

The Impact of Working Status and Sex Role Orientation on Shyness and Marital Adjustment

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Shyness is a universal phenomenon that spreads across the length and breadth of human nature. Zimbardo (1977) in his 'Stanford Shyness Survey' has rightly observed that over 80 percent of all the people are shy at some point of their life. Shyness generates a number of negative emotional correlates and makes it difficult for one to be assertive in expressing opinions and convictions. It is manifested through various behavioural patterns. Silence, blushing, embarrassment, self-consciousness etc are some of the important manifestations of shyness. Androgyny refers to trait having high on both masculinity and femininity and the difference between the two is minimum. Marital adjustment refers to adaptation in relation to marital affair.

Several studies indicate that shyness compels most people to face difficulties in different walks of life. Zimbardo (1977) found 80% of people are shy. Pilkonis and Zimbardo (1979) found that 52% females and 46% males are shy in India. Anonymous (2000) found that 13% of total population were found walk drawing themselves from daily experience due to shyness. Caducci and Zimbardo (1995) found 40-50 % of American college students as shy. Zimbardo et al (1974) reported that Indian females are more shy than males. Akhtar and Krishna (2000) found a significant neative correlation of age with shyness. Moreover, there are also same studies relation to shyness (D'sauza et al, 2003; Evam's 1993; Pilkonis and Zimbardo 1979; Rupam, 2000; Schroeder, 1995; Sreasha et al, 2007.

It is further clear that there is no study relating to the variables like androgyny and marital adjustment with shyness. It is likely that

there is a definite link of these variables with shyness. It is expected that androgynous people would be found less shy than sex-typed people. Further, shy respondents is like to maintain sound marital adjustment. So, the present study is an attempt to examine the association of shyness with androgyny and marital adjustment. Hence, the conduction of study seems justified and warranted.

Objective :

- (i) To compare working and home making women in terms of shyness.
- (ii) To compare androgynous and sex-typed women in terms of shyness.
- (iii) To compare working and home making women in terms of marital adjustment.
- (iv) To compare androgynous and sex typed women in terms of marital adjustment.
- (v) To examine the relationship among shyness androgyny and marital adjustment

Method :

Sample : the sample comprised of 150 working and home making women equal in respect of working, home making status, androgyny-sex-typed respectively. Other than the required condition, they were matched so far as practicable.

Tools used :

- (i) A PDS was used to seek the necessary information about the respondents.
- (ii) Sinha's masculinity femininity check-list was used to measure sex role orientation among working home making women. Androgynous and sex-typed women were indentified using this checklist.
- (iii) Akhtar's shyness scale was used to measure mental health of the respondents.
- (iv) Kumar marital adjustment questionnaire was used to measure marital adjustment.

Procedures :

Masculinity femininity check-list, marital adjustment questionnaire along with PDS were employed on 125 working and 125 home making women of Bhojpur district. Home making women were house wives. The scoring was made as per manual 75 working and 75 home making women were selected in such a way that they were belonging equally to androgynous and sex-typed group. After that the selected

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respondents were administered shyness scale. The obtained score were analysed using chi-square test and Pearson 'r' respectively.

Result and Interpretation :

Table-1

Chi-square showing association between working status and shyness

Group	N	Shyness (%)		χ ²	df	p
		High	Low			
Working	75	73	27	34.17	1	< 0.01
Home making	75	32	68			

The result displayed by Table-1 clearly reveal the impact of working home making status on women's shyness. 73% of working and only 32% of home making women belong to high shyness groups. On the other hand only 27% of working and more than 68% home making status of women belong to low shyness group. The chi-square showing the significance of differences among the percentages were found significant ($\chi^2= 34.17$; $df= 1$; $p<.01$). the findings might be interpreted on the ground that working women have to play multiple roles as compared to home making women counterparts leading to have more anxiety, stress, depression leading to more shyness.

Table-2

Chi-square showing association of sex-role orientation with shyness

Groups	N	Shyness %		χ ²	df	p
		High	low			
Androgynous	75	70	30	28.03	1	< .01
Sex-typed	75	33	76			

The results displayed by Table-2 clearly reveal that 70% of androgynous female group and only 33% of sex-typed group of women manifested higher degree of shyness. On the other hand only 30% of androgynous women and more than 76% of sex-typed women manifested low shyness. The chi-square was found significant ($\chi^2= 28.03$; $df=1$; $P<.01$). The finding might be interpreted on the ground that androgynous people have high ambition. Their need structure dimension are very high as compared to their sex-typed women counterpart. High desire for achievement buds higher degree of anxiety, stress, frustration and there by higher degree of shyness.

Table-3

Chi-square showing association of working status with marital adjustment

Group	N	Marital adjustment %		χ ²	df	p
		Sound	poor			
Working	75	68	32	22.02	1	< 0.01
Home making	75	35	65			

The result revealed by table-3 clearly showed the significant impact of working status on marital adjustment. More than 68% of working women and only 35% of home making women were found having sound marital adjustment. On the other hand more than 65% of home making and only 32% of working women manifested poor marital adjustment. The chi-square was found significant ($\chi^2=22.02$; $df=1$; $P<.01$). This hypothesis No-3 is retained. This finding might be interpreted on the ground that working status of women is characterized by higher degree of confidence, ego-strength leading to have better and frequent interaction with surrounding people to have the skill of maintains sound marital adjustment contrary to it home making women and often characterized by lack of self confidence as a result the group of people belonging to this group are found with poor marital adjustment.

Table-4

Chi-square showing the association of sex-role orientation with marital adjustment

Group	N	Personal space		χ ²	df	p
		Smaller	larger			
Androgynous	60	67%	33%	16.85	1	< 0.01
Sex-typed	60	38%	62%			

The result displayed by table-4 clearly revealed that androgyny is a function of maintaining sound marital adjustment. It is obvious from the results table that more than 67% of androgynous women group and only 38% of sex-typed women group maintain sound marital adjustment. On the other hand more than 62% of sex-typed group and only 33% of androgynous group maintain poor marital adjustment. The chi-square was found significant ($\chi^2=16.85$; $df=1$; $P<.01$). Thus hypothesis No (4) is retained. The findings might be interpreted on the ground that androgyny leads higher degree of self concept. Self-disclosure, more confidence leading to have quick and rapid interaction there by to have maintenance of sound marital adjustment.

Table-5

Correlational matrices showing correlation among shyness, sex-role orientation and marital adjustment

Variables	N	r	df	p
Shyness vs Androgynity	150	0.426	148	< .01
Shyness vs Matital Adjustment	150	0.419	148	< .01
Androgynity vs Maritual Adjustment	150	0.437	148	< .01

The result displayed by table-5 clearly revealed the significant correlation between shyness vs androgynity ($r=0.426$; $df= 148$; $P<.01$), between shyness vs marital adjustment ($r=0.419$; $df= 148$; $P<.01$) and between androgynity vs marital adjustment ($r= -0.437$; $df=148$; $P<.01$). These findings are consistent with the findings of Tables-1, 2, 3 and 4 respectively.

Conclusions :

1. Working status as well as sex-role orientation (androgynity) both are conducive to high shyness as well as sound marital adjustment.
2. Working status, shyness and marital adjustment are significantly correlated.

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