CHAPTER VI

SUMMARY AND SUGGESTIONS
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INTRODUCTION

The concept of emotional maturity has not received a great deal of explicit attention in the literature. Kalpan and Baron (1985) elaborate the characteristics of an emotionally mature person, say that he has the capacity to withstand delay in satisfaction of needs. He has the ability to tolerate a reasonable amount of frustration. He believes in long term planning and is capable of delaying or revising his expectations in terms of demands of situations, as emotionally mature child has the capacity to make effective adjustment with himself, members of his family, his peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully.

Another important concept that has been recently investigated in this related area of personality development of individuals has been the role of locus of control (Rotter, 1966). Since the advent of Rotter's social learning theory, locus of control has been introduced as a useful concept for research. As operationally defined by Rotter, Locus of control is a generalized expectancy that one's outcomes are continent more on one's own efforts or on stable personality characteristics (i.e., internal locus of control) or more on outside forces, such as luck, fate, chance or other external powerful factors (i.e., external locus of control), which
one accepts and yields to. It is said that personality development or adjustment is influenced by such type of locus of control or tendency of the individual in general. Recent studies of locus of control have however, advocated the use of situation specific locus of control measures (Rather than generalized expectancy) for obtaining higher magnitude predictions of specific behaviour. Miller, Lefcourt and Ware (1983) have thus developed Miller Marital locus of control (MMLOC) scale for better understanding of the role of locus of control in marriage adjustment and marital satisfaction.

Now a days more persons turn to love marriage and intercaste marriage in the society. Because of intercaste marriage, there occurs several questions of adjustment as well. The present study also deals with the question: Is there any relation between the caste and marital adjustment?

In short, the investigator aimed to study the problem of marital adjustment primarily as a function of emotional maturity, marital locus of control and caste level status. The attempt has been made in this investigation to study the role of these variables in marriage adjustment, while using more refined experimental design and statistical techniques for better control.

6.1 Objectives of the study:
As the title reads, the main problem under study has been: "The effects of emotional maturity and marital locus of control on the marital adjustment of same caste and inter caste couples." In
other words, the present study has been undertaken by the investigator mainly with primary aim to examine the emotional maturity concept to understand clearly the extremely stable (ES), moderately stable (MS), unstable (U) and extremely unstable (EU) personality with marital adjustment (Singh and Bhargava, 1984). Additionally, the investigation aims to study the role of marital locus of control (as specified by Miller, Lefcourt & Ware, 1983) on marriage adjustment of same caste & inter caste couples. Thus, an attempt has been made in this present investigation to examine the relationship between marital adjustment or satisfaction on one side and emotional maturity (Singh & Bhargava), marital locus of control (Miller et. al.) and caste level status of couples on the other.

Thus, the specific objectives of the present study have been:

1. To examine the contribution of emotional maturity to marital adjustment.

2. To investigate the influence of marital locus of control in marital adjustment.

3. To know whether type of marriage (same caste or inter caste) makes any difference in extent of marital adjustment of couples.

In order to examine scientifically and methodologically the above objectives, various hypotheses, both null and alternate, with respect to above three objectives were formulated for statistical
testing and verification of the role of significance of difference between the levels of these three variables, viz., emotional maturity (EM), marital locus of control (MLOC) and marriage type (SC or IC).

6.2 Variables:

6.2.1 Independent Variables:

As observed from above mentioned objectives, the main independent variables manipulated at different levels (categories) in order to study the differences among the varied levels of these variables are:

1. Emotional maturity categorized into four types, viz., extremely stable (ES), moderately stable (MS), unstable (U) and extremely unstable (EU), as understood in Singh & Bhargava's terminology.

2. Marital locus of control, classified into two types, viz., External (ELOC) and Internal (ILCC) locus of control.

3. Type of marriage, varied at two levels, viz., same caste (SC) and intercaste (IC) couples.

6.2.2 Dependent Variable:

Marital adjustment as measured or scored on Marital Adjustment Questionnaire (Kumar & Rohatgi, 1987) obviously formed the dependent variable. The marriage adjustment score of both husband and wife is computed jointly for the couple as per scoring key of the test authors, it is termed as MAQ-C score for couples. This score serves as dependent variable.
6.2.3 Control Variables:
All the other independent variables (except above three actually varied for study) that are likely to influence the dependent variable of marriage adjustment have been deemed to be control or constant variables, educational levels, educational differences, community, economical background, and so on. These have been thought of to be constant or controlled through random sampling from a wider population or kept purposefully to be constant while selecting the subjects only from specific group of caste, culture, etc. so that on an average, the influence of any such variable is negated or makes no difference in the total scores of subjects randomly selected within the specific group.

