

How to Overcome Hurdles of Marital Adjustment and Enrich Happiness

Rita Jha

Abstract:- The present study was attempt to understand marital adjustment and psychological well-being among and employed couples. Today, marital adjustment is a big problem due to gender-equality, individual freedom, economic independence and the desire for the stylish life. The participants were 50 dual employed couples selected from Hajipur (district Vaishali) in Bihar. The couples were administered Marital Adjustment Inventory and the psychology wellbeing scale. The results revealed a significant relationship between marital adjustment and psychology wellbeing, especially in the areas of hurdles of marital adjustment and enrich happiness. I really find this aspect can be brought into consideration with absolutely new approaches and interesting comparisons can be made by picking various forms within this genre. For example, we can bring the child prodigy and marital health in an analytical enlightenment and the thematic correction with regards to psychological relationship between the former and the later. The distinctive opinion between the compositions of my area of interest shall be glorified in my work).

I. INTRODUCTION

The current article was written about the difficulty faced by the couples who had leads their marital life between 5 to 15 years. In this article, the causes of marital adjustment had been discussed, their effects on marital life and the growth of children and their better society, some remedial suggestion and tips to avoid unhealthy environment due to maladjustment between couples, some do's and don'ts and the result after adopting the remedial steps for improving the marital life successfully. Some burning issues had been also armed to aware the couples like Dowry menace, Temperamental incompatibility and educational influences to make the familiar life healthy and eco-friendly with the society.

➤ Ease of use:-

Main purpose of the study is that-

- To study and compare adjustment between couples of 5 years marital life and 15 years and above marital life for the marital adjustment questionnaire (MAQ) developed by me and my father Dr. M.L. Jha was used.
- To study and compare psychological well-being sub scale physical, mental, social, spiritual and emotional between couples of 5 years marital life and 15 years and above marital life for the well-being scale developed by me and my father Dr. M.L. Jha who used. For the present study random sampling technique was used for the selection of participants. The sample consisted of 50 couples (25 couples of 5 years marital life and 25 couples of 15 years and above

marital life). Sample was taken from different areas of Hajipur (Vaishali district). Result of this study is significant difference between couples of 5 years marital life and 15 years and above marital life with regard to adjustment and their remedies that how to overcome hurdles of marital adjustment and some suggestion to make the marital relationship fruitful and healthy.

The subject is recurrent as it points the bleak and bizarre realities by accepting the adjustment by women at every Endeavour she has to make to the very roots of the present societal installment. I do want to improve like effects of quality of “feminism” as my area of research called “maladjustment”.

A. Basic differences and multiple pressures

Matrimonial relationships are closely concerned with certain needs, motives and expectation of the household members who differ in degrees and variety. Each person has different expectations from the newly-wedded wife whose duties are presumed to be innumerable and indefinite, while she has no previous knowledge or experience of any of them. Her husband wants her to accompany a party. Picnic, cinema or shopping, her mother-in-law desires to be relieved of all the household responsibilities, others may want her to give birth to a son at the earliest whereas she might have her own plans of career- making. And above all these, she is not supposed to ignore the domestic responsibilities and/or be careless towards her submissive and respectful conduct and behavior, so why she makes various efforts- trials and errors – some of which actually need further adjustments.

Thus, after marriage in the new environment, a wife confronts greater pressures of obligation and adjustment towards different members and situation compared to those faced by her husband's. Normally, she is required to be more submissive, more soft- spoken and more tolerant than her husbands who is often more articulate, more aggressive and more dominant. For such reasons, perhaps, she suffers more at the instance of her husband than vice- versa, especially, when her husband is away on some business or for certain reasons and she has none to ventilate her inner feeling, discomforts or even genuine problems.

➤ *Marital Hard less:-* After marriage, an humble wife is surrounded by triple responsibilities : household (i.e. – kitchen) career selected and that of child bearing and rearing after motherhood. In addition she is expected to be respectful to elders, submissive and even ready to serve every member of the family as desired. And in return she

just gets food, clothes and shelter. That too, not necessarily of her liking but as other wish.

