

Determinants of Psychological Adjustment: An analysis of newly wed females

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Objective: To investigate the determinants of psychological adjustments in newly wed females.

Methodology: This cross sectional study was carried out at Department of Psychology, University of Gujrat from October 15, 2018 to May 25, 2019. Among the newly wed female's social isolation and communication was considered as the determinants of psychological adjustment. The constructs were measured using University of California, Los Angeles scale, self-perceived communication competency scale and Scale of Adjustment for Adults. For data analysis, regression and neural network analysis were employed

Results: Among 200 newly wed females, social isolation and communication were the significant determinants of psychological adjustment

[$R^2=.064$; $F(2,197)=6.768$, $p<.01$]. Further, the neural network analysis indicated that the relative importance of social isolation and communication in predicting psychological adjustment in newly wed females was 0.539 and .461, respectively which indicates that social isolation plays more vital role as compared to communication.

Conclusion: More social isolation and communication deficit was the determinant of problems of psychological adjustment of newly wed females. Further, social isolation plays more important role in affecting psychological adjustment as compared to communication. (Rawal Med J 202;45:132-135).

Keywords: Psychological adjustment, self-perceived communication, social isolation.

INTRODUCTION

Marriage requires an everlasting shifting of woman from her parents' home to the male's home and sometimes the female lives solely with her spouse or with other members like Groom's parents, bachelor sisters or brothers.¹ Stritof identified problem pertaining to newly married couples that were lack of affection, communication and appreciation, incapacity to have fun together, acquisitiveness, personality conflict, loneliness, over commitment, financials problems, over dependence and expectation, physical and sexual problems, adjustment issues, substance abuse and emotion or psychological issues.²

Adjustment problem occur when there is an inability to make a normal adjustment to some need or stress in the society. The imbalance in the behavior and emotion is known as adjustment problem.³ According to Diagnostic & Statistical Manual of Mental Disorder-5 adjustment disorder or psychological adjustment is an occurrence of emotional or behavioral signs in reaction to detectible stressful event, arising within 3 months of onset of the stress

full situation.⁴ The specifiers of adjustment are depressive mood, anxiety, mixed depression and anxiety, disturbance of conduct, mixed disturbance of emotion and conduct or unspecified.⁴

Social isolation is the detaching of an individual, mentally, emotionally, or physically, or both, from his or her circle of desired or needed relationships with other persons.⁵ These feeling may be generated due to change in person's social, economic and personal life in some substantial manner as in case of newly wed females.⁶ Communication is a two-way action between communicator and the recipient of correspondence. The reaction from the recipient were judged on to the thoughts, feelings and assessments of communicator.⁷ Whereas spoken (verbal) and unspoken (non-verbal) communication among husbands and wives are called as marital communication.⁸

Social isolation and loneliness are moderately correlated with depression.⁹ A study showed that a strong positive relationship exists between social isolation and depressive symptoms.¹⁰ A study from France, reported highly positive significant

relationship between loneliness and anxiety.¹¹ A study from Germany found that social isolation was predictor of anxiety.¹² Social isolation could change the social, economic and culture relationship that were termed as adjustment problems of elderly people of Korea.¹³ There is high positive significant relationship between marital adjustment and communication.¹⁴ Couples who have low score in marital adjustment show the same on marital communication.¹⁵

Pakistan is a patriarchal society dominated by males. Females in Pakistan are more prospective to get married than men in the country as the ratio of ladies in the classifications of wedded, widowed and separated is higher than men. Moreover, Pakistani society considers woman to be more patience, flexible and adjusted to the environment rather than men.¹ In this context, current study was conducted to explore the determinants of social isolation and communication of psychological adjustments in newly wed females.

METHODOLOGY

This cross-sectional study was conducted at Department of Psychology, University of Gujrat from October 15, 2018 to May 25, 2019. The data were collected from newly wed females, aged above 19 years, whose duration of marriage was between three months to five years. The females with any other psychological disorders, physical problems or physical illness, adolescent newlywed females, married male, and marriage duration below 3 months and above 5 years were excluded from the study. A total of 200 newly wed females were selected from the cities of Gujrat, Jhelum, Gujranwala, and Kharian and Sialmgar by using purposive sampling. The study was approved by Departmental Research Review Committee, University of Gujrat, Pakistan. An Informed consent was taken from all participants.

