

# A Study of Frustration Tolerance of Marital Adjustment of Dual Career Couples with Special Reference to Higher Secondary Teachers of Chhattisgarh

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**Abstract:** The purpose of the present study is to examine marital adjustment of the female teachers of dual career couples as a function of frustration tolerance. The present study is basically correlation with nature. The data was collected from 35-40 years of 320 married female teachers from Chhattisgarh. The samples completed self-report measures of the following variables: Marital Adjustment (Kumar and Rohatgi, 1985), frustration tolerance (Ray, 1988). One Way ANOVA was used for data analysis. Finding of the study indicates that the frustration tolerance is able to generate significant variance upon the marital adjustment of the female partners of dual career couples.

**Keywords:** marital adjustment (MA), frustration tolerance (FT)

## INTRODUCTION- I

### 1.1 Background

Life is a path usually travelled with a partner. It is full of communication, expectation, adjustment and identification. Every person identifies him/her in a role and according to this the journey of life begins. Marriage is one milestone of life, where one selects a partner, with a new role and new expectation. Thus, it is very simple to ask what is marriage? This is a question which must have been asked by many a curious mind. They must have been given many interpretations by different persons, religions, philosophers and may be by the various interpretations or definitions. The most commonly accepted concept of marriage is that it is a lifelong sacred commitment. It is one of the most important relationships between a man and a woman. It is the responsibility for peace, happiness and development of strong family relationship. It involves emotional and legal commitment that is quite important in any adult's life. Psychologically, Indian married life may be explained in many ways. Enormous adjustment with spouses is an important factor in determining family environment. Interpersonal conflicts in married life can create a lot of stress among spouses and other family members. Prolonged stress also leads to psychological disturbance. It is observed that

people have changed their attitude towards marriage. Landis (1954) writes, "Marriage and family are not optional; they are necessary. They meet man's deepest needs." Marriage provides a person an opportunity for a secure and protected satisfaction of his need companionship, affections and sexual expression.

### 1.2 Concept of Marital adjustment

In any marriage, the individuals coming from different background, when start living together; start adjusting just after ceremony of marriage is performed. It can be believed that one's happy married life can be determined by, firstly, ignoring faults in a limited way, because no one is perfect and secondly, by adjusting with the partner with the help of compromising tools. Marital adjustment as a function is dependent on various factors like an ideal mate, fulfillment of needs, similarity of backgrounds, common interest value, role concepts and change in life partners. The concepts of marital adjustment, success, satisfaction, stability, happiness, consensus, cohesion, adoption, integration and role strain are used in a psychological sense referring to the state of one of the marital partners, sometime they are used in social, psychological sense referring of the state of the group or system. Spanier (1976) explained, "Marital adjustment or dyadic adjustment may be

conceptualized as a process and the outcome is determined by the amount of (1) troublesome dyadic difference, (2) Interpersonal tensions and personal anxiety, (3) Dyadic satisfaction, (4) Dyadic cohesion and (5) Consensus on matters of importance to dyadic functioning". He further explained that these aspects of adjustment are applicable to both married and unmarried couples. Marital adjustment can be explained with the help of psychodynamic and social learning models. Marital adjustment really an important domain in many environmental changes for socialist & psychologist to research in this field and find the impact of such changes on adjustment in married life (Joshi et al., 2009). Where members or partners look after each other and receive mental health. It is a relationship where partners confide and discuss their problems with sympathetic approach (Vanfossen, 1981). He also suggested that women are better at listening than men; this may explain why men benefit more from marriage in terms of having lower rate of depression. Glenn & Weaver (1979) defined that the "Marriage is found to be one of the strongest correlates of happiness and well-being". Argyle and Furnham (1983) defined that "Marriage is the greatest source of social support for most people more than friends or including emotional and marital support and companionship". Kennedy et al., (1990) defined for those who are married the spouse is involved in and instrumental to a wide range of other satisfaction including sex and leisure. There are at least two reasons why marriage might enhance happiness. The first one is prosaic marriage offer the role of spouse and parent which can provide additional source of self-esteem the concept of marriage is the basic of many marital adjustments. He mainly spoke about two broad concepts of marriage. For some, marriage is a romantic box, a tight fence, limiting freedom, roomy comfortable box, a magic box resolving the difficulties in their relationship. For some, it is an exciting exploration of new avenues. Each is given freedom and encouragement to develop full potential. If both parties perceive accurately and understand clearly their concept of marriage, things go smoothly and good understanding takes place. Mazumdar (1996) defines marriage, "As a socially sanctioned union of male and female or as a secondary institution devised by society to sanction the union and mating of male and female for the purposes of establishing a household entering into relations, procreating and providing care for the offspring." Sarks and Krupat (1988) contend that a good marriage is working partnership based on love and mutual respect.