➤ *In few avenues etc:-* On the other hand, a wife considers her husband as her legal provider and also claims her authority on her own individual earning. But if the husband wishes her to share the family budget, if the circumstances so demand such assumptions and counter wishes may prime facie insignificant, yet in reality all these might lead anyone to unfortunate consequences. However, no set rules can be prescribed for either spouse for each and every situation, except sympathetic, consideration cooperative view points and mutual adjustment.

B. Initial lapses

At times, initial lapses of match-making efforts ignore or overlook the compatibility factors, so very important for a happy marriage. For lack of maturity or/and undue influence of infatuation, the concept of “love-at-first-sight” based on mere attractive looks and pleasant gossips of the girl on the part of the male, and white-collared lucrative career or flourishing business of the boy to satisfy mundane pleasures on the part of the female, may be quite ill-conceived, self-deceiving and misleading. But then, contrarily, to profess that all “arranged marriages” always result in happy and successful marriages, may also be equally wrong and fallacious. Similarly, any marriage materialized under the parental pressure against the will of the boy or the girl may prove to be a failure from the very first meeting. Likewise, any disagreement with or rejection or the ward’s choice by either parents, just because of any caste, province, status or dowry, may also deprive the couple of the mutual satisfaction and happiness.

C. Dowry menace

Dowry menace still persists in certain segments of our society. Several suitable matches either do not materialize or are broken for one’s inability to pay the desired dowry amount/demands of the boy’s party, with the result several young fair and beautiful girls may be forced to get married with relatively older, less-educated or unsuitable persons – even widowers or divorcees, while rich parents can easily push their less educated, less meritorious and less beautiful girls in nuptial bond to the highly placed, well-educated and handsome boys.

Again, if dowry is given under force, the wife may dominate to control the affairs of new house, but if the in-laws feels dissatisfied with the dowry, their constant pricking of the daughter-in-law may lead to cruelty or even worse, her such atrocities and tortures, she may be forced to lodge complaints with the police, resulting in harsh and inimical relationship or else, she may have to return to her parents for shelter and safety. Such a harassed wife is apt to take revenge in future, as mother-in-law, and perpetuate the family fraction. Thus, the family atmosphere gets badly polluted and disturbed by fault-finding habit on whimsical grounds. Exchange of hot words, unreasonable prejudices and misunderstanding may, at times,

result in beating, burning, even attempts to murder or suicide under frustrations. Seeing no remedy, she may quit at her own or seek parental help, or else choose to search some job sustain her. On refusal to get parental shelter due to social apathy and disapproval, even when her troubles and needs are genuine, especially, when she has any dependent infants, her plight is really multiplied. Her life is doomed if her husband too is against her and takes his mother’s side. Under such helpless circumstances, she might run away, fall into some anti-social hands, resort to prostitution or even commit suicide. Thus, dowry not only creates mismatching but also hell for her life.

D. In-law’s unwanted interference

Some parents mostly orthodox, conservative and rule-based, due to their divergent views and inter-generational gaps, disturb the conjugal relation of their wards by their unwanted or deliberate interferences. Some may be eager to have a son despite having several daughters already. Other consider sheer wastage and extravagance, if the modern couples spend on cosmetics, fast-food, soft-drinks, or other ego-satisfying and pleasure-giving items or wants. Such confrontations, if prolonged, may give rise to the break-up from the joint family.

Even though some are well-aware of the differences between the filial and conjugal love (or one’s blood relation), yet they may poison the couples ears by repeating the shortcomings of the other or the family, thereby trying in vain to disunite from each other. It may be difficult for a wife to get along with such in-laws who may be aged or infirm, and hence, much more difficult for the husband to break his relations when they need his attention must at their fag end.

