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Understanding Emotional Maturity's Impact on Marital Harmony: A Research Investigation

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Emotional Unstability,
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ABSTRACT

The present study explores the relationship between emotional maturity and marital adjustment. Sample comprised of 100 married couples (50 males +50 females) between the age group of 30 to 45 years (mean age-37.5 years) working in various institutions of Haryana. Tools used for data collection were the (1) Emotional Maturity Scale, (2) Marital Adjustment Questionnaire, chosen after a comprehensive review of related literature. Subjects were contacted individually by the researcher and data was collected. The responses were scored and statistically analyzed. Pearson's correlation was calculated. Results revealed that Emotional Unstability, Personality Disintegration, and Lack of Independence correlated negatively with Marital Adjustment.

Introduction

Marriage is a social arrangement where a man and a woman commit to living together as husband and wife through legal and religious means. A strong relationship helps the couple fulfill their roles effectively and raise their children well. Each couple brings their own background into their marriage. The lack of adjustment and emotional maturity can lead to problems in a marriage. A happy and successful marriage is crucial for a healthy family. The upbringing and teachings from our parents play a significant role in shaping our views on marriage (Thanaee, 1995). Six important factors for a successful marriage include stability, emotional maturity, compatibility, financial stability, sexual intimacy, and mutual love. Developing emotional maturity from a young age is essential for building a healthy family. Emotional maturity includes aspects like intimacy, empathy, assertiveness, stability, independence, balance, and managing emotional distance (Ramesden, 2001). Another criterion that Wishman refer to as a key for marital success is dyadic adjustment. Dyadic adjustment, or the externalizing of spouses to each other, is key for marital success (Thanaee, 2000). Marital adjustment is when both partners feel happy and satisfied in their marriage and with each other. According to Ernest and Leonard (1939) marital

adjustment is a process that involves understanding each other's personalities, creating behavioral rules, and forming relationship models.

Marital adjustment is a process that evolves between a couple (Lasswell & Lasswell, 1982). Past studies on marital adjustment have shown that it is essential for establishing a balanced and functional marital relationship (Bradbury, Fincham & Beach, 2000). The outcomes of marital adjustment are influenced by conflicts, tension, satisfaction, unity, cohesion, and collaboration on important marital issues (Gong, 2007). Adjustment is a complex concept that involves a person's relationship with their spouse and has specific characteristics (Broman, 2005). It can be seen as an individual or a joint effort to accommodate differences and resolve conflicts. Lewis and Spanier (1979) three major factors predict quality of marriage include social and personal resources, lifestyle satisfaction, and rewards from interactions with one's spouse. Couples with similar backgrounds, good support systems, effective communication, self-disclosure, and mutual understanding tend to have better adjusted marriages.

"Maturity is an important stage in a person's development. According to F. Finley (1996), maturity is the ability of the mind to handle uncertainty and respond to different situations or environments in a suitable way. "Being mature in a marriage means understanding and accepting the growth and changes in your partner. Relationships between couples take time to develop and progress.

Walter and Smithson (1974) believe that emotional maturity is a continuous process where a person works towards achieving a greater sense of emotional well-being, both within themselves and in their relationships. Dosanjh (1960) defines emotional maturity as having a balanced personality, being able to control disruptive emotions, showing stability and resilience under pressure, and being tolerant and free from neurotic tendencies. Singh (1990) states that emotional maturity not only shapes a person's personality but also plays a crucial role in an adolescent's growth and development. Menninger (1999) adds that emotional maturity involves the ability to effectively deal with reality. In essence, emotional maturity refers to how a person responds to different situations and environments in a suitable way. Emotions serve as a positive motivator that influence human life, thoughts, actions, and aspirations.

Emotional maturity is the ability to evaluate a situation or relationship and make decisions that benefit both yourself and your partner. Emotions are crucial in marriage, and having emotional maturity is key to a successful life. Our actions are influenced by our level of emotional maturity. Emotions have a significant impact on our goals, thoughts, and behavior. Emotional maturity is essential for personal growth and is about managing your emotions rather than letting them control you. It involves expressing emotions that are appropriate for your age. This trait reflects emotional stability, self-regulation, and overall well-being. Emotional maturity is closely linked to how well we adjust, our happiness, and our behavior. Erickson (1993) examined that Married couples with effective communication, self disclosure, frequent successful communication, and understanding and empathy, are better adjusted to their marriages. While many factors can affect how well we adapt, the most important one is maturity. A person who is emotionally mature can navigate both personal and professional life successfully.

