

# Effect of Self Instructional Module on Marital Expectations and Readiness for Adjustment Among Unmarried College Students in a Selected College at Kanniyakumari District

Rajeshwari. G<sup>1</sup>, Dr. Arul Valan. P<sup>2</sup>, Maria Jancy. M<sup>3</sup>

<sup>1</sup>Professor, Department of Mental Health Nursing, Dr Kumaraswami Health Centre CON, Kanyakumari, India.

<sup>2</sup>Professor & HOD, Department of Medical Surgical Nursing, Dr Kumaraswami Health Centre CON, Kanyakumari, India.

<sup>3</sup>Nursing Tutor, Dr Kumaraswami Health Centre CON, Kanyakumari, India.

Corresponding Author: Dr. Arul Valan. P

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## ABSTRACT

**Aim:** To determine the effectiveness of Self instructional module (SIM) on marital expectations and readiness for adjustment among unmarried college students.

**Design:** Pre experimental (One group pre test post test design)

**Methods:** The sample consisted of 40 unmarried college students fulfilling the inclusive criteria were selected by means of Purposive sampling technique. Self instructional module was introduced on the first day after the pretest. After seven days of pretest, a post test was conducted by using the same structured knowledge questionnaire to evaluate the effectiveness of self instructional module. Data collected was analyzed and interpreted using descriptive and inferential statistics.

**Results:** The study gives evidence support that the Self instructional module was effective in enhancing the knowledge regarding marital expectations and readiness for adjustment among unmarried college students. The mean post test knowledge score (17.075±5.06) was higher than the mean pre-

test knowledge score (13.5±3.71). The 't' test (t<sub>39</sub>=3.599 p<0.05) was computed to compare the significant difference between the mean pre test and post test knowledge score. The calculated value indicates that there is significant gain in knowledge score.

**Key words:** Self instructional module, marital expectations, Readiness for adjustment, Unmarried college students.

## INTRODUCTION

“In marriage, Compromise nurtures the relationship-Tim Allen”

Marriage is a wonderful institution which satisfies the physical, psychological, social, cultural and economic needs of men and women. Through a loyal knot of marriage, a man and women become a couple and they get tied with ample responsibilities together. Compatibility in marriage is a most beautiful thing. In marriage, Acceptance and adjustment leads to understanding. Marriage is the union of two different personalities. With time, adjustments and understanding make a couple to live happily with satisfaction and failure of this leads to

divorce. Adjustment after marriage is inevitable phenomenon and each couple must make certain adjustment at their own pace. Expectations in marriage can have different effects, which can motivate a spouse to grow, learn and improve. However can lead to marital discord and in some cases, divorce. Worldwide statistics shows women are more likely to initiate divorce proceedings than men. Approximately 70% of divorces are initiated by women. But in India its men, but now Indian women initiated divorce rate is increasing. In 2022, the divorce rate was 6.7 for men and 6.6 for women per 1000 married population. Increased interest in romantic relationships is central in adolescent's lives and it is essential to give a solid foundation of knowledge on marital expectation and readiness for adjustment of marriage which is helpful in reducing relationship conflict and Promoting marital harmony.

### **STATEMENT OF THE PROBLEM**

Effect of Self Instructional Module on marital expectations and readiness for adjustment among unmarried college students in a selected college at Kanniyakumari district.

### **AIM OF THE STUDY**

The aim of the study is to evaluate the effect of Self instructional module on knowledge regarding marital expectations and readiness for adjustment among unmarried college students in a selected college at Kanniyakumari district

### **OBJECTIVES OF THE STUDY**

1. To assess the pretest and post test level of knowledge on marital expectations and readiness for adjustment among unmarried college students
2. To determine the effect of self instructional module on marital expectations and readiness for adjustment among unmarried college students

3. To find out the association between the pretest knowledge regarding marital expectations and readiness for adjustment with selected demographic variables among unmarried college students

### **HYPOTHESIS**

H1: The mean post test knowledge score is significantly higher than the mean pre test knowledge score

### **RESEARCH DESIGN**

Pre experimental (One group pre test post test design) was selected

### **METHODS AND MATERIALS**

The proposed study was conducted in the Vivekananda college of Arts and science, Kanniyakumari. A purposive sample who meets the inclusion criteria was selected composed of 40 unmarried college students agreed to participate in the study. Structured knowledge questionnaire was used to evaluate the knowledge on marital expectations and readiness for adjustment among unmarried college students Instructions was given and the tool was administered. Self instructional module was introduced on the first day after the pretest. After seven days of pretest, a post test was conducted by using the same structured knowledge questionnaire to evaluate the effectiveness of self instructional module. The participants were thanked at the end of the study.