6.3 Experimental Design:
In order to study the main as well as interaction effects of all these three independent variables or factors on the dependent variable, and also for the purpose of better control of these variables at different levels during the process of collection and analysis of data, looking to the purpose, convenience and availability of sufficient number of subjects in each cell or subgroup of the design. Ideally, to study all three independent variables at a time, the most appropriate design would be a three factor factorial design formed by three factors, viz., EM x LOC x CASTE, with different levels of each, all at a time in the same design.
Thus, the design actually used in the present study for analysis of data to examine the contribution or role of various independent variables were: EM x LOC x CASTE (4 x 2 x 2).

6.4 Sample:
For the purpose of the study, a sample consisted of 960 individual subjects i.e., 480 couples (Husbands & their wives), equal number of subjects thus: ELOC group of 240 and ILOC group of 240 couples, similarly, marriage type group of same caste couples 240 and intercaste couples 240, so also EM Groups: ES group of 120, MS group of 120, U group of 120 and EU group of 120 couples. Each variable under study having a total number of 480 couples, as 960 subjects.

6.5 Tools:
Following tests were used in order to collect data on variables needed for study.

1. The Emotional Maturity Scale (Singh and Bhargava, 1984) with 48 items, 10 items measuring emotional unstability, 10 items measuring emotional regression, 10 items measuring social maladjustment, 10 items measuring personality disintegration and 8 items measuring lack of independence, to be responded on five-point scale, adapted in Gujarati from Emotional Maturity Scale (English).

2. Miller Marital Locus of Control Scale (Miller, Lefcourt, and
Ware, 1983) with 44 items on six-point scale, adapted in Gujarati (Contractor, 2003).

3. Marital Adjustment Questionnaire of Pramodkumar and Rohtgi (1987) with 25 items on two point scale adapted in Gujarati.

6.6 Procedure:
Each of 960 subjects under the study was administered individually and separately at his / her convenient time each of the three tests with the help of some research assistants, after establishing rapport, taking into confidence the subjects, as it was essential to collect data on such touchy issue especially of marriage adjustment. It took about an hour and a half, somewhat lengthy process demanding time and patience.

Later on, their responses on each of the tests were scored as per scoring key. On the basis of the scores on the EMS (Singh & Bhargava, 1984) each of the subjects was assigned emotional maturity score. Subjects were classified into four groups, viz., extremely stable (ES), moderately stable (MS), unstable (U) and extremely unstable (EU).

Similarly, on the basis of MLOC scores, subjects were classified as external -LOC group and internal LOC group, as per scoring key on such items specified as external or internal trend. Again, subjects were labeled as same caste (SC) and inter caste (IC) groups.
Finally, they were scored on dependent variable of marriage adjustment (MAQ-C scores) as shown in scoring key.

Thus, either on the basis of test scores or from background information of subjects, all subjects were assigned to corresponding group or level of each of three independent variables, and their scores on marriage adjustment (dependent variable) were statistically analysed to study their role in marital adjustment.

6.7 **Statistical Analysis** :

The scores on marital adjustment scale of 960 subjects, i.e., MAQ scores of 480 couples jointly, i.e. MAQ-C score of each group formed by experimental design were subjected to adequate statistical technique of analysis of variance (ANOVA) in order to study the main as well as interaction effects of the variables involved in the design. Further, in case where the independent variables played a significant role in contributing to marriage adjustment i.e., where main or interaction effects were significant, the means of subgroups of each variable in main or in interaction groups were further statistically analysed by Least Significant Difference (LSD) test (an extension of t-test based directly on MSS error in ANOVA table) in order to examine the significance of differences between any two specific means in pairs, i.e. the simple effect or the effect of any one level of one variable at any one level of other variable.
6.8 Results and Discussion:
All the Results obtained by application of different statistical tests of significance have been summarized in adequate tables, illustrated in appropriate graphs where necessary, and discussed in details in the main body of the thesis, while pointing out their significance, relevance and implications or critical observations, comparing with or quoting findings from other at the same time also relevant studies reviewed. Such discussion forms the main bulk of the thesis.

