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Analysis of The Theses About Marital Adjustment (2006-2016)*

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ABSTRACT

The aim of this study is to analyze the theses about marital adjustment in Turkey. 74 postgraduate theses that exist on the data base of "Council of Higher Education" were investigated via "Thesis Review Form". Theses studied between 2006-2016 are examined. "Marital adjustment" was used as key words. It is a qualitative research. The document analysis was used throughout the study. As a result, it is found that most of the theses are master theses and quantitative studies. Mostly, women studied on theses and working groups are composed of different married men and women.

Keywords:
marital adjustment, post graduate theses

1. Introduction

Marriage is a communication and interaction system. The viability of this system is measured by verbal and nonverbal correspondence between the spouses, and by sending and receiving messages (Özgüven, 2009). This system, which includes the unity of two people with different interests, desires and needs, is a special cooperation shaped by social rules and laws that are effective in the development and self-realization of the individual (Ersanlı and Kalkan, 2008). Marriage is our most common way of life (Bharambe and Baviskar, 2013). Marriage is pleasure, happiness, peace, satisfaction, interaction with others, fulfilling social responsibilities and enhancing personality. The marriage relationship is fragile, ever-changing and a mixed phenomenon (Goel & Narang, 2012). In a marriage it is important that spouses can express their spiritual, social and sexual expectations and messages because a harmonious marriage comes true, first of all, with a healthy communication (Özgüven, 2009).

Marriage adjustment is the effort of the spouses themselves and to each other to reach a consensus, achieve common purpose and balance on the specific conditions of marriage. Marriages of couples who can interact with each other, who can agree on marriage and family issues and solve their problems positively are defined as harmonious marriages (Erbek ve ark, 2005). Marriage adjustment is the process of changing, adopting, and correcting the behavior and interaction of individuals and couples in order to achieve maximum satisfaction in relation (Bali and diğ., 2010). A harmonious marriage is hidden in the completion of a wife and her husband in all areas of life materially and spiritually (Özuğurlu, 1985). It is important for marriage adjustment that spouses have a ripeness in understanding of the growth and development in their relationship. If this development is not fully realized, the end of the marriage relationship is inevitable. Because marital adjustment requires a satisfying relationship between spouses, characterized by reciprocal interest, involvement, understanding and acceptance (Slathia, 2014). Although it is very important on the first days of marriage, marriage adjustment is a fact that should last a lifelong. Sexual harmony and mutual pleasure are among the most important factors that access marital adjustment to success (Goel & Narang, 2012). It is also very important which meaning is attached to marriage as much as finding the right person in

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a marriage. The most important determinants of harmony among spouses are what is expected from marriage. Whether the expectations are realistic and the expectation of the woman and the man overlap each other determine the quality of harmony in a marriage (Tarhan, 2007). One of the preconditions of a harmonious marriage is a healthy communication. Communication determines the quality of marital life. It is difficult to maintain a harmonious marriage without solving communication problems between spouses (Ersanlı & Kalkan, 2008).

While some researchers are evaluating the marital adjustment based on spouses' feelings about marriages or each other, others found it more appropriate to evaluate the characteristics of the relationship, such as marital conflict areas or communication characteristics (Erbek ve ark, 2005). Marital adjustment, which proves the quality of your marriage, is one of the most common topics of study in marriage and family. In many studies, marriage adjustment was associated with success, satisfaction, trust, happiness, consensus, commitment, acceptance, integration, and so on. These terms may sometimes be replaced by meaning within themselves, and each may have a different meaning. They are sometimes used to express the psychological state of one of the married couples, sometimes to express the social psychological aspect of the relationship, and sometimes to express the sociological dimension of a group or system (Chaudhari & Patel, 2009).

According to the data of Turkish Statistical Institute, the number of divorces increased by 41% in the last ten years. 1.151.591 couples were divorced in Turkey in the last 10 years covering the period of 2006-2015. The number of divorced couples was 93.489 in 2006, 94.219 in 2007, 99.663 in 2008, 114.162 in 2009, 118.568 in 2010, 120.117 in 2011, 123.325 in 2012, 125.305 in 2013, 130.913 in 2014 and 131.830 in 2015.

