

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

importance of Marital Functioning. According to Mishra and Srivastava (1997) in Marriage- Husband and Wife should sacrifice their egoistic attitude to avoid mutual conflicts, feel mutual satisfaction, respect each other's interests and fulfils the expectations and aspiration related to Marital life. All these will work in maintaining the good Marital Adjustment. Six dimensions of Marital Adjustment are: (a) Feeling for Spouse (b) Harmonious Relations (c) Communication (d) Mutual Understanding (e) Sexual Relations (f) other factors related to the marital life. So Marital Adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other. Erik and Margaret (1983) reviewed the relationship between Interpersonal Competence and Marital Adjustment. It was hypothesized that social Anxiety would be negatively related to Marital Adjustment. A sample of 179 Married Couples completed questionnaire for measures of both concepts. Data were analyzed for both the Individuals and couples. The basic hypothesis that 'social Anxiety is negatively related to Marital Adjustment' was supported, but social Anxiety was primarily related to Marital Adjustment of self and not to that of spouse. Dehle (2002) examined state Anxiety and Marital Adjustment in a sample of 45 couples. Hierarchical regression analyses indicated that husband's Anxiety can predict their own and their wives' subsequent reports of Marital Adjustment. Wife's Anxiety did not predict their own or their husbands' subsequent reports of Marital Adjustment. In this study, the authors focused on the role of husband Anxiety in Marital Adjustment and on implications for further study of the contextual model of close relationships.

Material and Methods

The present study was conducted on 50 urban couples of Ludhiana. The sample was collected by the convenient sampling method. 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 and Discussion

Table 1. Mean±SD Difference of Anxiety among males and females

Variable	Group	N	Mean	S.D.	SEM	t-ratio
Anxiety	Males	50	25.43	17.56	2.45	0.08
	Females	50	25.12	19.08	2.97	

*Significant at .05 level

Table 1 shows that the mean score of anxiety of males and females are 25.43 and 25.12 respectively and their standard deviation are 17.56 and 19.08 respectively. The t-ratio is 0.08 with df = 98 which is not significant at 0.05 level of confidence. This revealed that there is no significant difference exists between means scores of Anxiety among males and females. Therefore the hypothesis 1 stated that "There is no significance of difference between means of Anxiety among males and females" is accepted.

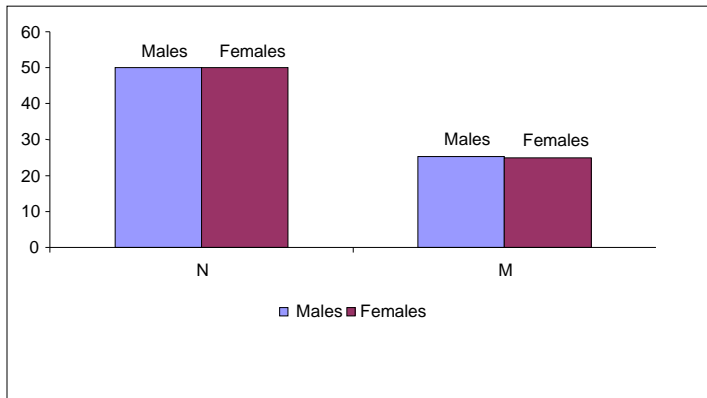


Figure 1. Difference between means of Anxiety among males and females

Table 2. Difference between means of Marital Adjustment among males and females

Variable	Group	N	M	S.D	SEM	t-ratio
Marital Adjustment	Males	50	61.25	12.73	1.78	1.98*
	Females	50	69.58	14.47	2.12	

*Significant at .05 level

Table 2 shows that the mean score of marital adjustment among males and females are 61.25 and 69.58 and their standard deviation is 12.73 and 14.47 respectively. The t-ratio is 1.98 with $df = 98$ which is significant at 0.05 level of confidence. This revealed that a significant difference exists between means scores of marital adjustment among males and females. Again the mean score of females is significantly higher than that of males on the variable of marital adjustment, it may be further concluded that females have better adjustment styles than that their males counterparts. Therefore the hypothesis 2 stated that “There is no significance of difference between the means of Marital Adjustment among males and females” is rejected.

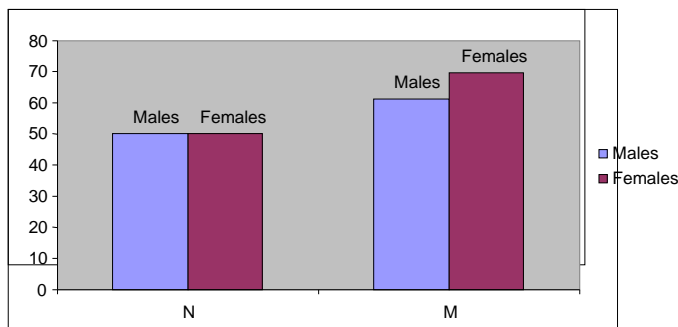


Figure. 2 Difference between means of Marital Adjustment among males and females

Table 3. Coefficient of correlation between Anxiety and Marital Adjustment of males, females and combined (N=100)

Group	N	r
Males	50	-0.29**
Females	50	-0.35**
Combined	100	-0.31**

**Significant at .01 level ;*Significant at .05 level

Table 3 shows the coefficient of correlation between anxiety and marital adjustment of males as -0.29 which is significant at .01 level of confidence which shows that there exists a significant relationship between anxiety and marital adjustment of males. The coefficient of correlation between anxiety and marital adjustment of females as -0.35 which is significant at .01 level of confidence which shows that there exists a significant relationship between anxiety and marital adjustment of females. The coefficient of correlation between anxiety and marital adjustment of total sample (N=100) as -0.31 which is significant at .01 level of confidence which shows that there exists a significant relationship between anxiety and marital adjustment among males and females. Thus the hypothesis 3 which states that “There is no significant relationship between anxiety and marital adjustment among males and females” is rejected.

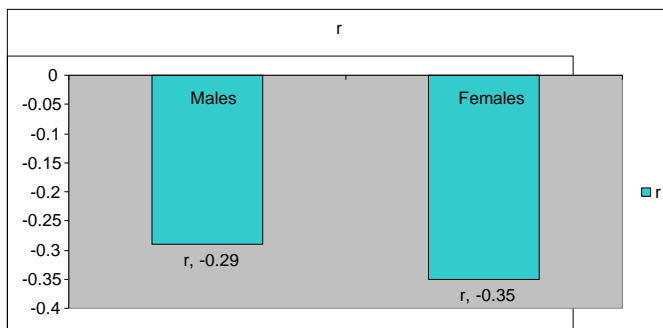


Figure 3. Correlation between Anxiety and Marital Adjustment among males and females (N=100)

Conclusion

It is concluded from the results of the present study that the females have greater marital adjustment as compared to male counterparts.

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Conflict of Interest: None declared