



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

EMOTIONAL MATURITY AND SELF ESTEEM AS PREDICTORS OF MARITAL ADJUSTMENT AMONG HOMEMAKERS AND WORKING WOMEN

Ms Shruti Mittal , Ms Smriti Sethi

Phd Scholar , Assistant Professor

Amity Institute of Psychology and Allied Sciences

Amity University , Noida , India

Abstract : The present study was done to investigate emotional maturity and self esteem as predictors of marital adjustment among home makers and non-working women. Emotional maturity can be defined as how well people are able to respond to different situations, manage their emotions and respond in an adult-like manner while dealing with others. It has a relationship with the individual's adjustment levels. One's esteem is their level of self-value; it is how we perceive our value to the world and how valuable we think we are to others. It affects our trust in others, our relationships, our work nearly every part of our lives. Positive self gives us the strength to take charge of our lives and grow from our mistakes without the fear of rejection. The sample consisted of 100 working and 100 non working in the age range of 30 to 45 years. There was a minimal level of difference among the scores obtained by the home makers and working women . Emotional maturity and self esteem levels were higher for the case of home makers than that of working women. But the both the variables together were able to predict a higher level of marital adjustment for working women that accounted for 32% in comparison of 22% obtained in case of home makers. Three tools were administrated to the participants of data collection. The scales used are Rosenberg Self-Esteem Scale (RSES;1960), Emotional Maturity Scale (EMS; Singh and Bhargava, 1990) ,Marital Adjustment Scale (MAS; Locke and Wallace ,1959).

Keywords: Emotional maturity, Self esteem, Marital Adjustment, Home makers , Non-Working women

1. INTRODUCTION

Marriage is outlined as 'a social arrangement supported by a contract, as well as recognition of the rights and duties of parentage, common residence for husband, wife, youngsters and reciprocal economic obligations (Stephen, 1963).

1.1 Types of marriages

Arranged Marriage: It is a type of marriage where the partner is selected by third party, particularly by parents, relatives or friends. Before marriage both husband and wife are unknown to each other and even if they know each other there is no love and emotional bond developed among them.

Love Marriage: In this type , mutual attraction and love is the basic foundation of marriage. Before marriage, couples know each other; they have intimate relationship, long courtship and experience of love.

1.2 Marital Adjustment

Marital adjustment may be a method that is made throughout couples' life as a result of it's necessary for style conformity, person's traits recognition, activity rules creation and relative models formation.. It's been associated with temperament, job& home stresses, psychological state, depression, education, sex role angle, happiness and success in life.

1.3 Importance

Marriage seems to be an extremely influencing factor in a person's self-actualization process. Emotional intelligence plays a dominant role here.

The working ladies are at an advantageous position because of their employment. Any amendment in their position are projected in their activities inside the family and it'll additionally have an effect on all alternative members of family. It is an proven fact that working ladies have greatly modified their family lives. The main impact has been the economic independence earned by them. Another impact is that the distribution of the work inside the family. The regular payment of the women may be a substantial contribution to the family financial gain. Such women usually perform two roles. Firstly, the role of a mother and a married woman, and second of that of a worker. Each of the roles demand a lot of time and energy. Her employment not solely affects her entire temperament however additionally affects her relationship and is prone to face crisis of adjustment which may result in depression.

1.4 Theory on Adjustment during marriage

The theory was a model for the study as a result of it's at the method as each the depth and therefore the breadth. During this study the depth of it's a crucial issue once reaching satisfaction in relationships. Altman and Taylor use an onion as a trope for relationship development. They counsel that the onion represents the breadth and depth of it. On the outer layer of the onion people have the breadth of disclosures: a broad side of someone like their tastes, worldview, and studies. As individuals' go deeper into the onion, they get to the depth of disclosures which means they get a lot of detail on aspects of a personal. This represents the degree of a person's speech act. the most route to deep social penetration is thru people disclosures. The depth of penetration would represent the degree of non-public speech act. Altman and Taylor (1987) counsel the depth of penetration into the onion model is that the degree of intimacy. This study examines the depth of penetration, breadth is equally vital in relationships.

