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## A comparative study of marital adjustment in females with relation to participation in sports

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### Abstract

Ancient Greece philosophy considered sports as an overall development of mankind. The overall development of mankind includes factors related to physical, physiological and psychological wellbeing. Adjustment is also a part of psychological wellbeing. Apart from different kinds of adjustment an individual has to make, marital adjustment is one of the most important aspect which smooth functioning of marital life depends. This study was planned to assess the effect of participation in sports on marital adjustment in females. The sample consists of 100 female sportspersons and 100 female non-sportspersons. The age range of working and physically active subjects was 25 to 60 years. The minimum criterion for selection of female sportspersons was participation in intercollegiate/state level tournaments. To assess marital adjustment of selected subject's revised questionnaire prepared by Kumar and Rohatgi (1985) was used. Data analysis revealed superior marital adjustment in female sportspersons as compared to female non-sportsperson. It was concluded that participation in sports develop certain psychological skills which in turn aid married females to adjust better in their marital life.

**Keywords:** Marital adjustment, female sportsperson, female non-sportsperson

### Introduction

Participation in sports has been known to influence many areas in life and that too in a positive manner. The efficacy of participation in sports in enhancing emotional control, social skills, good eating and health related habits etc. has been highlighted in so many research work. Moral decision making, sociability, mental toughness, emotional maturity, adjustment was reported to be significantly superior in athletes as compared to non-athletes in studies of Mehri *et al.* (2012) <sup>[9]</sup>, Sidhu *et al.* (2013) <sup>[12]</sup>, Mittal (2014) <sup>[10]</sup>, Busing (2016) <sup>[4]</sup>, Yadav (2017) <sup>[14]</sup>. Hence the role of sports participation in overall wellbeing has been a well-established fact. However its efficacy has not been investigated as far as marital adjustment is concerned. Adjustment is a constantly changing process. To adjust to one circumstance may not be useful in other circumstance. Adjustment is the base of happy married life so that new adaptations can be made without excessive regrets, anxieties, regressions or other defensive mechanisms. Marital adjustment is a popular topic in research because it is closely associated with stability and longevity of a married life. While a well-adjusted marriage not only last long but it also give marital happiness and satisfaction whereas poor marital adjustment often leads to marital tension and stressed inter-personal relations. According to Hawkins (1968) marital satisfaction is an attitudinal variable and encompasses all current aspect of marriage. In general marital adjustment is dependent upon personal and social resources of husband and wife. The factors that affect marital adjustment are aplenty. Interpersonal skills, good communication skills, occupation, self-concept, emotional health, physical health, demographic variables and socio economic status are considered to be factors that affect marital adjustment. The various physical, psychological and social factors associated with marital adjustment has also been highlight by Hafner (1988) <sup>[5]</sup>, Amao-Keninde (1999) <sup>[2]</sup>, Kerkmann *et al.* (2000) <sup>[8]</sup>, Ansari (2003) <sup>[3]</sup>, Aleem and Danish (2008) <sup>[1]</sup>, Vikas Kumar and Sharma (2012) <sup>[13]</sup>, Jaisri and Joseph (2013) <sup>[7]</sup> and Orayzi *et al.* (2016) <sup>[11]</sup>. But so far none has tested the hypothesis that married people can apply life lessons such as responsibility, respect, and fairness for better marital adjustment. Hence the present study was planned to assess the marital adjustment in female sportspersons and female non-sportspersons.

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## Objective of the study

To compare marital adjustment in female sportsperson and non-sportsperson.

## Hypothesis

It was hypothesized that the female sportsperson will exhibit significantly better marital adjustment as compared to female non-sportsperson.

## Methodology

### Sample

The sample consists of 100 female sportspersons and 100 female non-sportspersons. The age range of working and physically active subjects was 25 to 60 years. The minimum criterion for selection of female sportspersons was participation in intercollegiate/state level tournaments.

### Tools

#### Marital adjustment questionnaire

Marital adjustment of the selected female subjects was

measured with the help of marital adjustment questionnaire prepared by Kumar and Rohatgi (1985). The questionnaire assesses marital adjustment on the basis of 25 questions on sexual, social and emotional aspects of married life. This questionnaire is highly reliable and enjoys good content validity.

### Procedure

100 married female sportspersons and 100 married female non-sportspersons were selected with the help of purposive sampling. After obtaining written consent from subjects, the psychological tool in the form of marital adjustment questionnaire was administered. The response on each question for each subject was scored off according to procedure given in author's manual. After data tabulation the scores on MAQ was compared between two study groups. The result of such analysis is shown in table 1.

## Result and Discussion

**Table 1:** Comparison of Marital Adjustment between Female Sportsperson and Female Non-sportsperson

	Groups				't'
	Female sportsperson (N=100)		Female Non-sportsperson (N=100)		
	M	S.D.	M	S.D.	
Marital adjustment	20.56	5.21	16.56	4.64	5.72, $p < .01$

$t(df=198) = 2.62$  at .01 level

While comparing marital adjustment between two study groups it was observed that mean score of group containing female sportsperson ( $M=20.56$ ) was found to be significantly higher as compared to mean score of group containing female non-sportsperson ( $M=16.56$ ). The calculated  $t=5.72$  as shown in table 1 indicate that female sportspersons were more adjusted in their married life as compared to female non-sportspersons.

Basketball, soccer, gymnastics or any other sports teaches some life skills. It teaches patience, realistic goal setting, ability to deal with disagreement, keeping expectations in check, honesty etc. In a sense sports teaches basic human virtues that is why participation in sports can have a positive effect on marital adjustment.

## Conclusion

Authors conclude that participation in sports teaches basic life skills which enhances the ability of female sportspersons to adjust more meaningfully to marital demands as compared to female non-sportsperson.

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