
Attitude Towards Marriage in Unmarried Young Adults and Influence on Mental Health and Well-Being

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Abstract: *The purpose of this research is to study how marriage affects the mental health and well-being of young adults who are not married, including their views, perceptions, and experiences with it. A mixed-methods approach was used, with 20 participants in a semi-structured interview and 110 people filling out a survey using the standardized Marriage Attitude Scale to assess marriage attitudes. According to survey findings, unmarried young adults view marriage favorably, but hold more democratic views than earlier generations. The domains and themes from interview data included marriage as a sacred event, partnership, social institution, and family. The results and discussion indicate that young adults who are not married have diverse and complex views on marriage that are influenced by several conditions.*

Keywords: *Marriage, Marriage attitude, Young adults, Family pressures, Mental health, Well-being, Needs*

Introduction

Time has changed. Alongside this has changed the perception of marriage amongst people through the ages. Marriage has always been considered a compulsory duty in their lives. However, with changing trends over the last few decades, families have started considering their children's opinions regarding their marriage. Despite that, there are still innumerable cases where children are forced to marry right after completing their studies, without even considering their consent and most of them marry at an early age. Therefore, it is not a fair judgment because choosing the way to live life is one's birthright, and marriage is one of the most important aspects of it. Marriage is a social institution tying two people together into a lifetime

bond, as suggested by many. The forceful pressure to marry early often deeply affects their mental health and well-being adversely. It is more severe in the case of young women, who are often stereotyped as a burden and forced to marry at an early age, either due to social taboos and myths or economic relief. As a result, being unable to handle the overwhelming pressure, they choose to give up on their marriage or their own lives.

Marriage is a social institution, also considered as wedlock. It is a socially and ritually recognized relationship between spouses with bonds of rights, duties, and commitments. There is no strict perception of marriage as it differs across cultures and religions and has always differed in its history.

Modernization, since the early 20th century, has brought changes across all aspects of human married life all over the world. The last two decades have experienced tremendous changes in pre-existing marital customs. Marriage has been considered a mutual relationship with sexual benefits. The youth society now focuses on the ideas of love marriage, live-in relationships, and transgender relationships. They also encourage the notion of a gay and lesbian relationship. Youth now tend to be socially and economically independent. They now tend to spend the maximum time possible with their partners before marriage, unlike traditional rules where people had to marry according to the choice of their elders and were allowed to see each other only on the day of marriage. Modern women are allowed to work even after getting married, enabling them to balance their personal and professional lives simultaneously. Modernization has influenced marriage by reducing stereotypical gender roles. It has positively affected the population and economy of the country by bringing modern family planning systems.

Despite the various trends and changes in marriage brought by modernization are mostly positive in nature, the consequential concept differs between males and females. Where men tend to marry early in their lives nowadays, women prioritize their own economic and social independence in their lives before choosing to marry and start a family life.

Across the Literature

T. Ashwini¹, et. al (2019) conducted a cross-sectional study on students in Khammam Telangana. A self-structured questionnaire was prepared for collecting the data. The majority of participants viewed the status and responsibility of both males and females as an important determinant of a

successful marriage. This study was conducted between the students of the age group 21-25 years. This study was performed on a sample of 150 interns of which 54 are male and 96 are female. The majority of students think that marriage is a responsibility, most of the students prefer love marriage and a majority think that the responsibilities of married life are fairly enjoyable. Most of the students think that the relationship can be just as strong without going through the marriage ceremony. 52% of participants prefer a joint family. The majority (52%) of the participants think that the age gap in relationships is not a problem. Further, there is no significant difference found between male and female respondent's attitudes concerning the concept of marriage, social expectations, and changing trends in marriage whereas a significant difference was found between the respondents regarding sexual relationships, type of marriage, and criteria for choosing a life partner. A study on "Youth attitude towards marriage and changing trends in marriage" revealed the majority of youth had a moderate and favorable attitude towards marriage.

Bhavana N. and Dr. K. S. Roopa (2015), conducted research to evaluate and contrast young people's attitudes toward marriage and evolving marital trends. 300 young people who were enrolled in bachelor's degree programs and were between the ages of 18 and 23 made up the sample; there were 150 men and 150 women. The researcher created a questionnaire on the various facets of marriage and current trends in marriage. Using the t-test and chi-square test, the analysis was done for various variables. The results showed that the majority of young people had a favorable and moderate attitude toward marriage. Female respondents showed a more positive view regarding marriage and shifting patterns in marriage compared to male respondents. Compared to female respondents, men displayed a more moderate attitude toward marriage. Male and female respondents from both genders had negative attitudes regarding marriage and shifting marital trends. However, there is a significant difference between the male and female respondents regarding sexual relationships, type of marriage, criteria for choosing a life partner, and specific motivations for a successful marriage. Further, there is no significant difference found between the attitudes of male and female respondents toward the concept of marriage, social expectations, and changing trends in marriage.

