



## SELF EFFICACY AND MARITAL ADJUSTMENT AMONG MARRIED WOMEN

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### ABSTRACT

Self-efficacy can be viewed as a catalyst for an increase in wellbeing. Individuals with high self efficacy beliefs also report strong feelings of wellbeing. Self-efficacy may alternatively be characterized as the capacity to carry out specified actions in order to achieve a particular outcome. The mental condition in which spouses feel generally content and happy in their marriage might be referred to as marital adjustment. In this study, married women's self- efficacy and marital adjustment were examined and compared. For this reason, samples of middle-aged married women and young adult married women were collected. Data were gathered utilising the General Self Efficacy Scale (SES) and Marital Adjustment Questionnaire (MAQ) The result shows that the mean of self-efficacy among young adult married women was 21.28 while In middle aged married women's mean value was 21.82. The T value was 0.86. In middle aged married women's mean value was 21.28 and the T value was 0.27. The correlation between the variables of self-efficacy and marital adjustment was 0.40.The relationship between self-efficacy and marital adjustment is a positive correlation.

**Keywords:** Self efficacy, Marital Adjustment, Young adults, Middle age, Married Women

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### INTRODUCTION

Self efficacy refers The ability of a person to have a significant impact is referred to as self-efficacy. People who regard themselves as helpless, miserable, and unmotivated for action are those who take initiatives because they are conscious of their ability to make others feel good. Self-reliance is basically self evaluation of a person's proficiency to carry out a cause of action which becomes indispensable to attain the preferred results (1)(Bandura,1977). Self-efficacy refers to how well you are able to do tasks and obtain goals. It can also be described as the capacity to act in a particular way to accomplish a particular task. Although self-efficacy is regarded as a personality attribute, Jerussalam and Mittay contend that it is more prone to change and instability in young adults, such as college students.

Low self-esteem often causes people to approach challenging jobs without fear. Less fear makes it easier to deal with low self-esteem. A cycle of lack of faith and incapacity to produce any activities results from low self-efficacy. Doubts about one's abilities grow as a result of inaction. Compared to persons with high self efficacy, they develop self-doubt, are more easily stressed, and experience depression more frequently. Self-determines the views a person believes about their power, which has an impact on every aspect of human endeavour. With regard to investment activity, such as in health education and agriculture, a person truly has to face issues properly and their decisions are obvious and convincing.

Marital adjustment is the condition in which a husband and wife feel overall content and happy with their marriage and with one another (Thomas, 1977). Although one must provide serious considerations in the early stages of marriage, marital adjustment is a lifelong process. As Lar well (1982) notes "understanding the individual trait of the spouse is an ongoing process in marriage, because even if two people know each other before or at the time of marriage, there is a possibility that people change during

their life cycle. Marital adjustment therefore calls for maturity that accepts and understands growth and development in the spouse. If this growth is not experienced and realized fully, death in a marital relationship is inevitable.

Married individuals with high self-efficacy have highly motivated to resolve their interpersonal and communication problems more effectively. Hamidian and mousavi (2015) did a similar study on emotional intelligence and marital adjustment and self-efficacy on marital adjustment is significantly positive and the findings suggested that those married couples have strong beliefs in their abilities to resolve daily problems and routines activities effectively enjoy marital adjustment.

Marital self-efficacy belief is defined as the personal belief of a married individual that he or she can be successful in overcoming marital problems or that he or she can maintain the marital relationship. Marital self-efficacy belief is important for the nature and quality of a marriage. (Mitchell, 2012). Self efficacy in married life affects the quality of a relationship. There is a study given by Erus and Canel (2016) on perceived problem solving skills of married women that predict their self-efficacy beliefs towards marriage. It was a descriptive study and findings of this study suggested that problems solving abilities increased the marital self-efficacy beliefs of married individuals. It means problem solving skills predict the marital self-efficacy beliefs.

