RESEARCH ARTICLE

ESTABLISHING CONNECTIVITY BETWEEN ATTITUDE TOWARDS WOMEN AND MARITAL ADJUSTMENT OF MARRIED MALES OF KATHUA DISTRICT, J AND K

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ABSTRACT

The present study was conducted to establish connectivity between marital adjustment and attitude towards women among married males of Kathua District. The sample comprised of 140 males (70 from joint families and 70 from nuclear families) in the age group of 30-40 years selected through random and purposive sampling technique. The objectives of the study were to assess level of marital adjustment of sample males; assess their attitude towards women; assess the interrelationship between the attitude held by the sample men towards women and their marital adjustment. The tools used for data collection were standardized Marital Adjustment Questionnaire and Attitude towards Women scale. Results reveal that majority of the sample males had 'good' to 'very good' marital adjustment. These men were usually satisfied with their marriage and had healthy relationship with their respective spouse. More husbands held moderate attitude towards women and usually acknowledged the role of women at home and outside. These men mostly favoured modern views towards women. There was no significant difference in the marital adjustment and attitude towards women among males of joint and nuclear families. Overall, for the sample males no significant correlation exists between their marital adjustment and attitude towards women. This trend of insignificant correlation between the two dimensions was found in joint families but in nuclear families and for men in 30-35 years age group this relationship was significant. Educational qualification of husbands is a significantly influencing factor for both Marital Adjustment as well as Attitude towards Women. Sex of the child / offspring is also a significant determining factor especially for Marital Adjustment of many sample males.

INTRODUCTION

Marital Adjustment refers to the individuals who are satisfied, happy and achieve success in a number of specific tasks in marriage. Clayton (1978) refers to such adjustment including agreement on tasks and priorities of each task relative to others. It also includes agreement on flexibility each spouse is allowed in playing his/her role as regards to socio-economic role, sexual adjustment, changes in values system, communication, etc. The Role Theory in marital adjustment suggests that roles are specific functions which the holder of the status is expected to perform. For instance, such roles of any particular status are culture bound. Therefore, applying this to marriage relationship, it means that there are two statuses, husband-wife status so that there are specific expectations in terms of behaviour from the two. Marital adjustment occurs when each spouse enacts his/her role effectively to the satisfaction of the other (Obasa, 1990).

Thus marital adjustment is attributed to a range of factors including role expectations of spouses, level of work commitment, job satisfaction, spouse values, socio-economic status, emotional stability among others (Denga, 1986). 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". All the marriages are aimed at happiness in one or another way. Most couples marry filled up with expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe. Therefore, in marriage two universes come close together. Marital adjustment calls for maturity that accepts and understands growth and development in the spouse. There is a list of six areas of marital adjustment, which is defined by the psychologist, such as, religion, social life, mutual friends, in laws, money and sex. Another psychologist defines ten areas of marital adjustment, i.e. values, couple growth, communication, conflict resolution, affection, roles, cooperation, sex, money and parenthood (Slaney and Caballero, 1983).

OBJECTIVES OF THE STUDY

☐☐To assess the attitude of married males towards women.

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☐☐To assess the level of marital adjustment of the sample males.

☐☐To assess the interrelationship between the attitude held by the sample men towards women and their marital adjustment.

SAMPLE DESCRIPTION

Sample: The sample for the study comprised of 140 married males living either in joint or nuclear families and having at least one child. The selected males were equally divided in the two age groups viz; 30-35 years and 36-40 years.

Locale of the study

The entire sample for the study was selected from Kathua district of Jammu and Kashmir state. The areas falling in the Kathua region namely Barwal, Jandore, Logate, Shivanagar, Kharote were identified for data collection.

Criteria for sample selection

☐☐The married males should belong to either joint or nuclear families of Kathua district.

☐☐The selected males should be 30-40 years old.

☐☐The married males should have their spouse alive and also should have at least one child.

☐☐The males should not have remarried that is, they should be married to their spouse for the first time.