1.5 Emotional maturity

Emotional maturity may be a method during which the temperament is endlessly attempt for larger sense of emotional health, each intra-psychically and intra-personality. Bhargva and Sharma (1993) found that females scored higher on emotional regression whereas male showed themselves higher on social maladjustments and lack of independence. It's typically thought of as a perfect state towards that like truth, beauty and goodness, one aspires and might maybe approximate, however rarely archive.

2. REVIEW OF LITERATURE

Eze Ogonnia Eze, Mba Esther (2018)

The study investigated emotional intelligence and self-esteem as predictors of marital satisfaction among married couples in Assemblies of God church, Abakaliki District, Ebonyi state, Nigeria. The sample of this research comprises 120 married couples, 65 men aged between 25 and 70 years (M= 47.5) and 55 women aged between 22 and 65 (M= 42.5). Schutte Self-report Emotional intelligence test (SSEIT) by Schutte et-al, (1998), Rosenberg Self-esteem scale by Morris Rosenberg, (1965) and Enrich Marital Satisfaction scale by Fowers & Olson,(1993) were used to measure the construct. Cross sectional survey design was adopted and regression analysis with statistical package for social sciences, version 20, was used to analyze the findings of data obtained. The hypotheses were: there will be no statistical significant relationship between emotional intelligence and marital satisfaction and there will be no statistical significant relationship

between self-esteem and marital satisfaction. The result of the regression statistical analysis, indicated positive prediction of emotional intelligence and self-esteem on marital satisfaction ($R= 0.646$; $R^2= 0.417$; Adjusted $R^2= 0.412$, $F(2,237)= 84.90$, P .

Alpana Sharma (2017)

The present study was conducted to the effect of emotional maturity on marital adjustment of women for this purpose a sample of total 300 women (150 working and 150 non-working) was purposive selected from Haridwar dehradun distt. The emotional maturity scale by Singh & Bhargana and Marital adjustment questionnaire by Kumar and Rohat was administered result shows that there was not significant effect of emotional maturity on marital adjustment of working and nonworking women but of women who belonged to extremely stable had better marital adjustment as compared to average stable and extremely unstable emotions.

Chanchal sinha(2016)

The study on "Adjustment of married women in relation to age and job status" was conducted with the objectives to difference in adjustment of working women in relation to age and job status. The study was done with 150 operating women in teaching and medical professions. The data was analyzed by Mean, Standard deviation and t-value. It was found that there was a difference in adjustment of the women in relation to age and no significant difference was found in relation to job status. The reasons might be lack of time, decreasing social network, losing contact with friends and family members.

Renu Pal (2016)

The present study is conducted to study the Marital adjustment of working and non-working women. The study has been done in Lucknow city. Multistage sampling Technique was followed and 120 working and non-working married women (working married women =60, non-working married women =60). Were taken as sample. Their age range was between the 25-45 years. Marital Adjustment Questionnaire developed by Kumar, P was used to measure the marital adjustment The result showed that working married women face more adjustment problems in their married life as compared to non-working married women.

Marzieh Mashal , Mansour Kavooosi et.al (2016)

The sample of this study consisted of fifty married students of Payame Noor University in IZEH town, South West of Iran; then random sampling methodology was accustomed choose samples for it self-efficacy form Scherer and Enrich married satisfaction form was used. Information was analyzed using SPSS-20. The mean age of scholars were twenty three + 0.739 years. In terms of demographic characteristics, fifty percent of the study population were girls and fifty percent were men. Results showed that there was a major negative correlation between self-efficacy and married satisfaction of male students ($r= -0.55$ and $P=0.001$), severally. Also, there was a major indirect correlation between self-efficacy and married satisfaction in married female students ($r= -0.47$ and $P=0.001$), severally. the basis of the many married issues, as well as divorce, the factors they're directly or indirectly married satisfaction. Therefore, considering these variables is necessary to stop disputes in married life and lots of negative consequences for physical and psychological state can bring the couple and their kids which will have an effect on the helpful aspects of married life.

