



# Mental Health and Marital Adjustment of Women

*Dr. Subhash Sharma*

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## **Mental Health and Marital Adjustment of Women** Dr. Subhash Sharma

National Women Commission (Rashtriya Mahila Panch) is having such bursting views on the poor conditions of women in India, it is high time to work for and volunteer for the cause of the movement of women liberation. The immediate and urgent worry pertains to problems of family life, married life and physical as well as mental health of women, especially in the semi- developed areas like Saurashtra. Such serious and deep thinking prompts this book. The book is focus on four stages of women like high professional working women, Middle level professional working women, low level professional working women, and included house wife women. All stages measured by psychological statistical techniques. Revealed result in my study house wife women is more happy of mental health and marital adjustment in her life compare to another categories. Student of psychology as well as teachers and researchers will find this book a useful aid.

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