Self instructional module includes Marriage-Meaning & Purpose, Marital expectations types, marital expectations men & women, Disillusionment & its management, Readiness for marital adjustment

### **DATA ANALYSIS**

Based on the demographic characteristics, 75% of the student were female under the age group of 20-24 years and 25% were male aged 25-29 yrs.45% of student were Hindu,42.5% were Christians and 12.5 % were

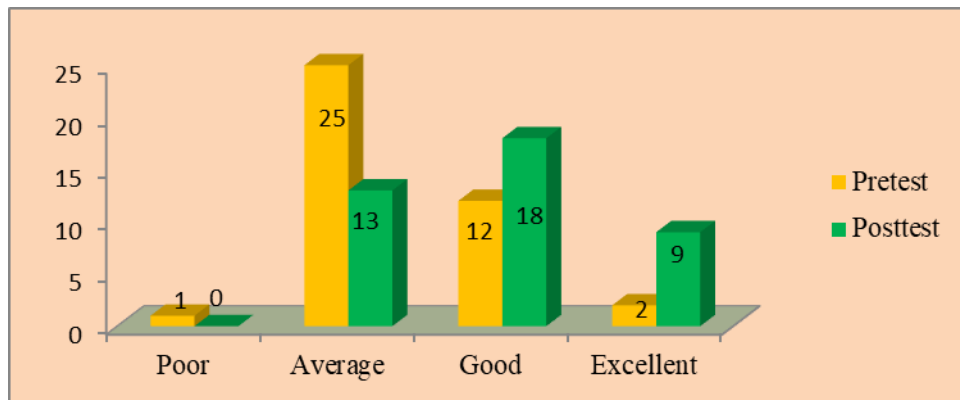
muslims,55% were from joint family and 45% from nuclear family.40% were second born,32.5% were first born and 27.5% were last born in the family.75% were both parents were alive,12.5% lost their mother,10% lost their father,2.5% of them lost both the parents.42% of students got previous information from family, 20% from friends,

20% from mass media, 5% from health personnel and 13% do not have any previous knowledge about the topic.

**SECTION A** – knowledge of unmarried college students regarding marital expectations and readiness for adjustment of marriage

**Table: 1** Frequency and percentage distribution of unmarried college students according to the level of knowledge n=40

Sl No	Level of Knowledge	Pretest		Posttest	
		Frequency	Percentage	Frequency	Percentage
1.	Poor	1	2.5	0	-
2.	Average	25	62.5	13	32.5
3.	Good	12	30	18	45
4.	Excellent	2	5	9	22.5



**Table: 2** Range of scores, mean, median and standard deviation of pre-test and post- test knowledge level of unmarried college students. n=40

Knowledge Score	Range of score	Mean	Median	Standard deviation (SD)
Pre-test	7-24	13.5	13	3.7148
Post -test	8-24	17.08	18	5.0675

Table shows that Post test knowledge score was in the range of (8-24), higher than pre test range(7-24).The mean post test knowledge score(17.08+-5.0675)was higher than mean

pre-test knowledge score(13.5+3.7148).The median value of Post test knowledge Score(18) was higher than the median value of pre-test knowledge score(13).

**Table: 3** Frequency, percentage and cumulative frequency distribution of pretest and post-test knowledge score of unmarried college students. n=40

Range	Pre test				Post test			
	f	percentage	Cf	Cf %	f	percentage	Cf	Cf %
-0.5-3.5	-	-						
3.6-7.5	1	2.5	1	2.5	-	-	-	-
7.6-11.5	11	27.5	12	30	9	22.5	9	22.5
11.6-15.5	17	42.5	29	72.5	6	15	15	37.5
15.6-19.5	9	22.5	38	95	10	25	25	62.5

19.6-23.5	1	2.5	39	97.5	11	27.5	36	90
23.6-28.5	1	2.5	40	100	4	10	40	100

Table shows that, in the pre-test highest percentage (42.5%) of the college students were attained the knowledge score in the range of (11.5-15.5) whereas post test highest percentage (27.5%) of college students gained the score in the range of (19.5-23.5).

