A Study of Connubial Adjustment in Relation to Professional Stress Among Female Educators of Sangrur District

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Abstract

In ancient India the teacher was given the status next to God. It is the teacher who makes man. It is who makes one's life worth living. Several eminent persons have paid rich tributes to teacher. Sir John Adams calls him 'a maker of man.' H.G. Wells has described the teacher as a real maker of history. The success of an educational institution depends on the quality of its educators. In fact, no system of education can raise above the level of its educators. The teacher, therefore, occupies a central position in any system of education. He has been regarded as the architect of a Nation. His influence is confined not only to a particular region or state but it extends to the whole nation or even outside it. But due to an era of growing complexities and pressures where human constitution and capacities are being taxed severely, the stress is relating to teaching job becomes predominant feature of teacher's modern life, exerting far reaching effects on focal teacher's behavior, on connubial adjustment as well as on the occupation. Due to professional stress a female teacher can't give proper time to her husband, her children and to whole family. She has little attachment to other family members as in the case of joint family. But if there is proper balance between her connubial lives and occupational, she can easily handle all the problems related to life and she can enjoy all the comforts of life.

Keywords: Connubial adjustment, Female educators, Professional stress.

Introduction

Educators form the crux of the education system, preparing the young people to build their nation with purpose, responsibility and confront the challenges of tomorrow. They are social engineers and custodians of the future. Since the quality of educators largely dependent upon the quality of the teacher education they receive, the onus of creating quality educators ultimately rests with the teacher educators.

Educators play an important role in nation building. If a teacher is mentally fit and free from all stress and strain, he will teach effectively in the classroom. Mental health helps the educators to motivate and inspire the students. It is believed that there exists a positive correlation between job satisfaction and life satisfaction. Effective teaching requires a feeling of satisfaction.

On the other hand feeling of dissatisfaction affects the efficiency, one's thinking and emotional reactions of her adjustment level, in fact the totality of one's behavior. We can say that if there is complete balance between her potentialities and occupation, then a teacher can give her best to the students. She can enjoy all the comforts of her life. She can easily manage her family pursuits.

Connubial Adjustment

Although there is no foolproof recipe for long lasting happy marriage, an overview of numerous connubial studies provides some valuable clues. Connubial adjustment has long 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. Well-adjusted marriages are expected to last for a long time, while poorly adjusted ones end in divorce. After more than half a century of conceptualization about and research on connubial adjustment the best that can be said that there is disagreement among scholars about the concept, the term and its value.

Burgess, Locke & Thomas (1963): A union in which the husband and wife are in agreement on the chief issues of marriage, such as the
handling of finances and dealing with in laws; in which they have come to an adjustment on interests, objectives and values; in which they are in harmony on demonstrations of affections and sharing confidences; and in which they have few are no complaints about their marriage [1].

Spanier & Cole (1976): The functioning and success of the marital pertness and it encompasses the concepts of marital satisfaction and happiness.

Scientists have long been interested in understanding which factor contributes to success in marriage. Getting along in marriage involves the larger question of authority, fairness and respective fulfillment of needs. The important areas of connubial adjustment including the sharing of marriage responsibilities, communication and conflict managing money and the changes in relationship over time [2].

There were so many problems arise in the marriage like unrealistic expectations of marriage and spouse, lack of attention and power struggles, child rearing, in laws and extra connubial affairs etc. but the most common problem is the ‘difficulty in communication’. again and again husbands and wives complain ‘we just can’t talk to each other.’

The chief requisite of the working housewife is to make a fair adjustment of her time to suit her carrier, home and personal convenience. As after her marriage responsibilities of a woman increases and she has to manage both works at home and out. Since the working time cannot usually be changed, important changes will have to be made in the household routine.

Beside personal attractiveness, woman needs to pay particular attention to the adjustment in the household routine. A carrier will also mean more contacts outside the home & therefore yet more responsibilities. With these responsibilities comes the problems of fatigue and rest and also of maintaining good health. So professional stress affects her health also. Moreover with both husband and wife employed, outside the home, opportunities for husband and wife to spend quality time together may dramatically decreased due to professional stress.

The success of married life depends on couple’s way of thinking in so many areas ie. having to think as a couple, become less selfish, having to consider partner’s like/dislike, sharing household/outdoor tasks, trusting partner, maintain intimacy etc. If working seems to be the only option, do go ahead will all your heart, but under no circumstances should you ignore the interest of the home and the family. Combine the carrier and the homemaking as best you can to promote the causes of a connubial adjustment.

Professional Stress

Professional stress occurs when there is a discrepancy between the demand of the environment workplace & an individual’s ability to carry out and complete these demands often a stress or can lead the body to have a physiological which is turn will result on a strain on a person physically as well as mentally. One of the main cause of professional stress is work overload. The combination of long working hour, insufficient pay, role ambiguity, poor teaching facilities, lack of social recognition, poor organizational climate, strained relationship with colleagues make up a stressful recipe.