Elham Kalhori(2015)

Marital adjustment affects several aspects of people's individual and social life. Esteem is one amongst the factors that will have an effect on married satisfaction. This study aimed to research the connection between vanity and married satisfaction in girls utilized in Payame Noor University in 2014. this can be a descriptive-correlational study of cross-sectional sort. Its population enclosed ninety four individuals. Inclusion criteria were: Iranian position, married with a minimum of one year of married life, etc., and also the exclusion criteria included: disposition to continue cooperation and respondents who got a score of four out of eight item Cooper smith vanity Inventory. Four questionnaires were used for information collection: Personal data of the samples, Coopersmith esteem Inventory, ENRICH's married satisfaction and feminine Sexual perform Index (FSFI), and sexual satisfaction Inventory. Results show that the bulk of participants (55.6 %) had relative and moderate married satisfaction. the bulk of the samples (92 %) had high esteem. There was a major relationship between married satisfaction, economic standing and sexual satisfaction. The results of the provision multivariate analysis showed that likelihood of married discontentedness in individual with low vanity is nine times above traditional individuals, five times

among those with low sexual satisfaction, and three times among individuals addressing dangerous financial condition. Results show that there's a major relation between married discontentedness and vanity, sexual satisfaction and economic standing.

Rezvan Homaeil, Zahra Dasht Bozorgiii et.al (2015), investigated the relationship between Optimism, Religiosity and Self-esteem with Marital Satisfaction and Life Satisfaction in married university students. The sample group included 200 married students that were selected using a simple random sampling method. The findings indicated that marital satisfaction not life satisfaction was predicted by Optimism, Religiosity and Self-esteem. Religiosity showed the greatest relationship with marital satisfaction.

Shackelford, T KSchmitt et.al (2015)

The research addresses the temporal stability of mate preferences within particular individuals. A small sample of couples were considered during the first and fourth year of their union . Most mate preferences were stable over the assessment amount, however there was some indication of amendment still. Each husbands and wives, as an example, provided higher importance ratings for "pleasing disposition" at the three year follow-up than at the better half assessment.

Dave (2015)

The study was to find out the marital adjustment among working and non working women. It was found that there is significant difference in marital adjustment among working and non working women.

Davila, J ,Wodarczyk, H et.al (2014)

The study examined the association between romantic ability and positive expressions in a very relationship-promoting task serving the twin perform of furthering our understanding of the talents required for adaptive expression of positive emotion which will foster intimacy among couples, and any substantiative the construct of romantic ability. cardinal rising adult couples in different-sex relationships were assessed with the Romantic ability Interview for rising Adults and took part in Associate in Nursing interaction task, that assessed their ability for adaptive positive emotional expression. Results indicated that women's romantic ability was absolutely related to each her and her partner's ability for positive emotional expression, even dominant for relationship satisfaction.

Sadia Llyas & Shazia Habib, (2014)

They explored the relationship between marital satisfaction and emotional intelligence among different professionals. 200 participants were considered. (EIS) and (DAS) by , (1976) were administered to measure the variables of emotional intelligence and marital satisfaction. The findings of the study indicated significant relationship between marital satisfaction and emotional intelligence. Results showed that one's working had higher intelligence in terms of emotions.

3. METHODOLOGY

Aim :To study emotional maturity and self esteem as predictors of marital adjustment in the married female population .

Objectives:

- To assess the relationship between emotional maturity, self esteem and marital adjustment among homemakers and working women.
- To assess the relationship between emotional maturity and marital adjustment among homemakers and working women.
- To assess the relationship between self esteem and marital adjustment among homemakers and working women.

Hypothesis :

- There will be no significant difference in the level of self esteem among home makers and working women .
- There will be no significant difference in the level of emotional maturity among home makers and working women .
- Emotional maturity and self esteem will predict the level of marital adjustment among home makers and working women.

Research design:

Research - quantitative analysis (using mean, t test and multiple regression)

Variables:

Independent variables: Emotional Maturity

Self esteem

Dependent variable : Marital Adjustment

Sample and participants:

Locale: The tool will be administered with women of Delhi NCR, Noida , Greater noida.

