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Marital adjustment and job satisfaction of physical education teachers

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Abstract

The purpose of the present study was to examine the marital adjustment and job satisfaction among physical education teachers working in Patiala district of Punjab. Marital satisfaction has remained a topic of great interest worldwide. Association has been postulated between marital satisfaction and job satisfaction. There is, however, a paucity of research on marital satisfaction in Patiala district of Punjab, particularly in relation to job satisfaction. Marital satisfaction has remained a topic of great interest worldwide. Association has been postulated between marital satisfaction and job satisfaction. There is, however, a paucity of research on marital satisfaction, particularly in relation to job satisfaction. The sample included 100 physical education teachers (50male and 50female) selected by random sampling method. Tool used (Teacher's job satisfaction questionnaire by Dr. Parmod Kumar and Dr. D.N. Muthu and Marital Adjustment questionnaire by Dr. Parmod Kumar and Dr. Kanchan Rohatgi).The collected data was analyzed by dependent T-Test analysis showed there is a significant difference. The results were analyzed by the SPSS software.

Keywords: Marital adjustment, job satisfaction, physical education teachers

Introduction

Marital Adjustment has been a popular topic in studies of the family, probably because the concept is believed to be closely related to the stability of a given marriage. Marital Adjustment can be defined as something that is of or relating to the state of marriage. Marriage is the social joining together or legal arrangement amongst individual. Adjustment involves the gratification of a person's need as governed by the demand of various environmental situation. The word Adjustment also have the importance place in marriage. Marriage provides an opportunity for a secure and protected satisfaction of his needs for companionship.

One of the most important relationship between a man and women is marriage. It involves emotional and legal commitment that is quite important in any adult life. Moreover, selecting a partner and entering into a marital contract is considered both maturational milestone and personal achievement. There is no doubt that the choice of marital partner is one of the most important decision one makes in his/her lifetime. People marry for many reasons, like, love, happiness, companionship, and the desire to have children, physical attraction or desire to escape from an unhappy situation. Marriage is a commitment with love and responsibility for peace, happiness and development of strong family relationship. Marriage provides a person an opportunity for a secure and protected satisfaction of his needs for affection, companionship and sexual expression. Many marriages suffer because of two partner fail to develop a relationship which is cauterized by manual acceptance, trust, care, concern, love, admiration and sharing of responsibilities. Short after 'tying the knot' the new couple will enter into marital adjustment where they will establish their place within the relationship and find their feet in the new life. Well adjustment marriages are expected to last for a long time, while poorly adjusted one end in divorce.

Adjustment in marriage is a significant phenomenon. The relationship a man has with a women in marriage is perhaps the highest form of relationship, because it involves physical, emotional, spiritual and social aspects of life. Marital adjustment is an adjustment of two personalities, which had different socio-cultural background. Marital adjustment is complex than it may appear. Two persons entering marriage must adjust to each other's sensory, motor,

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emotional and intellectual capacities. On the personality level they must adjust together to the irtotal environment, including such matters as a new household, children, provision and preparation of food, relatives, friends, relations and work (Fonseca, 1966, p.200). The success of marital life much depends upon the success in marital adjustment by the husband and wife. Marital maladjustment results I conflicts and tensions and many a time divorce.

Marital adjustment is a lifelong process; although in the early days of marriage one has to given serious consideration. As Lasswell (1982) [3] point out, “understanding the individualtrait of the spouse is an ongoing process in marriage; because even if two people know each other before of at the time of marriage, there is a possibility that people change during the life cycle. Marital adjustment, therefore, call for maturity that aspects and understands growth and development in the spouse. If this growth is not experienced and realized full, death in marital relation is inevitable. Sinha and Mukerjee (1990) defines marital adjustment as, “the state in which there is an overall feeling between husband and wife, of happiness and satisfaction with their marriage and with each other.” It, therefore, call experiencing satisfactory relationship between spouses characterized by mutual concern, care understanding and acceptance.

In a well-adjusted marriage, both spouses try to make sure that there marriage will be successful. They also share common interest and joint activities. In a well-adjusted marriage both spouses must be satisfied and happy with their marriage. The degree of tension in well-adjusted is minimal and vice-versa. When tension arises it is resolved amicably, probably in a discussion, and the level of tension and anxiety is usually low. The subjective feeling of happiness, satisfaction and pleasure experienced by a spouse is high, when considering all current aspects of his marriage. This variable is conceived as a continuum running from much satisfaction to dissatisfaction.

Objectives of the Study

1. To find out significant difference in job satisfaction of Male Physical Education teachers of elementary Schools

and Higher Secondary Schools of Patiala district of Punjab with Marital adjustment.

2. To find out significant difference in job satisfaction of female Physical Education teachers of elementary Schools and Higher Secondary Schools of Patiala district of Punjab with Marital adjustment.
3. To find out significant difference in job satisfaction of Male and Female Physical Education teachers of elementary Schools of Patiala district of Punjab with marital adjustment.
4. To find out significant difference in job satisfaction of Male and Female Physical Education teachers of higher secondary Schools of Patiala district of Punjab with marital adjustment.

Method and Procedure

A survey type study has been designed to achieve the objectives of the study.