E. Growing trend towards nuclear family

Modern thoughts of individual freedom and democratic equality have greatly influenced the couple today towards a nuclear family, So as to evade sharing with the joint family budget and allied liabilities, being higher than their own. In a joint family, they cannot avail greater comforts and better facilities for themselves and their children. Moreover, uncalled-for interferences by in-laws and elders and petty differences leading to exchange of hot words, especially, among the brothers’ wives, may cause unwanted prejudices and jealousy, aggravating the situation further. Opposed to this, when a career wife gives birth to a baby, the couple may realize the need of the joint family’s help for some months, since an alternate arrangement of a crèche or maid servant may not be a good substitute for the baby care and household affairs.

F. Temperamental incompatibility

The temperamental compatibility is most desire element. If the two spouses are basically incompatible, the chances to hold them to live together under the same roof may be quite bleak. Even the sexual attraction gradually weans since their clashing temperaments reflect jealousy, neglect, accusations, self-contradictions and insistence on living one’s own ways.

Jealousy and suspicions are two grave dangers as already discussed which can ruin one's marriage quickly. The former arises due to one's strong comparative feelings while the latter develops when a spouse hides facts from the other, misrepresents to the other, tells white lies, contacts stealthily with others of the opposite sex, lacks confidence or indulges in conjugal infidelity. A husband, on the contrary, may feel jealous of her higher post or greater emoluments compared to his own, whereas the little smile at someone of the opposite sex in some social gathering might cause suspicion, difficult to be washed off from the wife's mind. Likewise, (nagging and pouting are the other two threats to conjugal happiness and peace. A nagger often complains to the others, scolding about something, rather trying to help solve the matter amicably and thereby avoid bitterness, annoyance and quarrels. A pouter, generally, a wife, on the contrary turns to sullen silence, rather stating grievances frankly – a situation quite difficult to deal with. She thinks herself to be misunderstood, unappreciated and ill-treated. Generally, she retreats into a closed world of her own, resorting to silence to show her displeasure.

Marital strifes are also caused by certain ill-habits and unwarranted anger. Complaints are brought frequently in the form of habits of speaking harsh, ill-tempered, mean, sarcastic and belittle words or behavior. Anger begets anger. It shows one's stubbornness and adamant resistance to the voice of reason and quarrels to defend one's vanity. Some persons learn to control their anger, but others cannot be strong-headed. All such matter lead to communication gaps an awkward and ridiculous situation – rather be “willing to clarify their misunderstanding”. Each waits for the other to break the ice – make the first move- towards reconciliation.

G. Educational influences

Education has greatly influenced the thinking and behavior- patterns of women, who now think independently about their individual identity and status in the society. It has instilled in them the new concept of gender- equality and competitive feelings; rather complementary role in the family life. Besides, it has also opened many new avenues of better work – participation, leading to self-development, social reconstruction and national prosperity. She now denies any undue supremacy or dominance of the men folk on her. It has dispelled her orthodox and irrational beliefs about unreasonable traditions in vogue for long. She has enhanced her capability in respect of better childcare and a more satisfying married life. Now, she is more assertive and better-secured than in the past. But, despite all the above benefits, education has certainly given rise to certain serious problems of inter-spousal adjustment, particularly related to the concepts of equality and individual freedoms.

H. Gender- Equality and Practice Vs Reciprocal Freedom

It may sound strange though quite true otherwise that “greater the equality between the two spouses with respect to age, education, occupation, physical and mental aspects, higher would be the chances of frictions, i.e.,” adjustments

problems between them”. Each may himself or herself show superior to other, rather complimentary cooperative and submissive in their respective altitudes and role-behavior. Such an unhealthy rivalry or competition may spoil their conjugal happiness and disturb their mental peace. Contrarily, if a husband is really superior to wife, chances of complimentary adjustment and happy inter-dependent spousal relations may be quite higher.

The very concept of equality may raise some new adjustment problems as well. If a wife is on a higher post or getting higher salary and perks, the husbands is apt to suffer inferiority complex and inner conflicts, since he considers her as subsidiary to meet the family income better. As such, if she tends to play a superior or dominant role in the household matters and decisions, the society does not approve assuming it as a reverse role. The husband, besides this, may also feel that her outside engagements deprive him and the children of the requisite comforts and facilities of a routine home life which otherwise they could avail and enjoy. Though, he forgets to realize about the triple responsibilities, viz., household chores, child-rearing and career, which create discomforts and enhance her adjustment problems more particularly if her husband's help and maid-servants facilities are almost wanting or nil.