Johnson and Booth (1998) found that couples who have a positive outlook on life tend to have better marriages because it helps them adapt to changes. Researchers have identified factors that contribute to a successful family, which can be categorized as internal and external. Internal factors include behaviors like flexibility, communication, support, and mutual respect. External factors, on the other hand, are factors outside the family such as supportive work environments and social networks. Factors like sexual activity, physical health, work-life balance, social

support, living environment, positive emotions, and opportunities for growth play a crucial role in marital happiness. In India, families are experiencing significant changes, including a rise in divorce rates. The reasons for this increase include shifting family structures, women's increasing independence, and changing societal norms.

Rani and Kumari (2014) studied to see how emotional maturity is related to the adjustment of D.Ed. students. The findings showed that girls had higher emotional maturity than boys. Sinha (2014) examined that how emotional maturity differs between genders. The data analysis showed that there are significant differences in emotional maturity between boys and girls.

According to a report in indiafacts in 5th January 2015, the divorce rate among young couples in India is on the rise. For example, in Mumbai, the number of divorce cases filed 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. was much higher than in previous years. Similarly, in Kolkata, there was a significant increase in divorce cases from 2003 to 2014. In Lucknow, about 2000 divorce cases were filed in the family court in 2014, with a large number coming from couples married less than a year. This trend is reflected in other cities like Bangalore, where new family courts are being opened to handle the increasing number of divorce cases. With thousands of cases pending in the courts and hundreds of new cases being added each year, the impact of divorce on Indian families is becoming more apparent.

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Statistics data from sources such as The Hindu, Business Standard, DNAIndia and more to get an understanding of how common divorces are in India today. Divorce rates in India have increased by 350% in the past twenty years.

In Mumbai, the divorce rate increased by 40% from 2014 to 2017. From 1990 to 2012, there was a 36% increase in the divorce rate in Delhi. People aged 25-34 years old account for 53% of divorces filed in India. In Delhi, women initiated 65% of divorce cases in 2019. Between 2012 and 2017, the divorce rate in Gandhinagar rose by 65%.

The history of divorce rates in India is closely connected to the country's culture, society, and laws. In the past, India had very few divorces compared to other countries. Divorce was rare and not approved by society in the early 1900s. But in the second half of the 20th century, there was a gradual change. The divorce rates started to increase slowly in the 1980s and 1990s due to urbanization and the empowerment of women. The shift in societal views and women becoming more financially independent also played a role in the rise of divorce rates in urban areas.

Divorce rates have been on the rise in metropolitan cities such as Delhi, Mumbai, and Bangalore in the 21st century. Factors like social media, a better understanding of individual rights, and changes in societal norms are playing a role in this trend. Despite divorce rates still being lower than in Western countries, the younger generation is becoming more accepting of divorce. This brief history aims to provide context to the current state of divorce rates in India, highlighting the complex interplay of cultural, social, and modern influences that have shaped this evolving trend.

The data shows that the divorce rate in India is on the rise, especially among urban and educated couples. Kerala has the highest divorce rate in all of India, with 2.2% of marriages ending in divorce. Over the past two decades, there has been increase in divorces, with women increasingly initiating the process – accounting for 33-65% of cases depending on location. Drug addiction is

also becoming a common reason for marriages falling apart, with 1,023 cases reported solely due to drug addiction in 2019.

Therefore, the present study is sincere effort in studying impact of emotional maturity on marital adjustment.

Method

Participants

The participants for the study consisted of One hundred college employees (50 Females+50 Males) selected from various colleges of Haryana, using purposive sampling. The age of the participants ranged from aged 30-45 years. The subjects were taken from different institutions such as schools, colleges, government offices. Subjects were included with a minimum educational qualification of graduation.

Measures

The following tools were used in the present study:

Emotional Maturity Scale (EMS)

Marital Adjustment Questionnaire (MAQ)

A brief description of these measures is as under:

Emotional Maturity Scale (EMS) Singh and Bhargava (1990) developed a self report measurement of emotional Maturity in respect of five subscales of Emotional Maturity namely, Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence. The scale consisted of 48 items. The responses to the questions are rated on a five point Scale ranging from "very much" to "never." The items of the scale are in question form demanding information for each in the five options (Very much =5; Much=4; Undecided=3; probably=2; and Never=1). The total score on the scale is indicative of emotional maturity, a higher score indicating less emotional maturity. Time required for completion of this measure is approximately 20-30 minutes. The highest score on the scale indicate greater the degree of emotional immaturity. Test Retest Reliability for five sub scales are from .40 to .80 and Validity .64.

Marital Adjustment Questionnaire (MAQ) Marital Adjustment Questionnaire was developed by Kumar and Kanchana in 1976. This questionnaire consisted 25 items with two alternatives like yes or no. Higher the score indicate higher the marital adjustment of the couples. Reliability: Split Half Reliability of the questionnaire is .49, and Test Retest Reliability is 71 and Validity is .71.

