

The Effect of Marital Adjustment of Women in Relation to Emotional Maturity of Their Children

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Abstract: All children, regardless of gender or age, are affected by marital conflict (Cummings, 1998; Cummings, Ballard, & El-Sheikh, 1991). Children are affected through both direct and indirect pathways. In terms of children's psychological functioning, exposure to repeated instances of destructive marital conflict has been linked with internalizing problems such as depression and low self-esteem, externalizing problems such as delinquency and aggression, and declines in academic performance, social and interpersonal adjustment, and general mental health (Cummings & Davies, 1994). The present paper is focussed on how the mother's marital adjustment has an impact on emotional maturity of their children. It is descriptive survey. A sample of 50 mothers and 50 children is selected by using purposive and snow ball sampling technique. Emotional maturity scale used is an standardize scale developed by Dr.Yashvir Singh and Mahesh Bhargava and due to unavailability of Marital Adjustment Scale researcher constructed the tool and standardize it . The findings of the study reveal that there is a positive relationship between marital adjustment of mothers and emotional maturity of their children.

I. INTRODUCTION

Marriage is a social institution under which a man and women live as husband and wife by legal and religious commitment. Reproduction is the main function of any family or society. Home is a basic socializing unit for a child, where the child learns proper behavior, etiquettes, and develops his/her potential to its maximum. The loving and caring atmosphere at home develops positive emotions and attitude among the children, but the conflicts, fights and tensions in a family relationship give birth to negative emotions and also treatment given to a child by the parents and the members of the family influences its emotional development (1). Spouse relationship to one another is the basic and most important relationship on which a family revolves. Healthy relations facilitate the couple not only to perform their roles effectively but also help in the proper upbringing of the child (2). Parental marital maladjustment has considerably influence on children. Poor marital adjustment of the parents make them more frustrating and directly or indirectly it effect the child in many ways as lack of stimulations in studies, poor understanding and lack of controlling emotion, effecting on working memory, unable to decision-making, lack of information processing abilities, lack of cognitive abilities etc. This results in mental disorder and other psychological problems in the children. Families in India are undergoing vast changes like increasing divorce and separation rates. The divorce rate in India is increasing among the young married couples, according to a report in Hindustan times. The reasons are the waning influence of the family and joint family; the growing psychological and financial independence of women; late marriages resulting in a greater reluctance to compromise or change set ways and lifestyles (3).

According to *indiafacts.in* 5th January 2015 These are some facts about the increasing divorce rate in India The number of divorce cases filed in Mumbai in 2014(till November 30), have gone 5245 more in number than 1667 in 2010. 8347

Divorce cases were filed in Kolkata in 2014 (till November 30), a 350% increase from the 2,388 divorce cases in 2003 .About 2000 Divorce Cases were filed in the Lucknow family court in 2014. Of these about 900 were filed by young couples married less than a year. In 2009, the number of the cases filed by young couples married less than a year was 300. 3 more family courts were opened in Bangalore in 2013, to cater to demand to the total number increasing to six. There are 8,600 cases pending in the courts and 500 new cases are added every year (4).

The home is a child's first school, and the mother is first teacher. Mothers are everything for children. Mother plays an important role in children's education, health and complete well being. Mothers are always willing to contribute towards better parenting. Therefore the present study is sincere effort in studying impact of poor marital adjustment of mother on emotional maturity of their children.

II. OBJECTIVES OF THE STUDY

1. To find out the relationship between marital adjustment of mothers and emotional maturity of their school going children.
2. To investigate marital adjustment of the mothers of school-children.
3. To study marital adjustment of mothers of school children when they are classified according to age and duration of marriage.
4. To investigate emotional maturity of school children.
5. To study emotional maturity of school children when they are classified according to age and gender

III. HYPOTHESES

1. There is no significant relationship between emotional maturity of children and marital adjustment of mothers.

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- There is no significant difference in the Marital Adjustment of mothers belonging to High (>35 years) and low age (35 years and less) group.
- There is no significant difference in the Marital Adjustment of mothers belonging to 15 Years and less and more than 15 years duration of marital life.
- There is no significant difference in emotional maturity of secondary school girls and boys.
- There is no significant difference in emotional maturity of secondary school girls and boys belonging to High (>12 years) and low age (12years and less) group.

IV. SAMPLE

The investigator selected a sample of 50 women of different age group and duration of marriage and 50 children of the same women study in secondary school (8th, 9th and 10th standard) are collected for the present study by using purposive and snow ball sampling technique.

V. TOOLS USED FOR DATA COLLECTION

- Dr.Yashvir Singh and Mahesh Bhargava (Emotional Maturity)
- Marital Adjustment Scale is developed by the Investigators.

VI. ANALYSIS AND INTERPRETATION OF DATA

Table 1 is showing the Number, Mean, Standard deviation, 'r' value and level of significance between emotional maturity of children and marital adjustment of mothers.

Variables	N	Mean	SD	'r' value	Level of Significance
Marital Adjustment	50	123.80	22.31	0.221	**
Emotional Maturity	50	73.48	17.34		

** significant at 0.05 level

Table 2 showing the Number, Mean, Standard deviation, 't' value and level of significance of Marital Adjustment of mothers belonging to High (>35years) and low age group (35 and less) and belonging to 15Years & less, more than 15 years duration of marital life

Variable	N	Mean	SD	't' value	Level of Significance
Age	High	20	113.90	2.72	**
	Low	30	130.40		
Duration of Marital life	15Years & <	29	125.75	0.726	NS
	16 years & >	21	121.09		

** significant at 0.01 level

Table 3 showing the Number, Mean, Standard deviation, 't' value and level of significance of emotional maturity of girls and boys of secondary school students and belonging High (>12 years) and low (12 and less) age group .

Variable	N	Mean	SD	't' value	Level of Significance
Sex	Boys	28	72.53	0.431	NS
	Girls	22	74.68		
Age	Low	27	69.00	2.042	*
	High	23	78.73		

* Significant at 0.05 level

VII. FINDINGS OF THE STUDY

- There is a positive relationship between emotional maturity of children and marital adjustment of mothers
- There is a significant difference in the Marital Adjustment of mothers belonging to High and low age group
- There is no significant difference in the Marital Adjustment of mothers belonging to <15 Years and >16 years duration of marital life.
- There is no significant difference in emotional maturity of secondary school girls and boys.
- There is a significant difference in emotional maturity of secondary school girls and boys belonging to High and low age group.

VIII. LIMITATIONS OF THE STUDY

- The selected sample is limited to the 50 women only.
- The study is limited to the Bangalore city only.
- The study is limited only to the urban area women.
- Only few variables were considered in the present study.

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