The impact of educational gains on a wife is not only greater opportunities of better career but it also raises in her the desire for economic independence and freedom to spend her earning as she wishes, because she assumes that the household liability of expenses is exclusively of the husband. Hence, she cares a little about any inconvenience caused in meeting the household obligations. Obviously this creates new adjustment problems and inter-spousal differences as to who, how much and on what items would/should spend one's individual income, especially, when any crises emerges in the family to meet any unexpected liability. In the event of failing to sort out such differences amicably or to reach any reconciliation, the husband may compel her to give up the career, while she refuses or is unwilling to do so, having once tasted the fruits of economic independence, and thereby greater enjoyment and higher satisfaction. Her refusal on the basis of equality may be justified, but then on the very basis of equality principle, her husband too may require to share the family expenses equally. Thus, each may stick to adamant attitude (stand) and aggravate mutual differences further.

I. Occupational compulsion

Certain occupation (like military, medical, police, marketing, salesmanship, or touring), which involve persons of opposite sex or else long separation from the family, snatch the spousal company and disorganize their family bond, so very essential for a happy home. Such persons fail to give sufficient time and attention to their family responsibilities. Though, certain public and foreign services do require the couples together so as to give better impression and make the social calls more useful, yet dance, drinks and private meeting with the opposite sex, are still not liked by a wife, even

socially disapproved in our Indian culture. No gain-saying the fact that such persons, due to their long separation, are sex-starved and so are likely to fall prey to the extra marital affairs.

J. Sex maladjustment

Sex-related matters bear intimate concern and reciprocal satisfaction, and hence play very important role in the conjugal life. However, in the event of any sexual incompetency, strain and tension, frictions and heartache, apathy and indifferences, however, cautiously repressed or hidden by either, get exposed in the shape or repercussions or maladjustment, which need to be removed soon.

According to the general experience, in the initial stage of honeymoon, either spouse (often the male) is more aggressive than the other (wife), who submits to cooperate willingly or otherwise as a sacred duty, disregard of her mood or desire. The male is often indifferent or cares a little about the readiness or actual sexual satisfaction. Such dissimilar occasions give greater jolts to wife's sentiments and cause her much heartache after cohabitation. Frequency of sexual indulgence slows down from the maximum, on the first night of the honeymoon, to an average in a year or so, after the first delivery. Just as disproportionate frequency of cohabitation aggravates the adjustment problems, so also the excessive frequency, results in unwanted deliveries and tell upon health, likewise, greater the frigidity or impotence, compared to that of the other spouse, higher are the chances of mal-adjustment, which in turn, reduces one's love and confidence for the other, besides showing infidelity.

However, to make a perfect adjustment of this intimate inter-spousal relationship and strong sex-urge is quite difficult, except by properly regulating the sexual act to achieve the reciprocal pleasure by adopting the right attitude and technique from the very beginning through frankness and mutual cooperation.

K. Extra-marital Relations

After having any past love affairs, and unwilling marriage may lead to suppression of inner conflicts that might force one to play double roles, to failure to discharge one's spousal obligations and to fulfill emotional and biological demands faithfully. This may result in abnormal or psychotic problems. The husband may resort to addiction escapism or prostitution, whereas the wife may elope with her paramour. In extreme cases, the whole matter may end in separation (factual/or legal), divorce, suicide or murder of either spouse.

In metro cities, some persons belonging to the modern affluent society, having weak character and love morality, get chances to mix with others of the opposite sex, in night clubs and other social meetings while in the name of social etiquettes, the vows of mutual fidelity are forgotten and the trust of the other spouse is undermined. Real problems arise when such persons resort to over-drinking and show irritable abusive and cruel behavior with their wives and children. This

may adversely affect their physical and mental health, besides disturbing peace, prosperity and happiness of the family life. At times, it also imbalances and adversely affects the work participation on the job. Over-drinking, as a habit, leads to unnecessary and excessive expenses and borrowing and gambling, resulting in the family disorganization.

