

**“A STUDY ON MARITAL ADJUSTMENT AND DEPRESSION
OF WORKING AND NON-WORKING MARRIED WOMEN
WITH SPECIAL REFERENCE TO COCHIN”**

Mrs. JYOTHI MANOJ

Assistant Professor,

PG Dept. of Commerce & Management,

Naipunnya School of Management Cherthala

Mrs. CHINNU MOHAN

Assistant Professor,

PG Dept. of Commerce & Management,

Naipunnya School of Management Cherthala

Mrs. SREELAKSHMI P.P

Assistant Professor,

PG Dept. of Commerce & Management,

Naipunnya School of Management Cherthala

ABSTRACT

The concept of one's identity, or self, is a fundamental aspect of one's personality, providing each of us our own distinct personality. Over the last two decades, there has been a lot of attention in the association between women and depression. Women are increasingly exposed to not only the same work environment as men, but also to unique pressures caused by numerous jobs and conflicting expectations as more women enter the workforce. The study's major goal was to see if there was a difference between working and nonworking married women in terms of marital adjustment and depression. A total of 150 working and non-working married women (working married women = 75, non-working married women = 75) were included in the study. Data was collected using the Marital Adjustment Questionnaire

and the Depression Scale. The obtained data was analysed using statistical techniques such as Mean, SDs, t, and correlation. The findings revealed that employment position had a substantial impact.

Keywords: *Marital Adjustment, Depression, Married Women, Working and Non-Working*

Introduction

Marriage is one of the most significant connections between a man and a woman. It entails an emotional and legal commitment that is crucial in any adult's life. Marital adjustment is defined as "the state in which a husband and wife have an overall feeling of happiness and satisfaction with their marriage and with each other." In one way or another, all marriages aspire for happiness. The majority of couples married with a lot of expectations. Some expectations will be reasonable, while others will be irrational. This is owing to the complicated nature of marriage, as well as the fact that each human is as intricate as a cosmos. Marital adjustment necessitates maturity in accepting and understanding the spouse's growth and development. Death in a marriage relationship is unavoidable if this progress is not fully experienced and fulfilled.

Most couples will experience depression in their partner at some point throughout their marriage. Depression is a common and natural reaction to loss or bereavement, whether it's a death, the loss of a loved one, a job loss, a loss of physical health, or a move. Depression is exacerbated by marital discord and relational conflict. Sadness, hopelessness, helplessness, anxiety, anger, agitation, exhaustion, poor energy, and a lowered activity level are all common symptoms of depression, as are withdrawal from social contact and lack of interest in previously loved activities. Changes in appetite, weight, or sleep patterns, as well as memory issues or difficulties concentrating, may occur. There are often emotions of worthlessness or inadequacy, as well as a low sense of self-esteem. Suicidal thoughts or a feeling that "life isn't worth living" may be present in more serious situations. Women who are married have a higher rate of depression than women who are not married.

This study would be extremely beneficial in understanding the challenges that working and non-working women encounter in simply living a married life. Because our culture is dominated by men, women must deal with a variety of issues. If they work, they are expected to carry out all responsibilities both at work and at home.

Objectives

1. To measure the difference in marital adjustment of working and non-working married women.
2. To assess the depression of working and non- working married women
3. To know the relationship between marital adjustment and depression of married working and non-working married women.

Literature Review

Working married women (75) and non-working married women (75) were investigated by Khurshid and Hassan (2007). Working and non-working married women, as well as their marital adjustment, were found to be non-significantly different. Working married women, like non-working women, face a variety of issues. S. Bhadoria (2013) found that working and nonworking women had significantly different levels of anxiety and depression. Apathy, sleep difficulties, pessimism, tenacity, irritability, self-centeredness, Sadness, self-hatred, self-acquisition, self-preoccupation, and indecisiveness are all differences between working and non-working women. Working and non-working women showed significant differences in depression, according to Dudhatra & Yogesh (2012).

Research Methodology

Sampling

The sample population is 150 married women (75 working and 75 non-working) whose age in between 18 to 50 years who are non-randomly selected from Cochin, Ernakulam District, Kerala.

