



# A PSYCHOLOGICAL STUDY ON MARITAL ADJUSTMENT AND DEPRESSION AMONG NEWLYWEDS

Fathima Shahna N<sup>1</sup>, Shafna P<sup>2</sup>, Ansalna V H<sup>3</sup>, Fathima Fahmi Chemben<sup>4</sup>, Ankalesh B N<sup>5</sup>

<sup>1</sup>Student, <sup>2</sup>Student, <sup>3</sup>Student, <sup>4</sup>Student, <sup>5</sup>Lecturer

<sup>1</sup> Department of Studies and Research in Psychology

<sup>1</sup> Tumkur University, Tumakuru, Karnataka, India

**Abstract:** The aim of the study was to find out the relationship between marital adjustment and depression among newlyweds. The study adopted correlational research design. A purposive sample of 105 newly married participants were taken for the study. Revised Dyadic Adjustment Scale and Beck's Depression Inventory was used for data collection. The result of the study was analyzed employing Pearson's product moment. The findings of the study indicate that, there is a significant negative relationship between marital adjustment and depression among newlyweds, which reveals as the level of depression increases the level of marital adjustment decreases and vice-versa.

**Key words:** Marital Adjustment, Depression, Gender and newlyweds.

## I. INTRODUCTION

Marriage has a very noble goal that is built to a harmonious life and it is also a " process of learning about one's self and one's spouse, about sharing, growing up, being individuals with in a family and being a member of the family team" (Brown 2013). Marriage has several purposes, including the distribution of sexual desires, to have children, and to achieve a peaceful and happy life. Sometimes, there are a lot of conflicts in house hold. One of the most important relationships between a men and women is marriage. More Over selecting a partner and entering in to marital contact is considered both maturational milestone and personal achievement. People marry for many reasons like happiness, love, companionship etc. Marriage is the key to whole some adjustment, involvement and satisfaction.

Marital Adjustment is defined as the conditions in which there is usually a feeling of pleasure and contentment in husband and wife and with each other. (Hashmi, Khurshid, and Hassan, (2007). It is also denoted that emotional stability, intellectual efficiency and social effectiveness people. Marital Adjustment calls for maturity that accept and understands growth and development in the spouse. If this growth is not realized and experienced fully, death in marital relationship is inevitable.

Depression is classified as a mood disorder and described as feelings of sadness, loss or anger that interfere with person's every day activities.

Depression indicates that married people score low on depression as compared to unmarried women, but the reverse is true for men. Married people have comparatively low depression rates because they are, for several reasons, emotionally less damaged by stress full experiences than are non-married women. Some factors of depression are, conflict, serious illness, personal problems, abuse etc. So marital adjustment and depression are strongly related.

## II. REVIEW OF LITERATURE

**Maryam (2006).** The study was aimed to explore the relationship between marital adjustment and depression among newly married couples, which found highly significant negative relationship between marital adjustment and depression among newly married couples. They also founded that highly educated working and non- working married peoples can perform well in their married life and they are free from depression as compared to educated working and non- working married peoples.

**Lata (2017).** The study was aimed to explore the relationship between marital adjustment and depression among couples. Sample of the study consisted 26 couples of ages ranged between 25 to 50 years. Marital Adjustment questionnaire developed by Kumar P and Rohatgi K and Beck depression inventory was used to collect the sample data. Finally, they concluded that a highly positive significant relationship between marital adjustment and depression. The study also found that women and men face more problems in their married life while compared to unmarried men and women.

**Paul (2017).** A study was conducted to assess the level of marital adjustment among working and non-working individuals. The data was collected from 120 samples of Lucknow. Marital adjustment scale was adopted for data collection. The study found that working people face more adjustment problems in their married life as compared to non-working individuals. The study also found that role of working due to their multitasking nature has a huge impact on their Marital adjustment.

## III. METHOD

### Aim

To study the relationship between marital adjustment and depression among married men and women.

### Objective

To find out the relationship between marital adjustment and depression among married men and women.

### Research Rationale

The current study Marital Adjustment and Depression among newlyweds is a quite relevant in the present scenario. Nowadays newlyweds face a lot of internal struggles including depression. Many of them fail to understand the causes and symptoms of situations like depression and ends in divorce. Certain studies have showed that Marital Adjustment can be the real unseen cause for many underlying issues among couples. This study aims at understanding the association of marital adjustment in generating depression among newlyweds.

### Hypothesis

**H<sub>0</sub>** There is no significant relationship between Marital adjustment and Depression among newlyweds.

### Variables

#### Independent variable

Newlyweds

Gender

#### Dependent variable

Marital Adjustment

Depression

### Sample

A purposive sample of 105 newly married participants were taken for the study.

