
**A STUDY OF THE EFFECTS OF SOME PSYCHOSOCIAL FACTORS ON
ADJUSTMENT OF CONJUGAL LIFE AND MARITAL HAPPINESS**

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We know the marital happiness is a fundamental facet of emotional status of a person. Marriage provides the partners an opportunity for the satisfactory of their needs for companionship, affecting and sexual expression. Success or failure in marriage is a matter partly of finding the right man and party of being the right man. Men who are properly suited to each other may find happiness with marriage partners but persons who are poorly suited find marital adjustment with different marriage partners Mental adjustment depends on many psychological and social factors such as total personality make up the partners, social status and family structure of the couple.

The term marital adjustment refers to the adjustment which every individual comes across after his marriage. There are several problems which people come across in their marital life like adjustment to mate, sexual adjustment, emotional adjustment, In-law adjustments etc. Some of these are as mentioned in detail below.

Adjustment to a mate:-

The first major adjustment problem in marriage is adjustment to a mate. Interpersonal relationship plays as important a role in marriage as in friendships and business relationships. The more experience in interpersonal relationships both the man and the woman have had in the past, the greater social insight they have developed and the greater their willingness to cooperate with others, the better they will be able to adjust to each other in marriage. Far more important to good marital adjustment is the ability of husband and wife to relate emotionally to each other and to give and receive love. A husband and wife who have the habit of not expressing affection will have difficulty establishing a warm and close relationship because each interprets the other's behavior as an indication of "not caring".

Sexual adjustments:-

The second major adjustment problem in marriage is sexual adjustment This is unquestionably one of the most difficult adjustments to marriage, and it is the one most likely to lead a marital discord and unhappiness if it is not satisfactorily achieved. Financial Adjustment:- The third major adjustment problem in marriage is financial. Money or lack of that has a profound influence on adults adjustments to marriage. Many men also find financial adjustments very difficult, particularly if the wife worked after they were married and then must stop with the arrival of the first child. Not

only is their total income reduced, but the husband's earnings must now cover of expenses. First friction may develop if the wife expects her husband to 197 a of expenses. Fwider"ay develop if the wife expects her husband to share the work , if a husband is unable to provide his wife and family with the marital post Seload family with the marital possession they they may feel resentful of him, and a frictional attitude develops. In-law Adjustments- The fourth major adjustment problem in marriage is to the in-lawge, every dult acquires a whole new set of relatives, the in-laws. Both husbands and wives image, every adum to adjust to their in-law if they are to avoid frictional relationship with their spou must learn ship with their spouses. When married couple is young and inexperienced for the in-laws to try to exert some control over the married couple cially if they are partially or totally responsible for their support. By contrast, the couple is the especial he's Her, more expEneniced ND better established financially, in law interference with their lives is ines you occur. In-law problems are also eased if the marriage is between persons of the same religions, Rely to occur she in-Haws have similar pattern of social activities and if husband and wife accept each other's familyas their own.

Marital adjustment has long been a popular topic in studies of the family, probably because he Concept is believed to be closely related to the stability of a given marriage. Well-adjusted marriages re expected to last for a long time, while poorly adjusted ones end in divorce. Simple as it seems, the nobon of mental adjustment is difficult to conceptualize and measure through empirical research. After more than hair a.century of conceptualization about and research on marital adjustment, the best that can be said may be that there is disagreement among scholars about the concept, the term, and its valve, In fact, several scientists have proposed abandoning entirely the concept of marital adjustment and its etymological relatives (Lively 1969; Donohue and Ryder 1982; Trost 1985).

Scientists have long been interested in understanding which factors contribute to get success and mariage and which to failure. As early as the 1920s, Gilbert Hamilton (1929) conducted research on marital satisfaction by using thirteen clusters of questions. In 1939, Ernest Burgess and Leonard Cottrell published Predicting Success of Failure in Marriage, in which they systematically discussed marital adjustment. This Article is to find out the effect of some Domestic factors on marital happiness and conjugal life.

Also, the important impact of some social factors on marital adjustment will be studied. The findings of the study will be useful to control the problem of marital failures. The Present study seeks to highlight Some of the important effects of Psycho-Social factors on marital adjustment. Statistics of the proposed will be helpful for identifying the problems of marriage partners in general and divorce in particular.

The present Article on marital happiness and adjustment the following broad hypotheses will be formulated for verification.

1. marital life will affect the personality traits and adjustment of couple in general.
2. marital wife and husband of the different families would differ in their personality and adjustment.
3. Health adjustment level would be related to marital happiness.
4. Prostration level would be significantly related to marital adjustment
5. dustmen level would be significantly related to marital happiness

specific hypotheses would be formulated in course of detailed study.

one present investigation on some psycho-social influences on marital happiness and adjustment is related to sound social harmony thus frustration and normal stage of marital life designed to randomized group for investigation. Only these groups would be taken into consideration. Marital frustration would be identified and compared to marital happiness with respect to adjustment and Backgrounds such as frustration, adjustment, socioeconomic status, health adjustment etc.

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