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Title: Psychological Hardiness, Temperament and Marital Adjustment Among Childless Women

ABSTRACT

Childlessness has become a serious problem for women in India and has profound psycho-social repercussions on women. It has serious impact on the psychological, physiological and social status including marital instability, stigmatization and even abuse. Some basic reactions to childlessness include denial, anger, isolation, guilt etc. which ultimately affect marital adjustment. Role of psychological hardiness and temperament are crucial in maintaining marital relationship. It is observed that emotional hardiness helps women in finding ways to interpret adversity in terms of a personal challenge to overcome. Like psychological hardiness, temperament also plays vital role in marriage and if women learn to control their temperament, it leads to marital satisfaction. Viewing the significance of the psychological hardiness and temperament in marital adjustment of childless women the study was designed to examine marital adjustment of childlessness women in relation to their psychological hardiness and temperament.

Present research was conducted on 200 women. Out of 200, 100 women were childless whereas remaining 100 women were having kids residing in Delhi/NCR. The samples of women participants were selected according to the inclusion and exclusion criteria from the different IVF centres, clinics and hospitals. Women in the age range of 40-55 years were included in the study. They were fully assured about

confidentiality of responses and written consent to participate in the study was also obtained from the participants.

Dispositional Resilience Scale, Adult Temperament Questionnaire (ATQ) and Dyadic Adjustment Scale were used for the measurement of psychological hardiness, temperament and marital adjustment respectively. The obtained data were analysed with the help of SPSS using various statistical techniques like mean, standard deviation (SD), t-test, correlation, simple linear regression analysis etc.

In the study it was found that women with kids were much better in marital adjustment as compared to the childless women. Similarly psychological hardiness was also found higher among women with kids in comparison to childless women. As far as temperament was concerned, childless women had stronger temperament as compared to women with kids. Childless women were found higher on negative affect and orienting sensitivity while women with kids were found higher on extraversion and effortful control dimensions of temperament. Results revealed significant positive relationship between psychological hardiness and marital adjustment and significant inverse relationship between temperament and marital adjustment. Moreover, psychological hardiness as well as temperament was found as strong predictor of marital adjustment of women. Thus it can be concluded that psychological hardiness and temperament can be considered as effective in the better adjustment of women in their marriage. Thus childlessness leads to poor marital adjustment and damages resilience and psychological hardiness as well the temperament of childless women. Also psychological hardiness and temperament proved to be effective in maintaining marital adjustment.

Keywords: *Psychological Hardiness, Temperament, Marital Adjustment, Childlessness, Psychosocial Impact.*