - II
THE REVIEW OF 
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Introduction

2.1 Studies on Emotional Maturity

2.2 Studies on Locus of Control

2.3 Studies on Marital Adjustment of same caste and inter-caste couples
INTRODUCTION

The present study has been undertaken mainly to study the effects of emotional maturity and locus of control on marital adjustment of same caste and inter-caste couples. Before presenting the findings, an attempt has been made here to summarise some relevant research studies in this area.

The dependent variable of the present study is marital adjustment. In "A Survey of Research in Psychology" (Indian Council of Social Science Research, 1972), not a single study has been cited which pertains specifically to the present study. Only a small number of psychologists have studied problems like psycho-social nature of the Indian family pattern and of marriage (Kapadia, 1954), marital relationship and emotional involvement (Rahman, 1967), marriage in India (Thomas, 1940), psychological investigation into marital relationship (Pareek, 1963) and motivation behind marriage (Sinha et. al., 1969). The researchers in India have made only recently marital adjustment as the target of their research. Some of these relevant ones have been summarized below under following heads:
2.1 Studies on Emotional Maturity:

Emotional maturity has been used as a variable in foreign studies and more recently in Indian studies too. A person learns the values, motivations and behaviour patterns appropriate to his/her sex through the process of emotional maturity relatively well and at an early age (Scheel & Sibler, 1985). Thus a person develops an appropriate emotional maturity.

Dean (1966) studied from a random sample of married couples of a middle class community on about 6000 subjects of which usable questionnaires were obtained (A response rate of 88% of contacted families). Using the Dean Emotional Maturity Scale and the Nye Scale of Marital Adjustment, it was determined that the husband’s emotional maturity (self-rated) correlated 0.28 with his marital adjustment score, his emotional maturity as rated by his wife (Independently and confidentially) correlated 0.52. The wife’s emotional maturity (self-rated) correlated with her marital adjustment score 0.35, her emotional maturity (spouse rated, as above) correlated 0.39. Marital adjustment scores correlated with each-other 0.59. The hypothesis was regarded as sustained.

Dean (1961) examined the interrelationship between romanticism and emotional maturity in 200 couples. Results showed very low correlations between romanticism and the Bell adjustment Inventory.
Cole (1980) reports the results of a decade replication of research on the relationship between both spousal and self-rated emotional maturity and marital adjustment. Data is based upon responses of a random sample of pairs of 143 husband-wife in the same community in which Dean (1966) did the original study, which used a random sample of 117 pairs. Using the Emotional Maturity Scale and the Locke Wallace Marital Adjustment Inventory (short form), it was determined that husband's emotional maturity (self-rated) correlated 0.33 with himself and 0.28 with his wife's marital adjustment; husband's emotional maturity (rated independently and confidentially by wife) correlated 0.27 with himself and 0.51 with his wife's marital adjustment; wife's emotional maturity (self-rated) correlated 0.39 with herself and 0.09 with her husband; wife's emotional maturity (rated independently and confidentially by husband) correlated 0.20 with herself and 0.23 with her husband's marital adjustment. Marital adjustment of husband and wife correlated at 0.50.

Clark (1990) examined the emotional adjustment in marriage. The researcher aims at increasing human happiness by contributing further truths upon which a satisfactory adjustment to the sex side of marriage may be based on the results that show the positive relation between emotional adjustment and marital adjustment.
Allport (1992) shows that maturity is achieved in part through marriage during which the need for affiliation with another achieves its adulthood. The marks of maturity are - an extended ego, a self objectification closely related to a sense of humour, and some sort of integrative philosophy of life. Stages of emotional maturation are outlined. It is suggested that regression to hedonistic self-seeking pleasure in marriage is a fatal blunder.

McNeir (1991) conducted the study to determine the relationship between psychological & emotional maturity and marital adjustment. The tools were administered to 310 married couples (Mean age 22.12 years). The result shows positive relation between psychological & emotional maturity and marital adjustment. Psychological and emotional maturity played a significant role on the whole in contributing to marital adjustment.

