

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.