Appendix - 5

Marital Adjustment tool

1. In laws — Female Male

As regards your relations with in-laws you have

(a) no discussions or quarrels

(b) seldom quarrels references by your partners

(c) Occasional disagreements

(d) heated discussions

(e) frequent clashes

2. Customs and traditions

As regards different customs and traditions followed

(a) never disagree

(b) a few disagreements

(c) occasionally you disagree

(d) there are many differences

(e) it is the root of all troubles

3. Food habits

Partner can take non vegetarian diet

(a) any time

(b) excepting certain religious or festivals

(c) occasionally

(d) seldom

(e) never

Female Male

4. Though your tastes are different you adapt yourself to your spouse's likes and dislikes

(a) every time

(b) almost every time

(c) occasionally

(d) seldom

(e) never

5. Social Participation

Your spouse permits you to attend festivals speeches, dramatic performances and other social functions together

(a) every time

(b) almost every time

(c) occasionally

(d) seldom

(e) never, always go alone

6. Bringing up of children

As regards bringing up of children you agree with your partner

(a) always

(b) almost always

(c) occasionally

(d) seldom

(e) never

7. Temparmental differences

Conflicts because of your different temperament take place

Female Male

(a) never
(b) seldom
(c) occasionally
(d) usually
(e) always

8. Mutual respect

Whenever there are differences or misunderstandings your spouse respects your viewes

(a) always
(b) usually
(c) occasionally
(d) seldom
(e) never

9. Decision

If you commit a mistake, your spouse ridicules

(a) never
(b) seldom
(c) occasionally
(d) usually
(e) always

10. Personal daily activities

As regards personal daily activities of your spouse

(a) you are indifferent
(b) you want to know only a few
(c) you want to know details in some cases only
(d) you are satisfied with an over-all information of them

Female Male

(e) you insist on the detailed knowledge of each

11. Affection and love

Your confidence in the love and affection of your spouse is

(a) fullest
(b) not always
(c) not sure
(d) often doutful
(e) always doutful

12. Sexual satisfaction

In sex life with your spouse you are

(a) fully satisfied
(b) almost satisfied
(c) somewhat satisfied
(d) almost dissatisfied
(e) always dissatisfied

13. Confrontation and Quarrels

You experience confrontation and quarrels with your spouse

(a) never
(b) seldom
(c) occasionally
(d) usually
(e) every day

14. Success of marriage

As regards the success of your marriage you are

Female Male

(a) always confident

(b) usually confident

(c) doubtful

(d) usually worried

(e) always worried

15. Future of marriage

To keep your married life happy

(a) I would go to almost any length to see that it does succeed

(b) I will do all I can to see that it does succeed

(c) I can not do much more than I am doing now

(d) I refuse to do more than what I am doing now to keep it happy

(e) If can never succeed and there is nothing more that I can do to keep if going

16. Amount of time spent together

Your satisfaction on your spouse's spending time with you

(a) fully satisfied

(b) almost satisfied

(c) somewhat satisfied

(d) almost dissatisfied

(e) always dissatisfied

17. Confiding in your partner

Do you confide in your spouse

(a) always

(b) almost always

(c) occasionally

(d) seldom

(e) never

Female Male

18. Regret marriage

Have you ever regretted your marriage

(a) always
(b) almost always
(c) occasionally
(d) seldom
(e) never

19. Divorce

Regarding divource :

(a) the idea never comes in your mind
(b) the idea seldom strikes you
(c) you occasionally think about it
(d) most of the time you feel so
(e) you feel that it would be good riddance

No.	Area of adjustment	Always agree	usually agree	Occasio-nally agree	usually disagree	always disagree
						F / M
20.	Money matters					
21.	Education & study habits of children					
22.	Taste of food					
23.	Relation within the family					
24.	Kinship relations					
25.	Rights of spouse					
26.	Purchases					
27.	Health of children					

No.	Area of adjustment	Always agree	usually agree	occasio-nally agree	usually disagree	always dis-agree
						F / M
28.	Political/ social discu-ssion					
29.	Entertainment					
30.	Religious matters					
31.	Choice of friends					
32.	Making major decisions					
33.	Career decisions					
34.	Philosophy of life					
35.	Social behaviour (conventiona-lity)					
36.	Sex relations					
37.	Values					