The relationship between marital adjustment and need complementarity has been examined by a number of researchers (Cattel and Nesselroade, 1967; Heiss and Gordon, 1964; Murstein, 1961; Murstein and Beck, 1972; Winch, 1958). Several studies like (Cattel and Nesselroade, 1967; Heiss and Gordon, 1964; Murstein, 1961; Murstein and Beck, 1972) have reported the positive correlation between spouse similarity and marital success.

### **1.3 Marital adjustment in dual career couples**

In the dual career family, each partner has or her own work role which is separate forms the partners. Shukla (1988) observed that in comparison to the single career couples, more of the dual career couples expected that the husband and the wife should be about equally responsible for the provider and the housekeeper roles and evaluated the wives more favourably in the provider role and the husbands in the housekeeper roles. It is interesting, though, that in both the groups, wives derived greater happiness in their marriages when they were satisfied with the housekeeper role and evaluated their husbands favourably in the provider role. Husbands, on the other hand, attached greater importance to satisfaction with and a favourable evaluation of themselves in the provider role and their spouses in the kinship roles. Thus, the working woman ends up playing a multiplicity of roles. Pandey (1996) found that working wives have anxiety, fatigue, guilt, extraversion and arousal which can cause adverse influences on the marital and social adjustment. Frisco and Williams (2003) examined the relationship between perceived fairness of housework completion, marital happiness and divorce. They used a nationally representative sample of individuals (younger than age 55) involved in dual-earner marriages. The results indicated that the perceived inequity in the division of household labour is negatively associated with both husbands and wives who reported marital happiness but is positively associated with the odds of divorce among wives only. There was little evidence indicating that marital happiness mediates this relationship. The authors propose that unfair perceptions of the division of household labour not only decrease women's marital quality but also lead to role strain makes them more likely to end unsatisfying marriages. Schoen et al., (2006) investigated the direction of the relationship between marital happiness and wives full time employment by using the National Survey of Families and Household. It was found that the contrary of frequently invoked social and economic theories wives' full-time employment is associated with

greater marital stability. Nonetheless changes in wives' employment have no significant effect on how marital quality changes with time. Patra and Damodar (2009) examined the factors influencing happiness and satisfaction in the single and dual career families. Data were collected from 240 single- and 240 dual-career spouses at Kolkata and Kharagpur. The results suggested that the level of educational attainment, family income and joint living do not influence happiness and satisfaction. Irrespective of family type, the higher the level of multitasking attitude and marital adjustment, the higher are the level of happiness and satisfaction. More time spent on household work, freedom of both the partners and liberated belief on gender roles retards happiness and satisfaction.

In addition to separate work roles, two career couples are also defined by their life-style. Such couples pursue a life-style built around sharing work and family roles: they achieve status through the combined work role of both partners. It is a life-style that requires a support structure in the home and a relationship between the couple that facilitates ability of both partners to pursue career. Such couples have a sustained relationship groomed in the two-career life-style. The term couple has also been described as the two people (one male one female) who share a life-style that including: (1) Cohabitation (2) Separate work roles for both partners, (3) A love relationship that supports and facilitates both. By virtue of this definition, the two career couples combine what Freud called life's most important adult functions: loving and working.

#### **1.4 Frustration Tolerance**

The term frustration tolerance refers to the amount of stress one can tolerate before his integrated functioning is seriously impaired. Thus frustration tolerance refers to the capacity of the individual to show persistence in efforts despite repeated failures and antagonistic environment. Thus it is necessary to tolerate the frustration resulting from such event as failure in examination, loss of status etc. to maintain integration of the personality. When a person becomes very frustrated, the frustration can interfere in the performance of the task, education and, our main concern, marital responsibilities. Those with high tolerance are not easily frustrated as those with low or zero tolerance. Frustration tolerance can be measured with the Picture- frustration study by Rosenzweig (1988). The individuals who show lower capacity of frustration tolerance have difficulties in coping with the unfavourable circumstances. Frustration tolerance has a direct relationship with a person's ability of adjustments or adaptations. The low

frustration tolerance also leads to indulgence in antisocial behaviour or in other mal-adaptive behavior. Most neurotics and psychotics show deficiencies in their capacity to tolerate content that frustration involves threat to the personality that is lowering of self-esteem and an injury to the feeling of security.

## **METHODOLOGY-II**

### **2.1 Method of the Present Study**

Researcher used Analytical Survey Method so as to follow ex-post factor in nature.