The purpose of this study is to present the current situation by making various analyzes of the post graduate theses on marriage adjustment in the last ten years, to raise awareness and to bring a new point of view to the studies to be carried out after that. In this research, it is aimed to reach the following sub-objectives:

1. What are the types of theses on marriage adjustment?
2. Which universities are involved in marriage adjustment theses?
3. What are the institutes where theses on marriage adjustment are studied?
4. In which years the theses on marital adjustment were written and how were they distributed?
5. How is the distribution of the cities where the theses on marital adjustment were studied?
6. How is the distributions of researchers that studied on marital adjustment?
7. How is the distribution of theses on marriage adjustment according to their supervisor degree?
8. In which groups were the theses on marital adjustment studied?
9. What are the types of research used in theses on marital adjustment?
10. What are the statistics used in the theses on marriage adjustment?

2. Method

2.1. Research Model

This research is a meta-evaluation study designed in the screening model which aims to examine theses prepared from 2006 to 2016. While the theses were examined, document analysis technique which is a qualitative data collection method was used. Document analysis includes analysis of written materials that contain information about facts and phenomena targeted for investigation (Yıldırım & Şimşek, 2013).

2.2. Study Group

The universe of the study creates theses about marriage adjustment in Turkey. The sample of the study was determined by sampling, which is one of the objective sampling strategies. In a study, observation units can be formed by persons, events, objects or situations with certain qualities (Büyüköztürk ve ark., 2011). The criterion in this research is that the thesis were written between 2006-2016, the key words of "marriage

integration" were included and opened to access in the Thesis Documantation Center of the Council of Higher Education.

2.3. Data Collection Instrument

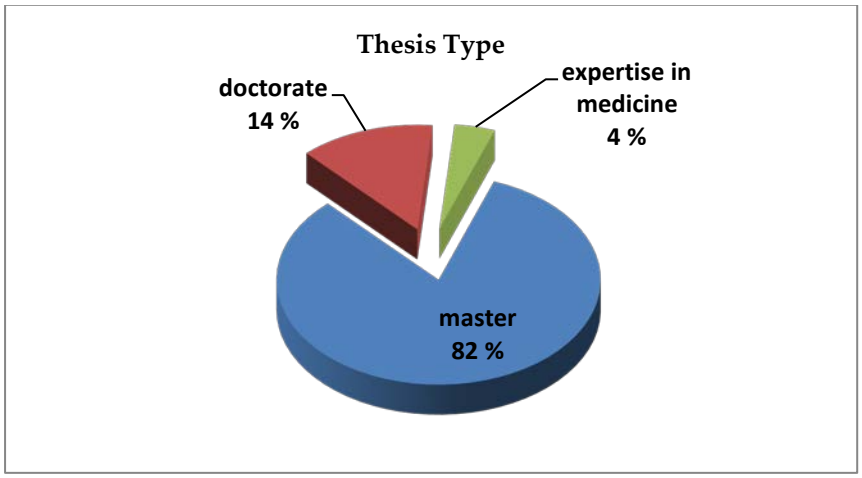
Within the scope of this research, the theses that were scanned with "marital adjustment" keywords and allowed to be accessed by the researcher were downloaded on the page of the national thesis center which is accessible on the website of "Council of Higher Education". Theses with restricted access were excluded from the study due to the failure to provide the requested data. A "Thesis Review Form" was developed for the purpose of study to examine national theses related on marital adjustment by the researcher.In the development of the form, relevant literature was searched and data collection tools of similar studies in different fields were examined.

2.4. Data Analysis

Information on the type of dissertation, university, institute, year, province, researchers' gender, advisor title, study group, type of research and statistics used in data analysis are available in this developed form. In the analysis of the data of this study, frequency and percentage were used and the data was shown on the graphs.

