
A STUDY OF EMOTIONAL COMPETENCE AND MARITAL ADJUSTMENT AMONG MARRIED COUPLE

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ABSTRACT

To examine Emotional Competence and Marital Adjustment a sample of 100 male and female were selected from society in Nagpur city in Maharashtra. Emotional Competence Scale and Marital Adjustment were used for tapping scores of the subjects. To analyze the data, method of difference and product Moment Correlation were applied. In results it is found that there is insignificant difference among men and women in emotional competence and marital adjustment. Positive correlation found between Emotional competence and Marital Adjustment.

Keywords: Emotional Competence and Marital Adjustment

Introduction:

Emotional competence

Emotional competence is a learned capability based on emotional intelligence that results in outstanding performance of an individual in any circumstances. Person with higher emotional competence are more socially adaptable and display better social skill (Schuttle; et.al 2001). Individual who display good social skill tend to receive good treatment in return and are liked by other (Anderson & et al, 1983).

Emotional competence helps the individual to build long term relationship and greater marital adjustment than those with lower emotional competence (Schuttle; et.al 2001) is also positively correlated with an adaptive form of goal orientation and life satisfaction in general (Martin P.M, 1997)

Emotional competence is a new origin in psychological studies which is least explored in Indian context especially in marriage and family life. Hence to fill the gap in research area the study on the relationship between emotional intelligence and marital satisfaction levels of the Indian couple has been taken up.

Marital Adjustment

Carl Rogers (1972) sees the present day changes in marriage as a positive trend towards greater freedom of the spouses. Because the emotional, psychological, intellectual and the physical needs of the partners are given higher priority over mere permanence as understood by traditional marriages.

Sinha & Mukerjee (1990) defines marital adjustment as „the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other“ (p.633). It therefore calls experiencing satisfactory relationship between spouses characterized by mutual concern, care, understanding and acceptance. All the marriages are aimed at happiness in one or another way. Most couples become married filled up expectations. Some of the expectations will be realistic while others unrealistic. This is due to the complex nature of marriage and each individual is as complex as a universe.

Therefore, in marriage two universes come together. Sison (1976) among married couples in Metro Manila show a high level of marital adjustment among those who communicated well. He points out that there is a positive correlation between communication and adjustment. Couples, who communicated more regularly, adjusted themselves better to interpersonal and situation problems while others find it difficult. Communication is the life-breath of love, awareness of each other's feelings, needs, problems and expectations.

OBJECTIVES:

1. How emotional competence play important role in the relationship of married couples.
2. To study the relationship between emotional competence and marital adjustment.
3. To investigate marital adjustment among couple.

PROBLEMS:

1. Are men better than women in emotional competence.
2. Do women are better in marital adjustment than men.
3. Is there any relationship between emotional competence and marital adjustment

HYPOTHESES

1. Women will show more emotional competence than men.
2. Women will show better marital adjustment than men.
3. There will be positive correlation between Emotional competence and Marital Adjustment.

Methodology

TOOLS

1. Emotional Competence Scale:

The scale was standardized by Dr. Harish Sharma and Dr. Rajeevlochan Bharadwaj. It is in Hindi and contains 30 items. The validity of this scale is .64 and .69 respectively.

2. Marital Adjustment Questionnaire:

The scale was standardized by Dr. P Kumar and K. Rohtagi. It consists of 25 items in 'yes' and 'No' discriminating form and measures marital adjustment. It consists of 3 dimensions – Sexual, social and Emotional. The sexual area consists of 4 items, social area has 9 items and emotional area has 12 items in marital adjustment. The reliability of the test is 0.70.

SAMPLE

For the present study random sampling technique was used for the selection of the participants. The sample consisted of 50 couples and was taken from different geographical area of Nagpur.

RESEARCH DESIGN

To examine the difference between two means method of two group design was used. To examine relationship between the variables Product Moment Correlation method will be applied.

Procedure

The couples husband and wife were selected with age ranging from 30 to 45 years from various areas of Nagpur city. They were made aware about the importance and application of this research and rapport was established. First of all instructions about the test were given carefully prior to start the each test administration. It was confirmed that every couple has

understood the instructions of each test properly. In the beginning Marital adjustment questionnaire was given and after five minutes breaks Emotional competence Scale was administered. After data collection and scoring, raw scores were put to the statistical treatment for analysis.

Result

Mean, standard deviation and 't' value were calculated on the basis of obtained raw scores. The statistical analysis of all the scores is given in the following tables.

Table 1: Showing Mean, SD and 't' value of sample on Emotional Maturity

	Sample	N	M	SD	t Value
Emotional Competence	Men	50	100.6	19.59	1.38
	Women	50	103.8	21.77	

$P > 0.05$

In verification of Emotional Competence among Men and Women, mean of Men 100.6 is less than the mean of women is 103.8 and 't' value is 1.38 is not significant at any level.

Table 2: Showing Mean, SD and 't' value of sample on Marital Adjustment

	Sample	N	M	SD	't' Value
Marital Adjustment	Men	50	21.10	3.43	0.77
	Women	50	20.70	3.55	

$P > 0.05$

While testing Marital Adjustment of men and women, mean of men 21.10 is greater than the mean of women 20.70 and 't' value 0.77 is not significant at 0.05 level of significance.

Table 3: Correlation between Emotional competence and Marital adjustment

N	Emotional competence	
100	Marital adjustment	.86

**Significant at 0.01 level of significance for 98 df.

In examination relationship between Emotional competence and marital adjustment correlation found 0.86 which is significant at 0.01 level.

Discussion

In 21st century psychological problems are increasing day by day in the society. Now a days it seems that there is a need of Emotional competence and need to express ones emotions at right time, right degree and with right person in the society. Hence emotional management is that the need of the hour. Keeping this view in mind the efforts were made to study Emotional competence along with Marital Adjustment among Married men and women with this view the hypothesis one was framed as 'Women show more emotional competence than men' in results it reveals that mean of the men (100.06) is less than mean of the women (103.86) and 't' value 1.38 is not significant at .01 level.

In verification of hypothesis two, 'Women will show better marital adjustment than Men' and did not found significant. Mean of men 21.10 is greater than the mean of women 20.70,

which indicates the inclination of the marital adjustment of men is better than women and 't' value 0.77.

In verification of hypothesis three that, 'There will be positive correlation between Emotional competence and Marital Adjustment', correlation was worked out and found significant. It indicates that Emotional competence and Marital Adjustment both variables are important in better adjustment in the family life.

CONCLUSIONS

1. Hypothesis one, 'Women will show more emotional competence than men' found not significant.
2. Hypothesis two, 'Women show better marital adjustment than Men' found insignificant.
3. Hypothesis three, 'There will be positive correlation between Emotional competence and Marital Adjustment' found significant.

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