

## **TO STUDY THE EFFECT OF MARITAL ADJUSTMENT BETWEEN JOINT AND NUCLEAR FAMILY COUPLES**

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**ABSTRACT:-**The aim of this study was to examine the challenges in marriages, on the foundation of marital adjustment in between joint family couples and nuclear family couples. This research was empirical type which is further categorised as mixed type (dominating qualitative and followed by quantitative method). The sample consists of 60 couples from NCR. Which was further divided into two groups i.e. Couples from joint families and the couples from nuclear families, on whom, Marriage Adjustment Inventory (C.G Deshpande) were administered.

**KEYWORDS:-** Married Couples, Marriage Adjustment, Nuclear Family and Joint Family

**INTRODUCTION:-** Family considered to be the most essential part of a person's life. Every individual being taught about the importance of a family since their childhood days. Family systems consist of two types – joint family and nuclear family systems. Joint family - a type of extended family, which consists of parents, their children, spouses of the children and their offspring in one household. A nuclear family - composed of parents and their children. Both the joint and nuclear families have their own pros and cons. India is known for its cultural

diversity and thus, the joint family system is still prevalent in many parts of the country. But with the increase in urbanization, nuclear families are taking over the joint family systems. When compared to joint families, nuclear families many times feel better. They provide a peace and calm environment at home as quarrels occur very less. Every individual after coming from work requires a peaceful atmosphere at home. As they say - "small family, happy family." In joint families, Elderly parents get the support of children. Young parents get the help of their parents in raising their kids. Kids have the guidance and support of grandparents. Members of joint families suffer less from loneliness and depression. People raised in joint families can easily mingle with other people. It'll be very helpful in having an active social life. People learn the importance of adjustment from their childhood. As several families live together, where plenty of conflicts happen in sharing household work and financial responsibilities etc. This may affect relationships. Due to that less privacy for everyone in the family. In the case of decision making, it gets tough to reach a consensus because of the number of people involved. Earning members develops the feeling of being taken for granted by lazy members of the family.

People enter into a marital relationship for various reasons. They range from common ones like love, physical attraction, companionship, social expectations to base human desire to have children. Marriage - a long lasting dedication that has to be enriched with love and responsibility. Marriage requires adjustment in various aspects of life due to the newness of the relationship. In traditional Indian marriage, it's wives responsibilities who leave their family to become part of the husband's life and family. They came from very distinct environments and upbringings; they were expected to adapt themselves in the new place of their other half and in-laws. Moreover, husband and wife expect to make adaptations with each other in their regular life. The marital adjustment can be termed as the process where each partner in the marriage adapts to the new dynamics. They adapt to a new role in an attempt to complement each other. They act as a team forming a single unit. An important aspect of marital adjustment unify in various areas to collaborate on identifying shared interests and values. continue an open transmission line and encourage the feelings of each

other's conversation is assertive. "Shortly after 'tying the knot,' the new couple enters into marital adjustment where they will establish their place within the relationship and find their feet in the new life." One of the very essential and lasting connections between a male and a female known as marriage. More than a tradition and instead involves an emotional commitment that plays an essential role in one's life. Real milestone and a personal milestone in a person's life to select a good partner and then marriage. Most couples make efforts to acknowledge their better half and make accommodation to enhance each other in order to shape the marriage work. The greatest unconventional tough circumstances to go by way of it; anyone can learn many productive things from the arguments itself. Another important feature of marriage known as sexual adaptation of the couple, if they cannot please each other's sexual drives, then their marriage bound becomes unhappy. Secrets of a successful marriage, and what causes some marriages to fail has long been an exciting area of scientists and psychology researchers. In the early 1920s, an American psychiatrist Gilbert Hamilton , did investigate marital convenience by using 13 groups of questions with a sample size of two hundred men and women. The marital adjustment defined on the lines of an integration of a couple who married to form a blend in which the two discrete characteristics that not just combined, but they rather socialize to greet each other for common gratification and the accomplishment of standard purpose. The critical aspect of marital adaptation to gratification in the marital relationship. Extensive study on marital adjustment as a self - contained belief as it appropriate unconnected remuneration. Marital happiness can be characterized as a personalised existence by a spouse of feelings like pleasure contentment and joy when considering the marriage as a whole. Marital satisfaction formulated as a running continuity fluctuating from much contentment to much dissatisfaction. It can be clearly inferred that marital satisfaction could be an attitudinal variable, and hence applicable individually to each spouse.

**OBJECTIVES:-** This study has been conducted to study the effects of marital adjustment between joint and nuclear family couples.

