

Spouse Role Stress

A Socio-Psychological Study



Arvind Kumar Gahlaut
Senior Research Fellow,
SRT Campus,
Deptt. of Sociology,
H.N.B.Garahwal University
(A Central University)
Tehri Garhwal, Uttrakhand.

Abstract

Role stress has always captured the attention of the people and the society, As other kinds of the social interaction and it has both positive and negative effect .Role stress both ends and begins to serve the interests of the man in society .Role refers to culturally ascribed pattern of behaviours including duties expected or required of persons behaving in specific social situations for example the behaviour expected of husband and wife in a various social situations . Role stress defined as role discrepancy between role expectations and role performance, concept of role discrepancy appears to have more utility in predicting marital dissatisfaction, role conflict and role stress in marriage. Aim of study is to measure the stress of husbands from their wives role as well as from their own role. Research Tools Spouse Role Stress (SRS) Scale used by Dr.Barkha Agrawal.A sample size of 100 married males randomly selected from the city of Ghazipur (Uttar Pradesh).

Maritally high adjusted husband (having had a higher satisfaction of basic needs like love, companionship and sexuality) would show lower spouse role stress than poorly adjusted husband, the SRS was administered to a group of 100 husbands in which 50 showing high marital adjustment and 50 showing low marital adjustment.

Keywords: Spouse, Role Stress, Socio-Pshycological.

Introduction

Role stress has always captured the attention of the people and the society, As other kinds of the social interaction and it has both positive and negative effect. Role stress both ends and begins to serve the interests of the man in society. Role refers to culturally ascribed pattern of behaviours including duties expected or required of persons behaving in specific social situations for example the behaviour expected of husband and wife in a various social situations. Role stress defined as role discrepancy between role expectations and role performance.

Rizzo, House and Lirtzmen (1970) have defined role as a set of expectations about behaviour for a position in a social structure. Rao and Rao (1982), the family can be pictured as a system of role. An integrated system of role would justify the imposition of obligations on other member of the unit and at the same time acknowledged his rights to demand fulfillment of their obligations towards him. Biddle and Thomas (1966), defined the role is the set of prescriptions defining what the behaviour of a position member should be.

All these definitions points to one common things and that is, the concept role refers to the activities and socially approved characteristic among the member of a society.

In Indian society men have traditionally been the providers and have greater authority with in the family and where as women have been responsible for housekeeping and childcare (Rachel,1987). If they cannot hire domestic help Women must handle all the domestic chores like drawing water, cooking, cleaning the house,washing the cloth of the man and the children as well as their own and looking after the children and men are usually ridiculed if found under taking any of these functions. A menmay do so only when the wife is away or ill and there is no other woman to take charge. In this Nation is so deeply ingrained that even women in professions full time jobs are expected additionally to continue looking after household affair for the word outside the home. They are expected to provide for the family and to function as arbitrators of its discontents and conflicts.

In present scenario the participation of the married woman in labour force has increased dramatically and contemporary social changes (example increased education and economic conditions) promise this trend

will continue. Consequently the nation that men are providers regardless of the income ratio is now challenged. (Bernard,1981, Slocum and Nye,1976). Therefore the 1990 is the period of the increasing awareness of the limitations of the traditional men's role and stress experience their role in society change. Are men accepting the new rule demands? Are they experiencing role stress in today's changing milieu? There is need to address the issue. Here, roll stress is conceptualized as a function of discrepancy between one's role expectation and one's performance. In other word it can be said that a person experiences role stress when his role experience are not realised.

Individuals have expectation from their own role as well as to their partners roll behaviour. For example the husband may expect certain role for himself and certain role for his wife ,but due to the fact that an individual has more than one status, a role for one of the many other statues may take precedence accordingly the role that are expected for the individual or for his partners may not be realized.

The role of husband for example may not be fulfilled in the manner expected or desired because it is overshadowed by the role of professional men. Like wise the husband may expect the wife to play the role of mother, which she does not play because she has greater performance for the role of working women. The unrealized role expectations for the self or for the mate result in conflicts within the personality hence experience role stress.

Hence, the concept of role discrepancy appears to have more utility in predicting marital dissatisfaction and role conflict and role stress in marriage.

Review of Literatures

Burke and Weir (1976) argued that wives employment contributes to marital discord and stress experienced by the husbands because of reducing the amount of personal care he receives and increasing his responsibilities for childcare and some other women's work. Enhancing the measure by the which husband are called upon support their spouse ambitions .Generally eroding the husband's central position in the family.

Srivastava (1995) found that husband of full time employed woman experience higher role stress and manifest more symptoms of psychoneurosis as compared to those whose wives were in part time jobs or full time housewives.