Educators are expected not only to work as pedagogues but also juggle multiple roles of an administrator, resource person, innovator, counsellor and role model for society which subsequently leaders to high levels of stress in the prevailing educational set up, teacher educators continue to reel under the pressure of working under too many constraints imposed by one too many bodies. Poor infrastructural facilities, outmoded curricula with little scope for innovation prove detrimental to the stress levels among teacher educators. Paucity of career advancement opportunities also contribute to stress among educators.

Need of the Study

Man is social animal & never work in isolation .Every job and especially a teacher’s job involves active interaction with other individuals. A teacher job satisfaction is affected by the rapport the teacher with his colleagues & seniors. Job satisfaction is an essential factor in any profession .Unless person is satisfied with their job, it is very difficult for them to carry on their duty with honesty and efficiency in the office or home.

Educators are expected not only to work as pedagogues, but also juggle multiplies roles of an administrator, resource person, innovator, counsellor and role model for society which subsequently leads to higher levels of stress. In the prevailing educational set up, teacher educators continue to reel under the pressure of working under too many constraints imposed by one too many bodies. With stressful mind they find difficult to adjust in home, with their husband and this affect their relationship. The review of related studies also shows that there is dearth of studies related to
the problem of investigation. Hence, it is the investigator’s keen desire to probe the relationship between CONNUBIAL adjustment and professional stress.

Statement of the Problem

Objectives of the Study

The study was conducted keeping the following objectives in view:

- To study the connubial adjustment of female educators of schools of Sangrur district.
- To study the professional stress of female educators of schools of Sangrur district.
- To find out the relationship between connubial adjustment and professional stress among female educators of schools of Sangrur district.

Delimitations of the Study

- The sample was delimited to 30 female educators of Sangrur district.
- The sample was drawn from female educators of schools of Sangrur district.
- It was delimited to 15 government and 15 private female educators of schools of Sangrur district.

Review of Related Literature

Studies Related to CONNUBIAL Adjustment

Leonard (1993): Alcohol and pre-marital aggression among newlywed couples “suggests that marital distress is often implicitly assumed to precede intimate partner violence [3].

Mathur Asha et. al. (1993): Conducted a study on marital adjustment and subjective wellbeing in Indian educated housewives and working women results indicated significantly better marital adjustment and subjective wellbeing for working women than for housewives [4].

Demir Ayhan et. al. (1999): Studied “loneliness and marital adjustment of turkish couples “and found that lonliness was significantly and negatively correlated with marital adjustment [5].

Riny DC (2007): in the study of “marital adjustment as a determinant of self-actualization among women” and found that there is significant relationship between self-actualization and marital adjustment among women which makes them socially and emotionally well adjusted.

Vibha P, Saddichha S & Akhtars (2010): Studied “quality of life and marital adjustment in epilepsy and comparisons with psychiatric illnesses” found that patients with epilepsy had better adjustment as compared to patients with psychiatric illness. There was no correlation between quality of life and marital adjustment among both patients and spouses [6].

Studies related to professional stress

Fiona Jones (1993): In “An Empirical study of professional stress transmission in working couples” found that evidence of transmission of stress from men to women, particularly where men have high strain job, but no corresponding transmission from women to men [7].

Borg Mark G et. al. (1999): In “study of professional stress and its determinants, job satisfaction and carrier commitment among primary educators” found that educators who reported greater stress where less satisfied with their job and less committed to choose a teaching carrier [8].

Aggarwal SC et. al. (2003): Conduct a study of “professional stress and job satisfaction among managers” and found that age was negatively correlated with professional stress and positively correlated with job satisfaction.

Kumari Meena (2008): In study of “personality and professional stress” found that, the high burn out female educators have obtain significantly high score than counterpart low burnout educators. High burnout educators scored significantly low on the scale of professional stress [9].

MD Akizumi Tsutumi et. al. (2009): Studied “Prospective study on professional stress and risk of strokes” and found that professional stress related to job strain was associated with indicate strokes among Japanese men [10].

Hypotheses of the Study

The following were the hypotheses of the study

1. There exists significant difference in mean scores of connubial adjustment among female educators of government and private schools of Sangrur district.

2. There exists significant difference in mean scores of professional stress among female educators of government and private schools of Sangrur district.

3. There exists significant relationship between connubial adjustment and professional stress among female educators of schools of Sangrur district.
Method and Procedure

Design of the Experiment

The present study was a descriptive survey, which was conducted on female educators of schools of Sangrur district. The study was conducted in different phases.

PHASE 1

The investigator classified the sample into two randomly selecting equal number of female educators from the government and private schools of Sangrur district.

PHASE 2

The investigator further classified the data in to N=15 for government educators and N=15 for private educators of schools of Sangrur district.