Procedure

The measures were contacted personally with presented a general idea about the study aims and its importance. It assured that the participation is voluntarily and all the data given by them will be confidential. The participants needed about 30-40 minutes to complete the measures.

Results

The objective of the study is to explore the relationship of Emotional Maturity with Marital Adjustment. For this purpose Pearson's Product Movement Correlation was calculated, three

significant negative correlations were found. Results are given in Table No. 1 (Mean, SD) & Table No. 2 (Intercorrelations Coefficients).

Descriptive findings

The means and standard deviations for Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence and Marital Adjustment are presented in Table 1

TABLE NO. 1

Table No.1 reveals the Mean & SD of Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence and Marital Adjustment.

Variables	N	Mean	SD
Emotional Unstability	100	18.08	5.8
Emotional Regression	100	18.49	5.4
Social Maladjustment	100	17.01	6.1
Personality Disintegration	100	14.34	3.8
Lack of Independence	100	14.27	4.4
Marital Adjustment	100	20.4	3.0

TABLE NO. 2

Table No.2 reveals that there are three significant negative correlations between Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence and Marital Adjustment.

Intercorrelations Coefficients

Variables	Marital Adjustment
Emotional Unstability	-.189 **
Emotional Regression	-.125
Social Maladjustment	-.009
Personality Disintegration	-.226 **
Lack of Independence	-.219**

(**= .01 level of significance)

Results and Discussion

Based from descriptive statistical analysis (Table 1), it can be noticed that the respondents garnered the highest score on marital adjustment (M=20.4, SD=3) which means that most of the respondents were better in their marital adjustment. Most of the respondents scored low on Emotional Unstability, Emotional Regression, Social Maladjustment, Personality Disintegration and Lack of Independence which suggests that the respondents were emotionally matured (Reversely scored).

Correlations between variables

Table 2 displays the correlations for variables in the present study. The findings of Pearson Correlation analyses indicated three negative significant correlations between Emotional Unstability, Personality Disintegration and Lack of Independence and Marital Adjustment.

It may be observed from Table No.2 that Emotional Unstability ($-.189p<.01$) was found negatively and significantly correlated with marital adjustment which suggests that the individuals who represents syndrome of lack of capacity to dispose off problems, irritability, needs, constant help for one's day to day work, vulnerability, stubbornness and temper tantrums having lower marital adjustment. Such persons have lower sexual satisfaction. It suggests that higher the Emotional stability higher the marital adjustment.

Personality Disintegration ($-.226p<.01$) was found negatively and significantly correlated with marital adjustment which suggests that the pessimism individuals who suffer from inferiorities and react to environmental through aggressiveness, destruction and having distorted sense of reality face difficulties while maintaining marital role and responsibilities, attitude towards family planning and children in their marital life. This implies that personality integration leads to better marital adjustment.

Lack of Independence was found negatively and significantly correlated with marital adjustment ($-.219p<.01$) which implies that dependent, unreliable and erotic individuals having adjustment problems in emotional, economical, religious and interpersonal relationships in their marriage life. It posits that independence helps in balancing marital adjustment.

The emotional maturity determines the person's ability to adjust with the emerging problem in the marriage. Emotional maturity has been found to have related to better marital adjustment (Dean & Bruton, 2012). Our findings also supports the findings of Mosavi, Esmael, Iravi, Reza (2012), Rani, Singh, & Jaiswal, 2017 they found various relationships with emotional maturity and marital adjustment.

Conclusion

From the results obtained in the present study, it may be concluded that emotional maturity play important role in marital adjustment. However, wide generalizations, solely based on the results of this study, should be made with caution because of the limited sample size. Nowadays the increase in women population entry into the labour market has changed the family system from the traditional single earner to dual earning family. This has positively brought in change in all the aspects of family development as women have proved to have better marital adjustment and emotional maturity despite the pressure they face in balancing both the domains- home and work. On the other hand Nowadays, due to independence, the ego of couples has increased a lot due to which they do not get along with their husbands, mother-in-law and father-in-law and these fights reach such a level that the cases of divorce between The husband and wife are increasing. Today's women are aware of their rights first of all but at the same time they are not able to fulfill their duties. Due to which the atmosphere of the house gets spoiled. Due to the pressure of work and home, couples are not able to handle their responsibilities, which affects their behavior and due to this behavior they are getting emotionally disturbed, problems arise between them and which is greatly affecting the marital adjustment. The present findings showed that majority of the participants are emotionally matured in their marital life. The findings of the present study should be seen as a guideline for future research rather than as definite answers to the research questions.

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