ADJUSTMENT IN MARRIAGE

By: Eva Imania Eliasa, M.Pd

Guidance and Counseling Department

FIP UNY
• Marriage, is a social institution (usually legally ratified) uniting a man and a woman in special forms at mutual dependence, often for the purpose of founding and maintaining a family
A husband and wife need to recognize proactive adjustment await them in their relationship.

Perhaps the biggest adjustment early in marriage resulted from our differing backgrounds.
Some issues triggering the need for adjustments in marriage are major:

• Being raised in a dual- or single-parent family
• Being an only child or growing up with several siblings
• Coming from an economically challenged family
• Opposite personality
• Differing cultural backgrounds
Minimally, a couple will have to adjust to differing traditions, values, habits and rules learned in unique backgrounds.

As time passes, other adjustments to sexual performance, financial and job demands may be required.

And let's not forget a big adjustment, a baby, that's right: the first child.
The solution to handling issues of adjustment lies in regarding your relationship as more important than your individual values and desires.

If you hold on tightly to what you want, you will never get to the point where you understand that the well being of the overall relationship is what ultimately matters.
Some points to remember as you make adjustments in your relationship:

1. Recognize that adjustments are inevitable
2. Understand that adjustments have a divine purpose
3. Ask GOD for wisdom on how to live with this person who is different from you
4. Be more concerned about your own rough spots than those of your spouse
5. Make a commitment to work through the inevitable adjustment
6. Communication is a best way to help adjustments
Making adjustments is usually not easy, but the rewards are worth the effort.
What changes could make today that will communicate clearly that your spouse is a dear friend, not an enemy?
E.g. :express your individual preferences on a given topic by degrees
• Every married individual must adjust to qualities in a spouse that were not noticed or were ignored during the dreamy days of dating.

• I hope, no any people have encountered a painful frustration in marriage and asked themselves... “why did I do this? Did I marry the wrong person?
Let me assure you that you are married to the right person

THANK YOU