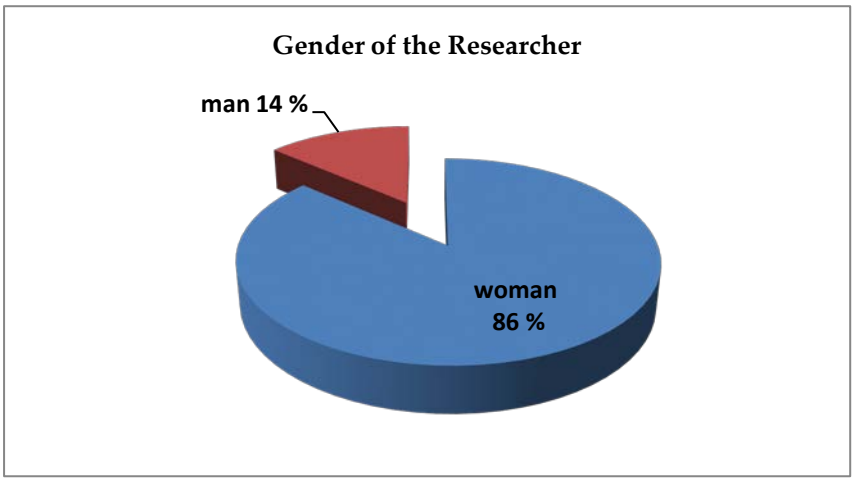
3. Results

Findings and interpretations of the theses obtained within the scope of this research aimed to make an in-depth examination of the graduate theses prepared on the field of marital adjustment in the last ten years were included as a part of the research.



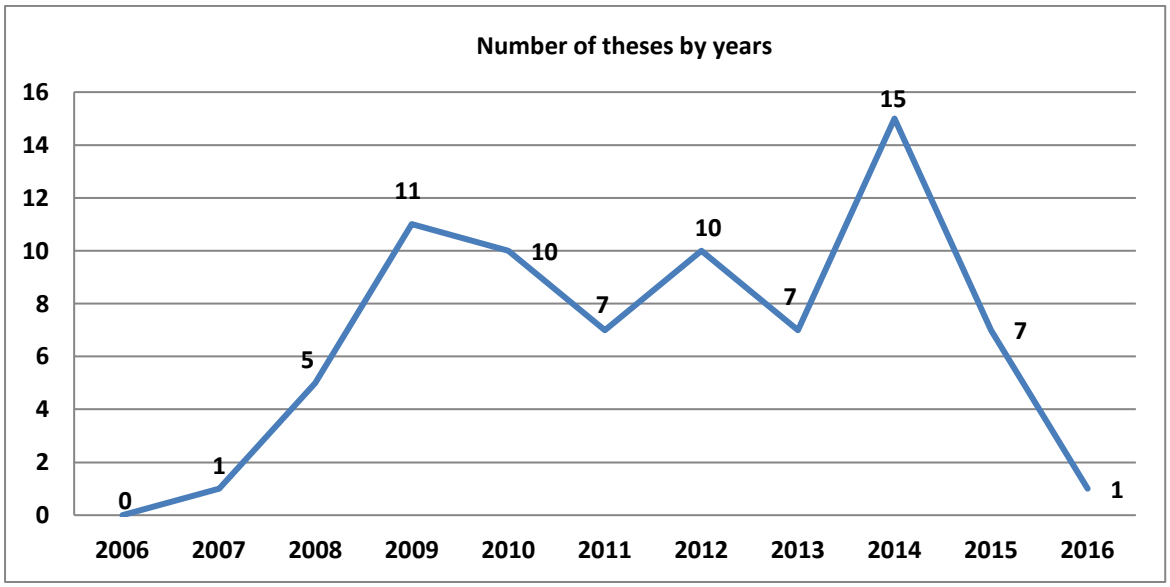
Graph 1. Distribution of Theses Type

When Graph 1 is examined, it is seen that 82% of the theses made in the last decade about marital adjustment (f = 61) is composed of master theses. PhD theses consist of 14% slice (f = 10) and expertise theses consist of 4% slice (f = 3).