Tiden (1990) has made an effort to check any intervention effects predicting marital adjustment with level of object relations, romantic love and emotional maturity. The obtained result indicates that there isn’t any correlation between romanticism and emotional maturity but there is a high correlation between emotional maturity and marital adjustment.
2.2 Studies on Locus of Control:

Since its inception, the concept of internal-external control has proved to be highly useful personality dimension for understanding the role of reinforcement in wide variety of behaviour situations. A brief examination of the literature regarding the locus of control construct postulated by Rotter (1966) shows that the categorization of people in terms of internal-external control orientations can add explanatory richness to other forms of social and psychological differentiations. Locus of control has been very much meaningfully related to a number of constructs, such as academic achievement (Massari & Rosenblum, 1972; Messer, 1972; Wu Wu-tien, 1975; Gorden, 1977; Otten, 1977); anxiety and maladjustment (Farley & Mealica, 1972; Hjelle, 1976; Hanson, 1977; Archer, 1979); need for achievement (Crandall, Katkovsky, & Crandall, 1965); Sex (Lao, Chuang & Yang, 1977; Parsons & Schneider, 1974, Murray & Mednick, 1975; Hiers & Heckel, 1977); sex-role orientation (Brehony & Geller, 1981); and socioeconomic status (Battle & Rotter, 1972).

Locus of control is being investigated in relation to such performance variables as learning, creative thinking, achievement drive and alcoholism, and such demographic variables as age, sex, socioeconomic level, and ethnic identification (Anastasi, 1988).
A study on school children reported a significant positive relation between external locus of control and depression, and a significant negative relation between both variables and academic achievement (Tesiny, Lefkowitz, & Gordon, 1980).

In a review, Maselli & Altrochhi (1969) have stated the importance of internal-external control in the area of interpersonal attribution.

Locus of control has been found to affect the degree of adjustment of an individual. Earley and Mealica (1972) and Hung Ya-Yih (1975) have reported external locus of control to be related to adjustment.

Teski, Archuri, and Lester (1980) found that elderly housewives who had never worked, had significantly stronger belief in external locus of control than housewives who had worked.

Blendose (1979) found that women with internal locus of control and greater will power, were more trusting, more imaginative, more sociable and more warm-hearted and had greater super ego strength than the external women.

Anxiety is a measure of maladjustment. Archer (1979) reviewing past research on the relationship between anxiety and locus
of control has summarized the findings. Locus of control and various measures of general trait anxiety were examined in 21 studies, of which 18 reported significant relationship between these two variables. Archer (1979) has reported also that seven of ten studies had shown higher test anxiety to be significantly supported Rotter's contention that internality was associated with indices of personal adjustment.

Conservatism in attitudes was also found to be significantly related to locus of control. Tseng (1970) reported that internal college women were more conservative in their attitude.

Locus of control has also been found to be useful in understanding individual differences in organizational behaviour. Derakhashani (1977) reported a significant relationship between I-E locus of control and job satisfaction in Iranian sample of 230. A longitudinal study of a representative national sample of 3000 adult men of U.S.A. found that locus of control was significantly related to indices of occupational success (Andrisani & Nestel, 1976). In the same investigation, there was also evidence that success in the occupational world itself enhances the expectancy of internal control.

Some researchers have also tried to seek relationship between locus of control and sex-role orientation. Brehany and Geller
(1981) and Gonzalez and Williams (1981) found that androgynous persons were more internal in locus of control than feminine individuals. A link between external locus of control and traditional sex-role socialization has been suggested for American women (Deaux & Emsweller, 1974).

Sex differences in the locus of control scores also emerged with men showing internality and women showing more externality (Bhogle and Murthy, 1988).

