

## Role of Physical Activity in Marital Adjustment of Married Couples

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### Abstract

The present study examined the role of physical activity in marital adjustment of married couples. The study was conducted with 80 married adults (n=40 male, n=40 female), age ranged 30-40 years. Both male and female partners were working and residing in Delhi. They were performing physical activity (e.g., walking, running, jogging) regularly for 30 minutes. Marital Adjustment Inventory (Deshpande, 2000) and a Checklist for Physical Activity were used to assess their marital adjustment and the details regarding their physical activity respectively. Results revealed positive role of physical activity in the marital adjustment of married couples. It suggests that physical activity is required to be happy and healthy in the era of anxiety and stress because physical activity has capability for relaxing and calming our body and mind.

**KEYWORDS:** Physical activity, positive, relaxing, marital adjustment, married couple.

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### Introduction

Human beings are designed for physical activity in order to adjust and accommodate themselves according to the demands of particular environment. Human movement is positively related to health and well-being. The physically active life-style has changed and it seems that many people are not sufficiently active (Alricsson, 2013) due to hectic schedule of professional as well personal liabilities. Physical activity is embedded and intricately connected to every aspect of daily life. No longer viewed only as distinct and prolonged bouts of “vigorous physical exercise,” (U.S. Department of Health and Human Services, 1980). The relevance of physical activity in human life has been demonstrating through scientific research at a rapid pace during the past several decades.

### Physical Activity

Physical activity is recognized as encompassing the accumulation of movement occurring throughout the day, regardless of location, type, or purpose. This broader view of physical activity complicates the study, understanding, and discussion of this key health behaviour (Caspersen, Powell, Christenson, 1985). It is often defined as any bodily movement produced by skeletal muscles that require energy expenditure (Caspersen, Powell, Christenson, 1985). Exercise is a type of physical activity but not every physical activity is exercise. Exercise is a planned, structured, and repetitive activity for the

purpose of improving or maintain physical fitness. (Caspersen, Powell, Christenson, 1985).

Physical activity also means a multidimensional behaviour defined as “the behaviour that involves human movement, resulting in physiological attributes including increased energy expenditure and improved physical fitness” (Petee, Morrow, Woolsey, 2012). Physical fitness includes both health and skill related fitness. Muscular endurance, muscular strength, cardiorespiratory endurance, body composition and flexibility are examples of health related components of physical fitness whereas agility, balance, coordination, speed, power and reaction time are examples of skill related components (Caspersen, Powell, Christenson, 1985). Thus, physical activity has multifactorial effects, meaning that it affects many systems in the body at the same time and can thereby influence both physical and mental health (Martin, Kahlmeier, Racioppi, Bergman, Meitinen, 2006; Powell, Thompson, Caspersen, Kendrick 1987; Bouchard, Blair, Haskell, 2012).

### **Domains of Physical Activity**

Physical activity occurs throughout the day, for a variety of purposes, and in many types of settings. There are four domains of physical activity as follows (Morris, Everitt, Pollard, Chave, Semmence, 1980; Paffenbarger, Wing, & Hyde, 1978):

- **Occupational physical activity** is performed while one is working. Stocking shelves in a store, delivering packages in an office, preparing or serving food in restaurant, or carrying tools in a garage are examples of occupational physical activity.
- **Transportation physical activity** is performed in order to get from one place to another. Walking or bicycling to and from work, school, transportation hubs, or a shopping center are examples.
- **Household physical activity** is done in or around one’s home. It includes household tasks such as cooking, cleaning, home repair, yardwork, or gardening.
- **Leisure-time physical activity** is performed at one’s discretion when one is not working, transporting to a different location, and not doing household chores. Sports or exercise, going for a walk, and playing games (hopscotch, basketball) are examples of leisure-time physical activity.

Physical activity can occur throughout all portions of the day, and, with few exceptions, the health-enhancing value of physical activity is independent of the purpose for performing it. As a result, non-leisure forms of physical activity, such as transport-related physical activities like cycling to work, are now recognized as options for physical activity promotion (Morris, Everitt, Pollard, Chave, Semmence, 1980; Paffenbarger, Wing, Hyde, 1978). These physical activity reduced risk for cardiovascular disease, type II diabetes, certain cancers, and other chronic health conditions, help with weight control,

strengthens bones and muscles, improves mental health, mood, and energy level, better adjustment and quality life.