### **Self-Efficacy And Marital Adjustment Among Married Women**

Self efficacy can be viewed as a catalyst for an increase in wellbeing. Individuals with high self-efficacy beliefs also report strong feelings of well-being. According to Bandura, women who have a strong sense of Self efficacy to manage the multiple demands of family, work and are able to get their husbands support and assistance for child care, experience a positive

sense of wellbeing. Self efficacy can also be defined as the ability to perform in a certain specific manner to attain specific goal. Marital adjustment can be defined as the mental state among couples in which there is an overall feeling of happiness and satisfaction with their marriage.

All marriages are aimed at happiness in one or another way. Happiness, satisfaction and fulfilment of expectations are possible only by mutual adjustment that lead to a common concept of marriage. Through increased self – efficacy and raising a couple's motivation to solve daily and communicational problems, and belief in their abilities can improve the quality of a marriage relationship . Conflict in the family as a stressful situation compresses a person strongly. By missing the person's control on different and various family situations, it causes some fault in self – efficacy(Kvoosi,Ebadi ,2016) .

After marriage, women should have more responsibilities than males, adjust their time and energy for children, spouse and household activities, religious and social activities. Women with a strong sense of self efficacy can develop a deeper sense of commitment to their interest and activities recover quickly from setbacks and disappointment. Most of the problems involved unequal growth patterns among couples, family and cultural background, sexrole, age of marriage etc. Lack of self efficacy in such situations produces lack of actions. Lack of action contributes to more self doubts. Women become doubtful of their capabilities and are more easily stressed and more frequently depressed than people with high levels of self efficacy. Self efficacy during marital adjustment should be taken as a positive attitude of a person towards problems that person faces in their life situations. Married women with high self efficacy have highly motivated to resolve their interpersonal and communication problems more effectively. Self efficacy on marital adjustment is significantly positive and the findings suggest that those married couples have strong belief in their abilities to resolve daily problems and routines activities effectively enjoy marital adjustment. This study will give valuable information about how self efficacy influences marital adjustment, among married women.

Marital adjustment is a process which is created during couples life because it is necessary for taste conformity, persons trait recognition, behavioural rules creation and relational models formation. Thus, marital adjustment is an evolutionary process between a couple(3) (Aminjafari,2012).

### SAMPLE

In the present study sample was selected that 100 married women include 50 young adults and 50 middle aged married women aged between 20 to 50. Young adults of age between 20-35, where the mean age of this population is 27.76 and the standard deviation is 5.77.

Middle aged women aged between 35-50, where the mean of these populations is 41.5 and the standard deviation is 5.18.

Average education for the young adult group with mean 35.85 and standard deviation is 169.76. Average education for middle aged group with mean 10.7 and standard deviation is 1.08. The t value for the age difference for young adult population is 12.5298 and the df is 98. The t value for the age difference for middle aged population is 1.0479 and the df is 98.

The age range of the participants was 20-50 years with minimum education up to 12 th class. Samples were taken in urban areas.

### TOOLS

**GENERAL SELF EFFICACY SCALE (SES):** This scale was proposed by Mark Sherer, James E Maddux, Blaise Mercandole, Steven Prentice Dunn, Beth Jacob and Ronald W Rogers (1982). This scale is used to measure general levels of beliefs in one's own competence. This scale is a 30 item instrument to general expectations of self efficacy that are not tied to specific situation or behaviour. The assumption underlying this instrument is that personal expectation of mastery are a major determinant of behavioural change and that individual differences in past experience and attribution of success lead to different levels of generalised self-efficacy expectations. Thus this instrument may be useful in tailoring the cause of clinical intervention to the clients need and also as an index of progress since expectations of self-efficacy should change during the course of interventions. The scale has good internal consistency with alphas of 0.86 for the general subscale and 0.71 for the social subscale. The validity of SES was shown to have good criterion related validity by accurately predicting that people with higher self efficacy would have greater success than those who scores low in self efficacy in past vocational, educational and monetary goals. The SES also has demonstrated construct validity by correlating significantly in predicted directions with a number of measures such as ego strength scale, the interpersonal competence scale and the Rosenberg Self esteem scale.