## Research Design

Correlational research design

### Inclusion criteria

Gender

Men and women age between 19 to 35

### Exclusion criteria

Family Type

Locality

## Revised Dyadic Adjustment Scale

The Revised Dyadic Adjustment Scale (RDAS) is a self-report questionnaire that assess seven dimensions of couple relationship with in three overarching categories including consensus in decision making, values and affection, satisfaction in the relationship with respect to stability and conflict regulation and cohesion as seen through activities and discussion. The RDAS include only 14 items, each of which asks the respondents to rate certain aspects of her/his relationship on a 5 or 6-point scale. Scores on the RDAS range from 0 to 69 with higher scores indicating greater relationship satisfaction and lower score indicating greater relationship distress. The cut off score for the RDAS is 48 such that score of 48 and above indicates non distress and score of 47 and below indicate marital/relationship distress.

### Reliability and Validity

The RDAS has been found to have a Cronbach's alpha [reliability] of .90. Construct validity for the RDAS is supported by its high correlation with a similar measure, the Locke – Wallace Marital Adjustment Test [MAT]. The correlation between the RDAS and the MAT was 0.68 [ $p < 0.01$ ]. In addition, correlation between the RDAS and the original Dyadic scale [DA] was 0.97 [ $p < 0.01$ ].

## Beck's Depression Inventory

The Beck's Depression Inventory [BDI] is a 21 – item, self – report rating inventory that measures characteristics, attitudes and symptoms of depression [Beck, et.al. 1961]. The BDI takes approximately 10 minutes to complete, although clients require a fifth -sixth grade reading level to adequately understand the questions.

### Reliability and validity

Internal consistency for the BDI ranges from 0.73 to 0.92 with a mean of .86.

## Procedure

The Purpose of the study was explained to the participants. The participant's willingness to participate in the study was ascertained after the establishment of rapport. The socio- demographic details were collected. The participants were briefed about the two scales separately and were provided with clear instructions. After the completion of the administration of a Revised Dyadic Adjustment Scale five-minute break was given for the purpose of relaxation and then Beck's Depression Inventory was administered, later both the inventories were collected back.

## Statistical Method

Pearson's Product Moment Correlation

#### IV. RESULT AND DISCUSSION

Table 4.1 Pearson's Product Moment Correlation on Marital Adjustment and Depression among Newlyweds

	Adjustment	Depression
Adjustment	1	-.391**
Depression	-.391**	1

The hypothesis stating that, there is no significant relationship between marital adjustment and depression among newlyweds was tested employing Pearson's product moment correlation. The result of the study that, there is a significant negative relationship between marital adjustment and depression among newlyweds, which reveals that, as the level of depression increases the level of marital adjustment also decreases and vice-versa. The result of the present study is in accordance with result of the study conducted by Maryam (2006) aimed to explore the relationship between marital adjustment and depression among newly married couples, which found highly significant negative relationship between marital adjustment and depression among newly married couples. They also founded that highly educated working and non-working married peoples can perform well in their married life and they are free from depression as compared to educated working and non-working married peoples.

Hence the null hypothesis is rejected.

#### V. IMPLICATIONS AND RECOMMENDATIONS

- Suitable psychotherapies and assistance can be provided for newlyweds to deal with depression and to achieve marital satisfaction through healthy adjustment, if necessary.
- The scope of the study can be extended by adapting the mixed method approach to understand the factors of depression and marital adjustment among newlyweds and even sample size can be extended for the further study.

#### VI. ACKNOWLEDGMENTS

The author(s) appreciates all the people who have successfully contributed in ensuring this paper in place. Their contributions are acknowledged however their names cannot be mentioned.

#### REFERENCES

- [1] Addis, J., & Bernard, M. E. (2002). Marital adjustment and irrational beliefs. *Journal of rational-emotive and cognitive-behaviour therapy*, 20(1), 3-13.
- [2] Arshad, M., Mohsin, M. N., & Mahmood, K. (2014). Marital adjustment and life satisfaction among early and late marriages. *Journal of Education and Practice*, 5(17), 83-90.
- [6] Abbas, J., Aqeel, M., Abbas, J., Shaher, B., Jaffar, A., Sundas, J., & Zhang, W. (2019). The moderating role of social support for marital adjustment, depression, anxiety, and stress: Evidence from Pakistani working and nonworking women. *Journal of affective disorders*, 244, 231-238.
- [3] Dean, D. G. (1966). Emotional maturity and marital adjustment. *Journal of Marriage and the Family*, 454-457.
- [4] Hasnain, N., Ghazal, T., & Adlakha, P. (2014). Marital adjustment, happiness, and optimism as correlates of well-being among dual-working and single-working women. *International Journal of Physical and Social Sciences*, 4(12), 326.
- [5] Heyman, R. E., Sayers, S. L., & Bellack, A. S. (1994). Global marital satisfaction versus marital adjustment: An empirical comparison of three measures. *Journal of Family Psychology*, 8(4), 432.
- [7] Johari, S., Singh, R., & Mehra, M. (2020). Differences over Marital Adjustment of Living Apart Together Couples and Proximal Couples. *Indian Journal of Extension Education*, 56(4), 74-80.

[8] Senchak, M., & Leonard, K. E. (1992). Attachment styles and marital adjustment among newlywed couples. *Journal of Social and Personal Relationships*, 9(1), 51-64.

[9] Stravynski, A., Tremblay, M., & Verreault, R. (1995). Marital adjustment and depression. *Psychopathology*, 28(2), 112-117.