Kanak Yadav, (2018), investigated about young adults' views on marriage. The data was collected through an online survey in which a total of 123 females and 78 males between the ages of 18 and 32 participated. The participants responded to a 25-item survey questionnaire developed by Shivalli, Chitagubbi, and Deverdrappa (2012) that was altered and tailored to suit the demands of the study. The results demonstrated that young people's opinions on marriage are changing with time. Female participants were discovered to be equally tolerant of their marriage responsibilities and to see themselves as having the same duties in society as men. The findings also point to mutual compatibility as a crucial factor in a successful marriage. The younger generation today thinks that family finances should be managed by the husband in addition to the woman taking care of household duties. Participants asserted that having a great career is more essential than having a successful marriage, and the majority agreed that a wife should not carry the burden of her husband's dominance in the home. The results also indicated that the view towards the practice of dowry is changing, as the majority of the research participants agreed that the wife should not carry a dowry at the time of marriage. The majority of the participants viewed the status and responsibility of both males and females as important determinants of a successful marriage. Gender disparities in perceptions of different partner preferences about sexual interaction, style of marriage, selection criteria for a life partner, and unique motivations for successful marriage were also noted and appropriately studied.

Lt Col Indira and Navita Abrol, (2021), studied the attitude of youth towards marriage in India with 12 males and 13 females aged 21–32 years old. Data was collected through a structured questionnaire, with 40% of participants in a single status, 60% in committed relationships, 80% belonging to nuclear families, 20% being post-graduates, and 80% educated up to graduation. The 25-item questionnaire developed by Shivalli, Chitagubbi, and Devendrappa (2012) showed that most participants were in single-status or committed relationships. The findings revealed that the participants agreed marriage should be decided by individuals rather than elders, believed that the economic conditions of the families should be considered in marriage, and believed that women should enjoy life exclusively in a marriage with members of the opposite sex. They also believed that a successful marriage was more important than a successful career and that wives should not bear the authority of dominance over their husbands in marital life. Finally, they agreed that dowry

practice should be prohibited at the time of marriage and that both sexes must be viewed as vital elements for the success of a marriage.

Sowndarya Priya S and S. Gayatri Devi (2021), studied on married and single women's attitudes toward marriage and the family environment. For the study, 200 women between the ages of 19 and 30 were chosen, of whom 100 were married and 100 were single. The scores for attitude towards marriage among married and single women showed that single women had a stronger attitude towards marriage than married women, which can be attributed to the expectations they develop for marriage. According to studies, it is beneficial to have higher expectations when starting a relationship because it helps to create a strong bond that includes respect, love, affection, and time spent alone or intimately. According to the study, married women had a better family climate than single women. This may be because married women carry out family duties successfully and communicate with one another. Compared to single women, married women carry out more duties. Active recreational orientation, organization, conflict, and control all have favorable associations. Because of cultural and societal standards, the majority of participants (87%) had a high level of positive attitude toward marriage. Because of the intensity of the positive factors, such as bonding, understanding, and the high levels of attachment found within the family, the Level of Family Environment among Married and Unmarried Women suggests that 69% had a high level of family environment, and the remaining participants had an average or very high family environment, indicating that the family environment is very good among the taken participants.

Objectives

1. To understand the attitude toward changing trends in marriage among unmarried young adults.
2. To analyze the perceptions of unmarried young adults on marriage and family life
3. To find out how marriage ideas influence the mental health and well-being of young adults.

Hypothesis

1. Unmarried young adults exhibit distinct attitudes, perceptions, and marriage experiences compared to older adults.

2. The attitudes, perceptions, and experiences of unmarried young adults towards marriage are influenced by a variety of factors, including culture, values, and personal experiences.
3. The attitudes, perceptions, and experiences of unmarried young adults towards marriage can have a significant impact on their mental health and well-being.

Methodology

Research Design

This study used a mixed-methodology, combining quantitative and qualitative. This allowed the researchers to gather a more comprehensive understanding of unmarried young adults' attitude, perceptions, and experiences of marriage, as well as the influence of marriage on their mental health and well-being.

Sampling

The quantitative data was collected using a snowball sampling technique. This is a non-probability sampling technique in which participants are recruited through their own personal networks. The researchers began by recruiting a small group of unmarried young adults, who were then asked to refer their friends and acquaintances to the study. This process was repeated until a sample of 110 participants was reached.