**MARITAL ADJUSTMENT QUESTIONNAIRE (MAQ):** Developed by Dr. Pramod Kumar and Dr. Kanchana Rohatgi. (1976) The present questionnaire has 25 items. The reliability of the questionnaire was calculated and the obtained reliability was 0.70 and 0.84 respectively. The validity of the questionnaire appeared to be fairly high as the items were prepared following intensive interviews of 100 married women.

### PROCEDURE

Participants for the present research Processes were selected using the convenient sampling method. The above mentioned Scale: General self-efficacy scale and Marital adjustment Questionnaire (MAQ) administered to the participants belonging to the age group 20-50 years married women. The Instructions are properly read out the queries of the participant. If any were asked to respond to all the items on the scale without skipping any confidentiality of participants response of participants or assured to them.

Married women belonging to the age group 20-50 years a were included. Married women who tend to cooperate with the study were included. Young adult married women at the age less than 20 were excluded. Middle aged married women at age greater than 50 were excluded. Married women with psychotic symptoms and mental retardation were excluded.

**Scoring**

Variables	Young adults		Middle age		T-value
	Mean	S.D	Mean	S. D	
Self efficacy	21.28	2.28	21.82	2.53	0.86

Table 1. Shows the mean, Standard deviation and T value of self efficacy in young adultmarried women's mean value is 21.28 and standard deviation is 2.28 .

In middle aged married women's mean value is 21.82 and standard deviation is 2.53 and the T value is 0.86.

Variables	Young adult		Middle Age		T value
	Mean	S.D	Mean	S.D	
Marital adjustment	21.32	2.28	21.82	2.53	0.27

Table 2. Shows the mean, Standard deviation and T value of marital adjustment in youngadult married women's mean value is 21.32 and standard deviation is 2.28.

In middle aged married women's mean value is 21.82 and standard deviation is 2.53 and the T value is 0.27.

**Data analysis**

The data was analysed by calculating mean, standard deviation and t test.

**RESULT AND DISCUSSION**

The purpose of this study was to compare the ability to compare self-efficacy and marital adjustment among married women, by calculating mean, standard deviation and t test. After conducting the study, the data were analysed and the obtained results are given in the followingtable.

**TABLE 3****Self-efficacy and marital adjustment among marriedwomen .**

VARIABLES	MARITAL ADJUSTMENT
SELF EFFICACY	0.402

**Table 3** shows the correlation between the variables of self efficacy and marital adjustment. The coefficient correlation is .40.

The relationship between self efficacy and marital adjustment is a positive correlation.

This chapter presents the result reached by the investigator.

Through statistical analysis of the collected data. Analysis is the key aspect of any research work and It is the way to give answers for the observers formulated by the investigator: The study attempted to find " Self-efficacy and marital adjustment. in married women'. The study was conducted among married women- Results were obtained after during the statistical techniques each as t-test and Karl Pearson's correlation.

**From table 1.**

It is evident that middle aged married women have greater self efficacy than young adult married women. That means, married middle aged women with high Self efficacy have highly motivated to resolve their interpersonal and communication problems more effectively than married young adult women.

After marriage, middle aged women should have more responsibilities than young adult married women. They can manage multiple demands of family, work, religious and social activities. They are prepared to take the lead in relevant fields, apply effort when necessary, and maintain efforts for as long as they think they will be successful. Women who have higher levels of self-efficacy and more married life experience can build a stronger feeling of dedication to their interests and hobbies and bounce back from setbacks more rapidly. And the more the middle aged The more a woman thinks she can successfully manage the obligations included in her life duties, the less conflict and stress she will suffer. Self-efficacy, positive expectations, performance, and health are all related to one another (18). According to studies, high levels of self-efficacy are associated with better stress management, higher levels of self-esteem, rehabilitation, better physical health, improved chronic disease management, reduced symptoms of anxiety and depression, and higher levels of rehabilitation and health (19).

