

Socio-Psychological Challenges of Late Marriage

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Abstract: *Marriage is a universal social and cultural institution. Marriage is a legally accepted relationship between two people in which both of them live together, marriage is the foundation of social structure. The decision to marry reflects a complex interplay of personal aspirations, cultural norms, and structural factors such as, while traditional expectations once favored early marriage, contemporary education earlier. Committing to marriage has resulted in a significant postponement of the age of marriage in various cultures. Education is an important determinant of socio - economic status and life opportunities. This has considerably influenced the individuals including the timing of their marriage. Marriage is a legal institution for producing children. But with modern technology and law, it has become easy to have a child without marriage. The effects and basic reasons of late marriage have been mentioned in detail above. In this part, we briefly discuss the basis of information. If we compare, there are more disadvantages than advantages of late marriage because when we review the literature, we come to know that the disadvantages of late marriage are more significant than the advantages. As these couples respect their individuality and goals. But sometimes women who want to continue their education are concerned about the possibility of becoming pregnant during their marriage. And Men also have the same issues because, after getting married. They have to earn money for additional responsibilities. Late marriage is becoming a problem in the present society. In developed countries, late marriage is popular among the people, the reason behind this is the acceptance of free life system in their society which is becoming popular in other countries also Many people have premarital sex, sexual relations with multiple people, women's and men's career priorities, family responsibility, personal promiscuity, avoidance of responsibility, freedom from social constraints, conflict of ego and interest, avoidance of children or family responsibility and many others. Reasons to accept things Start not giving importance to marriage.*

Keywords: Cohabitation, Aging, IVF Technology, Surrogacy, Marrying

1. Introduction

Marriage is a universal social and cultural institution. Marriage is a legally accepted relationship between two people in which both of them live together, marriage is the foundation of social structure. According to Gillin and Gillin, marriage is a socially accepted method of establishing a reproductive family.

The dominant trend is to delay marriage until later stages of life, especially among individuals who have attained higher education, job stability, and family responsibilities. This trend has aroused interest among scholars and policy makers.

The decision to marry reflects a complex interplay of personal aspirations, cultural norms, and structural factors such as, while traditional expectations once favored early marriage, contemporary education earlier. Committing to marriage has resulted in a significant postponement of the age of marriage in various cultures. Child marriage was prevalent in the past, but at that time it was considered a social evil and the government set the minimum age for marriage.

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The union between a man and a woman and the institutions of the family are at the center of the Creator's design. Marriage is a legal institution for producing children. But with modern technology and law, it has become easy to have a child without marriage. Surrogacy and IVF technology is an example of this. The main objectives of marriage are

fulfillment of needs, creation of family, mental satisfaction, financial support, stability in relationships and creating new members for the society.

Effects of Marrying Late Age

- 1) **Fertility Issues:** As people age, fertility declines, which can make it more difficult to conceive and have children.
- 2) **Health Concerns:** Older individuals may face more health problems, which can complicate pregnancies and increase the risk of complications during childbirth.
- 3) **Energy Levels:** Parenting requires a significant amount of energy and stamina, which can be more challenging for older parents.
- 4) **Social and Emotional Factors:** There may be a smaller peer group of similar age couples and parents, which can affect social interactions and support networks.
- 5) **Financial Pressures:** Starting a family later can coincide with other financial responsibilities such as saving for retirement, which can create added financial stress.
- 6) **Increased Risk of Divorce:** Some studies suggest that there might be an increased risk of divorce for couples who marry later in life, potentially due to more established personal habits and reduced adaptability.
- 7) **Caring for Aging Parents:** Older couples might simultaneously face the dual responsibilities of raising young children and caring for aging parents, leading to increased stress and burden.

Classification of Challenges of Marrying at Late Age

1) Social Challenges

- **Smaller Peer Group:** You may find fewer friends and peers in the same life stage of marriage and child - rearing, which can limit social support and shared experiences.
- **Social Expectations and Stigma:** Some cultures and societies may place a stigma on late marriages, leading to social pressure or negative judgments.

- **Generational Gap with Children:** The age difference between you and your children can be more pronounced, potentially leading to differences in interests, energy levels, and generational understanding.
 - **Family Pressure:** There may be increased pressure from family members who are eager for you to marry and have children, which can be stressful.
 - **Less Social Time:** Balancing a new marriage, potentially starting a family, and existing career responsibilities might leave less time for social activities and maintaining friendships.
 - **Caregiving Responsibilities:** You may simultaneously face the need to care for aging parents while raising young children, leading to a "sandwich generation" scenario with increased social and emotional burdens.
- These challenges can vary greatly depending on individual circumstances, cultural context, and personal support systems.

2) Medical Challenges

- **Fertility Issues:** Fertility declines with age for both men and women. Women experience a significant decrease in fertility after age 35, and men also face reduced sperm quality and quantity with age.
- **Pregnancy Complications:** Older women are at a higher risk of complications during pregnancy, such as gestational diabetes, preeclampsia, and higher rates of cesarean sections. There is also an increased risk of chromosomal abnormalities in babies, such as Down syndrome.
- **Maternal Health Risks:** The risk of miscarriage, stillbirth, and ectopic pregnancy increases with maternal age. Older mothers may also face a longer recovery period after childbirth.
- **Men's Health and Paternity:** Older men have a higher likelihood of fathering children with genetic mutations, which can lead to developmental disorders and other health issues in offspring.
- **Chronic Health Conditions:** With age, the likelihood of chronic health issues such as hypertension, diabetes, cardiovascular diseases, and arthritis increases, which can affect overall quality of life and complicate pregnancies.
- **Energy and Physical Demands:** Older parents may find the physical demands of parenting, such as sleepless nights and the high energy levels required for childcare, more challenging to manage.
- **Long - Term Health Considerations:** Older parents might face health declines as their children are still relatively young, which can impact their ability to provide care and support as their children grow.

