

The Study of Late Marriages Among Females of Kallar Syedan.

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Abstract:

Since 1980s, the marriage age in South Asian countries such as Pakistan has been 25 years. In Pakistan, late marriages are becoming a trend now and it is the cause of delayed marriages. This study investigates the connection between cultural and traditional norms, social expectancies, and mental fitness via an anthropological evaluation of delayed weddings and their impact on girls in Kallar Syedan, a semi-rural district of Punjab, Pakistan. In this context, “late or delayed marriages” refer to marriages that take place after the authorized age of society or network, exposing ladies to great social pressure and trouble. This observation uses a qualitative ethnographic approach to research the lived studies of females who have crossed the marital age in Kallar Syedan. Data series strategies normally encompass player remark, in-depth interviews, and thematic analysis, which permit a entire exploration of the subject. Thematic analysis is used to identify patterns and issues regarding contributors’ mental health and community stressors. The findings which includes how cultural norms or practices and gender expectancies contribute to feelings of worry. This observe identifies a more consciousness of mental health issues.

Introduction:

The ethnography of late marriages, specifically in the context of female depression in Kallar Syedan, offers a comprehensive expertise of the cultural, social, and mental elements that have an effect on women's mental health. Kallar Syedan, a rural location in Punjab, Pakistan, has a homogeneous population and faces unique socioeconomic issues, such as high illiteracy rates and restricted access to mental health care. The combination of cultural expectations, familial pressures, and economic considerations frequently makes these women vulnerable to mental health problems.

Early marriage has been valued historically but socio economic changings have contributed to increase the ratio of late marriages among females. Social norms and the factors of economy have significant impact on mental health of females. The importance of studying about delayed marriages and the factors that effect mental health of the females in Kallar Syedan shed light on an unexplored area of the research. This research fill the gap by studying how late marriages cause depression through academic literature. The aim of Ethnography is to contribute for late marriages and their impact on mental health in the context of Pakistan. It provides interventions that support for the mental health and well being of females.

In conservative or rural societies like Kallar Syedan, mental health issues, especially depression, may be taken as stigma. Participants may not feel comfortable or willing to openly discuss their mental health problems that leads to potential underestimate or biased responses. The research is conducted over a short period of time, capturing only a few perspectives of the participants’ lives. Long-term changes may occurred in the society that change the attitude of community towards late marriages and mental health. There must be Confidentiality and Emotional stress which gives

the sensitive nature of the research topic. Maintaining emotional stress and confidentiality of participant is very difficult to handle. However, the ethical methods to handle these challenges may limit the depth of inquiry.

In an article discussed about The pressure to social norms and values (Ali and Khawaja, 2019) around delayed marriage can lead to great psychological stress, which may become the reason of depression. This is particularly a fact that conservative societies where the identities of females are closely related to their marital status. Further the report of Human Development (UNDP, 2020) have particularly highlighted the intersection of race, gender, health, and the well-being of society. The reports discussed that gender discrimination including those in practices of marriage, can significantly influence mental health of women and overall well-being.

This study will use participant observation and in depth interviews to understand the perspectives of females. Data will be collected from qualitative approach allowing researcher to get deep understanding of participant's experience. Theoretical framework will be used that integrate point.

Literature Review:

Early marriages has a lot of negative health outcomes among females of Pakistan. This article aimed to study the effects on Psychological well-being of females and the timings of marriage also has a great significant. Late Marriages have higher rate of disappointments and distress (Shaud and Asad, 2018). According to the study females have higher depression disorders in marriage as compare to males. In initial stages of married life, it is a romantic relationship but later on it can cause distress. The girls and boys may have break ups that's why they face issues in married life (Monroe, 1999).

This study reveals about the impact of Marital transitions and physical health changes in females and males. Marriage faces a lot of external pressure. It has many disadvantages than advantages (Williams and Umberson, 2014). In the global context, study shows that females have depression twice than males. Because of the depression, suicide ratio increased. More depression found in Urban area women due to social factors (Das, et al 2018).