The construct of social isolation, communication and psychological adjustment was measured by using the scales of University of California, Los Angeles (UCLA),¹⁶ self-perceived communication competency scale (SPCC)¹⁷ and Scale of Adjustment Problems of Adults (SAPA).¹⁸ Questionnaires were distributed among 200

participants. Proper instructions to fill scale battery were provided to the participants. The data collection method was both interview and self-reported questionnaire. The responses were recorded on the questionnaire.

Statistical Analysis: The data were analyzed by using regression to predicts relationship among variables. Neural network analysis was used to foresee the role of social isolation and communication as the determinant of psychological adjustment.

RESULTS

Social isolation and communication were significant predictor or determinant of adjustment in newly wed females [$R^2=.064$; $F(1, 198) = 6.768$, $p<.01$]. The 6.4% variation in the adjustment are explained by social isolation and communication (Table 1). Less the difference in the relative errors of training and testing, the better the predictive relationship among the variables (Table 2). We found no difference hence, confirming the social isolation and communication determined psychological adjustment in newly wed females.

Table 1. Summary of Regression Analysis of Social Isolation and Communication (N=200).

Variable	R	R ²	Adjusted R ²	F	P
Social isolation	.254	.064	.055	6.768	0.001
Communication					
Adjustment					

Table 2. Predictor association among variables based on training and testing relative error.

Relative Error	
Training	Testing
.984	.984

Table 3. Predictive importance of independent factors.

Variable	Importance	Normalized Importance
Communication	.461	85.4%
Social Isolation	.539	100.0%

The most important predictor of adjustment was social isolation 0.539 (100% normalized importance) followed by communication 0.461

(85.4% normalized importance) as the proportion indicated. Among the variables social isolation contributing more to the adjustment as compare to communication (Table 3). Both variables were contributing to the psychological adjustment.

DISCUSSION

The study was conducted on newlywed females to assess the determinants of psychological adjustment. Among the determinants social isolation and communication was checked. The regression analysis confirmed that social isolation and communication were the determinants of psychological adjustment of newly wed females [$R^2=0.064$; $F(2,197)=6.768$, $p<.01$]. Further, the findings of neural network also established the relationship among variables with no difference in training and testing relative error. Our study shows that this less difference indicated that the model is not over trained. The effect of social isolation and communication on the psychological adjustment of newly wed females was 0.539 (100% normalized importance) and 0.461 (85.4% normalized importance) respectively.

Previous studies also established the linked between social isolation and communication as the determinant of psychological adjustment. Stokes study confirmed social isolation and loneliness was also associated with distressed marital relationship.¹⁹ Adjustment was measured on depression, anxiety and conduct issues in the current study and a study confirmed that social isolation and depression had moderate to strong significant positive relationship.²⁰ Further, research concluded that social isolation has links with anxiety.¹¹⁻¹³

Furthermore, study confirmed that low communal relations causes the drug abuse disorder, conduct disorder and antisocial personality disorder.²¹

There might be number of reasons which lead to social isolation in married couples. The reasons could be hypersensitivity, low self-esteem, poor self-control, shyness, lack of effective communication, tension about household work, sadness, tediousness, desperateness, hostility, stressful life events and irritation.²² Moreover, it was also linked with lack of intimacy among couples. Communication may be considered as one of the

most important characteristics for a satisfying married life. But many problems happen due to lack of effective communication among husband and married woman. Communication plays a vital role in matrimonial life, and communication skills are main forecasters of marital adjustment among couples.¹⁴ Further, lack of proper communication between married couples mark a failure of marriage.²³ Finding of a study revealed that communication has significant and positive relationship with marital adjustment.¹⁶ Couples with higher communication skills are more adjusted and collective culture influences the quality of relationship in persons after marriage.²⁴

This study surely will help to create management plans for newly married females. This research also provides new horizon and information for new researches. Findings of study are also helpful for clinical psychologist and policy maker to overcome these problems in newly married females. There must be new awareness programs which contain the pre-wedding training to deal with the psychosocial problems which females faced after weddings. Married males may also be researched in future.

CONCLUSION

Social isolation and communication deficit were the determinants of problems of psychological adjustment of newly wed females. Further, social isolation plays more important role in affecting psychological adjustment as compared to communication.

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