PHASE 3

In the third phase the investigator studied the connubial adjustment in relation to professional stress among female educators. Significance between means was worked out to know the difference in connubial adjustment and professional stress, according to their school status and t-ratio and co-efficient of co-relation was calculated.

Sampling of the Study

In present study keeping the limited source of time and money only 30 female educators of Sangrur district were randomly selected. Out of selected female educators 15 were taken from government schools and 15 were taken from private schools.

Tools Used

The selection of suitable tool or instrument is of vital importance for the collection of data in any research study.

- Marital adjustment Inventory by Dr. Har Mohan Singh(1987)
- Professional stress Index by Dr. A.k. Srivastava and Dr. A.P.Singh(1984)

Statistical Techniques Used

- Descriptive statistical techniques namely mean, median and S.D. were done to see the normality of distribution and for seeking the CONNUBIAL adjustment and Professional stress scores.
- t-ratio was calculated.
- Coefficient of correlation ‘r’ was calculated.

Analysis and Interpretation

Total 30 female educators were selected from different schools and sample was taken randomly. CONNUBIAL adjustment

Table 1: Mean scores of connubial adjustment among female educators of government and private schools of Sangrur district

<table>
<thead>
<tr>
<th>N</th>
<th>Group</th>
<th>M</th>
<th>SD</th>
<th>SED</th>
<th>t-ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Government</td>
<td>56.35</td>
<td>4.98</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Private</td>
<td>55.66</td>
<td>4.40</td>
<td>0.86</td>
<td>0.80</td>
</tr>
</tbody>
</table>

Table 1 shows the mean scores of connubial adjustment among female educators of government and Private schools of Sangrur district. The mean scores of female educators of government and private schools are 56.35 and 55.66 respectively. SD for female educators of government and private schools are 4.98 and 4.40 respectively. The value of t-ratio is 0.80, which is not significant at both levels of confidence i.e. 0.01 and 0.05. Thus there exists no significant difference in mean scores of connubial adjustment among female educators of government and private schools of Sangrur district.

Hence the hypothesis (1) stating “There exists significant difference in mean scores of connubial adjustment among female educators of government and private schools of Sangrur district” stands rejected.

Table 2 represents the mean scores of professional stress among female educators of government and private schools of Sangrur district. The Mean scores of professional stress among female educators of government and private schools are 118.35 and 114.7 respectively. SD for female educators of government and private schools are 10.40 and 9.00 respectively. Not significant at both level of confidence i.e. 0.01 and 0.05. Thus there exists no significant difference in mean scores of professional stress among female educators of government and private schools of Sangrur district.
educators of government and private schools are 9.33 and 6.98 respectively. The value of t-ratio is 2.43, which is significant at 0.05 level of confidence and, but not significant at 0.01 level of confidence. Thus there exists significant difference in mean scores of professional stress among female educators of government and private schools of Sangrur district.

Further it is observed that mean scores of professional stress for government educators are more favorable than that of private educators of Sangrur district. This indicates that government female educators have more professional stress than private female educators. This might be due to fact that extra work load on government educators like mid-day meal schemes, election duty, and census put load on them. Hence government female educators have more professional stress than that of private educators.

Hence hypothesis (2) “There exists significant difference in mean scores of professional stress among female educators of government and private schools of Sangrur district”, stands accepted.

Table 2: Mean scores of professional stress among female educators of government and private schools of Sangrur district

<table>
<thead>
<tr>
<th>N</th>
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<th>M</th>
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</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Government educators</td>
<td>118.35</td>
<td>9.33</td>
<td>1.50</td>
<td>2.43</td>
</tr>
<tr>
<td>15</td>
<td>Private educators</td>
<td>114.7</td>
<td>6.98</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Hence hypothesis (3) stating “There exists significant relationship between connubial adjustment and professional stress among female educators of Sangrur district” stands accepted.

Results and Conclusions

- There exists no significant difference in the mean scores of connubial adjustment among female educators of government & private schools of Sangrur district.
- There exists significant difference in mean scores of Professional Stress among female educators of government and private schools of Sangrur district.
- There exists negative but significant correlation between connubial adjustment and Professional Stress among female educators of schools of Sangrur district.

Educational Implications

The finding of investigation may provide help to counsellors and guidance workers to develop suitable and healthy adjustments in married life. The study shows that there exists no significant difference in connubial adjustment among female educators according to their job status. The study shows that there exists significant difference in professional stress among female educators according to their age status and job status. The study also shows that there exists significant relationship between professional stress and connubial adjustment among female educators according to their job status and age status, which indicates that more is professional stress in female educators, lesser will be the connubial adjustment.

In the view of possible consequences of educators stress certain measures should be taken. So, that female educator can discharge their duties affectively. Due to less professional stress, female educators can devote proper time to her children, her husband and her family. Due to less professional stress, she can give proper affection to her children, school students and can spend more time with her husband and to whole family, which makes her connubial life happy and effective teaching [11-22].
References