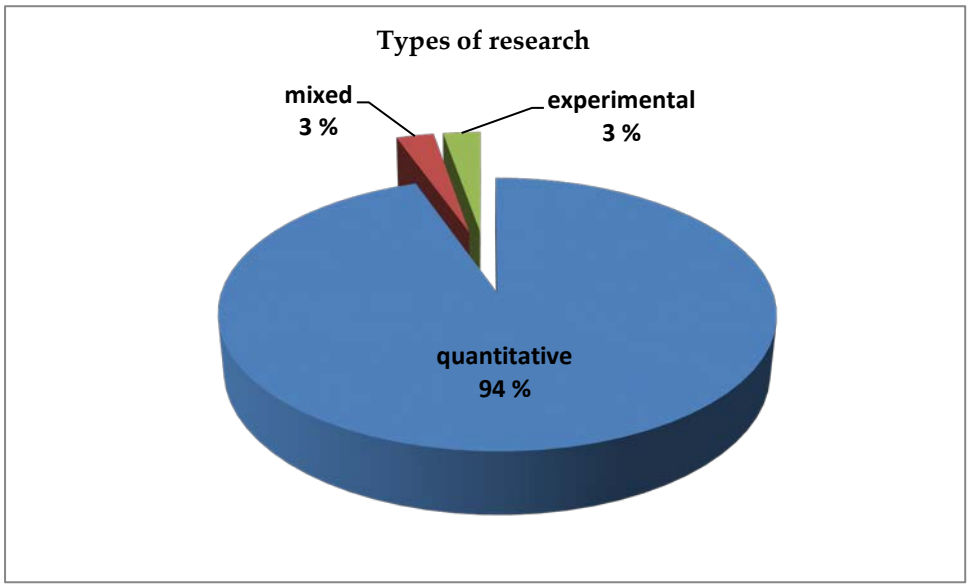
Graph 2. Distribution of Researcher by Gender

When Graph 2 is examined, it is seen that 86% of postgraduate researchers studied on marriage adjustment are female (f = 64) and 14% are male (f = 10). In other words, it can be said that the proportion of women is much higher than that of men among researchers working on marital adjustment.



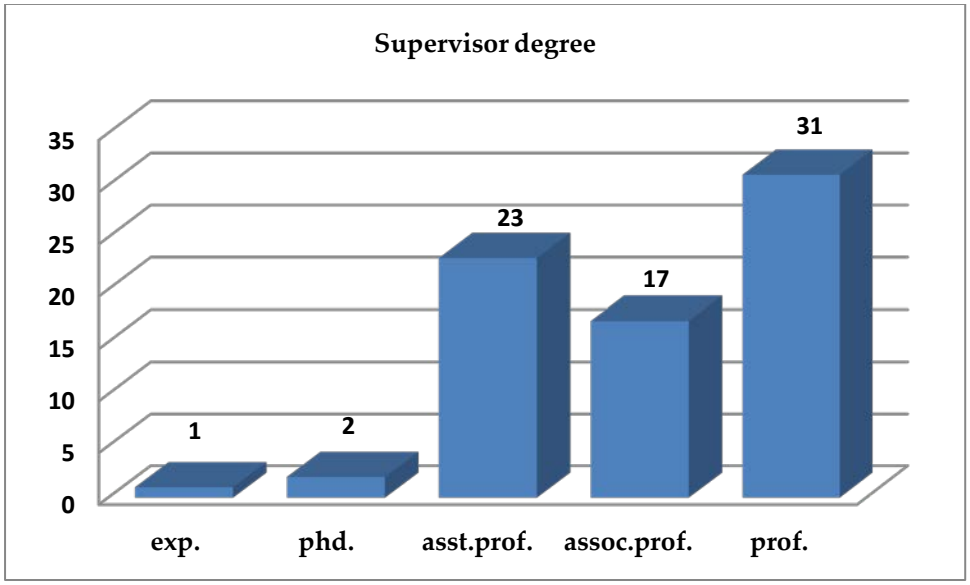
Graph 3. Distribution of Theses by Years

When Graph 3 is examined, it is observed that the number of theses carried out on marriage adaptation shows an irregular distribution according to years. It is seen that the most of the studies in the postgraduate theses were performed in 2014 (f = 15), but no studies in 2006 was done. A constant increase from 2006 to 2010 attracts attention. Taking into account the Turkish Statistical Institute's Data, it is thought that the gradual increase in divorce rates has attracted the attention of the researchers and may have driven them to seek solutions. The decline in the last year is thought to be due to the fact that the year has not yet been completed and delays have occurred in the implementation of the new defended theses.