Major depression is basically multifactorial disorder. This occur because of different factors which may internal or external. It is a complex disorder. For externalizing factors, childhood matters a lot. It is most common in women (Kendler, Gardner and Prescott, 2002). In this article, older couples face difficulties in their relationships. They have less employment roles in old age that's why they struggle for good relationship. They lack for mutual understanding (Henry, Miller and Giarrusso, 2005)

In most countries, legal age of marriage for girls is considered as 18. But in some cases, they are married before their legal age. Then they face psychological problems. Education play very important role but because of early marriage girls don't have basic education that's why they have emotional distress (Gupta, et al 2020). This research explores relationship of marriage and life satisfaction between early and late marriages. In marriage, there are a lot of short comings which later cause depression. Age effects the quality of marriage and early marriage is a reason of instability (Arshad, Mohsin and Mahmood, 2014)

Depression is because of sadness and a loss of interest. This research reveals almost 8.3% population of the world suffering due to depression. Women suffers a lot with depression than males. Unmarried women also face challenges related to their mental health and because of no marriage they get more depressed (Sultana, Muhammad and Chowdhury, 2022). This article discussed about the problems that are faced by women who married late. Some of them having very difficult time in dealing with their society. Most females are not married just because they have responsibilities of their families. Some are not married as they believe in right soulmates (Isa, et al 2020).

Methodology:

This study uses qualitative approach depending on participant observation and in-depth interviews of unmarried females of Kallar Syedan. Interviews of their families and community elders are also conducted. 40 participants are included in this study. It is the ethnographic study of delayed marriages and their connection with depression among women of Kallar Syedan. The qualitative nature focus to provide an in-depth information of mental, and cultural factors influencing late marriages and their effect on psychological well-being of females. Ethnography describes culturally embedded norms shaping marital timelines and gendered expectations and amplify the underrepresented narratives of women marginalized by delayed marriages. This research highlighted that how societal expectations and cultural norms intersect to make a unique lived experience for females facing delayed marriages. Delay in marriage is because of economic issues, dowries preferences and societal expectations that lead to psychological distress.

Result:**Social Stigma:**

Unmarried females often face negative comments. They are mostly labelled as unwanted or independent. Because of this, their self worth is diminished. Social gatherings become a source of anxiety and depression, as unmarried women questioned about their marital status. Social Expectations has great influence over self confidence. Females feel under confident in many gatherings when people continuously ask about their marriage. They feel their marital status cause loneliness among married females. Married females have husbands and children to whom they discuss their problems but unmarried females don't have these relations. When you are not married, you don't feel completed. This is another factor of depression among unmarried females.

Family Pressure:

Families of unmarried females also face social pressure and this pressure also transferred to these females. Parents express frustrations and due to this their daughters feel guilt and stress. This factor also lead to cause mental illness. In some families, parents set very high standards for the life partners of their daughters. Due to this reason they delayed their daughter's marriage. If the girl is highly educated then families won't lower their standards. For females, parents are very protective and selective. They demand well educated partner who is also financially independent. Education and financial stability are very important aspect for marriage proposal.

Economic Factors:

To much dowry expectations is the main reason for late marriages. Mostly parents can't afford dowry so that, they simply delay their daughter's marriages. Economic hardships cause depression among females. Their source of income matters a lot for socially accepted Marriage age. Females who are not married often depend on family members. They don't show their emotions and do as they commanded by the male of the family. Some females in Kallar Syedan are doing their jobs but still they are not financially independent. There are mostly middle class families so these women spend their earnings to their family. Their financial status does not matter because they are always questioned by others about their marriage.

Mental Health Issues:

Many participants reported symptoms of depression which also includes feelings of loneliness, useless and hopelessness. A lot of women discussed how their goals are neglected just because of this singular goal of marriage. Unmarried females are always being judged by others. They face bad comments of others and continuously asking about marriage from their relatives. These questions make them sad and they feel alone. Feeling of Loneliness is a great reason of depression among females. People may think they are involving into affair that's why they are not married. But no one understands their feelings. Most of the time being unmarried is not their choice, it is their destiny. Society and their parents make them mentally sick. They feel depression and anxiety.

Recommendations:

- Community awareness campaigns should be used to promote mental health of females.
- Family should be empower to support their daughters for their goals and ambitions.
- Empowering females by providing them education and skills training.
- Mental health services should be provided to unmarried women for mental well-being.

Conclusion:

The ethnography of late marriages in Kallar Syedan shows depression among females. They face societal pressure for socially accepted Marriage age. Progressive reforms should be used for mental well-being of females. Community can ensure that females, regardless of Marital status, they can spend their life with ambitions. Findings uncover that late marriage is not usually a personal or familial issue but it is a cultural or social concern tied to notions of societal value, femininity and honor. Females who don't marry at socially accepted age are often judged over forms of social exclusion, blame and pity. This contributes to low self worth, stigma and symptoms of depression like anxiety, loneliness and hopelessness. Females have higher rate of depression due to these factors.

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