6.9 Conclusion:
The main findings in general, as based on the present investigation, are summarized below:

1. Emotional maturity, as conceptualized by Singh & Bhargava, (1984) played a significant role in contributing to marital adjustment; Extremely stable type groups comparatively showed maximum marriage adjustment confirming the findings by others; Moderately stable typed being the next best and unstable the least to marital adjustment.

2. Marital locus of control was not a significant factor to marital adjustment. External locus of control group showed higher marital adjustment in comparison to internal locus of control group.

3. Caste level status of couples was not a significant factor. Same caste couples showed higher marital adjustment in comparison to intercaste couples.
Adjustment itself is not always desirable ideal. Persons may be adjusted in one area and not in some other area. Concept of adjustment is also changes as the society progress. What was considered to be a good adjustment in the 90th century in the Indian society may not be considered a good adjustment in the 21st century Indian society. So adjustment is related to the history of society in which the individuals have to adjust. As society progresses, and as individuals become more independent in the choice of the life styles and goals the concept of adjustment will change accordingly. And the methods of measuring also change. All the instrument of psychology originating in the Western society may not have equal cross cultural values for other society. So a researcher has to take into account the society in which he or she applies the psychological tests and instruments. All the results may not tally cross-cultural values.

6.10 Limitations, Implications and Suggestions:
As it would be observed from the discussion of results of the present investigation that the study had its own limitations and constraints that would restrict the investigator to draw inferences and generalizations beyond certain point of satisfaction and certainty or would guarantee the inferences in all circumstances. Such restrictions stem first from the failure to have sufficient or comparable number of subjects in each cell of a three factor factorial design needed to study adequately main and interaction
effects of all three factors at a time under one study. No-doubt, the use of such design even if adopted would make the analysis and interpretation of results very complex and difficult for common and practical understanding though theoretically easy and possible for computer processing.

Next, undoubtedly all care has been taken to use more adequate and advanced design and more refined statistical procedures have been utilized in the present study in order to exert more control over extraneous variance and minimize error variance and yet, it is likely that a few least expected discrepancies might have crept in, that might be responsible for some errors even in the present valid and more accurate results, neither totally comparable with nor in full agreement with the general theory of Singh & Bhargava on emotional maturity or sometimes showing dissensions or departures from findings of other relevant contemporary studies.

The present study no doubt with its better control and methodology supports the theory about the emotional maturity of the subjects over other types of couples in marital adjustment as held by Singh & Bhargava (1984), when the present study reveals that the extremely stable group was most adjusted maritally. As observed also from the present study, it reveals that there is a significant difference between the extremely stable and the extremely unstable couples, that the extremely stable group was the best group. In view of
this, it is suggested that future researchers gaining experience from the present as well as earlier studies should continue their efforts to arrive at more information and more accurate results by using still more refined designs and statistical procedures available to avoid the likely error and also taking in consideration or planning beforehand a larger sample or sufficient number of subjects in cells or sub-groups of a larger design.

Perhaps such discrepancy in the result might be due to use of less efficient tool to measure MAQ-C. Hence equally important suggestion is that every future researcher in this area should take maximum care to use most reliable and valid tool to measure marital adjustment. The investigator has not been very happy with the inconsistent result about MAQ-C in some cases derived from the use of marital adjustment inventory. Perhaps a more efficient tool of marital adjustment or more adequate procedures of scoring marital adjustment of couple score MAQ-C would have helped in arriving at more useful inferences.

It would be more interesting study if the married couples with various possible combinations of emotional maturity are studied in relation to marital adjustment, e.g., husband extremely stable and wife moderately stable and wife extremely stable and husband unstable and husband extremely unstable or wife extremely unstable or wife extremely stable and husband unstable, etc.
It would also be interesting to study marital adjustment of couples with combinations of MLOC orientation, viz., husband internal and wife external or husband external and wife internal.

Anyway, there being comparatively fewer studies in our Indian context and culture in area of newer approach to emotional maturity and marital adjustment, further research needs to be pursued in context of our culture with more careful methodology to compare the results of the western culture with those in our eastern culture.

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