**Table: 4**Area –wise mean percentage and mean gain of pre-test and post-test Knowledge scores of unmarried college students. n=40

Area of knowledge	Mean% knowledge score		Mean possible gain score	Mean actual gain score	% of modified gain score
	Pre test	Post test			
Meaning & Purpose	72.5	85	27.5	12.5	45.45
Marital expectations types	50	50	50	0	0
Marital expectations men & women	43.33	60	56.67	16.67	29.41
Disillusionment & its management	52.5	52	47.5	-0.5	-1.052
Marital adjustment readiness	56.25	43.75	43.75	7.08	16.18

The percentage of modified gain score was maximum (45.45%) in the area of meaning and purpose of marriage. whereas least (-1.052%) in the area of Disillusionment & its management Disillusionment & its management

**SECTION B:** Effectiveness of self instructional module on knowledge of unmarried college students regarding marital expectations and readiness for adjustment of marriage

**Table: 5** Mean, Mean difference, SD & t value of pre-test & post-test knowledge score. N=40

Parameters	Mean	SD	Mean difference	t value
Pre test	13.5	3.7148	3.575	3.599
Post test	17.075	5.0675		

Table shows that mean posttest knowledge score (17.07+5.0675) was higher than the mean pretest knowledge score (13.5+3.7148). The table value (t 39 =2.02 at 0.05) was

lesser than the calculated value t 39 =3.599 at 0.05)level of significance. Hence it is inferred that the SIM was effective in increasing the knowledge of unmarried college students.

**Table: 6** Comparison of area wise Mean, Mean difference, SD & t value for pre-test & post-test knowledge score

Area of knowledge	Pre test		Post test		Mean difference	t value
	Mean	SD	Mean	SD		
Meaning	2.9	0.92	3.4	0.79	0.5	2.59
Marital expectations types	1.5	1	2	1.01	0.5	2.22
Marital expectations	2.6	1.43	3.6	1.24	1	3.33
Disillusionment	2.1	1.28	2.6	1.35	0.5	1.68
Readiness f0r adjustment	4.5	1.71	5.7	2.29	1.2	2.64

The area wise mean pre-test percentage knowledge score was highest (72.5%) for the

‘meaning and purposes of marriage’ where as in the post-test the highest (85%) gained in

the 'meaning and purposes of marriages'. The mean percentage for other areas like Marital expectations types, Marital expectations of men and women, Disillusionment and its management, Readiness for marital adjustment in the pre-test were 50%, 33%, 52.5%, and 56.25% respectively where as in the post-test in all these areas increased to 50%, 60%, 52% and 63.33% respectively. There was a significant difference in area-wise mean pretest and post-test knowledge score as the calculated 't' value in all the areas were greater than the table 't' value ( $t_{39}=2.02$ ,  $P<0.05$ ).

## DISCUSSION

Based on the objectives and hypothesis the collected data were analyzed and interpreted by using both descriptive and inferential data.

Based on the demographic characteristics, 75% of the students are under the age group of 20-24 yrs, females, 45% were hindus, 55% from joint family, 40% were second born in the family, 75% of students both parents were alive, 42% got previous information about the topic from family.

The knowledge level of students regarding marital expectations and readiness for adjustment of marriage shows that in the pre-test few students (5%) had excellent knowledge whereas in the post-test few more (22.5%) had excellent knowledge. In pre-test majority of the students (62.5%) had average level of knowledge whereas in the post-test 32.5% of them had average knowledge. In the pre-test (30%) had good knowledge whereas in the post-test 45% had good knowledge. In the pre-test 2.5% students had poor knowledge whereas in the post-test none had poor knowledge. The investigator found that the pre-test knowledge scores ranged from 7-24 with a mean of  $13.5+3.71$  whereas the post-test knowledge scores ranged from 8-24 with a mean of  $17.075+ 5.06$ . A significant difference in knowledge scores of students

was seen after the self instructional module ( $t_{39}=3.599$ ;  $p<0.05$ ).

Traditionally, Indian women were prepared for accepting marital roles like adapting according to in-laws value system, taking up voluntarily responsibility at in-laws home, to consider husband as God and accept his verdict as final, to accept restrictions on her own behavior. In today's dynamic world women's role expectations from society and role relations are also radically changing. She becomes more aware due to the influence of mass telecommunication and education

There was no significant association of age, gender, religion, family type, birth order, parental live status and previous source of information with pre test knowledge scores of unmarried college students.

## CONCLUSION

The results of the current study give empirical evidence that the self instructional module enhanced the knowledge of unmarried college students. The findings of this study will help medical, nursing and health professionals to plan and implement health education program regarding marital adjustments. The study results help the psychologist to identify and provide counselling for couple with disharmony, mal adjustment and dissatisfaction with the marital life. In this modern society the media, friends, parents and other modalities are influencing the young adults to expect more regarding their marriage. Moreover woman is well educated, self-sufficient and they are financially independent which makes them to expect their companion should be adjustable.

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