**HYPOTHESIS:-** Hypothesis of the study is-

1. There will be no significant relationship among joint family couples and nuclear family couples on marital adjustment.
2. There will be no significant difference between couples married for 0-5 years and 6-10 years living in a joint family on marital adjustment.
3. There will be no significant difference between couples married for 0-5 years and 6-10 years living in a nuclear family on marital adjustment.

**RESEARCH METHODOLOGY:-**

**Sample:-**The sample consisted of 64 couples, collected with the help of Quota sampling. They were divided into two groups i.e. couples from joint family and couples from nuclear family. These couples are single working (only male is working).

**VARIABLES:-**

**a)Independent Variable-** i)Joint Family,  
ii) Nuclear Family

**b)Dependent Variable-** Marital Adjustment

**TOOLS:-**

**Marriage Adjustment Inventory:-** This test is designed by C.G. Despande. It has 25 items, 15 items are with rated statements, on a five point scale. The remaining 10 items are to be checked by the subjects on the five point scale of agreement-disagreement. It is made in two languages i.e. English and Marathi. This test takes around 35 minutes for administration. It helps to know the perceived adjustment of the individual spouse with his/her spouse and to measure the manual adjustment between the spouses, that is couples.

**RESULT:-**

**Table 1:-**

There will be no significant relationship among joint family couples and nuclear family couples on marital adjustment.

	Mean	S.D.	Pearson's Correlation	Level Of Significance
<b>Joint Family Couples</b>	9.72	49.87	0.825	Significant at 0.01
<b>Nuclear Family Couples</b>	9.71	51.14		

**Table 2:-**

There will be no significant difference between couples married for 0-5 years and 6-10 years living in a joint family on marital adjustment.

<b>Joint family</b>				
	Mean	S.D	T.-Test	Level of significance
<b>0-5 years</b>	49.59	6.693	-2.578	Significant at 0.05
<b>6-10 years</b>	50.15	12.271		

**Table 3:-**

There will be no significant difference between couples married for 0-5 years and 6-10 years living in a nuclear family on marital adjustment.

<b>Nuclear Family</b>				
	<b>Mean</b>	<b>S.D.</b>	<b>T- Test</b>	<b>Level of Significance</b>
<b>0-5 years</b>	52.62	10.49	14.272	Significant at 0.01
<b>6-10 years</b>	49.65	8.201		

**DISCUSSION:-**

Couples Married in joint family and nuclear family were found significant on marital adjustment

at the level of 0.01 For this total 64 samples were collected which is further divided into two groups joint families 32 samples and nuclear families 32 samples. Pearson's method was used for correlation, correlation value was found 0.825 as indicated in Table-1, which means there is no significant relationship among joint family couples and nuclear family couples on marital adjustment. **Hence Hypothesis 1 rejected.**

Couples married for 0-5 years and 6-10 years living in a joint family were found significant on marital adjustment. For this 32 samples were collected which is further divided into two groups 0-5 years of marriage and 6-10 years of marriage with 16 samples respectively. To evaluate these data T-Test has been used and the value obtained was -2.578 which means couples of 6-10 years have significant marital adjustment then couples of 0-5 years as indicated in Table-2, which means there is no significant difference between couples married

for 0-5 years and 6-10 years living in a joint family on marital adjustment. **Hence Hypothesis is rejected.**

Couples married for 0-5 years and 6-10 years living in a nuclear family were found significant on marital adjustment at the level of 0.01. For this 32 samples were collected which is further divided into two groups 0-5 years of marriage and 6-10 years of marriage with 16 samples respectively. T- Test value is 14.272 which means marital adjustment of 0-5 years and 6-10 years couples were significant as indicated in Table-3, which means there is no significant difference between couples married for 0-5 years and 6-10 years living in a joint family on marital adjustment. **Hence hypothesis 3 is rejected.**

#### **CONCLUSION:-**

Study was conducted to find out relationships of the couples living in a joint family and couples living in a nuclear family. Through this study researchers want to get information about the adjustment level between these groups.

In this study it was observed that couples living in a joint family have more adjustment issues than couples living in a nuclear family. Couples married for 0-5 years were less adjustable than couples married for 6-10 years. It's because after so many years spent together they had adapted with each other as well as with the other family members too.

#### **IMPLICATION:-**

This study can be useful to those researchers who want to do research on marital adjustment within joint families and nuclear families. Whereas it is known that couples in nuclear families have more adjustment tendency than couples in nuclear families. This study can help to understand the thinking process of the couples and can encourage them to unite again as a joint family just to secure our Indian culture.

#### **LIMITATION:-**

1. Couples married for 0 – 10 years were included, not more than that.
2. One earning member is included in the study (i.e. only males).

3. Couples from the Urban area were covered.

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