## **Marriage and Marital Adjustment**

Adjustment refers to the behavioural process of balancing conflicting needs against obstacles in the environment. It is a behavioural process by which a person maintain harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment. The individuals require to effectively perform in accordance with some guiding principles and to strike a balance among various forces in every situation of life demands for accommodating themselves. Adjustment is needed in all spheres of life and marriage is no exception.

Marriage is the accommodation of husband and wife to each other at a given time for the purpose of living together happily and peacefully. Marriage is part of the three tasks (work, friendship, and love) that the human community sets for every individual (Lee, 1977). Over the course of life, people learn to establish different relationships, with different values, expectations and commitments. One of those relationships is the marital relationship. Marital adjustment is essential for A good marital relationship. Marital adjustment described as the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other.

In the present modern era, professionals like bank employees, doctors and lecturers have to spend more time at their work place and are more indulge in activities related to their career and professions. Married couples constantly have to adjust to various roles, environmental demands and pressures. Throughout the course of life, human beings strive for well-being and happiness in various spheres of life, success in these spheres led to satisfaction in life, whereas inadequacy to do the same lead frustration. They have less time to fulfil their family responsibilities which may lead to dissatisfaction. Marital maladjustments are the consequences of dissatisfaction; as a result people are becoming more inclined towards divorce worried about the future, inability to enjoy leisure time, a negative evaluation of work life, and a feeling that health is deteriorating (Hashmi, & Hassan, 2008).

There have been various research with respect to the relationship between physical activity and well-being (Tripathi & Singh, 2013, Tripathi, 2015), yoga and stress (Tripathi & Singh, 2013, Tripathi & Bano, 2014; Tripathi, 2015) recreational activity and psychological well-being (Bano & Tripathi, 2014), healthiness and marital adjustment have been studied in relation to gender differences (Hashmi, & Hassan, 2008). The research related to the role of physical activity in marital adjustment is scarce. Thus, the present study was designed to examine the role of physical activity in marital adjustment of married couples. It was expected that physical activity would have positive role in the marital adjustment of married couples.

**Sample:** The present study was conducted with 80 participants (40 male and 40 female) age ranged 30-40 years. They were married couples residing in Delhi. Both male (n=40) and female (n=40) partners were working. The participants were approached by snowball technique.

**Inclusion criteria**

- Married couple
- Married couple from middle class family
- Married couple who were performing physical activity (e.g., walking, running, jogging) regularly
- Those married couple who were willing to take part in the study

**Tools**

**Marriage Adjustment Inventory:** It was developed by Dr. C.G.Deshpande (2000). It consisted of 25 items, rated on a five point scale of agreement-disagreement. The reliability was .83 by split half method. The total score for best adjustment is 25 and for worst adjustment is 125. This range can be divided into five intervals. The respondents are said to be very high on adjustment when the score is between 25 to 45; as high between 45 to 65 ; as indifferent between 65 to 85; as low between 80 to 105; and very low between 105 to 125. In other word, low scores showed best adjustment and high scores indicated worst adjustment.

**Checklist for Physical Activity:** It was used to ask about physical activities which were performed by the participants over the day or during a longer period for the purpose of screening.

**Results and Discussion:**

Data analysis was done by t-test to compare the marital adjustment of married male and female.

**Table1: Mean, SD and significance of difference between scores of married male and female participants on Marital Adjustment measure.**

Marital Adjustment	Male (N=40)	Female (N=40)	t-value
Mean	45.01	50.50	1.60
SD	8.35	9.65	

*df=78, p>.05*

Table1: Shows mean, SD and significance of difference between scores of married male and female participants marital adjustment measure. No significant difference ( $t=1.60, df=78, p>.05$ ) was found between male and female partner in relation to marital adjustment. It revealed that both male (mean = 45.01) and female (mean = 50.50) partner showed better marital adjustment.

Findings of the present study revealed that both married male and female do not face difficulties in their married life and resolve their problems in every sphere of life. It suggests that married couples who involved in any kind of physical activity have better

marital adjustment in their daily lives and in home task. The results further showed that married couples who performed physical activity regularly in their married life. They are free from negative thoughts and have positive attitude towards life even they are facing personal and professional challenges in their life. It supported by other studies also that physical activity is good for health and adjustment (Bouchard, Blair, & Haskell, 2012; Singh & Tripathi, 2013; Bano & Tripathi, 2014; Tripathi & Bano, 2014). Overall, results reported that both male and female partners showed good marital adjustment. It suggests that physical activity enhanced health and well-being as well as quality of life in this competitive scenario.

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