

PSYCHOLOGICAL IMPACT OF MARITAL MALADJUSTMENT

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INTRODUCTION

Marriage is one of the most important institutions of Indian Society. It fulfills the primary needs of the individuals, is important for the continuity of the race as well as for the stability and sanctity of the society. Marriage in India has altogether a different connotation. It not only establishes a bond between two individuals but also between their families. A happy marriage has several positive implications on entire family. It affects the social as well as psychological health of all the members of the family. But if a marriage does not work, it seriously impacts the harmony within family. In the present study the researcher has explored deeply into the problem of Marital Maladjustment & its psychological impact on the couples, their children & their family members.

RESEARCH METHODOLOGY

In the present study the researcher has made use of multi stage sampling method .A sample of 100 husbands & 100 wives was selected from amongst the entire population of target couples, registered for divorce in the family court and VII A-D-J (district court) of Gwalior District under the Hindu Marriage Act 1955 from 2002 onwards.

The Population of the study (or the source from which the primary data was collected) were the newly married couples (married some 6 years as lesser period back) who were registered for divorce in the family court & VII A-D-J (district court) of Gwalior District under the Hindu Marriage Act 1955 from the period of August 2002 to December 2007. In the present study the information was collected through an interview schedule.

MAIN FINDINGS OF THE STUDY

Perception regarding unhealthy consequences of lengthy divorce process

It is found in the study that majority of husbands (78 percent) have reported that their lives will become hell due to regular visiting of court, followed by them were the husbands (49 percent) who reported that their brothers/sisters might get annoyed & husbands (43 percent) who stated that both families (theirs & their partners) might suffer because of the lengthy process. While majority of wives (88 percent) reported that their lives will become hell due to regular visiting of court & followed by them were the wives (52 percent) who said that they might face economic hardships & wives(50 percent) who stated that their brothers/sisters might get annoyed due to the lengthy process of divorce(see Table No. 7.13).

Mental/psychological impact due to the issue

It is found in the study that majority of husbands (89 percent) & wives (93 percent) are suffering from some kind of psychological or mental impact due to the issue (see Table no. 7.14).

Kind of mental/psychological impact

All husbands (100 percent) reported that they feel the impact on their personality due to court's process & otherwise & followed by them were the husbands (85 percent) who stated that they are suffering from mental peace and security related impact. While majority of wives (100 percent) reported that they suffer from the impact related to mental peace and security & followed by them were the wives (97.85 percent) who stated that they suffer the impact on their personality due to court's process or otherwise (see Table No. 7.15).

Love/care & sex related mental impact

Among those who stated that they suffer from love/care & sex related impact, majority of husbands(65.63 percent) & wives(95.31 percent) reported that they often suffer from the feeling of loneliness due to lack of love & care of partner (see Table No. 7.16).

Memories of married life related impact

Majority of husbands(44.44 percent) & wives(50.67 percent) reported that they often suffer from the feeling of confusion due to mixed memories of married life i.e. both the memories of good as well as worse times haunt them simultaneously making them reach a feeling of confusion(see Table No. 7.17).

Mental peace & security related mental impact

Majority of husbands (95.29 percent) reported that they suffer mental disturbance due to enquiries/interference by people & followed by them were the husbands (91.76 percent) who stated that they suffer lack of mental peace due to delay in divorce process. While majority of wives (89.24 percent) stated that they suffer lack of mental peace due to delay in divorce process & followed by them were wives (83.87 percent) who said that they often suffer from the feeling of vulnerability or insecurity due to uncertainty of future (see Table No. 7.18).

Impact on personality

Majority of husbands(96.63percent) & wives(97.8 percent) stated that they often suffer from poor concentration while followed by them were husbands(53.93 percent) & wives(60.43 percent) who reported that they often suffer from the feeling of failure. A few husbands (3.37 percent) while a considerable percentage of wives (23.07 percent) also reported about the disorder of compulsive overeating (see Table No. 7.19).

Kind of feeling on meeting partner/in-laws during court proceedings or otherwise

Majority of husbands (47 percent) reported that they have normal feeling on meeting the partner & followed by them were husbands(30 percent) who reported that they feel bad on meeting partner or in-laws during court proceedings While majority of wives(49 percent) reported that they feel bad on meeting partner/in-laws during court proceedings or otherwise(see Table No. 7.20).

Perception regarding sound/happy life after divorce

Majority of husbands (73 percent) & wives (82 percent) reported that they don't know whether life would be happy after divorce or not (see Table No. 7.21).

Plans after divorce

Majority of husbands (76 percent) & wives (75 percent) reported that they have not yet thought about the plans after divorce. (see Table No. 7.22).