Sampling Procedure

A combination of random and purposive sampling procedure was used for sample selection. A list of the blocks of Kathua district was prepared. Then through lottery method one block i.e. Kathua block was selected. Few areas falling under Kathua block were then again selected randomly by lottery method. Then through snowball and purposive sampling techniques those males were selected who fulfilled the sampling criteria.

Tools for Data Collection

In order to collect the required data the following tools were used.

- Marital Adjustment Questionnaire developed and standardized by Kumar and Rohatgi was used to study the marital adjustment.
- Attitude Towards Women Scale developed and standardized by Spence and Helmrrich was used.

Data Analysis

Data obtained by using the standard tools namely women attitude scale and marital adjustment questionnaire was coded and tabulated and subsequently was analysed using both quantitative and qualitative methods.

RESULTS AND DISCUSSION

The results of the study are presented as under:

Information related to background variables of the respondents is presented as follows:

Age of Husbands

The selected husbands for the study were in the age of 30-40 years. Overall majority of them were 30-32 years old (25.72%) or 35-36 (24.29%) years old. The calculation of mean age of husbands in nuclear families (34.88 3.33) and joint families (35.51 ± 3.14) reveals no significant difference, showing that the sample males irrespective of their family type had similar age. Category wise majority of males (28.57%) from joint families were aged between 30-32 years, whereas most males from nuclear families were either 30-32 years (22.85%) or 39-40 years old (20.72%).

Table 1. Age of Husbands

Age of Husbands (in yrs)	Joint Families N	%	Nuclear Families N	%	Total N	%
30-32	20	(28.57)	16	(22.85)	36	(25.72)
33-34	10	(14.28)	11	(15.71)	21	(15)
35-36	19	(27.14)	15	(21.42)	34	(24.29)
37-38	8	(11.42)	12	(17.14)	20	(14.29)
39-40	13	(18.57)	16	(22.85)	29	(20.72)
Total	70	(100)	70	(100)	140	(100)

Mean age of husbands in Joint Families = 34.88 ±3.33
Mean age of husbands in Nuclear Families = 35.51 ± 3.14

Educational Qualification of Husbands

Table 2 reveals that the whole majority of the husbands were higher secondary pass (47.14%) followed by those who were matriculate (36.42%).The least educational qualification for the husband was middle school level (8th class)while the highest level was post-graduation. Across, joint (70%) and nuclear families (44.29%), most sample husbands were 12th pass. On an average most sample respondents were 10th to 12thpass.

Duration of Marriage

Table 3 reveals that duration of marriage can be clubbed as 1-5 years and 6-10 years. Most of the sample males (57.85%) had been married for 6-10 years and this trend continued for both joint and nuclear family males.

Number of Children

Table 4 reveals that number of children produced by the sample males ranged from none to five. Most of them (62.86%) had 2-3 children followed by 35% who had only one child. In just 3 cases there were 4-5 children. Similar trends were found in joint and nuclear families.

Marital Adjustment of Married Males

An analysis into the marital adjustment of sample husbands reveal that most of them had good (35.71%) to very good (31.42%) adjustment vis-a vis their spouse.

Table 2. Educational Qualification of Husbands

Level of Education	Joint			Nuclear			Grand Total
	30-35 yrs	36-40 yrs	Total	30-35 yrs	36-40 yrs	Total	N %
8th	1 (2.85)	-	1 (1.42)	2 (5.71)	1 (2.85)	3 (4.29)	4 (2.86)
10th	7 (20)	18 (51.42)	25 (35.71)	10 (28.57)	16 (45.71)	26 (37.14)	51 (36.42)
12th	21 (60)	14 (40)	35 (70)	18 (51.42)	14 (37.14)	31 (44.29)	66 (47.14)
Graduation	5 (14.28)	1 (2.85)	6 (8.58)	3 (8.57)	3 (8.57)	6 (8.57)	12 (8.58)
P.G.	1 (2.85)	1 (2.85)	2 (2.85)	2 (5.71)	2 (5.71)	4 (5.72)	6 (4.28)
Ph.D/Anyother	-	1 (2.85)	1 (1.42)	-	-	-	1 (0.72)