Research Tools

The following tools are used for the study :

1. The Marital Adjustment Test (MAT), often referred to as the Locke –Wallace Marital adjustment scale or the short Marital Adjustment Test (SMAT), is a 15 item measure designed to assess marital adjustment in married couples.

2. The Beck Depression Inventory (BDI) is a 21-item, self-report rating inventory that measures characteristic attitudes and symptoms of depression (Beck, et al., 1961).

Statistical analysis

Using arithmetic mean, standard deviation, t-test, and correlation, the acquired data were categorised and tabulated in accordance with the objectives to arrive at meaningful and relevant judgments.

Results and Interpretation

Table 1: Means, Standard Deviations and t-value of Working and Non-Working Married Women on Marital Adjustment

Employment Status	N	Mean	S.D	t value
Working	75	20.12	4.73	1.46
Non Working	75	19.28	5.41	

Table 1 displays the results of a comparison of working and non-working married women's marital adjustment scores, revealing that there is no statistically significant difference between working and non-working married women's marital adjustment.

This finding contradicts our hypotheses that working married women and non-working married women had different marital adjustment levels.

Table 2: Means, Standard Deviations and t-value of Working and Non-Working Married Women on Depression

Table 2 reveals that there is a substantial difference between working and non-working married women when it comes to depression scores.

The findings reveal that non-working married women are more likely than working women to suffer from depression. It suggests that women who do not work are more depressed in their everyday lives and at home than women who work. As a result, our hypotheses are supported by these facts.

Employment Status	N	Mean	S.D	t value
Working	75	16.28	8.14	2.31
Non Working	75	19.31	11.46	

Table 3: Correlation Matrix of Scores Depression and Marital Adjustment. (N=150)

	Marital Adjustment
Depression	-.48

Table 3 shows that there is an extremely substantial association between the two metrics. According to the table, the correlation between Marital Adjustment and Depression is $r = -.48$. It means that if a married woman's depression level is high, her marriage will suffer, and vice versa. This relationship's hypothesis has been confirmed.

Conclusions

The purpose of this study was to look into the effects of working and non-working married women on their marital adjustment and depression. The study's findings contradict the prediction that "employment status (working and non-working) will have a major impact on marital adjustment of married women." On the marital adjustment measure, there was no significant difference between working and non-working women. Our second hypothesis, "There would be a significant difference in the depression of working and non-working married women," is supported by the findings. The difference between working and non-working women was shown to be considerable in terms of depression. The findings show that non-working married women experience more depression in their marriage than working married women. "Marital adjustment will effect greatly the depression of working and non-working married women," according to another hypothesis in this study. According to the findings, depressed married women encounter marital adjustment issues in their marriage. She is also unable to outperform her previous performance.

As a result of the following discussion, it is clear that there are distinctions between working and non-working women. According to the conclusions of the study, non-working married women encounter more obstacles in their life, such as depression, than working married women. It is concluded that non-working married women cannot contribute considerably to their family's well-being in several ways, which leads to poor marital adjustment. When examining the association between the two variables (marital adjustment and depression), it was discovered that they are both negatively correlated.

References

1. Bhadoria, S. (2013). Level of Anxiety and Depression Among Working Women and Non Working Women of Gwalior. *International Indexed & Refereed Research Journal*, 4(42): 111-113
2. Dudhatra, R.R and Jogsan, Y.A (2012). Mental Health and Depression among Working and NonWorking Women. *International Journal of Scientific and Research Publications*, 2(8): 1-3

3. Hashmi, H.A, Khurshid, M. & Hassan, I. (2007). Marital Adjustment, Stress and Depression among Working and Non-Working Married Women. Internet Journal of Medical Update Vol. 2 (1): 17-24
4. Whisman, M. A. (2001). The association between depression and marital dissatisfaction. In S. R. H. Beach (Ed.), Marital and family processes in depression: A scientific foundation for clinical practice (pp. 3 – 24). Washington, DC: American Psychological Association
5. Nathawat SS, Mathur A (1993). Marital adjustment and subjective wellbeing in Indian educated housewives and working women. Journal of Psychology, 127(3): 353-358