



Family Adjustment and Self-Consciousness in Married and Unmarried Women

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ABSTRACT

The present study aimed to examine family adjustment and self-consciousness among married and unmarried women. A total sample of 60 women was selected, comprising 30 married and 30 unmarried participants. Family adjustment was assessed using the Family Adjustment Scale developed by Simon Beal, while self-consciousness was measured using the Self-Consciousness Scale developed by Asha Shukla. To analyze the data, an independent t-test was employed to determine differences between the two groups, and Karl Pearson's correlation method was used to explore the relationship between family adjustment and self-consciousness. The results revealed a significant difference in both family adjustment and self-consciousness between married and unmarried women. Furthermore, a positive correlation was found between family adjustment and self-consciousness.

Introduction

Research originates from the need to understand and address human problems. Wherever there are people, there exists a society—and with society come challenges. The purpose of research is to explore, understand, and ultimately offer solutions to these issues. No study is ever conducted in isolation; it is



always influenced by the work and theories of earlier scholars, serving as a foundation for further exploration.

A family is typically composed of individuals connected through blood or marriage, most commonly including a husband, wife, and children. The concept of adjustment, particularly within a family setting, encompasses not only an individual's physical presence but also their psychological and emotional wellbeing. In a broader context, adjustment refers to how individuals manage internal conflicts and external pressures to maintain harmony both within themselves and in their relationships. Lazarus (1961) describes this as the individual's way of resolving internal conflicts and adapting to various life challenges.

Family adjustment involves fulfilling personal needs and fulfilling social roles within the family structure in a respectful and cooperative manner. It requires a balance between individual desires and the expectations of the family unit. A well-adjusted family dynamic is essential for maintaining emotional peace and social stability, which in turn contributes to the overall health of society.

Human beings possess the unique ability to be self-aware—not only of their surroundings but also of their inner selves. This awareness, known as self-consciousness, refers to an individual's understanding and perception of their own identity. It involves a heightened sense of how one appears and behaves in social contexts and often influences one's interactions with others. Some individuals are highly self-conscious, frequently monitoring their behavior and appearance, while others may be largely unaware of themselves in social settings.

Self-consciousness plays a vital role in personal development, as it shapes how people perceive themselves and how they respond to others. It is expressed in language through terms like “I,” “me,” and “my.” Over time, individuals develop a sense of self through their interactions and experiences, forming an identity shaped by both internal thoughts and external feedback.

Family, as a social institution, has existed since the earliest human societies. Thinkers like Dr. S. Radhakrishnan have emphasized its central role in shaping individuals and communities. However, not everyone successfully adjusts to the roles and expectations placed on them, leading to personal and social difficulties. Maladjustment can hinder one's ability to thrive in life, making the pursuit of a well-adjusted life path essential.



Importantly, the challenges faced by women can differ greatly based on various factors such as marital status, education, geographic location (urban or rural), and family structure (nuclear or joint). For instance, married women may encounter different adjustment issues compared to their unmarried counterparts. Similarly, the experiences of women living in urban areas often contrast with those in rural settings.

In light of these differences, the present study focuses on understanding family adjustment and self-consciousness among married and unmarried women. The objective is to explore the nature and level of adjustment among these groups, and to examine how self-consciousness is developed and expressed in each context.

Review of Literature

Several studies have been conducted to explore the dynamics of family adjustment and self-consciousness, particularly among women from various backgrounds. These studies provide a strong foundation for understanding how factors such as marital status, occupation, residence, and social environment influence psychological and social adjustment.

Ratnotar K. (2015) conducted a study focusing on family adjustment among married working women. A total of 120 participants from Ahmedabad city were selected, including 30 urban and 30 rural women managers. The data were analyzed using ANOVA. The findings revealed a significant difference in family adjustment between urban and rural working women, with urban women demonstrating higher levels of adjustment.

Gajjar J. (2015) aimed to investigate family adjustment among working women across different occupations and residential areas. The sample consisted of 180 women, categorized into groups such as urban teachers, doctors, urban and rural bank employees (30 participants in each category). The Family Adjustment Inventory for Working Women by Vishva Singh V. was used for data collection. The study found notable differences between urban and rural working women in aspects such as self-management, adjustment with children, family, and husband. Additionally, an interaction effect was observed between occupation type and area of residence, particularly in terms of self-adjustment, adjustment with children, and adjustment with relatives for doctors and bank employees.