The qualitative data was collected using a purposive sampling technique. This is a non-probability sampling technique in which participants are selected based on their specific characteristics or experiences. The researchers recruited 20 unmarried young adults who had diverse backgrounds and experiences.

Data Collection

The quantitative data was collected using an online survey. The survey included items that assessed unmarried young adults' attitude, perceptions, and experiences of marriage, as well as their mental health and well-being. The data was collected using the Marriage Attitude Scale developed and standardized by Promod Kumar, D. (1988) Dept of Psychology, Sardar Patel University, Vallabh Vidyanar, Gujarat to assess the attitude of the sample towards marriage. The scale consists of 38 questions and the participants have to respond to any of the available 3 alternatives, namely Yes, Doubtful, or No depending upon their thinking of marriage. The qualitative data was

collected using semi-structured interviews. The interviews were conducted in person, and they lasted approximately 30-45 minutes. The interviews were guided by a set of questions, but the researchers also allowed for flexibility in order to explore the participants' unique and subjective responses.

Data Analysis

Descriptive analysis was used to represent quantitative data in the form of pie charts. The descriptive statistics provided information about the distribution of the data, such as the mean, median, and standard deviation. The inferential statistics were used to test the study's hypotheses.

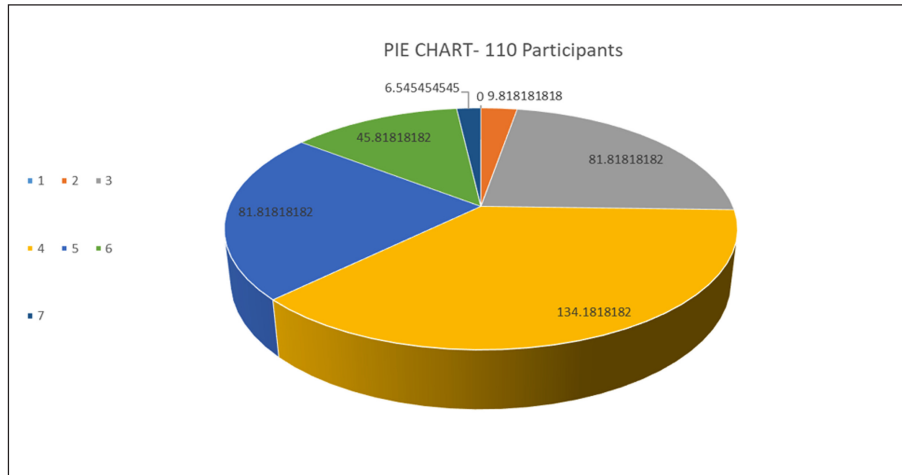
The qualitative data was analyzed using thematic analysis. This is a process of identifying and organizing patterns of meaning in the data. The researchers coded the interview transcripts and then searched for common themes.

Results

The quantitative results showed that unmarried young adults generally had positive attitude towards marriage. However, they also held more egalitarian views than previous generations. They were more likely to view marriage as a partnership of equals and to value both personal and relationship fulfillment.

Interpretations		Numbers (to represent)	
Grade	Levels	No. of participants	
A	Extremely positive	0	1
B	Highly positive	3	2
C	Above average positive	25	3
D	Average/moderate positive	41	4
E	Below average positive	25	5
F	Highly negative	14	6
G	Extremely negative	2	7
		110	

*** Table representing the distribution of interpreted quantitative data**



The qualitative results revealed a number of themes related to unmarried young adults' attitude, perceptions, and experiences of marriage. These themes included:

- Marriage as a sacred event
- Marriage as a partnership
- Marriage as a social institution
- Marriage and family
- Marriage and happiness
- Marriage and success
- Decision-making in marriage
- Communication in marriage
- Conflict resolution in marriage
- Love and intimacy in marriage
- Sexual satisfaction in marriage
- Childbearing and parenting in marriage
- Divorce and separation

The interview data also suggested that unmarried young adults' attitude, perceptions, and experiences of marriage were influenced by a variety of factors, including their culture, values, personal experiences, and the experiences of their parents and other role models.

Discussion and Interpretation

The findings of this study suggest that unmarried young adults have complex and nuanced views on marriage. Their attitude, perceptions, and experiences are influenced by a variety of factors, including their culture, values, and personal experiences. Marriage can have a positive impact on the mental health and well-being of unmarried young adults, but the quality of the marriage is a critical factor.

