

**TO STUDY THE EFFECT OF PERSONALITY FACTORS ON MARITAL  
ADJUSTMENT OF PREGNANT WOMEN**

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**Author and Affiliations:-** Divya Srivastava Anand, Research Scholar, Mewar University  
Dr. B. Pratibha Sharma, Research Supervisor, Mewar University

**Corresponding Detail:-** Divya Srivastava Anand

STC-207, suntower shipra suncity, Indirapuram, Ghaziabad, U.P.-201014, India

**ABSTRACT:-**The aim of this study was to compare the challenges in marriages, on the foundation of marital adjustment of pregnant women with personality. This research was empirical type which is further categorised as mixed type (dominating qualitative and followed by quantitative method). The sample consists of 50 women from NCR. on whom, Marriage Adjustment Inventory (C.G Deshpande) and 16 P.F. (Cattell's) were administered.

**KEYWORDS:-** Married Couples, Marriage Adjustment, 16 P.F., Personality, Pregnancy.

**INTRODUCTION:-**

Marriage is a socially or ritually recognized contract between spouses that establishes rights and obligations between them and their children, and between them and their in-laws. The definition of marriage varies according to different cultures, but it is principally an institution in which interpersonal relationships, usually sexual, are acknowledged. In some cultures, marriage is recommended or considered to be compulsory before pursuing any sexual activity. When defined broadly, marriage is considered a cultural universal. Marriage can be recognized by a state, an organization, a religious authority, a tribal group, a local community or peers. It is often viewed as a contract. Marriages can be performed in a secular civil ceremony or in a religious setting via a wedding ceremony. Some cultures allow the

dissolution of marriage through divorce or annulment. In some areas, child marriages and polygamy may occur in spite of national laws against the practice.

The word personality itself stems from the Latin word persona, which refers to a theatrical mask worn by performers in order to either project different roles or disguise their identities. At its most basic, personality is the characteristic patterns of thoughts, feelings, and behaviors that make a person unique. It is believed that personality arises from within the individual and remains fairly consistent throughout life. While there are many different definitions of personality, most focus on the pattern of behaviors and characteristics that can help predict and explain a person's behavior. Explanations for personality can focus on a variety of influences, ranging from genetic explanations for personality traits to the role of the environment and experience in shaping an individual's personality.

Pregnancy is the term used to describe the period in which a fetus develops inside a woman's womb or uterus. Mood changes during pregnancy can be caused by physical stresses, fatigue, changes in your metabolism, or by the hormones estrogen and progesterone. Mood swings are mostly experienced during the first trimester between 6 to 10 weeks and then again in the third trimester as the woman's body prepares for birth. Not every expecting woman will experience these rapid moments of emotive change, but those soon-to-be moms who do fluctuate from fury to fear to felicity will have to learn to roll with the punches while resisting the urge to actually knock anyone out along the way. There are a handful of reasons women may have mood swings during pregnancy hormones, sleep deprivation, and nagging anxiety form just the tip of the iceberg. Rest assured that women are not just being dramatic, there are real physical, physiological, and mental explanations for this seemingly erratic behavior. Morning sickness causes intense physical symptoms, but it can have major mental and psychological effects as well. Mounting anxiety about labor can also make a mom-to-be surly or tense. Fears about delivery are real and rational, but they can escalate to become intrusive. It's, of course, natural that you're going to feel a little cranky whilst perpetually worrying about the pain of contractions or the future of your perineum. Furthermore, if women've experienced complications or miscarriage in the past, anxiety is not only understandable, it's emotionally taxing. While there are certainly several factors contributing to mood swings, the biggest culprit is a sudden surge in pesky pregnancy hormones. During the early days of gestation, a woman experiences a veritable flood of estrogen and progesterone. These two

hormones can do a number on one's state of emotional health. Estrogen works throughout your entire body and is active in the region of the brain that regulates mood — so it's no surprise that this hormone is associated with anxiety, irritability, and depression. Progesterone, on the other hand, is a hormone that helps to loosen muscles and joints and prevent early contractions. Consequently, it can cause fatigue, sluggishness, and even sadness. So, yes, a sudden swell of estrogen and progesterone is a recipe for the occasional mama meltdown.

**OBJECTIVES:-** This study is conducted to study the relationship between personality factors and marital adjustment of pregnant women.

**HYPOTHESIS:-**

Hypothesis of study is:-

1. There will be no significant difference between high anxiety and marital adjustment of a pregnant woman.
2. There will be no significant difference between the tender minded emotion and marital adjustment of a pregnant woman.
3. There will be no significant difference between Introversion and marital adjustment of a pregnant woman.
4. There will be no significant difference between subdueness and marital adjustment of a pregnant woman.