Alam M. (2017) explored the impact of family structure on adolescent adjustment. The study used Sinha and Singh's Adjustment Inventory and included 120 adolescents, with an equal division between those from nuclear and joint families. Statistical analysis revealed a significant difference in adjustment levels, indicating that family structure plays an important role in adolescent development.

Vadolia N. (2018) examined the influence of yoga on self-consciousness, moral values, and mental capacity among educated unemployed individuals and employed professionals. The study employed a 2×2×3 factorial design with a total sample of 40 participants. Data were collected using scales measuring self-consciousness and moral values. The results indicated a significant impact of both gender and employment status on self-consciousness.

Nogueira et al. (2019) investigated the relationship between private self-consciousness, self-reflection, insight, and alcohol consumption among individuals aged 20 to 39. The study included a large sample of 523 participants. Findings revealed that women tend to exhibit higher levels of self-reflection compared to men, while young individuals engage in riskier alcohol consumption behaviors than adults. Additionally, self-reflection and insight were found to have a negative correlation with alcohol consumption.

Khan J.K. (2022) explored the role of the autonomic nervous system, emotional regulation, and self-consciousness in single women. The study included 250 participants and adopted a qualitative, experimental approach. The findings highlighted a significant disparity between rural and urban women, with urban women showing greater awareness, empowerment, and self-consciousness. In contrast, women in rural areas continued to face challenges in asserting their identity and rights.

Importance of the Research

The present study seeks to explore the common challenges faced by both married and unmarried women, particularly in terms of family adjustment and the development of self-consciousness. Despite differences in marital status, women often encounter similar social, emotional, and psychological issues. This research aims to understand how women adapt within family structures and how their sense of self evolves in different personal and social contexts.

The motivation for selecting this topic stems from the growing relevance of women's issues in contemporary society. Many of these concerns are deeply connected to social, economic, psychosocial,



and psychophysical factors, which can influence a woman's ability to adjust and maintain a clear sense of identity. Observations show that these challenges persist across various groups of women, making this an important area of study.

By examining the patterns of family adjustment and levels of self-consciousness in both married and unmarried women, this research intends to provide insights that can contribute to greater societal awareness. The findings may serve as a valuable resource for educators, counselors, social workers, and policymakers aiming to support women's mental and emotional well-being. Ultimately, the study hopes to encourage informed discussions and interventions that promote healthier personal and familial relationships.

Objectives:

- To find significant difference between the mean of family adjustment of married and unmarried women.
- To find significant difference between the mean of self-consciousness of married and unmarried women.
- To find correlation between family adjustment and self-consciousness.

Null Hypothesis:

- There will be no significant difference between family adjustment of married and unmarried women.
- There will be no significant difference in self-consciousness of married and unmarried women.
- There will be no correlation between family adjustment and self-consciousness.

Methodology:

Sample:

In this study total 70 women were taken as a sample. Out of them 60 women were taken as a sample with random sampling Method. In which 30 married and 30 unmarried women were included.

Research Tools:

Family Adjustment:



This test was developed by Simon Beal. The Gujarati translation has been done by D.J. Bhatt. There are a total 32 statements. But the test is of Three Point scale type. So that the reliability score from split half method and test method balance reliability score was found to be 0.85 and 0.89 respectively. While the test reliability score were observed across domains. The reality of family adjustment is found to be high. There are five sub-sections in the Bell adjustment research. But here the first one that is family adjustment is included. There are total 32 statements here. In which positive and negative statements have been given. This test is made up of three Point measurements. In which yes, Uncertain and No were given 2, 1 and 0 marks respectively. Direct sub-sections carry a maximum of 64 and a minimum of 0 marks. This scale attempted to measure the family adjustment of the respondents. Here lower score indicates good family adjustment and higher score indicates poor family adjustment.