Quantitative Data

The quantitative data was presented in a pie chart, and descriptive analysis for data representation was employed, which shows the distribution of participants according to their grade on the Marriage Attitude Scale. The results are as follows:

- Grade A (Extremely Positive): 0 participants
- Grade B (Highly Positive): 3 participants
- Grade C (Above Average Positive): 25 participants
- Grade D (Average/Moderate Positive): 41 participants
- Grade E (Below Average Positive): 25 participants
- Grade F (Highly Negative): 14 participants
- Grade G (Extremely Negative): 2 participants

The majority of participants (66%) had positive attitudes towards marriage. However, there was a significant minority (34%) who had a negative attitude towards marriage. This suggests that unmarried young adults have a range of views on marriage, from very positive to very negative.

No participants received a grade of A (Extremely Positive). It suggests that unmarried young adults are generally realistic in their expectations of marriage. They recognize that marriage is not always perfect, but they still believe that it is a worthwhile institution.

More participants received grades of D (Average/Moderate Positive) and E (Below Average Positive) than grades of B (Highly Positive) and C (Above Average Positive) which suggests that many unmarried young adults are still unsure about their feelings towards marriage. They may have some concerns about marriage, but they are still open to the possibility of getting married in the future.

There were a significant number of participants who received grades of F (Highly Negative) and G (Extremely Negative) suggesting that there is a significant minority of unmarried young adults who have a very negative attitude towards marriage. These individuals may have had negative experiences with marriage in their own families or the families of their friends, or they may have other concerns about marriage.

Qualitative Data Analysis

The qualitative data was analyzed using thematic analysis, which identified several themes related to unmarried young adults' attitudes, perceptions, and experiences of marriage. These themes included:

- Marriage as a sacred event: Many unmarried young adults viewed marriage as a sacred event that should be entered into with care and commitment.
- Marriage as a partnership: Unmarried young adults generally view marriage as a partnership of equals, in which both partners share in decision-making and responsibility.
- Marriage as a social institution: Unmarried young adults recognize that marriage is a social institution that is governed by certain rules and expectations.
- Marriage and family: Many unmarried young adults viewed marriage as a way to start a family and raise children.
- Marriage and happiness: Most unmarried young adults believe that marriage should be a source of happiness and fulfillment for both partners.
- Marriage and success: Some unmarried young adults viewed marriage as a sign of success and social status.

The qualitative data suggests that unmarried young adults have complex and nuanced views on marriage. They view marriage as a sacred event, a partnership of equals, and a way to start a family and raise children. They

also believe that marriage should be a source of happiness and fulfillment for both partners. However, some unmarried young adults also view marriage as a social institution that is governed by certain rules and expectations, and as a sign of success and social status.

The quantitative and qualitative data both support the hypothesis that unmarried young adults exhibit distinct attitudes, perceptions, and experiences of marriage compared to older adults. For example, the quantitative data showed that unmarried young adults are more likely to hold egalitarian views of marriage than older adults. The qualitative data showed that unmarried young adults are more likely to view marriage as a sacred event and a partnership of equals than older adults.

The quantitative and qualitative data also support the hypothesis that the attitudes, perceptions, and experiences of unmarried young adults towards marriage are influenced by a variety of factors, including culture, values, and personal experiences. For example, the quantitative data showed that unmarried young adults from cultures that place a high value on marriage are more likely to have a positive attitude towards marriage. The qualitative data showed that unmarried young.

Conclusion

This survey offers insightful information about the attitudes, views, and experiences of young adults who are single regarding marriage. The results imply that unmarried young adults have complicated and nuanced views on marriage and that several factors have an impact on their attitudes, perceptions, and experiences. This study has a few limitations. First, the samples were relatively small. Second, the snowball sampling techniques and purposive sampling techniques are both non-probability sampling techniques, which means that the samples are not representative of the population of unmarried young adults. Third, the study was cross-sectional which means that it cannot establish causality.

Future research should address the limitations of this study by using larger, probability samples and longitudinal designs. Future research should also explore the techniques through which marriage influences the mental health and well-being of unmarried young adults.

The results also point to the possibility that unmarried young adults' attitudes, perceptions, and experiences about marriage may have a substantial bearing on their general well-being and mental health.

Modernization, since the early 20th century, has brought changes across all aspects of the world. The last two decades have experienced tremendous changes in pre-existing marital customs. Marriage has been considered a mutual relationship with sexual benefits. The youth society now focuses on the ideas of love marriage, live-in relationships, and transgender relationships. They also encourage the notion of a gay and lesbian relationship. Youth now tend to be socially and economically independent. They now tend to spend the maximum time possible with their partners before marriage, unlike traditional rules where people had to marry according to the choice of their elders and were allowed to see each other only on the day of marriage. Modern women are allowed to work even after getting married, enabling them to balance their personal and professional lives simultaneously. Modernization has influenced marriage by reducing stereotypical gender roles. It has positively affected the population and economy of the country by bringing modern family planning systems.

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