Murthy (1984) has attempted to find the psychological correlates of locus of control as measured by the LOC Scale (Valecha et al., 1980), among 540 undergraduate college students of Bangalore university. The mean age of Ss was 19.25 years. All the students had an urban background with a minimum of 2 years stay in city and were single. Seven questionnaires were administered. Correlations were calculated for the demographic variables. The following conclusions were drawn:

1. There was significant sex difference, with the girls showing greater externality.
2. With reference to level of achievement, high achievers were found to be internal.
3. There was a significant negative relationship between achievement and locus of control indicating that the
more internally oriented the individual was, higher was his/her achievement.

4. The higher the score on the I-E scale, the greater was the maladjustment indicated by three measures - anxiety, neuroticism and the psychological morbidity scores.

5. The Ss who had internal locus of control were more radical i.e., less conservative in their attitudes.

6. An affiliation and extraversion did not yield significant results.

7. Faculty of study differentiated locus of control scores at 0.05 level of significance. The students from Arts & commerce faculties had higher scores indicating externality and the students from the faculty of medicine had the lowest scores indicating internality.

8. As concerning the religion of Ss, Christians were high on internal control and differed significantly from both Hindus and Muslims in their orientations. Muslims were the most external in LOC orientation.

9. The Ss belonging to lower socioeconomic status had greater externality.

10. The Ss whose mother were gainfully employed outside the house, had significantly lower locus of control scores indicating internality.

11. The demographic variables of number of siblings and birth order yielded non-significant results.
In short, the findings of Row & Murthy (1984) depict externals, in contrast to internals, as being relatively anxious, more psychologically morbid and neurotic, with low achievement, more conservative, with low level of strata and with mothers who were not gainfully employed.

Husain & Grag (1985) studied 68 Hindu married couples residing in different localities of Aligarh city using the Miller Martial Locus of Control (MMLOC) Scale (Miller, Lefcourt & Ware, 1983). Point biserial correlation was calculated to determine the relationship between the scores of husbands and wives on MMLOC Scale. The analysis indicated a significant positive relationship. The finding supported the similarity hypothesis, suggesting that similarity of personality is a characteristic of happily married couples. The results obtained seem to be promising and the MMLOC appears to be a viable measure to investigate the role of locus of control in the marital relationship.

Gupta and Husain (1989) have studied the relationship between marital locus of control and approval motivation among 60 working and 60 conventional married couples drawn from different localities of Aligarh city. The data analysis by means of Person Product Moment Correlation revealed significant positive relationship between the two variables among working
wives, non-working wives and conventional couples. No significant relationship was found among husbands of working couples, nonworking wives and working couples. It was also found that on the correlation between marital locus of control and approval motive, significant differences existed between working husbands and working wives (Z=3.50, p<.01), working husbands and nonworking wives (Z=4.55, p>.01) and working couples and conventional couples (Z=4.50, p<.01).

Mlott and Lira (1977) hypothesized that individuals in unstable marriages are more dogmatic, more externally controlled and evidence score dissimilarity in the motivating goals than those in stable marriages. Two groups of 22 married couples (designated married stable and married unstable, based on whether they had sought professional help for marital problems) were administered Rotter's Internal - External Locus of Control Scale along with other tests. Although results do not support any of the three hypotheses, it was concluded that wives in unstable marriages demonstrated greater external locus of control than their husbands.

Doherty (1981) investigated the relationship between spouse' individual expectancies of internal vs. external control of reinforcement and their level of marital dissatisfaction. A battery of tests, including Rotter's Internal-External Locus of Control Scale was administered to 86 newlyweds of 18-29
yrs old. The hypothesis based on Mlott and Lira's study (1977) that a marital pattern in which the wife was relatively more external and husbands more internal would be associated with high levels of marital dissatisfactions; was supported for wives but not for husbands, or spouse difference that is consistent with previous personality and marriage research. Additional data on self and other descriptions suggested that external wives may believe that their dependency needs are not being met sufficiently by their relatively more self-contained internal husbands.