S.no	Home makers	Working women	Total number of participants
1	100	100	200

Tool description:

S.no	Tool	Developed by	Year	No. of Items	Reliability	Validity
1	Emotional Maturity scale	Drs. Yashwir Singh & Mahesh Bhargave	1990	48	0.75	.64
2	Marital Adjustment scale	Locke, H. J., & Wallace, K. M.	1959	15	0.99	0.33
3	Rosenberg's Self esteem scale	Rosenberg	1960	10	.82 to .88	.77 to .88

Procedure:

The study was carried out on working and non-working women between the age belonging to Delhi and NCR and Noida. All the participants were informed about the nature of the study and confidentiality was assured. All the participants gave a verbal consent, after which the questionnaires were given to them individually in the following series: Emotional maturity scale, self esteem scale and marital adjustment questionnaire . Before handing over each questionnaire the required instructions were given to every participant. During administration all queries of the participants were cleared. After all the forms were filled by the subject they were thanked and a statistical analysis was done using all the collected data.

Analysis of Results:

Scoring was done according to their respective manuals, and then a statistical analysis was carried out using mean, t test and multiple regression .

Rationale of the Study:

Status of women in India has undergone changes down the ages. In the present changing socioeconomic scenario a new picture of marital life is emerging. Slowly but surely, women are entering to semi professional and professional occupations. Many occupations such as engineering, medical, law and university teaching that were available to men are now open to women as well. The man is no longer considered as the sole "economic provider" for the family. Women are also associating career with self and identity. The working women, especially married ones, have the dual responsibility of looking after their home, husband and children on one hand and their job on the other. A working woman's role expectations lead to overstrains to manage both home and work spheres. The woman of today whether employed or not are liable to develop a marked tendency to become conscious of their individual status. They have to face marital adjustment problems.

4. DISCUSSION

The current research study entitled Emotional maturity and self esteem as predictors of marital adjustment among home makers and working women was conducted to see their effect on marital adjustment . One of the important thing about it according to cole (1944) is being able to bear tension. Other mark are an indifference toward certain kinds of stimuli that affect the child or adolescent and he develops moodiness and sentimentality. Esteem is self value.

Researches demonstrated that non-working women are better adjusted in their marriage than working women this implies that working women cannot pay full attention to their family and are unable to satisfy their members. Whereas the one's not working have more time to their household task and their life goes smooth. According to the researches working married women cannot properly adjust with their married life because they have many roles to play at a time . Adjustment is necessary for taste conformity, person's traits recognition, behavioural rules creation and relational models formation. It is an evolutionary process between a couple. It has been related to personality, job& home stresses, mental illness, depression, education, sex role attitude, happiness and success in life. It has been related to personality, job & home stresses, mental illness, depression, education, sex role attitude, happiness and success in life.

The adjustment of married mates is unlike any other human relationship, it may share many condition of friendship groups. Marriage, involving two sexes in physical proximity is public and binding in nature being publicity. The employed women will be at a more advantageous position at home due to their employment. Any change in their position will be rejected in their activities within the family and it will also affect all other members of family. It is an accepted fact that employed women have greatly changed their family lives.

The first hypothesis states that there will be no significant difference in the level of self esteem among home makers and working women. The first hypothesis is accepted as the difference in the level of self esteem was found to be insignificant at 0.01 and 0.05 level. The second hypothesis states there will be no significant difference in the level of emotional maturity among home makers and working women. Table 4.1 showed that home makers had more self esteem(19.51,3.86) than that of working women (17.18,5.36). The second hypothesis is rejected as the difference on the level of emotional maturity was found to be significant at 0.01 and 0.05 level . A case study was done on 757 women to explore relationship between self-esteem and marital satisfaction. Findings showed that there is a significant relation between age of women, marriage duration and marital satisfaction. Marital satisfaction was found to be positively correlated with self-esteem so that higher self-esteem was associated with greater satisfaction. Table 4.2 showed that home makers had more emotional maturity (111.31,13.05) than working women (97.8,15.67). A study conducted by Alpana Sharma (2017) showed that there was no significant effect of emotional maturity on marital adjustment of working and nonworking women but of women who belonged to extremely stable had better marital adjustment as compared to average stable and extremely unstable emotions.

