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Marriage and adjustment

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Abstract---Since the World came into existence exists the concept of marriage. A marriage is a universally accepted institution. People say marriages are made in heaven. What is marriage? A marriage is a state of enhancing the quality of life where two people different from each other, belonging from two different families agree to stay together with one another till the end of their life. It is a divine belief, a religious concept. Marriages are celebrated in different ways in different religions. The most commonly accepted definition of marriage is- marriage is a formal union and social and legal contract between two individuals that unites their lives legally, economically, and emotionally. Every marriage on this Earth is built on trust, love and full commitment.

Keywords---marriage, religious concept, trust, love, full commitment.

Introduction

Since the World came into existence exists the concept of marriage. A marriage is a universally accepted institution. People say marriages are made in heaven. What is marriage? A marriage is a state of enhancing the quality of life where two people different from each other, belonging from two different families agree to stay together with one another till the end of their life. It is a divine belief, a religious concept. Marriages are celebrated in different ways in different religions. The most commonly accepted definition of marriage is- marriage is a formal union and social and legal contract between two individuals that unites their lives legally, economically, and emotionally. Every marriage on this Earth is built on trust, love and full commitment. Marriage has two and only two person in it- husband and wife. Marriage is the most trusted institution and even the most fragile and delicate relationship in the entire world.

There is a very fine line which can destroy the marriage or can keep the marriage working. And the fine line here being mentioned is Adjustment. Adjustment is the key to a successful and healthy marriage. Adjustments are made to have equilibrium between the needs and the reality of the person in their life. Adjustment is crucial to have a good quality of life which can lead to better mental health for a person to strive and survive with the sense of satisfaction. So, in the marriage also adjustments are made few by the husband, few by the wife on their individual level and few adjustments are made combined by both husband and wife. Marriage and adjustment go side by side and there is nothing to regret about it. Adjustment is not only made in marriages but in every step of person's life and in all type of relationship like adjustments are made with parents, siblings, spouses, children, relatives, etc. In a marriage, issues generally where adjustments are made or adjustments have to be made to have a successful marriage are:

- Attitude- a marriage is between two people with their own attitude and way to live their life. But when both come together, they have to let go their attitude and have to treat each other with full respect and dignity without putting the other below him/her.
- Stress- marriage itself is a stressful institution because two people are coming together for rest of their life and are equally dependent on each other for everything (emotionally, financially, socially). Apart from this adjustment they have to keep their profession life working properly as well. So both personal and professional lives are demanding, time consuming, exhausting which ultimately leads to stress. So, to avoid stress first thing first personal and professional life has to be separate and there always has to be time for each other.
- Time management- husband and wife have to manage their time from their work so that at the end of the day they have time for each other where they can sit and talk and listen to each other.
- Work load- now a day's both husband and wife are working and making their own career, even if the wife is not a professional career worker and she is a house maker which is in itself a full time job and it is equally demanding than any other job in this world. So, the point is working or house maker both are equally demanding jobs with full time dedication, has to be managed well so that it cannot hinder the relationship at any point of time.
- Bragging- in a marriage husband and wife being from two different families come together in one relationship. It is very important for them to respect, understand and to accept the family and the background of the family from which they belong respectively, so they cannot brag about their own respective family in front of other and put the family of other partner below their own.
- Type of family (Joint or Nuclear)- whether it is a joint family or a nuclear family both has its pros and cons and in both adjustment has to be made according to the situation.

There are signs and symptoms being exhibited by a person which indicates that it is a time that some sort of adjustment has to be done by them on their part which is under concern. Signs and symptoms being exhibited are:

- Irritability
- Aggressive behaviour
- Critical comments
- Sleep disturbance
- Uncooperativeness
- Argument
- Feeling of superiority or inferiority
- Decreased interest in work
- Extra marital affair
- Neglected behaviour towards children or family members
- Poor performance at work
- Procrastination

When there is a problem, there is always a way to solve it; so does in marriages. Adjustments are made in marriages to solve those said or unsaid problems. There are few steps that can help a make the correct adjustment to build a strong relationship for a happy, healthy and successful marriage:

- Time management- the couple has to take out time to feel the presence of each other for quick heal. Even if they don't talk to each other in the moment but they both have to be present consciously for each other and just have to feel the presence without any distraction.
- To say "Sorry" immediately after a simple mistake or a small mistake. This will help in overcoming the ego problem of both husband and wife who will prevent from having ego clash in future may be over any big mistake.
- Not to argue with each other even at trivial things.
- Sit and Talk and Listen to what one has to say with making any prejudice judgments.
- Practising breathing exercises.
- Meditation.
- Listening music.
- Withdrawal for specific time- to go way from ones sight for a particular time (short period of time) to avoid making situation even worse to be mended.
- Use of defence mechanism- in a marriage it is very important for both husband and wife to learn and practice to leave certain things behind and to move forward with positivity and support.

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