### **2.2 Objectives of the Present Study**

To explore the marital adjustment of the female teachers of dual career couples as a function of frustration tolerance. Although, the psychological disposition such as marital adjustment clearly influenced by one's work life. So, in present work author (s) incorporate dual working couple in their study in this little previous research has studied these constructs together.

### **2.3 Sample**

The participants for the study consisted of female teachers of dual- career couples (N=320) Selected from Raipur, Bilaspur, Rajnandgaon and Dhamtari, districts of Chhattisgarh, using stratified random sampling. The age of the couples ranged from 35-40 years. After participant were randomly selected from different strata as sample that fulfils the characteristics of the present sample.

### **2.4 Population**

The scope of the study covers all the female teachers of dual career couples of Bilaspur, Rajnandgaon and Dhamtari, districts of Chhattisgarh.

### **2.5 Tools**

Marital Adjustment Questionnaire (M.A.Q.): Marital Adjustment Questionnaire Revised (1999) is used to measure dependent variable of the present study. This measure of marital adjustment is constructed and standardized by Kumar and Rohatagi (1985). It consists of 25 'yes-no' type items.

## 2.6.1 Procedure

### Area wise item distribution

Area	Item No's	Total
Sexual	9, 20, 23, 25	4
Social	3, 4, 5, 6, 12, 14, 15, 18, 19	9
Emotional	1, 2, 7, 8, 10, 11, 13, 16, 17, 21, 22, 24	12

### Reliability

The split-half reliability, correlating odd-even items, applying the Spearman-Brown formula for the doubling the test length, was found to be 0.49 (N=60) with an index of reliability of 0.70. The test-retest reliability was also studied, it was found to be 0.71 (N=60) with an index of reliability of 0.84. The retest was given with a time interval of 3 weeks. The r-values, 0.49 and 0.71 respectively, were found to be significant at 0.01 level, showing that the questionnaire was reliable both in terms of its interval consistency and stability of scores.

### Showing split-half and retest reliability

Split-half	N	r-value	Index of reliability
Split-half	60	0.49	0.70
Test-retest	60	0.71	0.84

### Validity

The face validity of the questionnaire appeared to be fairly high as the items were prepared following intensive interviews of 100 married couples regarding their concept of happy married life.

The content validity was adequately assured as only those items were selected for the initial questionnaire for which there was 100 percent agreement among the judges. Only items which showed a fairly highly discriminating value following item-analysis were selected for the final questionnaire. The diagnostic meaningfulness of the items at the time of final selection was taken into account.

The questionnaire was also validated against Singh's Marital adjustment inventory (Singh, 1972). The coefficient correlation between the questionnaire and Singh's marital adjustment inventory for a group of 20 wives as found to be 0.71 with index of reliability of 0.84.

### Showing correlation between MAa and MAI Showing correlation between MAa, and MAI

In a recent study, Archana Shukla (1994) has noted significant positive correlation between MAa and DAS (Spanier, 1976), and MAa and MAT (Locke and Wallace, 1959) for single career as well as for dual career couples.

	Single Career Couples (N=75)		Dual Career Couples (N=75)	
	Husban d	Wive s	Husban d	Wive s
MAa & DAS	0.96**	0.95**	0.54**	0.48**
MAa & MAT	0.57**	0.77**	0.86**	0.27*

\* Significant at 0.05 level

\*\*Significant at 0.01 level

### 2.6.2 Scoring

#### Marital adjustment scores for the husband or the wife:

N	r-value	Index of reliability
20	0.71	0.84

A 'yes' response is assigned a score of 1 except for items 4, 10, 19 in which case reverse is applicable. The sum of these values gives the marital adjustment score for the husband or wife. Since the responses contributory to the works towards marital adjustment are given a score, the higher total score, the higher would be the marital adjustment of the husband or wife.

#### Independent Variables Measures:

**Frustration Tolerance:** The frustration tolerance test constructed and standardized by Rai (1988). It is used to assess the frustration tolerance level of the subject. The test has 31 items in all in the form of figure shown in the puzzles. There are two types of puzzle in the test:

#### Insoluble puzzles

#### Soluble puzzles

Two sets of data are obtained from this experiment: Time (in minutes and seconds) devoted by the subject on two insoluble puzzles i.e. puzzle number I and II. Number of attempts made for solving two insoluble puzzle i.e. puzzle number I and II. Time and number of attempts are summed and Mean time and Mean number of attempts are calculated for each subject to know his or her frustration tolerance. Data obtained in this manner may be analyzed by using any test of significance.



