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A study on emotional adjustment of members from Cordant and Discordant Families

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Introduction

In a family one has to adjust with other members of family in all manner. Adjustability is essential for a happy marital life. Most of the problems in the family as well as society are related to adjustment (Ralph & Turner 1965). According to HASS 1970 adjustment is defined as the ability to get along with others physiological health is seen as consisting of the skills necessary to fit ourselves in with others and respond as desired by those with whom we associate. According to Spencer [1944] adjustment is a process of responding to stress. We can think of adjustment as the process by which the individual and his environment are kept in balance; bring about the effectiveness of Ones effort to meet needs. The concept of adjustment develops gradually in all of us. Adjustment is an active process that occurs as the individual lives in his family situation advances educationally pursue vocational outlets and engage in social relationship (Crow 1965).

Emotional adjustment

Emotions are excited state of mind or feeling. Proper control of the emotions constitute emotional adjustment. Emotional adjustment (also referred to as personal adjustment or psychological adjustment) is the maintenance of emotional equilibrium in the face of internal and external stressors. This is facilitated by cognitive processes of acceptance and adaption.

Marital Discord

Family in which one or both of the parents is not gaining satisfaction from the relationship and one spouse may express frustration in hostile ways and purposely doing things to other person.

Importance of study

Now a days the problems in the family are increasing. It is because of the crisis that the family have experienced. It is probable that the family itself was found in an attempt to reduce some of the factors which caused individual crisis. The number and type of crisis will carry depending upon the circumstances of the status of marriage and duties of married life. The immature ways of thinking about marriage and married life, Over expectations about the married life, lack of emotional attachment, selfish motive etc. make problems in the

married life. Extra marital relations, love marriage without the proper knowledge of duties of married life also resulted in the development of problems of problems in the married life. Extra marital relations, love marriage without the proper knowledge of duties of married life also resulted in the development of problems in the family.

Objective of the study

The objective of this study is to make a comparative study of emotional adjustment on individuals from cordant and discordant families

Sample

The sample for the present study consist of 40 individuals each from cordant and discordant family.

Tool and analysis

The tools used for the study is 'a survey on familial adjustment (Malayalam). The scores obtained were subjected to statistical analysis using 't' test.

Table 1

Mean, Standard Deviation and 't' value of Emotional Adjustment among individuals of Cordant and Discordant families

Cordant			Discordant			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
3.83	1.19	40	4.35	1.21	40	1.95

In the emotional adjustment the mean score obtained by the individuals of cordant family is 3.83 with a standard deviation of 1.19 and the mean score obtained by individual of discordant family is 4.35 with a standard deviation of 1.21. It shows that in emotional adjustment the individuals of discordant families are higher than that of cordant family. The 't' value 1.95 indicates that 1.95 indicates that there is significant difference between individuals of cordant and discordant families with regard to emotional adjustment.

Table 2

Mean, Standard Deviation and 't' value of emotional Adjustment based on Sex among individuals of Cordant families

Male			Female			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
3.61	1.15	18	4	1.23	22	1.03

In the emotional adjustment the mean score obtained by the individuals of cordant family is 3.61 with a standard deviation of 1.15 and the mean score obtained by female individuals of cordant family is 4.00 with a standard deviation of 1.23. The higher mean score obtained by female individuals show that in emotional adjustment females are adjustment female are higher than males. The 't' value 1.03 indicates that there is no significant difference between male and female individuals of cordant families with regard to emotional adjustment.

Table 3

Mean, Standard Deviation and 't' value of emotional Adjustment based on Sex among individuals Discordant families

Male			Female			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
4.65	0.99	17	4.13	1.33	23	1.41

In the emotional adjustment the mean score obtained by the male individuals of discordant family is 4.65 with a standard deviation of 0.99. The mean score obtained by female individuals of discordant family is 4.13 with a standard deviation of 1.33. The higher mean score obtained by female individuals show that in emotional adjustment females are higher than males. The 't' value 1.41 indicates that there is no significant difference between male and female individuals of discordant families with regard to emotional adjustment.

Table 4

Mean, Standard Deviation and 't' value of Emotional Adjustment of male individuals between Cordant and Discordant families

Cordant			Discordant			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
3.61	1.15	18	4.65	0.99	17	2.86

In the emotional adjustment the mean score obtained by the male individuals of cordant family is 3.61 with a standard deviation of 1.15 and the mean score obtained by discordant individuals is 4.65 with a standard deviation of .99. The higher means score obtained by individuals of cordant families. The 't' value 1.03 indicates that there is significant difference between male individuals of cordant and discordant families with regard to emotional adjustment at 0.01 level.

Table 5

Mean, Standard Deviation and 't' value of Emotional Adjustment of Female individuals between Cordant and Discordant families

Cordant			Discordant			't' Value
Mean	Standard Deviation	Number	Mean	Standard Deviation	Number	
4.00	1.23	22	4.13	1.33	23	0.34

In the emotional adjustment the mean score obtained by the individuals of cordant family is 4.00 with a standard deviation of 1.23 and the mean score obtained by individuals is 4.65 of discordant family is 4.13 with a standard deviation of 1.33. The higher means score obtained by discordant individuals show that in emotional adjustment discordant are higher cordant. The 't' value 0.34 indicates that there is significant difference between individuals of cordant and discordant families with regard to emotional adjustment.

Major findings and conclusions

1. There is no significant difference between individuals of cordant and discordant families with regard to emotional adjustment.
2. There is no significant difference between male and female individuals of cordant families with regard to emotional adjustment.
3. There is no significant difference between male and female individuals of discordant families with regard to emotional adjustment.
4. There is significant difference between male individuals of cordant and discordant families with regard to emotional adjustment at 0.01 level.
5. There is significant difference between female individuals of cordant and discordant families with regard to emotional adjustment.

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