Bugaighis et al., (1983) have studied the relationship between locus of control and marital satisfaction. In their study, older couples, 83 from rural and 96 from urban communities, completed measures of LOC and marital satisfaction. The findings indicated that the greater the internal LOC for the wife, the higher marital satisfaction.

2.3 Studies on Marital Adjustment of same caste and inter-caste couples:

Goodwin (1998) studied centrality, mutuality and hierarchy shifting aspects of inter-caste relationships in North India. She describes that the dominant western perspective on Indian Hindu society regards hierarchy as the sole ideology defining caste relations. Here, an alternative view is offered that
emphasizes the ritual aspects of the role of the dominant caste, particularly on prestation (gift-giving/receiving as 'payment' for ritual & agricultural services) patterns & 'jajmani' relationships. Data from the northern village of Pahansu (Saharanpur District, Uttar Pradesh) suggests that in both the rituals centrality of the dominant caste Gujar jajmans (Sacrificers) & the mutuality among village castes are more significant in social relations than the hierarchical pre-eminence of the Brahmans & to the service caste (Kamins) are shown to be fundamentally different in terms of their meaning, pragmatic implications & ritual functions.

Saxena (1995) reported a comparative study of personality adjustment and attitude towards marriage among college and university students. There were two questionnaires used: (1) a personality adjustment questionnaires - made in such a manner as to be suitable to Indians. Some questions from the Bell Adjustment Inventory being used; (2) a psycho-social questionnaire about attitude towards marriage, which was concerned with intercaste and incaste marriages, divorce, dowry and jewellery. The Ss were 120 male students at Banaras Hindu University, who could be classified into overlapping groups as follows: married, unmarried, graduates, non-graduates, olders and youngers. The married had the best adjustment and the youngers the least. Most of the Ss believed
that there wasn’t significant differences between inter-caste marriages and incaste marriages.

Bowerman (1981) studied adjustment in marriage: over all in specific areas like caste, spousal satisfaction, economical conditions and sexual relations. This study was based upon a sample of 102 couples from about education classes and PTA groups. Questionnaires were filled out independently by both husband and wife. Reports of the study indicate the degree of adjustment in 4 different areas of marital relationship. The result shows (1) There wasn’t significant difference between marital adjustment and caste. (2) There was a significant difference between spousal satisfaction and marital adjustment. (3) There was most significant difference between economical conditions and marital adjustment. (4) There was significant differences between sexual relations and marital adjustment.

Landis (1979) investigated the adjustment after intercaste marriage. There were 409 couples whose marriage had lasted for an average of 20 years and among whom there had been no divorces or separations, responded in a questionnaire study which attempted to determine (1) how much time is required after intercaste marriage for couples to arrive at adjustment in 6 different areas, and (2) the relationship between the time taken to adjust in the different areas and the happiness
of the intercaste marriage. Among the 22 findings reported are the following: The 6 areas listed in the order from most to least time required to adjust, were: sex relations, spending the family income, social activities and recreation, in-laws, religious activities, mutual friends. Many husbands and wives were disagreed as to that adjustment had been made. Approximately 25% of the couples had not achieved adjustment satisfactory to both in all six areas. With one exception, those married under 20 took longer to adjust than those married over 20. The sooner adjustment was to be considered happy. A larger percentage of the 94 couples did not adjust satisfactory by intercaste marriage.

Another study of Landis (1979a) is length of time required to achieve adjustment in incaste marriage. This is a report of a study of incaste married people designed to gain information on the number of months or years it takes to arrive at an adjustment in marital relationships in 6 areas. Nine hundred students were asked to send copies of a 4 page questionnaire to parents or friends with a request for anonymous, independent replies from each spouse. Less than 1% of the spouses in the 409 responding couples classified their messages as unhappy or very unhappy. Adjustment in sex relations required the most time, while associating with mutual friends the least time. The 4 other areas, spending family inward, social
activities and recreation, in-law relationships and religion in the home were ranked in that order with respect to time required for adjustment. There is a very close relationship between length of time to adjust in marriage and the happiness of the marriage. If the couples failed to work out adjustment in two or more areas, they classified their marriage as an average or unhappy.