In cases of triangular love and extra-marital relation, dangers of catching HIV, birth of illegitimate child, and worse, even murder in connivance with one's paramour cannot be totally ruled out.

L. children's Welfare at Stake

Marital disorders adversely affect not only inter-spousal relations but also the personality development of the children. The strained relations often, lead to separation or divorce, in which case only court is competent to determine the custody of children with either spouse on the basis of real welfare. The visits by the deprived spouse are also decided by the court so as to rectify the emotional bond. Each spouse becomes inimical and revengeful, especially, the one having the legal custody. The children may be unduly tutored or tortured. Thus, the mental, physical and emotional health of the children during the separation period of the spouse is of course, apt to be undermined.

It is often presumed that, apart from happy family educational and cultural background of the spouses, factors which contribute to marital adjustment are similarity in personal characteristics say, age, attitude, interest and general habits are equally important factor contributive to marital adjustment.

M. Some Remedial Suggestion

The above discussion related to marital adjustment and happiness suggest that the origin of all estrangements, separation and divorces, lie in some sort disagreement or differences between the two spouses. It would be a mistake to think of a perfect equation between any two persons or else to find a perfectly congenial partner having similar moods, tastes and interests at all times, because human relations are quite dynamic varying with every events or situation. After the initial glamorous period of honeymoon, the spouses enter the world of real life. Each spouse begins to find some differences with the educational and cultural it is often by pressured there, apart from happy family backgrounds of the abuses, factors while contribute to marital adjustment, are similarity in herself characteristic, say, age attitude, intense and general habits are equally important factors, contributors to marital adjustment.

N. Some Do's and Don'ts:

To keep the marital bark from the rocks, it would be desirable to make conscious efforts and to form the right habits from the very beginning. Talk over the differences in a calm, friendly and affectionate way, share your grievances against each other in loving sympathy, and set them amicably before retiring rather passing the sleepless nights and brooding over the trivial.

Please note that troubles shared are troubles halved, troubles hidden are troubles doubled. So it is better for each to clarify the ill-feeling and doubts of injustice. It would constitute mental catharsis bring mental and emotional relief, and nip brooding complex in the bud, thus restoring the normal peace and healthy life.

To enrich the marital relations and happiness, following suggestions might be fruitful.

Conflict is a normal part of relationship. So, any disagreement what so ever, does not mean that one should not resort to “the effective ways of negotiating”. Actually, needs of man and woman to feel enriched are different to some extent. Hence, ask what your partner wants, state what you need, then fulfill these requests with enthusiasm. Be anxious to know other’s needs, dreams and desires, also express your own. Show your willingness to seek constructive suggestion and effective solutions in order to sustain healthy relations. After parenthood, spend more time with your wife in sharing in home work and baby care.

Stop trying to win over the other. Better concentrate on solutions. Some spouses when faced with differing views, gear up for battle, but usually both lose in the end.

Don’t shout ill-tempered angry words at other, as they tarnish the very harmony of your relationship. Don’t accuse or abuse other or try to be adamant rather say. “I am sorry”, “I was at fault”, “please forgive me”. The person who so utters first, proves him or her magnanimity to salvage the marriage and win greater victory.

Let all wives should bear to balance the pulls of home and work, while men should start giving up their one-dimensional life of work and related achievements so that they get more involved with the family.

Last, but not the least, find and/or spare some time for your relationship to talk, to love, to play and to enjoy life more gracefully and completely or solve your marital problems as below:-

II. TIPS

- Compromise with the situation is the only way. Unless the partners understand each other and are willing to cooperate, a peaceful married life is almost impossible. Both have to make concession and adjust themselves to the situation in order to lead a normal married life.
- When one of them fails to compromise, there is an unending unrest in the family. That is why these days several marriages are on the verge of breaking only after a few days to the marriage. Those who choose to pull on despite their unwillingness to compromise suffer throughout their married life and undergo untold mental tension, which at times makes them mentally disturbed.
- Those who continue to lead a life of frequent bickering even after having children cause irreparable damage to their kids as well for which the children suffer throughout their lives.