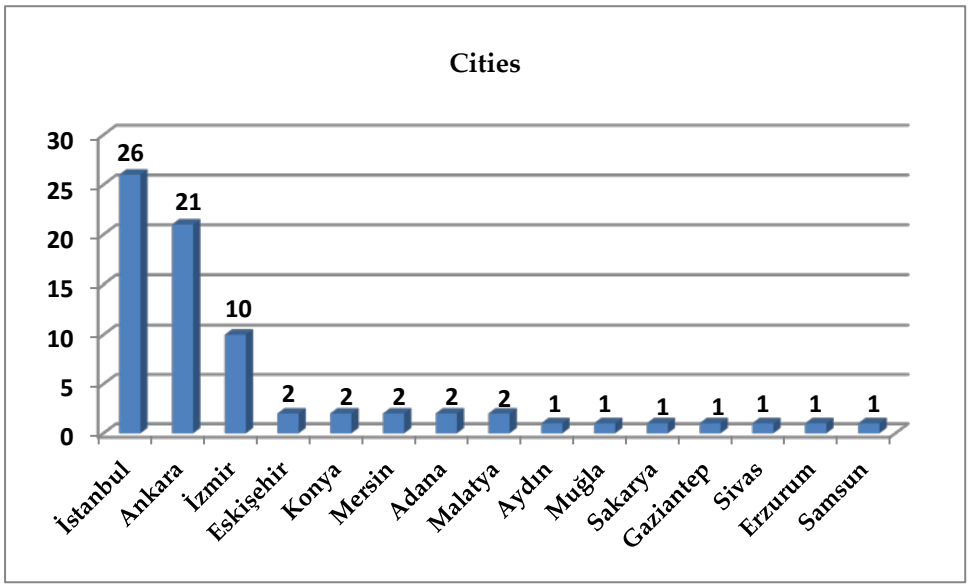
Graph 4. Distribution of Research Types

When Graph 4 is analyzed, quantitative research methods (f = 70) are more widely used in researches. In researches, quantitative research method was used at the rate of 94%. Mixed method (f = 4) was used at the rate of 5%



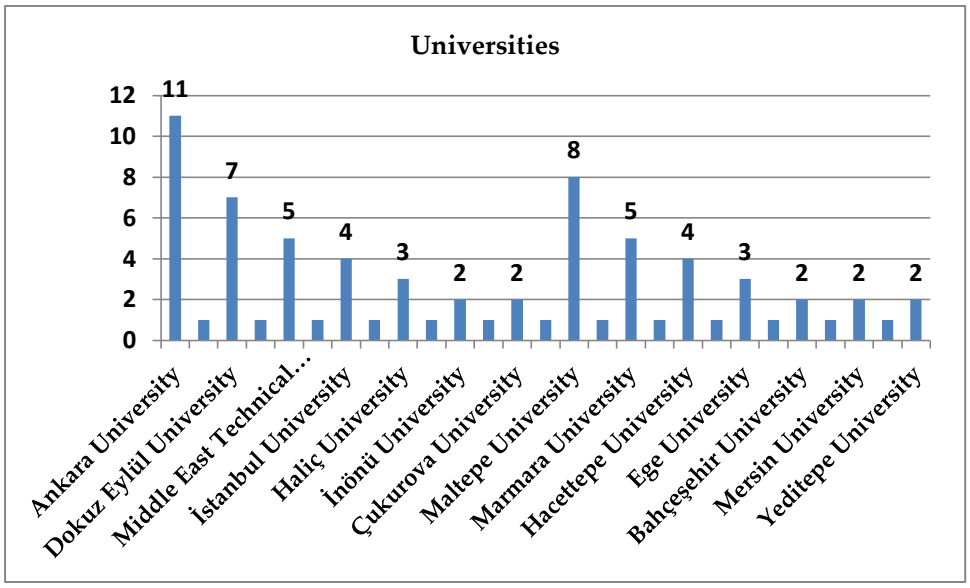
Graph 5. Distribution of Supervisors' Degree

In Graphic 5, when the degree of the supervisors were examined, it is found that 42% of the consultants are professors (f=31), 31% are assistant professors (f=23), and 23% are associate professors. (f=17)