Stolzenberg (2000) found that when the wife works more than 40 hours a week, her husband's change of being in good or excellent health decline by more than 25 percent.

Panda, U.K. (2011) He found that in his study out of 320 respondents 148 of them were found in stress facing respondents 29.7 % were found in high level of stress 34.5 % in moderate level and the 35.8% were in low levels of stress.

Young Samoh, Eunyoung, South Korea (2017) four major results were found first assuming caregiving related problems such as stress and burden. Second result was care recipients, health condition and problems were one of the crucial factors

influencing caregiving related problem in spousal caregivers.Third result was caregiving easily caused marital problems in couples with frail spouse and fourth result was spousal caregivers had negative communication with their care recipients.

Aim of the Study

Aim of study is to measure the stress of husbands from their wives role as well as from their own role.

Research Tools

Spouse Role Stress (SRS) Scale by Dr.Barkha Agrawal

The research tool content analysis under following category- role of husband and wife towards spouse, self, children, other members of family, relatives, neighbours, friends and domestic affairs.

The spouse role stress scale its consists of 27 highly discriminating questions. It consists of stress from husband's role as well as stress from his wife's role. Only those dimensions are mentioned here in which husbands get stressed(i.e. the dimensions in which discrepancy value' t' is found significant).

Sampling Method

A sample size of 100 married males randomly selected from the city of Ghazipur (Uttar Pradesh).

Reliability

The Split- half reliability, correlating odd even items, applying the 'Spearman-Brown formula for doubling the test length, was found to be .71(N=100) with an index of reliability of .84(Garrett,1961).

The test retest reliability was also studied.It was found to be .65(N=100) with an index of reliability of .81 The retest was given with a time interval of three weeks.

The r-value, .71 and.65 respectively, were found to be significant at .01level, showing that the questionnaire was reliable both in terms of its internal consistency and stability of scores.(Table-1).

Table -1
Showing Split-half and Retest Reliability

Method	N	r-value	Index reliability
Split-half	100	.71	.84
Test-retest	100	.65	.81

Validity

The face validity of the questionnaire appeared to be fairly high as the items were prepared following intensive interviews of 100 married males regarding their expectations from husband's and wives role. The contents validity was adequately assured as only those items were selected for the initial questionnaire for which there was 100 percent agreement among the judges.

Only items which showed a fairly high discriminating value following items analysis were selected for the final questionnaire. The diagnostic meaningfulness of the items at the time of final selection was taken in to account.

On the assumption, that maritally high adjusted husband (having had a higher satisfaction of basic needs like love, companionship and sexuality) would show lower spouse role stress than poorly adjusted husband, the SRS was administered to a

group of 100 husbands in which 50 showing high marital adjustment and 50 showing low marital adjustment.

Table-2
Showing Spouse Role Stress Score of Maritally High and Low Adjusted Husbands

Groups	Spouse Role Stress			p
	Mean	S.D.	t	
Maritally High Adjusted (MHA) (N=50)	69.44	8.80	24.708	.01
Maritally Low Adjusted (MLA) (N=50)	107.78	6.19		

As hypothesized, the husbands showing high marital adjustment scored significantly lower on the spouse role stress scale than the husbands showing low marital adjustment.

Scoring

Each item of the scale was rated on 5 point scale. Score 1 is provided for 'not at all', 2 'very little,' 3 for 'somewhat', 4 for 'much', and 5 for 'very much'. Sum of these values gives the spouse role stress score for the husband. Since the responses contributing towards spouse role stress given a score, the higher the total score, the higher would be the spouse role stress of the husband.

Percentile Norms

The percentile norms have been prepared to help interpret the spouse role stress score for the husband (table 3). These are to be interpreted in the conventional manner.

Table – 3
Percentile Equivalents of Test Scores (N=100)

Percentile	SRS Scores	Spouse Rate Stress Categories
100	32	Very High
95	24	
90	22	
80	21	
75	20	High
70	19	
60	18	
50	17	Average
40	17	
30	16	Low
25	15	
20	14	
10	14	Very Low
5	12	

Conclusion

We can concluded that the husbands showing high marital adjustment scored significantly lower on the spouse role stress scale than the husbands showing low marital adjustment. According to percentile equivalents of test scores N=100. Percentile 100 to 80 which SRS Scores are

32, 24 22, 21 these shows very high spouse role stress. Percentile 75 to 60 which SRS scores are 20,19,18 these show high spouse role stress. Percentile 50 to 40 which SRS scores are 17,17 these show average spouse role stress. Percentile 30 to 25 which SRS scores are 16,15 these show low spouse role stress. Percentile 20 to 5 which SRS scores are 14, 14, 12 these show very low spouse role stress.

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