Sampling

For the present investigation, one hundred Physical Education (N=100) Physical Education teachers working in the schools of Patiala district of Punjab were randomly drawn to act as subjects. Out of these 100 teachers, there were 50 male and 50 female teachers.

Tools

Teacher’s job satisfaction questionnaire by Dr. Parmod Kumar and Dr. D.N. Muthu

Marital Adjustment questionnaire by Dr. Parmod Kumar and Dr. Kanchan Rohatgi

Method for analysis

Standard error and ‘t-test’ has been applied to find out the significant differences among the job satisfaction of physical education teachers with marital adjustment at 0.05 percent level of significance.

Results

Table 1: Mean, Standard Deviation, Standard Error of Difference between means and T-Ratio of Job Satisfaction of Male Teachers of Elementary School and Higher Secondary School with Marital Adjustment.

Group	Mean	Standard Deviation	Standard Error of Difference Between Mean Sedm	‘t’-ratio
	X	SD		
Male Physical Education Teachers of Elementary Schools with Marital Adjustment	25	3.50	1.20	0.54
Male Physical Education Teachers of Higher Secondary School with Marital Adjustment	24.32	4.25		

Significant at 0.05 level

The table – 1 that there is no significant difference between the job satisfaction of male Physical Education teachers of elementary school and higher secondary school with marital

adjustment. The (‘t’ratio) is less than that of required value at 0.05 level of significant.

Table 2: Mean, Standard Deviation, Standard Error of Difference between means and T-Ratio of Job Satisfaction of Female Teachers of Elementary School and Higher Secondary School with Marital Adjustment.

Group	Mean	Standard Deviation	Standard Error of Difference Between Mean SEDM	‘t’-ratio
	X	SD		
Female Physical Education Teachers of Elementary Schools with High Marital Adjustment	23.90	3.96	1.29	0.32
Female Physical Education Teachers of Higher Secondary School with High Marital Adjustment	24.32	4.85		

Significant at 0.05 level

Table 2 reveals that the mean scores of Job Satisfaction of female Physical Education teachers of elementary school and higher secondary schools with Marital Adjustment is 23.90

and 24.32 respectively. The ‘t’-ratio is less than that of required value at 0.05 level of significance. It proves that there is no significant difference observed between the group.

Table 3: Mean, Standard Deviation, Standard Error of Difference between means and T-Ratio of Job Satisfaction of Male and Female Physical Education Teachers of Elementary School with Marital Adjustment.

Group	Mean	Standard Deviation	Standard Error of Difference Between Mean	‘t’-ratio
	X	SD	SEDM	
Male Physical Education Teachers of Elementary Schools with Marital Adjustment	24.44	3.74	1.19	4.73**
Female Physical Education Teachers of Elementary Schools with Marital Adjustment	18.81	6.47		

Significant at 0.05 level

It is reveal from the table 3 that the significant difference was observed between the mean scores of job satisfaction of male and female Physical Education Teachers of elementary

schools with Marital Adjustment. The ‘t’-ratio is 4.73 which is high than that of required value at 0.05 level of significance.

Table 4: Mean, Standard Deviation, Standard Error of Difference between means and T-Ratio of Job Satisfaction of Male and Female Physical Education Teachers of Higher Secondary School with Marital Adjustment.

Group	Mean	Standard Deviation	Standard Error of Difference Between Mean	‘t’-ratio
	X	SD	SEDM	
Male Physical Education Teachers Higher Secondary School with Marital Adjustment	24.22	4.51	1.18	5.95**
Female Physical Education Teachers of Higher Secondary School with Marital Adjustment	17.19	5.82		

Significant at 0.05 level

It is reveal from the table 4 that the significant difference was found between the mean scores of job satisfaction of Teachers of elementary schools with High Marital Adjustment and Low Marital Adjustment. The ‘t’-ratio is 4.73 which is high than that of required value at 0.05 level of significance.

and mix up with any section of society, in turn they have better social interaction and approval as compare to female physical education teachers working in elementary and higher secondary school of Patiala district of Punjab.

Conclusion

Base on the findings, marital adjustment level in job satisfaction the male and female physical education teachers working in elementary and higher secondary schools are not significant difference because in any school ‘elementary school or higher secondary school’ the physical education teachers face same types of situation’s and the same type of assignment such as “accompanying various teams, organised school matches/tournaments, managed students training schedule, sports periods and other local assignment which do fall under the preview of their job assignment”. On the other side the male and female physical education teacher have same time to express their feelings and to devote their time to manage their marital life.

It seems that there has been significant difference between male Physical Education Teachers, who worked in elementary school had significant difference in job satisfaction and marital adjustment as compared to those female Physical Education Teachers, who worked in higher secondary school. There is a significant difference in job satisfaction has negative effect on marital adjustment. The female Physical Education teachers are always loaded with other family responsibilities, which they have to discharge after school hours. As results It seems that this has negative effect on Job Satisfaction with marital adjustment and the female physical education teachers working in elementary schools or higher secondary have to struggle to perform their professional duty with marital responsibilities. Male school teachers are free from house hold responsibility they focus only on professional assignments and they are at liberty to express their feelings

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