Table 3. Duration of Marriage

Duration of Marriage	Joint			Nuclear			Grand Total
	30-35 yrs	36-40 yrs	Total	30-35 yrs	36-40 yrs	Total	N %
1-5	24 (68.57)	6 (17.14)	30 (42.86)	27 (77.14)	2 (5.79)	29 (41.43)	59 (42.15)
6-10	11 (31.42)	29 (82.85)	40 (57.14)	8 (22.85)	33 (94.28)	41 (58.57)	81 (57.85)
Total	35 (100)	35 (100)	70 (100)	35 (100)	35 (100)	70 (100)	140 (100)

Duration of marriage in Joint Families = 6.34± 3.24
Duration of marriage in Nuclear Families = 6.87±3.27

Table 4. Number of Children

Number of children	Joint			Nuclear			Grand Total
	30-35 yrs	36-40 yrs	Total	30-35 yrs	36-40 yrs	Total	N %
0-1	20 (57.15)	5 (14.28)	25 (35.71)	18 (51.43)	6 (17.14)	24 (34.28)	49 (35)
2-3	15 (42.85)	30 (85.72)	45 (64.29)	17 (48.57)	26 (74.28)	43 (61.43)	88 (62.86)
4-5	-	-	-	-	3 (8.57)	3 (4.28)	3 (2.14)
Total	35 (100)	35 (100)	70 (100)	35 (100)	35 (100)	70 (100)	140 (100)

Table 5. Marital Adjustment of Married Males

Level of Adjustment	Joint			Nuclear			Grand Total
	30-35 yrs	36-40 yrs	Total	30-35 yrs	36-40 yrs	Total	N %
Very Good	12 (34.28)	8 (22.85)	20 (28.58)	13 (37.15)	11 (31.43)	24 (34.29)	44 (31.42)
Good	13 (37.15)	13 (37.14)	26 (37.15)	10 (28.57)	14 (40)	24 (34.29)	50 (35.71)
Average	09 (25.72)	8 (22.86)	17 (24.29)	11 (31.43)	10 (28.58)	21 (30)	38 (27.14)
Poor	1 (2.85)	3 (8.57)	4 (5.72)	1 (2.85)	-	1 (1.42)	5 (5.58)
Very Poor	-	3 (8.57)	3 (4.27)	-	-	-	3 (2.14)
Total	35 (100)	35 (100)	70 (100)	35 (100)	35 (100)	70 (100)	140 (100)

Joint Families = 21.12±2.55
For Nuclear Families = 21.42±2.12
χ2 between joint and nuclear families = 5.66, insignificant

Table 6. Attitude Towards Women

Level of Attitude	Joint			Nuclear			Grand Total
	30-35 yrs	36-40 yrs	Total	30-35 yrs	36-40 yrs	Total	N %
High	5 (7.14)	14 (20)	19 (27.5)	7 (10)	9 (12.85)	16 (22.86)	35 (25)
Moderate	31 (44.28)	18 (25.7)	49 (70)	28 (40)	25 (35.71)	53 (75.72)	102 (72.86)
Poor	-	2 (2.86)	2 (2.86)	-	1 (1.42)	1 (1.42)	3 (2.15)
Total	35 (100)	35 (100)	70 (100)	35 (100)	35 (100)	70 (100)	140 (100)

Mean attitude in Joint Families = 26.80± 5.08
Mean attitude in Nuclear Families = 25.15± 5.39
χ2 between joint and nuclear families = 0.70, insignificant.

Table 7. Inter Relationship among Variables for Married Males

Variable	Age	Quali.	Age at Marriage	No. of male children	No. of Female children	Duration of marriage	Marital Adjustmet	Attitude towards Women
Age	-							
Quali.	0.14	-						
Age at Marriage	0.296*	0.041	-					
No. of Male children	0.216*	0.168	0.053	-				
No. of female children	0.464*	0.076	0.047	0.151	-			
Duration of Marriage	0.823*	0.162	0.286*	0.182	0.427*	-		
Marital Adjustment	0.063	0.076	0.150	0.178	0.190*	0.180	-	
Attitude Towards Women	0.078	0.084	0.021	0.031	0.190*	0.066	0.113	-

*Significant at p<0.05

Most of them felt satisfied with their marriage and had developed adequate understanding and comfort level with their spouse. Also, most of them reported sharing their thoughts and feelings with each other. The number of males having poor (5.58%) or very poor (2.14%) marital adjustment was very small. Across the two types of families calculation of chi square reveals that insignificant differences exist in their level of marital adjustment. This result implies that irrespective of the type of family they belonged to, most sample husbands had good to very good marital adjustment.