The third hypothesis states that emotional maturity and self esteem will predict the level of marital adjustment among home makers and working women. Table 4.3 showed that among home makers self esteem and emotional maturity together predict 22% of marital adjustment . It also showed that self esteem and marital adjustment had low positive correlation among home makers and working women and low negative correlation in case of emotional maturity and marital adjustment. The third hypothesis is accepted as both the variables

together are able to predict the level of marital adjustment to be greater among working women than home makers. Among working women, self esteem and emotional maturity together account for 32% of marital adjustment. A study was conducted to study the Marital adjustment of working and non-working women and it showed that working married women face more adjustment problems in their married life as compared to non-working married women. (Renu pal 2016). A study conducted was aimed to find out the marital adjustment among working and non working women. It was found that there is significant difference in marital adjustment among working and non working women. (Dave 2015)

5. SUMMARY AND CONCLUSION

Conclusion

There was a minimal level of difference among the scores obtained by the home makers and working women. Emotional maturity and self esteem levels were higher for the case of home makers than that of working women. But the both the variables together were able to predict a higher level of marital adjustment for working women that accounted for 32% in comparison of 22% obtained in case of home makers.

Further suggestion:

- Seeking help and support of family and friends can help in bond building and leads to satisfaction and happiness.
- Engage in more detailed conversation with the partner to attain high satisfaction and relationship quality..
- Seeking more Social support for better marital satisfaction.
- Share common grounds of understanding in most situations of life..
- Constant efforts for renewing the married life.

Limitations of current study:

- Current research study was restricted to few areas i.e. the sample collected was from Delhi, Noida and Greater Noida.
- Sample size was limited to 200 people.
- Limited time was given to the sample participants to fill the questionnaire up.
- Socio-economic status was not considered of the women chosen for collecting the samples.
- Emotional Maturity questionnaire was time consuming.

REFERENCES

Ahmad Ali Eslami, Akbar Hasanzadeh & Farid Jamshidi (2014). The relationship between emotional intelligence, health and marital satisfaction: A comparative study. Journal of Education and Health promotion.

Alpana, Effect of Emotional Maturity on Marital Adjustment of Women Journal Global Values, Vol. VIII, No.2, Article No. 8, pp.56-60 http://anubooks.com/?page_id=285.

Bartholomew, K., & Horowitz, L. M. (1991). Attachment styles among young adults: A test of a four-category model. Journal of Personality and Social Psychology, 61, 226-244.

Bradbury, T. N. & Fincham, F. D. (1990). Attributions in marriage: Review and critique. Psychology Bulletin, 107, 3-33.

Dave, A.V. (2015). Marital adjustment in working and non working women. Indian journal of research. Vol. 4; issue 5.

Davila, J., Steinberg, S.J., Ramsay, M., Stroud, C.B., Starr, L., & Yoneda, A. (2014). Assessing romantic competence in adolescence. The Romantic Competence Interview.

Dwight G. Dean & Brent T. Bruton (2012) Alienation and Emotional Maturity, *Sociological Focus*, 22:4, 221-230, DOI: 10.1080/00380237.1989.10570544

Effect of Emotional Maturity on Marital Adjustment of Women, *Journal Global Values*, Vol. VIII, No. 2, 2017, ISSN: (P) 0976-9447, (e) 2454-8391, Impact Factor 3.8741 (ICRJIFR) retrieved from <http://anubooks.com/wp-content/uploads/2017/12/JGV-Vol-8-No.2-Dec-8N.pdf>.

Ehsan Taghizadeh, Mohammad & Kalhori, Elham. (2015). Relation between Self Esteem with Marital Satisfaction of Employed Women in Payam-e-Noor University. *Mediterranean Journal of Social Sciences*. 10.5901/mjss.2015.v6n6s6p41.

Essays, UK. (November 2018). Importance and factors involved in marital adjustment. Retrieved from <https://www.ukessays.com/essays/psychology/importance-and-factors-involved-in-marital-adjustment-psychology-essay.php?vref=1>.

Eze Ogonnia Eze. " Emotional Intelligence and Self-Esteem as Predictors of Marital Satisfaction among Married Couples in Nigeria. *International Journal of Humanities and Social Science Invention(IJHSSI)*, vol. 7, no. 3, 2018, pp. 04-13.