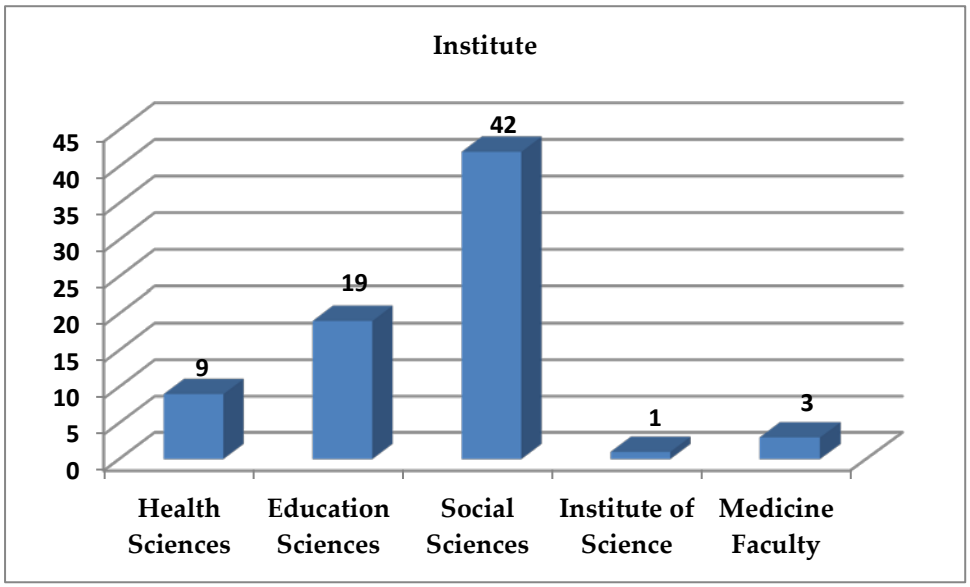
Graph 6. Distribution of cities where theses are studied

When Graph 6 is examined, it is seen that the thesis about marital adjstment is realized in a very limited region of Turkey. The first three cities where theses are mostly studied were Istanbul (f=26), Ankara (f=21) and Izmir(f=10). According to Turkish Statistical Institute data, the first three cities with the highest divorce rates are the same ones. From this point of view, the data show parallelism.



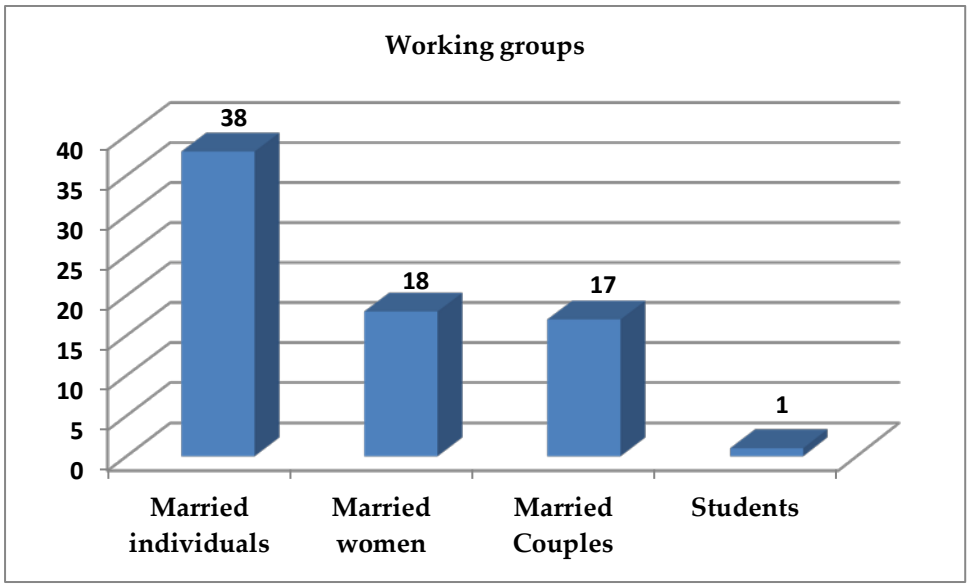
Graph 7. Distribution of Universities

When the distribution of theses on marital adjustment according to universities is examined in Graphic 7, it is noticed that there are many variations. Theses on marital adjustment have been made in 28 universities in the last decade. It is seen that marital adjustment is studied in Ankara University (f=11) the most and then Maltepe University (f=8) and Dokuz Eylül University (f=7) come respectively.