Attitude towards women

As far as the attitude of sample husbands towards the women was concerned, it was noted that most of them had moderate (72.86%) attitude towards women. A quarter (25%) of the sample men held high attitude towards women. These husbands felt that women should be treated at par with men and that women should have equal rights in the family and outside. These men were more in favour of modern views towards women. Those having moderate to poor attitude however, felt that women should give top priority to family and should report to the males first before taking any decisions. These men favoured more traditional views for women. The sample men from joint and nuclear families held similar attitudes as calculation of chi square reveals insignificant difference in the attitude across the type of families.

Inter Relationship among Variables for Married Males

The different variables were inter-correlated with each other for the entire sample group. Table 7 reveals that age of husbands was significantly and positively correlated with the age at marriage as well as duration of marriage. This points that as the husbands aged so did their marriage. Educational qualification of the sample males had no significant influence on the dimensions analysed. Further over all for the sample males no significant correlation existed between their marital adjustment and attitude towards women. The only variable that was positively and significantly correlated with the both marital adjustment and attitude towards women was the number of female offspring/children they had. Probably those who had female children tend to develop more positive attitude towards women and also have higher marital adjustment.

Summary

Family is the fundamental unit of society, one that is universal even as the particulars of family organization differ. Marriage forms the cornerstone of family in our given context. Marriage has both practical as well as symbolic importance. People want to marry as they believe that marriage affords the best opportunity to live the good life (Axinn and Thornton, 2000). Karney *et al.* (2003) while examining attitudes towards marriage found near universal agreement across race and household income categories with the idea that 'a happy, healthy marriage is one of the most important things in life'. alliances, organizing the division of labour by age and gender, and deciding what claim, if any, children had on their parents and what rights parents had in their children. Marriage served so many political, social and economic fuctions that the

individual needs and desires of its members were secondary considerations (Coontz, 2004). According to Bradbury and Karney (2004) personality define a starting point for marital trajectories. Experiences in ones' family of origin, especially parental divorce, shape attitudes and behaviours relevant to marital success.

As women's labour force participation increased, their gender idealogy had tended to move from the traditional male breadwinner/wife homemaker model towards an egalitarian vision of marriage and family. On the other hand, men tended either to remain traditional or assume an emergent transitional gender ideology. Results of the present study reveal that marital adjustment of most sample males ranged from 'good' to 'very good'. Most of them reported sharing their thoughts, feelings and emotional expression with their respective spouses. Across the two type of families calculation of chi-square reveals insignificant differences in the level of marital adjustment. These results imply that irrespective of the type of family they belonged to most sample husbands had 'good' to 'very good' marital adjustment. Okeh (2008) had also found that after being married for some years most men tend to have adequate marital adjustment.

Majority of sample husbands held moderate attitude towards women. Only a quarter of sample men held high attitude towards women and further their views were modern than traditional in nature. These husbands felt that women should be treated at par with men and that women should have equal rights in the family and outside. These results are contrary to the findings to Weibelzahl (1994) as he reported that males tend to have more traditionally oriented attitudes towards women's contemporary roles. Correlation was calculated to assess the interrelationship among the variables. For the total sample males, age of husbands was significantly and positively correlated with their age at marriage as well as duration of marriage. Overall for the sample males no significant correlation exists between their marital adjustment and attitude towards women. This implies that probably for the sample males their marital adjustment was no influenced substantially by their attitude towards women.

Further, both educational qualification of the respondents as well as the duration of marriage was also not significantly related with marital adjustment as well as attitude towards women. Marital adjustment was however, positively and significantly correlated with number of female off springs. Overall, the findings highlight that marital adjustment is a complex whole which tends to be affected by many factors directly and indirectly. However, the attitude held by males towards women did not significantly influence their martial adjustment.

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