## RESULT AND DISCUSSION-III

### Results

ANOVA was used for data analysis and results it demonstrates that Frustration Tolerance has significant impact (39.89\*\*) on marital adjustment.

### Comparison of marital adjustment score of the subjects with high and low frustration tolerance

Groups	n	M	F-ratio	Significance level
High Frustration Tolerance (a1)	160	20.30	39.89	.01**
Low Frustration Tolerance (a2)	160	18.65		

ANOVA (n=320).P<.01\*\*

The finding indicates that there is significant impact of frustration tolerance level of dual career couples on their marital adjustment. Participants who score high on frustration tolerance scale have better adjustment with their married life comparatively to those participants they score low on frustration tolerance scale. table Indicates that the obtained F-ratio 39.89 which is significant ( $p < .01$ ). It can further elaborate that the factor namely, frustration tolerance is able to generate a significant variance upon marital adjustment of the female teachers of the dual career couples. So we found that female teachers of dual career couples with high frustration tolerance level have better marital adjustment than the female partners of the dual career couples with low level of frustration tolerance. The reason may be attributed that the partner with high frustration tolerance have capacity to show persistence in efforts in varied family matters which is apparently difficult. The age of subjects considered in the study is 35years to 45 years. It signifies that they are in marital relationship for more than 10-12 years. In these years working female has to play dual roles in home and at work. They have to fulfil the responsibilities towards both. And as the time passes they gradually become more habitual towards adjustment and better coordinate the things even in adverse situations. Further, it can be analyzed that due to combine responsibilities of work and home lead them to have opportunity for becoming flexible in different circumstances. These characteristics might be helpful to them in adjusting the family which involves many changes (Tanwani, 1997). It can be said that time plays a significant role in developing the tolerance level and leads couple to have happy and better marital adjustment. Researches indicate that (Shrivastava, Singh &Nigam, 1988) the age is a significant factor in marital adjustment.

### Discussion

In the present study, it was found that female teachers of dual career couples with high frustration tolerance level have better marital adjustment than the female teachers of the dual career couples with low level of frustration tolerance. The reason may be attributed that the partner with high frustration tolerance have capacity to show persistence in efforts in varied family matters which is apparently difficult. The age of subjects considered in the study is 35years to 45 years. It signifies that they are in marital relationship for more than 10-12 years. In these years working female has to play dual roles in home and at work. They have to fulfill the responsibilities towards both. And as the time passes they gradually become more habitual towards adjustment and better coordinate the things even in adverse situations. It can be said that time plays a significant role in developing the tolerance level and leads couple to have happy and better marital adjustment. Researches indicate that (Neary, Terrence & Joseph, 1985; Shrivastava, Singh &Nigam, 1988) the age is a significant factor in marital adjustment. A female shares more responsibilities which leads to better family and marital relationship and would consequently creates a balance between job and home. After marriage individual have to adjust with each other (Marks & MacDermid, 1996). It was also seen that women are more balanced or committed across roles, regardless of multiple roles they play will likely to have more marital adjustment and satisfaction (Marks &MacDermid,2000;PerryJenkins,Repetti&Gouter, 2000; Marks, 2001).

## SUGGESTION AND CONCLUSION-IV

### Suggestion and Conclusion

On the basis of above mentioned discussion, it is suggested and concluded that frustration tolerance can be accepted as factors affecting marital adjustment of female teachers of dual career couples.

The sample of the present study was drawn from the female of the Chhattisgarh region. Therefore, the result can be generalized only to be female teachers of Chhattisgarh region. Present investigation, also fixed model was used in the manipulation of independent variables. Therefore, the result of this study can generalized only for these specific levels of the independent variables. The present investigation is an ex-post facto enquiry in which we cannot control the situation precisely as in the experimental enquiry. Since the sample of the present study has been drawn from the female teachers of the Chhattisgarh, therefore, the inference drawn in the present study are applicable only to female teacher's dual career couples in this particular region. A broad based sample from different type of careers like Doctors, Engineers, could have increased the power of the generalization in the present study.

The findings of the present study are applicable only to urban population. It may be extended to the rural population of Chhattisgarh region as well as to other states also. The findings of the present study are applicable only to female teachers. It may be extended to the male with certain modification. The present study was conducted on 320 female teachers of dual career couples. Ours sample containing 40 cases in each cell. The sample population in each cell and total population may extend to further validate the results. In the present investigation, marital adjustment of the female teachers of dual career couples have been studied in the light only three variables namely, frustration tolerance,. Further studies should be conducted to verify the effect of other important variables. The present piece of investigation may become fruitful identifying the factors which may influence marital problems and also help in providing the marital counseling.

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