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## A comparative study of marital adjustment between male players and non-players

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### Abstract

The present study was aimed to compare marital adjustment on the basis of participation in sports. To conduct the study 100 male players (Average age 32.18 years) and 100 non player males (Average age 36.22 years) were selected as sample. The criteria for selection of male players was previous participation in atleast inter collegiate/state level tournaments. The revised marital adjustment questionnaire prepared by Kumar and Rohatgi (1985) was used to collected data on marital adjustment of selected subjects. Results revealed that marital adjustment in male players was significantly superior as compared to male non players. It was concluded that participation in sports serve as a good psychological medium for future married life.

**Keywords:** Marital adjustment, male players, male non-players

### Introduction

Marriage entails a complex network of relationship. After marriage a girl comes in an entirely new environment and plays important roles. Similarly changes in boys also occur and his relationship with society and own family also changes.

According to Landis (1954) <sup>[5]</sup> marriage is not optional but it is necessary for satisfaction of sexual needs and companionship. As per definition given by Mazumdar (1996), marriage is socially sanctioned institution for mating of male and female. It also serves the purposes of establishing a household entering into relations, procreating and providing care for the offspring." Sarkis and Krupat (1988) <sup>[9]</sup> opined that good marriage is based on love and mutual respect.

Like adjusting to situations for better outcomes marital adjustment is also the basis of happy married life. Spanier (1976) <sup>[11]</sup> defined marital adjustment or dyadic adjustment as a process which changes rapidly and can be evaluated quantitatively. This process is the outcome of worrying marital difference, poor interpersonal relations or anxiety, marital satisfaction, marital cohesion and agreement on majority of issues related to smooth marital functioning. They are adjustment to life partner, sexual and financial adjustment and adjustment with family, in-laws.

Due to the importance of marital adjustment for happy married life and overall wellbeing of society number of researchers evaluated the factors that are responsible for good marital adjustment. Researchers like Kitamura, Mosako *et al.* (1995) <sup>[4]</sup>, Nemechek and Olsen (1999) <sup>[6]</sup>, King and Elkin (2000) <sup>[3]</sup>, Robinson, Byan E *et al.* (2001) <sup>[7]</sup>, Das (2015) <sup>[2]</sup>, Sabre (2016) <sup>[8]</sup> have reported the relation of marital adjustment with factors such as occupation, family, culture, personality, health etc.

There are numerous theories and framework advocated by psychologists for happy married life in terms of marital adjustment. One such method is thought to be participation in competitive sports for better marital adjustment. It has been proven time and again that participation in sports is beneficial for overall physical and psychological wellbeing. So it would be interesting to know whether participation in competitive sports affect marital adjustment of married males. Hence the present study was planned to compare marital adjustment between male players and male non-players.

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### Objective of the study

The main objective of the present study is to compare marital adjustment of male subjects on the basis of participation in sports.

### Hypothesis

It was hypothesized that the male players will show more magnitude of marital adjustment as compared to male non-players.

### Methodology

#### Sample

To conduct the study 100 male players (Average age 32.18 years) and 100 non player males (Average age 36.22 years) were selected as sample. The criteria for selection of male players was previous participation in atleast inter collegiate/state level tournaments.

#### Tools

##### Marital adjustment questionnaire

The revised marital adjustment questionnaire prepared by Kumar and Rohatgi (1985) was used to collected data on marital adjustment of selected subjects. It consists of 25 yes/no type questions. The questionnaire assesses marital adjustment on the basis of sexual, social and emotional aspects. This questionnaire is highly reliable and valid.

#### Procedure

100 married male players and 100 married male non players were selected purposively. A written consent was taken from all subjects for their voluntary participation in this study. Marital adjustment questionnaire was administered to each subject in a peaceful environment. The response of subjects on each question was evaluated by scoring key provided by the author. The evaluated data was tabulated in two study groups. Independent sample 't' test was used for data analysis. The results are presented in table 1.

### Result and Discussion

**Table 1:** Comparison of marital adjustment between male players and non-players

	Groups				't'
	Male players (N=100)		Male Non-players (N=100)		
	M	S.D.	M	S.D.	
Marital adjustment	19.79	4.42	17.84	4.20	3.19, $p < .01$

(df=198) = 2.62 at .01 level

A statistically significant difference was clearly visible in marital adjustment of male players and male non-players. The calculated  $t=3.19$  also confirm this fact that marital adjustment in male players ( $M=19.79$ ) was significantly superior as compared to male non-players at .01 level of significance.

The results indicate better marital adjustment of male subjects on the basis of participation in sports. Studies have shown that sports develop self-control, emotional maturity, adjustment to ever changing situation and positivity. This results are substantiated by Sahrawat *et al.* (2016), Sidhu and Arora (2017), Chowdhary and Shrivastava (2017) [1] and quite a few researchers in their study. This may be the reason that male players were better adjusted in their marital life as compared to their counterparts i.e. male non-players.

### Conclusion

On the basis of results it was concluded that males with background of active participation in competitive sports are better adjusted in their married life as compared to males without any prior background of participation in competitive sports.

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