Self-consciousness:

This test was developed by Dr. Asha Shukla. The Gujarati translation has been done by Dr. Yogesh A. Jogsan and Dr. Dhara R. Doshi. These two points are scale. There are a total 50 statements. Its reliability score is found to be 0.63 to 0.69. Its accuracy is found to be 0.59 to 0.67. This scale was Point test. In which Yes and No are to be answered. If “Yes” response then “1” marks and “No” response then “0” marks. Higher score are interpreted as self-consciousness and lower score as less self-consciousness.

Data collection:

According to the purpose of present research, the null hypothesis has been created. The statistical technique was chosen to collect reliable information. The purpose of the research is on family adjustment and self-consciousness in married and unmarried women. For this, family adjustment scale which is developed by Simon Beal and Gujarati translation is done by Dr. D.J. Bhatt. Self-consciousness scale was used which was developed by Dr. Asha Shukla and Gujarati translation was done by Dr. Yogesh A. Jogsan and Dr. Dhara R. Doshi which was used for data collection.

A total of 60 samples have been taken here. In which 30 married women and 30 unmarried women were taken.

Research Design:

The purpose of the research was to measure family adjustment and self-consciousness in married and unmarried women. For the present purpose, 60 samples have been selected by with random sampling



Method. “t-test” has been used to find the difference between the medians between the two groups. Karl Pearson correlation method has been used to find the correlation between the two variables. A discussion of the presented results follows.

Discussion of the result:

The purpose of the present research was to “A study of family adjustment and self-consciousness in married and unmarried women”. Here the results of attitude towards family adjustment and self-consciousness are discussed based on the data obtained as follows.

Result Table: 1

Showing the mean and t-value of family adjustment

Variables	N	Mean	T	Sig.
Married Women	30	33.53	2.94	0.01
Unmarried women	30	25.30		

Significant Level:0.05= 2.00

0.01= 2.66

The results presented in Table 1 indicate a statistically significant difference in family adjustment between married and unmarried women. The mean score for **married women (M = 33.53)** is notably higher than that of **unmarried women (M = 25.30)**. The calculated **t-value is 2.94**, which exceeds the critical value at both the **0.05 level (2.00)** and the **0.01 level (2.66)**. Therefore, the result is statistically significant at the **0.01 level (p < 0.01)**.

The findings suggest that **married women show significantly higher family adjustment** compared to unmarried women. This may be due to several possible reasons:

1. **Defined Social Roles:** Married women often have more clearly defined roles and responsibilities within the family, which can contribute to a structured and stable environment that supports adjustment.



2. **Emotional and Social Support:** Married women may benefit from the emotional support of a spouse and extended family members, which can enhance their ability to cope with stress and maintain harmony in family life.
3. **Sense of Belonging and Responsibility:** The institution of marriage may instill a greater sense of belonging and accountability, which can encourage women to make more consistent efforts to adjust and compromise for the sake of the relationship.
4. **Life Experience and Maturity:** Married women, especially those who have been in long-term relationships, may develop better interpersonal skills, emotional intelligence, and coping mechanisms that contribute to smoother adjustment.
5. **Societal Expectations:** In many cultures, married women are socially expected to prioritize family well-being. This expectation may lead to a conscious effort on their part to adapt to family roles more readily.

On the other hand, **unmarried women may face different kinds of pressures**—including career uncertainty, social identity struggles, or lack of a defined support system within the family—which might impact their ability to adjust in the same way. Additionally, unmarried women may still be in transitional phases of life, such as pursuing education or building careers, which can shift their focus away from family-related adjustment.

Result Table:2

Showing the mean and t-value of self-consciousness

Variables	N	Mean	T	Sig.
Married Women	30	29.60	2.88	0.01
Unmarried Women	30	21.60		

SignificantLevel:0.05= 2.00

0.01= 2.66



The data presented in Table 2 indicates a **statistically significant difference in self-consciousness** between married and unmarried women. The **mean self-consciousness score of married women (M = 29.60)** is significantly higher than that of **unmarried women (M = 21.60)**. The **t-value of 2.88** exceeds the critical value at both the **0.05 (2.00)** and **0.01 (2.66)** significance levels. Therefore, the result is **highly significant at the 0.01 level ($p < 0.01$)**.