Unless the parents speak in one voice, children get confused and acquire unhealthy mental attitude such as becoming mischievous disobedient and short-tempered. They are deprived of love and affection as well, which in turn proves harmful for the society at large.

- Apart from the incompatibility, there several trivial issues. Popularity called “chhoti chhoti batein” which imperil peace of a family. For example, those living in a place like Delhi are hard-pressed on account of time. They have to adhere to a strict time schedule. Starting with the morning tea everything has to be done at a fixed time.
- A wife who fails to prepare breakfast and hand over the tiffin to her husband's in time causes avoidable difficulty and unpleasantness. An efficient housewife on the other hand, is always careful. How disturbing it is when at the nick of time a husband finds a button missing from his shirt or trousers.
- A common complaint by husbands is about unusually long time taken by the housewives in dressing themselves whenever they are to go to attend a party, function or ceremony. At times. The whole family is made to wait because the lady of the house is not yet ready. This creates unnecessary bitterness and annoyance.
- In exceptional circumstances, the husband should appreciate her genuine difficulties and bear with her patiently. In fact, very often house wives fix wrong priorities. Most of them want to complete their entire domestic work for the day before leaving. They keep on doing their work while the husbands continue to fret and fume all the time looking at their watch.
- Mostly we fail to learn from our past experience. Repetition of a mistake is bound to exhaust the patience of a most considerate husband or wife.
- Failure to cope with the needs of the changing times is another reason for creating disharmony in several middle class families. There are many educate housewives who do not know how to operate a saving bank account. How to send a registered letter, how to book a telegram or a money order etc.
- Still surprising is the fact that most of them have no inclination to learn at all. The working ladies are, at least better in this respect since they are exposed to different sorts of jobs and gain some useful experience.
- Absence of spirit of enquiry and reform is yet another significant reason that creates unhappy situation in family life. Very few seem to have either the inclination or time to find out what is wrong. Where and why. To analyze their difficulties and take remedial measures.

III. CONCLUSION

By far the most important factor in family life is the need to understand each other, be considerate cooperate and adjust. It would not only ensure stable and happy marriages but also create congenial environment for the healthy growth of children and a better society.

ABOUT THE AUTHOR

Rita jha is currently working as a principal in Vivekanand Mission Residential School in Aurangabad, Bihar. A research scholar obtained M.A and pursuing Ph.d Degree in Home science from Magadh University, graduated from Patna Women's College Patna (Bihar) and B.ed from Mirja Galib teacher's training college, Patna did family life education course from Marrie stops, London.

My areas of interest are not specific because our am still a learner who has just bounced her ways into real and_reality of "feminism". With regards to my recent discoveries or Dowry System, birth control, social adjustments, ethnic and religious tensions due to domestic violence, am finding myself leaning and slightly inclining towards the wide genre of "women Liberation and emancipation".

I have served many schools in Bihar and worked as teacher, school coordinator, Exam controller and Vice Principal. Teaching is my passion.

REFERENCES

- [1]. "Current Controversies in marriage and family" by Harold Feldman and Margaret Feldman (1985) Page No – 131 to 152.
- [2]. "Marriage research and conflict: an integrative review" psychological bulletin by Barry W.A. (1970) Page No – 41 - 54.
- [3]. "Power and satisfaction in marriage a review and critique" by GRAY-LITTLE B. and N. BURKS. (1983).
- [4]. Communication conflict and marriage by RAUSH H.L,W.A. BARRY, R.K. HERTEL and M.A. SWAIN. (1975) Page No–35 to 41.
- [5]. "The relative importance of identity status interview component" "Journal of youth and Adolescence by ROGOW A.M, J.E. MARCIA and B.R, SLU GOSKI (1983) (Page No – 387 to 400).
- [6]. "Why marriages succeed or fall "by John Gottman, PH.D (1994).