PSYCHOLOGICAL IMPACT-II – ON CHILDREN

Children missing the 2nd parent

Majority of husbands (50 percent) reported that it might be that the children are missing the 2nd parent while majority of wives (66.67 percent) stated that the children definitely miss the 2nd parent (see Table No. 7.2).

Children talking/complaining about parting with 2nd parent

Majority of husbands (50 percent) & wives (44.44 percent) reported that the children do talk/complain about parting with 2nd parent while other similar percentage of husbands(50 percent) & wives(44.44 percent) also reported that the children are small enough to understand anything or express what they feel(see Table No. 7.3).

Mental/Psychological Impact on children due to the issue

All husbands (100 percent) & majority of wives (94.44 percent) reported that the issue does have its impact on the mental state or psychology of children (see Table No. 7.4).

Kind of mental/psychological impact on children

Majority of husbands (50 percent) stated that the children cry uncontrollably, have become obstinate & aggressive, have developed feeling of hatred towards them (father) & their wives (mother) & do not concentrate in studies. While majority of wives (70.58 percent) stated that the children have developed the feeling of hatred towards either or both parents& followed by them were the wives (58.82 percent) who reported that the children have become obstinate & aggressive after the issue (see Table No. 7.5).

Place of expressing mental effect

All husbands (100 percent) & wives (100 percent) reported that the children express the impact on their mental state at home (see Table No. 7.6).

Effort by children to contact the 2nd parent

Majority of husbands (50 percent) & wives (55.56 percent) reported that the children do make efforts to meet or contact the 2nd parent (see Table No. 7.7).

Children exhibiting delinquent behaviour

Majority of husbands (50 percent) & wives (55.5 percent) reported that the children do exhibit delinquent behaviour (see Table No. 7.8).

Kind of delinquent behaviour

Among the couples who stated that children exhibit delinquent behaviour all the husbands (100 percent) stated that their children often become aggressive or physically violent or misbehave or make use of abusive language towards them. While majority of wives (80 percent) also informed that children either become physically violent or aggressive and similar majority (80 percent) stated that their children misbehave or use abusive language towards them (see Table No. 7.9).

Impact of social criticism on the psychology of children

Majority of husbands (50 percent) & wives (50 percent) reported that the social criticism do has its impact on the psychology of children (see Table No. 7.10).

Assessing the effect of social criticism on children's psychology

All husbands (100 percent) & wives (100 percent) reported that the children often compare themselves with other kids & their endowments while followed by them were the husbands(50 percent) & wives(80 percent) who reported that the children often make shocking queries(see Table No. 7.11).

Views of parents/family members regarding Psychological impact of the issue

Majority of husbands' parents/ family members (54 percent) regard the decision of divorce to be appropriate whereas majority of wives' parents/family members (46 percent) does not regard it to be appropriate (see Table No. 8.3).

Majority of husbands' (54 percent) as well as wives' parents/family members (57 percent) reported that they don't know how long the divorce process will continue (see Table No. 8.9).

Majority of husbands' (66 percent) as well as wives' parents /family members (58 percent) reported that the continuation of divorce process will not lead to rise in mental tensions in the family (see Table No. 8.10).

Regarding their personal opinion over the issue majority of Husbands' parents/family members(38 percent) reported that divorce is the most appropriate option whereas majority of wives' parents/family Members(38 percent) reported that husband is responsible and should withdraw the case otherwise would have to face consequences (see Table No. 8.11).

SUGGESTIONS

On the basis of her study the scholar has forwarded certain creative suggestions for dealing with the problem of marital maladjustment among newly married couples:

A course on Family & Marriage adjustment should be taught as a part of the college curriculum at Undergraduate or Master level. The syllabus should include post marital roles & responsibilities, expectations by in -laws, changing power equation within the family etc... Weekly discussions should be done with the younger generation to prepare them for the practical life after marriage. Syllabus should be renewed at regular intervals.

Pre-Marital Counseling cells should be set up by the government or non-govt organizations within the premises of college, at temples, at corporate houses or any other public places convenient & accessible for the general public. Here Counseling should be provided by trained professionals or other experts making the younger generation aware about the life after marriage. Follow up can also be done until one year of marriage

There should be a long courtship period after the fixing of the marriage in which not only the couples should meet each other but also the two families entering the alliance. There should be open communication on all aspects of marital relationship.

One should go for marriage only when he /she is physically & mentally ready for it. When an individual becomes capable enough to take one's own decision, becomes self dependent then only one should marry.

If a case is registered for divorce, spouses should take proper care not to involve children in settling scores with each other or using them as a part of divorce process.

If the case is running in the family court, the counselling sessions should be given due priority. They are very important & often brings the two parties to terms. All the sessions should be attended very seriously & attentively. Counselors should be experienced & professionally trained.

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