

Study of Anxiety in Relation to Marital Adjustment among Males and Females

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Abstract

Aim: To study anxiety in relation to marital adjustment among males and females.

Method: A sample of 50 urban couples of Ludhiana was assessed. For Data Collection Marital Adjustment Inventory designed by Dr. Har Mohan Singh and Sinha's Comprehensive Anxiety Test designed by A.K.P. Sinha & L.N.K. Sinha were used.

Results: The results revealed that there was a significant difference exists between marital adjustment and anxiety among male and female couples. **Conclusion:** The females have greater marital adjustment as compared to male counterparts.

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Introduction

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild Anxiety is vague and unsettling, while severe Anxiety can be extremely debilitating, having a serious impact on daily life. People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, Anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation. Anxiety has correlation with learning achievement or fear. Sometimes it is inter-related with panic or fear. Anxiety has many definitions. Freud (1943) differentiated three types of Anxiety –Objective Anxiety, Neurotic Anxiety and Moral Anxiety. All the three types have the single quality of being unpleasant but differ only in respect of their sources. Symonds (1946) considered Anxiety as a fundamental factor in the psychology of Adjustment. He defined Anxiety as 'Mental Distress with respect to some anticipated frustrations.' Drever (1958) defined Anxiety as a 'Chronic Complex, Emotional state with Apprehension' and dread as its most prominent component characteristic of various nervous and mental disorders. Pikunas (1969) called it as unrealistic and unpleasant state of the body and mind. Ikegami (1972) termed 'Anxiety as nervousness.' Marital Adjustment denotes Emotional Stability, Intellectual Efficiency and Social Effectiveness of people. Marital Adjustment is 'the state in which there is an overall feeling of husband and wife's happiness and satisfaction with their marriage and with each other. Marital Adjustment calls for maturity that accepts and understands growth and development among the couples. If this growth is not experienced and realized fully, death in marital relationship is inevitable. Locke & Wallace (1959) defines Marital Adjustment as 'accommodation of husband and wife to each other at a given time.' According to Spanier and Cole (1976) 'Marital Adjustment is a process, the outcome of which is determined by a degree of (a) Troublesome Marital differences (b) Interpersonal Tension and Personal Anxiety (c) Marital Satisfaction (d) Dyadic Cohesion (e) Consensus on matters of