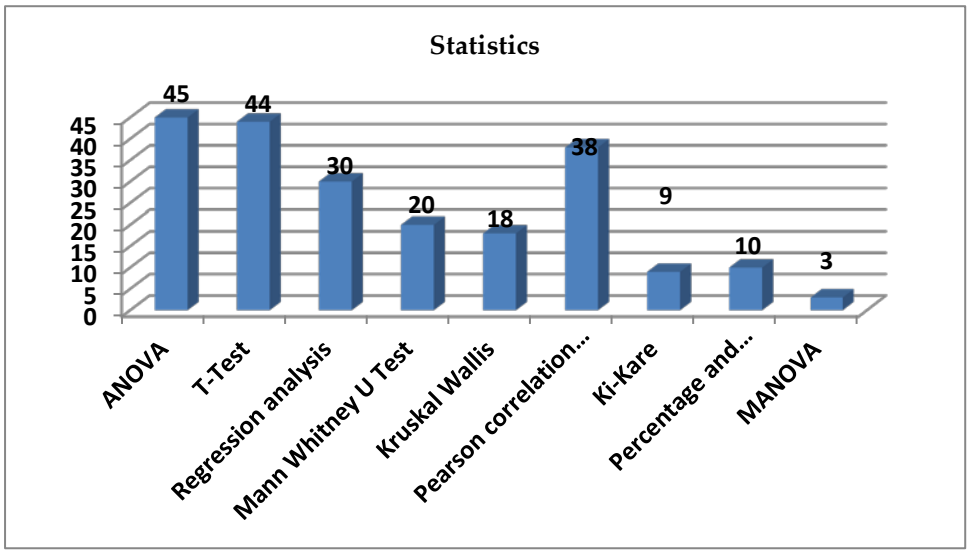
Graph 8. Distribution of the Institutes

In Graphic 8, it is seen that social sciences ranked first with 57% (f=42), followed by Educational Sciences with 26% (f=19) and Health Sciences with 12% (f=9).



Graph 9. Distribution of Working Groups

When Graph 9 is examined, it can be seen that the distribution of the study groups in the theses about marital adjustment reveals the fact that 51% married individuals were studied compared to 24% of married women and 23% of married couples. Apart from this, it seems that married couples are studied the least. As a reason, it can be said that it is difficult to work with couples spontaneously, and there is difficulty in reaching sufficient funds.



Graph 10. Distribution of Statistics Used in Data Analysis

When Graph 10 is examined, it is seen that there is a parellelism between the types of research and the means of data collection in the theses that were included in the research. As the quantitative research technique is preferred much more in theses, it is seen that descriptive statistics are used extensively in the general sense. The most frequently used ANOVA and T-test were parametric tests. Mann Whitney-U and Kruskall Wallis are widely used for non-parametric tests.

4. Discussion, Conclusion and Implications

Increasing divorce rates and deterioration in the structure of the family have recently revealed the importance of the work to be done in a marriage. When you look at the divorce reasons, it attracts the attention that the biggest rate is the severe incompatibility. This is related to marital adjustment. In this context, postgraduate research on marriage adjustment is of great importance both for the employee and for the working group. In this study, the postgraduate theses taken for the review and evaluation were handled as updated in the site of "Council of Higher Education" between 2006-2016.

According to the examination made, most theses studied are master theses. Theses are mostly quantitative research. Descriptive statistics are used. Research type and statistical methods are parallel. The reseachers mostly studied with married men and women. Most of the researchers are female. Supervisors are mostly professors. Theses were mostly studied in social sciences. As marriage is important for society, it is a subject of social sciences. Istanbul is the most studied city. This result may be related to the population of the city and the capacity of the universities there. The largest numbers of studies were conducted at Ankara University. Most studies were conducted in 2014. Compared to master and doctoral theses, master theses are more than doctoral theses. This ratio may be explained by the fact that the number of faculty members is limited due to the inadequate number of educated faculty members in relation to the field at the universities. More studies have been done at major universities such as Ankara, Dokuz Eylül and Middle East Technical University. It may be possible to explain this result with the faculty member and the potential of the student. The reasons for the female researchers being more than male researchers may be because of their interest in marriage and solution-focused approach. On the other hand, the lack of experimental work can be related with the difficulty of working in that area.

Due to the increase in divorce rates in the last decade, it may be more beneficial to carry out qualitative and quantitative studies that provide in-depth analysis of marital adjustment. Especially experimental studies will be more useful in solving problems in marriage. Researchers should study on couples, mostly. Further researches on marriage adjustment in each region of our country should be studied to determine the situation and solve the problem.

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