Goel & Narang (2012). Gender Differences in Marital Adjustment, Mental Health and Frustration Reactions during Middle Age. *IOSR Journal of Humanities and Social Science*, 1 (3), 42-49.

Hansen LG. community size and the marital adjustment process, 1989; 9:439-453.

Hatch, D. L. (2008). Factors that Influence the Association Between Adult Attachment and Marital Satisfaction (Doctoral Thesis, Utah University). [19].

Hofferth, S. L., (1979). Effects of women's employment on marriage: Formation, stability and roles. *Marriage and Family Review*; 2:27-36.

Hollist, C. S., & Miller, R. B. (2004). Perceptions of Attachment Style and Marital Quality in Midlife Marriage. *Journal of Family Relations*, 54, 46-57.

Krantz, G., & Ostergreuv, P.O. (2001). Double Exposure-The combined impact of domestic responsibilities and job strain on common symptoms in employed Swedish women. *European Journal of Public Health*, 11 (4): 413-419.

Lavalekar, Anagha. (2010). Emotional Intelligence and Marital Satisfaction. *Journal of Psychological Researches*. 5. 185-194.

Mansournejad, Zahra and Poorseyed, Seyyed Reza and Kiani, Fariba and Khodabakhsh, Mohammad Reza (2015) Effectiveness of communication skills training on emotional maturity evolution of female students on the eve of marriage. *Journal of Fundamentals of Mental Health*, 15 (59). pp. 158-170.

Pal, R. (2019). [online] [Homesciencejournal.com](http://www.homesciencejournal.com). Available at: <http://www.homesciencejournal.com/archives/2017/vol3issue1/PartI/3-1-90.pdf> [Accessed 9 Mar. 2019].

Rani, R. Retrieved from http://www.rajmr.com/ijre/wpcontent/uploads/2017/11/IJRE_2013_vol02_issue_07_09.pdf

- Rogers, S.J., & May, D. C. (2003). Spill over between marital quality and job satisfaction : Long term patterns and gender differences. *J. Marriage Fam.* 65(2):482-496.
- Rossmann, J. E. & Carnpbell, D.P. (1965). College trained mothers work. *Journal of Personnel Guidance* 43: 986-992.
- Sadia Llyas & Shazia Habib (2014). Marital satisfaction and Emotional intelligence Among Different Professionals. *International Journal of Scientific & Engineering Research* volume 5, Issue 11, Nov 2014.
- Seider & Herschel B. (2011). Discrete emotion sequences and marital satisfaction in middle-aged and older couples. <http://sunzi.lib.hku.hk/ER/detail/hkul/5008333>
- Shackelford, T., Schmitt, D., & Buss, D. (2015). Universal dimensions of human mate preferences. *Personality and Individual Differences*, 39, 447–458. Retrieved from <http://dx.doi.org/10.1016/j.paid.2005.01.023>.
- Sinha, Adjustment of married women in relation to age and job status, *International Journal of Scientific and Research Publications*, Volume 6, Issue 1, January 2016 42.
- Taghizadeh, M. E., & Kalhori, M. (1970, January 01). Relation between Self Esteem with Marital Satisfaction of Employed Women in Payam-e-Noor University. Retrieved from <https://www.semanticscholar.org/paper/Relation-between-Self-Esteem-with-Marital-of-Women-Taghizadeh-Kalhori/3b7b67d3c0189d590e7a2584b4fb4157296f44d7#citing-papers>.
- Zahra Yadalijamaloye, Elham Naseri, Mojgan Shoshtari, Mohamad Khaledian, Razeye Ahrami. Relationships between Self-Esteem and Marital Satisfaction among Women. *Psychology and Behavioral Sciences*. Vol. 2, No. 3, 2013, pp. 124-129. doi: 10.11648/j.pbs.20130203.17.
- Zohre, N.Z., Sayed, M.M., Hojatollah, R. (2014). The relationship between emotional intelligence and marital satisfaction: 10-year outcome of partners from three different economic levels. *Iran. J. Psychiatry*.. 9(4): 199-196..