**RESEARCH METHODOLOGY:-**

**Sample:-** The sample consisted of 50 pregnant women, collected with the help of Quota sampling.

**VARIABLES:-**

**a)Independent Variable-** i)Personality Factors

ii) Pregnancy

## **b)Dependent Variable-** Marital Adjustment

### **TOOLS:-**

**Marriage Adjustment Inventory:-** This test is designed by C.G. Despande. It has 25 items, 15 items are with rated statements, on a five point scale. The remaining 10 items are to be checked by the subjects on the five point scale of agreement-disagreement. It is made in two languages i.e. English and Marathi. This test takes around 35 minutes for administration. It helps to know the perceived adjustment of the individual spouse with his/her spouse and to measure the manual adjustment between the spouses, that is couples.

**The Sixteen P.F. Questionnaire** is a reliable and widely used scorable test that provides thorough coverage of human personality based on sixteen well researched psychological factors. The personality factors measured by the 16 Personality Factors are contextualized in a general theory of personality. The test is based on Cattell's trait theory of personality. The test to date has five forms: A, B, C, D, and E. form A, B, C, and D are most appropriate for individuals In terms of factors measured Form C is exactly parallel to forms A and B. This form tests as much of the total personality as can be covered by a questionnaire. Compared to others, form C has fewer items hence requires less time for administration, approximately 35 minutes. Form C requires a reading ability of only 6-7th grade. The test comprises 105 questions across the 16 primary dimensions and the subscale of motivational Distortion. Three-alternative answers are provided for each of the questions, since the two-alternative "forced-choice" situation, forbidding any "middle-of -the-road" compromise tends to force a distorted distribution. This is particularly the case with adults of average or higher intelligence for whom Form A, B, C and D are designed. The questions are arranged in a roughly cyclic order to give maximum convenience in hand-scoring situations and to insure variety and interest for the examinee.

**RESULT:-**

**Table 1:-**

There will be no significant difference between high anxiety and marital adjustment of a pregnant woman.

	Mean	S.D.	T-Test	Level of significance
Marital adjustment	51.154	10.048	30.366	Significant at 0.01 level
16 P.F. Factor-1	7.692	1.20472539		

**Table 2:-**

There will be no significant difference between the tender minded emotion and marital adjustment of a pregnant woman.

	Mean	S.D.	T-Test	Level of significance
Marital Adjustment	51.154	10.048	32.989	Significant at 0.01 level
16 P.F. Factor-2	4.038	1.000793563		

**Table 3:-**

There will be no significant difference between Introversion and marital adjustment of a pregnant woman.

	Mean	S.D.	T-Test	Level of significance
Marital Adjustment	51.154	10.048	32.857	Significant at 0.01 level
16 P.F. Factor-3	4.22	1.022601724		

**Table 4:-**

There will be no significant difference between subdueness and marital adjustment of a pregnant woman.

	Mean	S.D.	T-Test	Level of significance
Marital Adjustment	51.154	10.048	33.087	Significant at 0.01 level
16 P.F. Factor-4	3.988	0.7945323358		

**DISCUSSION:-**

Women who were pregnant were found that there is a significant difference between high anxiety and marital adjustment at the level of 0.01. For this total 50 samples were collected. T-Test was applied and the value found - 30.66 as indicated in Table no.-1, which means there is a significant difference between high anxiety and marital adjustment. **Hence**

**Hypothesis 1 rejected.**

Women who were pregnant were found that there was a significant difference between the tender minded emotion and marital adjustment at the level of 0.01. For this total 50 samples were collected. T-Test was applied and the value found - 32.989 as indicated in Table no.2, which means there is a significant difference between the tender minded emotion and marital adjustment. **Hence Hypothesis 2 rejected.**

Women who were pregnant were found that there was a significant difference between introversion and marital adjustment at the level of 0.01. For this total 50 samples were collected. T-Test was applied and the value found - 32.857 as indicated in Table no. 3, which means there was a significant difference between the introversion and marital adjustment. **Hence Hypothesis 3 rejected.**

Women who were pregnant were found that there was a significant difference between subdueness and marital adjustment at the level of 0.01. For this total 50 samples were collected. T-test was applied and the value found - 33.087 as indicated in Table no.4, which means there was a significant difference between subdueness and marital adjustment. **Hence hypothesis 4 rejected.**

#### **CONCLUSION:-**

This study was conducted to find out the effect of personality factors during pregnancy on marital adjustment. In the study researchers found that there were significant effects of personality factors on marital adjustment. Researcher took four factors of personality i.e. high anxiety, tender minded emotions, introversion and subdueness. It is very common that during pregnancy women go through lots of mood swings due to hormonal changes and these mood swings are not in their control, due to that lots of marital issues occur between couples. These all four factors of 16 P.F. were found that they affect marital adjustment during pregnancy and create disagreement or issues between couples.

#### **IMPLICATION:-**

This study can be useful to those researchers who want to do research on marital adjustment of pregnant women. Whereas it is known that pregnant women have more adjustment issues than or comparatively those women who are not pregnant. This study can help to understand

the behavioural issues adjustments of the couples and can counsel them to live more happily with the current pregnancy.

#### **LIMITATION:-**

1. Couples married for 0 – 10 years were included, not more than that.
2. One earning member is included in the study (i.e. only males).
3. Only pregnant couples are included.
4. Couples from the Urban area were covered.

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