



MARITAL ADJUSTMENT IN WIVES OF PATIENTS WITH DEPRESSIVE DISORDER: A CROSS-SECTIONAL STUDY

Dr. Nandini Lamba¹, Dr. Rajiv Gupta²

Institute of Mental Health, Pt. B. D. Sharma University of Health Sciences, Rohtak

INTRODUCTION

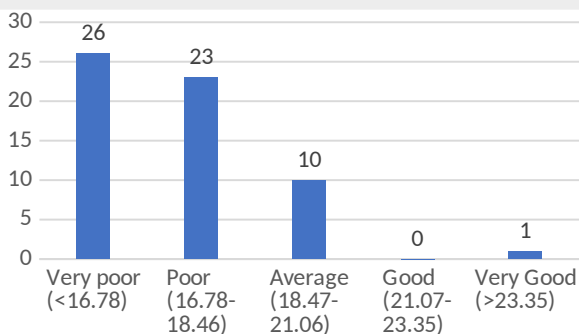
- Marital adjustment is defined as, "the state in which there is an overall feeling between husband and wife, of happiness and satisfaction with their marriage and with each other."¹
- A couple's poor relationship quality (e.g. negative verbal or nonverbal exchanges observed in a marital problem-solving task) has a greater impact on wives than on husbands.²
- The report on Global Burden of Disease estimates the point prevalence of unipolar depressive episodes to be 1.9% for men and 3.2% for women.³

RESULTS

Mean age is found to be 26.7 years. Majority of them, i.e.; 35% are 12th pass, 73.3% being housewives. 35% of the couples are in the category of 1-3 years of marriage duration.

The overall mean score of marital adjustment comes out to be 16.82 with standard deviation of 2.25.

Out of the total sample of 60, 26 (43%) belong to the category of very poor marital adjustment, 23 (38%) to poor category, 10 (17%) to average and only 1 (2%) to very good category. Zero fall under the category of good marital adjustment.



Parameter	Mean ± SD	Mode	Median	95% C.I	
				Lower	Upper
Emotional	9.1 ± 1.7	9	9.0	5.8	12.5
Sexual	1.5 ± 1.1	1	1.0	-0.6	3.6
Social	6.2 ± 1.5	7	6.5	3.3	9.0
MAQ Total	16.8 ± 2.3	16	17.0	12.4	21.2

OBJECTIVE

To study the marital adjustment in wives of male patients with depressive disorder.

MATERIALS AND METHOD

TYPE: A cross-sectional study.

SAMPLING: Purposive sampling.

SAMPLE: 60 wives of patients diagnosed with depressive disorder (ICD-10)

CRITERIA : INCLUSION- Married for atleast on year.

EXCLUSION: wives with substance use disorder, medical or psychiatric comorbidities or mental retardation.

INSTRUMENTS: Proforma for socio-demographic data

Marital adjustment questionnaire by Pramod and Rohtagi.

DISCUSSION

Meyer et al (2019) found in their study on 42 couples to have poor relationship satisfaction when one had depression.

Kuoros et al (2018) wanted to find the association between depressive symptoms and marital distress and decreased marital satisfaction was elicited in this study too.

Ikican et al (2017) in a sample of 160 found low marital adjustment scores when one partner was found to be suffering from depressive disorder.

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