The findings show that **married women have higher levels of self-consciousness** than unmarried women. Several possible reasons can be considered for this difference:

1. **Increased Social Roles and Responsibilities:** Marriage often brings with it new roles—such as spouse, mother, or daughter-in-law—which may increase awareness of one's actions, appearance, and behavior within the family and community. This heightened awareness may contribute to increased self-consciousness.
2. **Greater Social Exposure and Expectations:** Married women, particularly in traditional or socially conservative cultures, may face stronger societal expectations regarding conduct, appearance, and behavior. This can lead to an increased internal monitoring of how they are perceived by others.
3. **Psychological Maturity and Identity:** With marriage, women may experience a deeper sense of personal identity and role definition, which can heighten self-awareness and self-reflection.
4. **Emotional and Interpersonal Sensitivity:** Married women may become more attuned to their own emotions and the needs of others, fostering a higher level of introspection and self-observation.
5. **Cultural Norms and Gender Roles:** In many societies, married women are often more scrutinized by family and society than unmarried women. This external pressure can result in increased self-conscious behavior, especially regarding personal choices, communication, and appearance.

In contrast, **unmarried women may experience fewer familial and societal expectations**, leading to relatively lower levels of self-consciousness. Their focus may be more on personal development, education, or career, which may not demand the same level of self-monitoring. Additionally, unmarried women may enjoy more autonomy, with less pressure to conform to traditional roles, contributing to lower self-conscious awareness in social or familial settings.

**Result Table:3****Showing the correlation between family adjustment and self-consciousness**

Variables	N	Mean	r
Family Adjustment	60	25.60	0.44
Self-consciousness	60	29.42	

The data in Table 3 reveals a **positive correlation ($r = 0.44$)** between **family adjustment** and **self-consciousness** among the 60 women participants. This value indicates a **moderate but meaningful positive relationship**, suggesting that as self-consciousness increases, so does the level of family adjustment.

The correlation coefficient of **0.44** demonstrates that **higher self-consciousness is associated with better family adjustment**. This relationship can be explained by several psychological and social factors:

1. **Increased Self-Awareness Leads to Better Interpersonal Behavior:** Individuals who are more self-conscious tend to be more aware of their behavior and its impact on others. In a family setting, this awareness may promote more thoughtful communication, empathy, and emotional regulation—all of which are crucial for healthy adjustment.
2. **Reflection Enhances Role Management:** Self-conscious individuals often engage in self-reflection, which can help them better understand and fulfill their roles within the family. This leads to improved adaptability and a more cooperative attitude in family interactions.
3. **Responsible Behavior:** A heightened sense of self often brings with it a stronger sense of responsibility and consideration for others, contributing to smoother relationships and fewer conflicts at home.
4. **Conflict Resolution:** Self-consciousness may encourage individuals to examine their own role in family disputes and work towards resolution, improving overall adjustment.
5. **Identity and Stability:** Individuals who are more self-aware are often more secure in their identity. This internal stability may allow them to handle family challenges with greater resilience and maturity.



Although the correlation is moderate (not very strong), it is still significant and meaningful, especially in the context of psychological and social research, where many variables influence behavior. It suggests that self-consciousness is an important psychological trait that can influence how well women adjust within their families—regardless of whether they are married or unmarried.

Conclusion:

- There was significant difference in family adjustment between married and unmarried women was found 8.23. which was significant at 0.01 level so the hypothesis made earlier in the research is rejected here.
- There was significant difference in self-consciousness between married and unmarried women was found 8. Which was significant at 0.01 level so the hypothesis made earlier in the research is rejected here.
- There was positive correlation between family adjustment and self-consciousness.

Limitations of the Research:

This study had several limitations that can be addressed by future research. First, in the present research only 60 sample have been selected from a large pool, hence the results obtained cannot be broadly generalized. The present research included only women so may not be applicable to men. Only married and unmarried women were included in the present research, so that it includes married women with husband's family and unmarried women with her father's family. In the present research only questionnaire method has been used for data collection, no other method like observation, interview and other scientific method has been used. No attempt has been made here for a comparative study by distinguishing between women from different rural and urban areas.

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