While these medical concerns are important to consider, many people who marry and start families later in life also benefit from better financial stability, emotional maturity, and established careers, which can positively impact their ability to manage these challenges. Consulting with healthcare professionals can provide personalized insights and strategies to mitigate some of these risks.

3) Psychological Challenges

- **Adjustment Difficulties:** Later in life, individuals often have established routines and lifestyles. Adapting to shared life and compromising can be more challenging.

- **Fear of Change:** There may be anxiety or fear about major life changes, such as marriage and potentially starting a family, which can cause stress.
- **Loneliness and Isolation:** If peers and friends are already married with families, those marrying later may feel isolated or out of sync socially.
- **Pressure and Expectations:** Societal and familial pressures to marry can create significant stress and feelings of inadequacy if marriage is delayed or doesn't happen as expected.
- **Fear of Regret:** Concerns about missed opportunities for having children or building a family can lead to feelings of regret or anxiety about the future.
- **Mental Health Issues:** Older adults might already be dealing with other life stresses, such as career pressures or caring for aging parents, which can compound the psychological strain of adjusting to a new marriage.
- **Communication Barriers:** Established communication patterns and personal habits can be harder to change, potentially leading to conflicts and misunderstandings.
- **Concerns About Aging:** Anxiety about aging, health issues, and reduced time to achieve life goals can add to psychological stress in later marriages.

While these psychological challenges are notable, it's important to recognize that marrying later in life also brings potential psychological benefits, such as increased maturity, better emotional regulation, and greater life experience, which can contribute to a more stable and fulfilling relationship. Seeking support from mental health professionals can help address and manage these challenges effectively.

4) Behavioral Challenges

- **Set Routines and Habits:** Individuals who marry later often have well - established routines and habits that can be difficult to change or adapt, leading to potential conflicts with a partner.
- **Independence:** A strong sense of independence developed over years of living alone can make it challenging to share space, make joint decisions, and compromise.
- **Communication Styles:** Long - established communication patterns may not align well with a partner's style, potentially causing misunderstandings and conflicts.
- **Conflict Resolution:** Older individuals may be less flexible in their conflict resolution strategies, relying on methods that worked for them in the past but may not be effective in a marital context.

2. Discussion

The effects and basic reasons of late marriage have been mentioned in detail above. In this part, we briefly discuss the basis of information. Firstly, in the twenty - first century, young people pay more attention to their education and career options because they want to be financially capable. Moreover, cohabitation has become common and accessible among people nowadays. And like before, its trends has been increased among single women. The development of new relationships like live - in relationships is another reason for delaying marriage. If we compare, there are more

disadvantages than advantages of late marriage because when we review the literature, we come to know that the disadvantages of late marriage are more significant than the advantages. Almost all disadvantages are related to health, mental, behavioural and social conditions. For example, spouses may face infant loss, difficult pregnancies, risk of HIV infection, and abnormalities in children. Apart from these, due to late marriage there is decline in birth rate which ultimately resulting in reduction in population growth. On the other hand, lack of harmony in relationships and generation are important factors because if the age difference between parents and children is too high, there are proportionately increase in chances of conflicts. These conflicts can result in inadequate communication and lack of affection in the family. If we analyse positive aspects of late marriage. Personal growth is one of the advantages of late marriage. However, people who are already married can also develop together. Married couples may also pursue their education programs, career choices, and personal development together. However, it is not necessary for them to be together forever they may take personal time for their development and balance the married life. As these couples respect their individuality and goals. But sometimes women who want to continue their education are concerned about the possibility of becoming pregnant during their marriage. And Men also have the same issues because, after getting married. They have to earn money for additional responsibilities. For these reasons, they want to be financially independent.

3. Conclusion

Late marriage is becoming a problem in the present society. The person himself and his parents are responsible for this. Be it a man or a woman, they have great expectations from marriage and are spending time in search of a life partner of their choice. Marriage is an important institution that forms the foundation of a family which is the core of society (Karamat, 2016). In developed countries, late marriage is popular among the people, the reason behind this is the acceptance of free life system in their society which is becoming popular in other countries also Many people have premarital sex, sexual relations with multiple people, women's and men's career priorities, family responsibility, personal promiscuity, avoidance of responsibility, freedom from social constraints, conflict of ego and interest, avoidance of children or family responsibility and many others. Reasons to accept things Start not giving importance to marriage. On the other hand, with the increase in career opportunities for both women and men in present era. They do not want to have a child or get married early or on time. There are also some advantages of marrying late, such as personal development, financial Freedom and other opportunities. All advantages and disadvantages should not be ignored by people and society. While some societies support late marriage, other societies do not support it due to population growth and other reasons. In this paper, the main purpose of introducing late marriage is to make people have a view about it. As mentioned above, many people nowadays delay their marriage due to lack of education and career opportunities, difficulty in finding the right person, getting used to the single life and normalizing premarital sex and living together. While their delay process continues,

they only see the benefits; However, when they decide to get married, they also face losses. For this reason, this paper attempts to point out the effects of late marriage.

Conflicts of interest

The authors declare no conflicts of interest regarding the publication of this paper.

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