Kumar and Dhyani (1996) examined the relationship between type of marriage, marital duration, and sexual satisfaction and adjustment in marriage. The sample comprised 240 educated, urban based married couples aged 25-50 years who had been married at least one year. 120 Ss had entered an arranged marriage and 120 had entered a love marriage. A 2 x 2 x 2 factorial design was used with type of marriage (love or arranged), marital duration (less than 10 yrs or more than 10 yrs), and sexual satisfaction (high or low) as independent variables and marital adjustment as the dependent variable. Results show that sexual satisfaction contributed significantly to marital adjustment. The other two factors, type of marriage and marital duration did not show any meaningful relationship with marital adjustment. However, type of marriage in combination with marital duration did affect these Ss' adjustment in marriage. Arranged marriages were mostly same caste marriages whereas love marriages were mostly intercaste marriages.
Gupta and Singh (1982) conducted an exploratory study of love and liking and type of marriages. They examined the effect of type of marriage (same caste and intercaste), duration and sex on love and liking in 25 same caste and 25 intercaste couples. Ss were administered a love and liking scale. Results indicate that same caste and intercaste couples do not differ significantly on the love scale. Their scores were similar on the scale. On the liking scale, significant difference were found between sex only, as female had higher mean scores. Results are discussed in terms of social constraints and relationship dynamics.

Walsh and Taylor (1982) have done the research about understanding the Japanese marriages. They examined the influence of marriage type and role as: arranged (couples were wed as a result of prior arrangement) and love match (couples were wed as a results of romantic attraction). On the basis of socialization theory and empirical evidence, the authors argued that understanding along the interpersonal dimension of affiliation corresponded roughly to expressive role skills associated with the husband and that understanding along the interpersonal dimension of control corresponded roughly to instrumental role skills associated with the wife. It was hypothesized that (a) adjustment would be greater among love match than arranged couples; (b) understanding among husbands would excel that of wives along the dimension
of control and that understanding among wives would excel that of husbands along the dimension of affiliation and (c) differences in understanding would be more pronounced when both direction and magnitude of predicted actual values were taken into account. Data from 68 Japanese couples (aged 22-64 yrs), 43 self classified as arranged and 25 as love match support hypotheses (b) and (c) while data supporting hypothesis (a) were not statistically significant, they were in the predicted direction. That's why adjustment of love match couples and arranged couples were same.

Another researcher Fox (1985) had done his research in Ankara, Turkey on love match and arranged marriage in a modernizing nation. Reported results of a study suggests that the adoption of innovation on marriage patterns is greatest among modern segment of the Ankara population. It suggests that homogamy is as great among self selected as among kin selected spouses and the type of marriage has a small but independent relation between love match and arranged match couples according to modernization.

Thus, it can be summarized that most of the earlier studies are equivocal in their findings about the role of emotional maturity, marital locus of control and caste. All these studies have used old type simple randomized group design and analysed data by basic statistical techniques of either t-test if measurement is quantitative or by chi-square test if measured in number. Even in case of t-test they have cared less to
verify whether the numbers represent true numbers of ratio scales. Moreover, ignoring interactions, they have used t-test even in case of more than two variables. It is presumed that there have crept discrepancies in earlier findings perhaps because of all such considerations.

In view of this, the present investigator has tried to be more careful and cautious to improve her study by taking all precautions to control extraneous variance to maximize experimental variance and to minimize error variance where planning both at the stage of collection of data and analyzing data by using more adequate designs.

The next chapters discuss such procedures and results.

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