



IMPACT OF EXTRAVERSION AND INTROVERSION ON MARITAL ADJUSTMENT

Shilpi Shivani

Research Scholar

Department of Psychology

L. N. Mithila University, Darbhanga

Abstract

The main aim of the present Research was to examine the Impact of extroversion and Introversion (Personality Traits) on marital adjustment. 50 married consisting of 25 males and 25 females were selected. Ages of the subject ranged from 28 to 54 years with median age of 38.96 years. The sample was Incidental random one.

The extrovert had higher mean value on marital adjustment as compared to introverts.

Key words – *Marital adjustment, Extraversion and Introversion.*

Introduction :

Marital Quality and mental health of the couple are the two aspects of the same issue. Often we try to examine this by dissecting deep into the psychological layers defining the mental health.

Marital adjustment is the process of changing, adopting and correcting the behavior and interaction of individuals and couples in order to achieve maximum satisfaction (Bali and dig – 2010).

Marital adjustment is defined, as the condition in which there as usually a feeling of pleasure and contentment in husband and wife and with each other (Hashmi, Khurshid and Hassan 2007).

Of the many variable determining a happy marital life the role of personality traits is possibly the crucial most one.

A recent study on the impact of personality traits on marital adjustment (Bradbury and Finehman, 1988; Gottman, 1994; Karney and Bradbury, 1997) bolsters the prevalent impression that indeed characteristics of ones personality determines the fate of the marriage (Boueherd, Lusier and Saleourin 1999; Kosek 1996; Roussell and wells, 1994; Shackelford, Besser and Geitz, 2008).

In his study, Kosek 1996 found Scores on Extroversion directly 'influence' marital satisfaction in a positive fashions.

Agrawal P and Khati P.K. (1997) also found a positive correlation between extroversion and marital adjustment. Hummara Akram et al (2011) found in their study that extraversion and marital adjustment were positively correlated.

Objective:

The objective of the study was to see the impact of Extroversion and introversion on marital adjustment.

Hypothesis:

The extraverts and the introverts would differ significantly on marital adjustment scores.

Method

Sample:

50 married people at least for five years in which 25 males and 25 females of Muzaffarpur districts, constituted sample of the study. The subjects had minimum education up to matriculation level. The sample was incidental random one.

Measurement instrumental:

To assessing personality characteristics the E.P.Q. (Thakur and Thakur 1985) was used. The scale consisted of 19 items for measuring Extroversion introversion.

Result and Discussion:

Mean comparison of the extroverts and the introverts on marital adjustment scale.

Group Compared	N	Mean	SD	f	df	
Extroverts	50	102	9.35	15.87	1998	<0.01
Introverts	50	82	8.6			

The above table revealed that the extroverts had high mean value on marital adjustment as compared to introverts. The mean values on marital adjustment of extroverts were 102 with 9.35 SD and for the introverts 82 with 8.60 SD. These mean values were significantly different at .01 level of significant (<.01).

The differences in mean values revealed that the extroverts had better marital adjustment as compared to introverts. This might be because extroverts were more pragmatic and governed by objective data and by perception of necessity and social acceptance. These characteristics compelled them to be adjusted not only with wives but also with the society as a whole. On the other hand introvert was one who turned from active participation in the objective world to an inner world

and thoughts and fantasy. These traits led them to be least adjusted with their partner. Hypothesis was accepted.

Conclusion:

The extroverts and the introverts did differ significantly on marital adjustment scale the extroverts showing superior adjustment.

Reference:

- [1] Bali, A, Dhingra, R & Baru A (2010) Marital adjustment of childless couples. Journal of social science, 24 (1) 73-76.
- [2] Bradbury, T.N. & Finchman F.D. (1988) individual difference variables in close relationship S : A contixtial model of marriage as an integrative Frame work, Journal of personality and social Psychology 54, 713-721.
- [3] Gottman, J.M. (1994), What predicts divorce New Herrey : Laurence Erlbavm Associates inc
- [4] Hashmi, H.A. Khushed, M & Hassan, 1 (2007) Marital adjustment.
- [5] Stress and depression among working and Non-working married women. Intuwel Journal of Medica. 2 (1) : 19-26.
- [6] Hummara Akram, Najma I. Malik (2011). Relationship between personality Traits and Marital Adjustment of Teachers Intradiscip Linary Journal of Conlemporang Research in Business. Bol. 3, No. 4.
- [7] Karney BR, Brrdlury TN the longitudinal course of marital quality and stability : a review of theory, methods and Research. Psychoe Bull. 1995.
- [8] Kosek, R. B. (1996). The quest for a perfect spuce : spousal maling and marital satisfaction. Psychological Report, 79, 731-735.
- [9] Nem-chek, S., & Olson, R. (1999).
- [10] Five factor of personality similarity and marital Adjustment. (High Plaus mental Health Center).
- [11] Goodhand, KS, USA Fort Hay & (State University) 27, 309-319
- [12] Shaekel, T.K., Besser, A & Goetz, A. J. (2008). Personality of marital intidelity. Individual difference Research) 67, 13-25.