Studies show that the age of marriage is an important factor in marital stability. This is due to the lack of preparation for the marital role. Young adult married women have lack of marital stability because they are not sufficiently efficient to take on more responsibilities as like middle aged married women- Young adults are more doubtful of their capabilities and are more easily stressed and more frequently depressed than people with high levels of self-efficacy.

A person's low level of marital and relationship self-efficacy belief is also thought to be linked to conflicts being resolved ineffectively (Doherty, 1981a, 1981b), as well as to feelings of hopelessness (Fincham and Bradbury, 1987) and relationship anxiety (Riggio et al., 2011).

**From table 2.**

It is evident that middle aged married women have greater marital adjustment than young adult married women. In married middle aged women revealed existing social, cultural, educational levels are greater in adjustments. Occupation and Income which are often thought to be associated with levels of adjustment among married women- The number of children too affects marital adjustment among middle age women- There is evidence that the pressure of managing multiple roles in women are greatest, under the condition of heavy family adjustment. Researchers discussed that as single students cope Mainly with academic problems, married students have to deal with academic and immediate family problems. Rinki (2013) revealed that non-working women face more marital adjustment problems because they have to work in two environments: work environment as well as home environment.

Marital adjustment has been related to personality, job and home stress, mental illness, depression, education, sex role attitudes, , happiness and success in life (Hashmi, 2001).

By comparing these, Middle aged married women have greater marital adjustment than young. Adult married women.

**Table 3.**

shows the correlation between the variables of self efficacy and marital adjustment. The coefficient correlation is .402. The relationship between self efficacy and marital adjustment is a positive correlation.

From the table, this evident that positive relationship Self-efficacy and marital adjustment. It means married women with high self-efficacy have a high level of marital adjustment. Married middle aged women with high self-efficacy have highly motivated to rescue their interpersonal and communication problems more effectively.

Low levels of marital and relationship self-efficacy beliefs have also been connected to feelings of hopelessness (Fincham and Bradbury, 1987), relationship anxiety (Riggio et al., 2011), and inefficient conflict resolution (Doherty, 1981a, 1981b). Women scored higher on self-efficacy than jobless and part-time working women. The self- efficacy of non-professionally employed

and unemployed women, however, does not differ considerably. Self-efficacy used by married women to address practical and interpersonal issues, as well as confidence in their skills, can enhance the quality of their marriage connection. Additionally, couples with high EI will also have high MA; as a result, they will work harder to understand their partners and value their relationships (Devika & Rohini, 2016). High self-efficacy persons are successful at achieving their objectives, possess problem-solving abilities, are patient, and exhibit high levels of performance. Low self-efficacy beliefs are associated with low self-perceptions of one's own abilities (Bandura, 2001). They act in ways that don't effectively solve marital issues. In a nutshell, it can be said that the concept of self-efficacy belief and problem solving abilities are tightly associated (Erus and Canel, 2016). In order to evaluate marital self-efficacy beliefs, married people in Bahçelievler, Istanbul, participated in this study. Data gathered from fresh sample populations of fresh studies can yield fresh findings.

In the field of application, it is evident that marital self-efficacy belief has a major role in increasing marital effectiveness. Thus, practices aiming at increasing marital self-efficacy beliefs of married couples under the guidance of marriage and family counselling can be carried out. Such practices can be carried out through premarital preparation programs, oriented at young couples who are getting ready for marriage or selecting a spouse, as prohibitive measures that can help couples to improve their efficacy beliefs (Erus & Canel, 2016).

### CONCLUSION AND LIMITATIONS

The results revealed that the obtained t value (0.402) Hence, The relationship The connection between self-efficacy and marital adjustment is favourable. Among married women, there is a substantial correlation between self-efficacy and marital adjustment. It implies that women who have high levels of self-efficacy can adjust to marriage well.

There are some limitations of this study. The first and foremost limitation of this study is the small size of the sample. Due to lack of time, this study is conducted only in urban area, The participants ranged in age from 20 to 50 and had a minimum education of 12th grade.

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