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A Descriptive Study to Assess the Bio-Psychosocial Consequences of Late Marriages among Late Married Couples Residing in Selected Areas of District Mohali, Punjab, India

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A B S T R A C T

Marriage is an ancient practice, although its meaning may have changed throughout time and space. Due to paradigm shift in society, individuals are becoming more goal oriented, So this put institution of marriage at back-foot. The aim of the study is to assess the bio-psychosocial consequences of late marriage among late married couples residing in selected areas of district Mohali, Punjab. A quantitative approach with descriptive research design was adopted. By Purposive sampling technique 150 late married couples were selected. Data was collected by semi-structured interview schedule for biological consequences, rating scale for psychological consequences and sociological consequences were used in the study. Analysis of data was done using descriptive and inferential statistics. Study findings shows that late married couples i.e. 40.7% of couples had physical problem before and 41.3% after marriage, 20.7% of couples had problem in conception out of them majority 39.3% had endometritis, About 63.7% had problem during pregnancy, out of them majority 41.9 % had anemia, 80.7% late married couple underwent caesarean section. 48.1 % late married couple had post-partum problem,48.8% newborn had problem at the time of birth ,89.3% of late married couples had positive psychological consequences and 82.7% had positive sociological consequences. It shows that late marriage had effect on biological consequences and more biological problems are found where as late marriage had positive effect on psychological and sociological aspect.

Introduction

Marriage is an ancient practice, although its meaning may have changed throughout time and space. The word 'marriage' means only a legal union between one man and one woman as husband and wife, and the word 'spouse' refers only to a person of the opposite sex who is a husband or wife.

Historically, in all the cultures/civilizations of the world, marriages were solemnized at quite a young age, and that age was nearly related to the age of puberty. In India too child marriage was the norm and it had the backing of religion also. The Vedas, purans etc. gave us insight about such religious

sanctions. But with the advent of renaissance, modernity and industrial revolution in Europe, the concept of marriage has changed significantly. Then globalization has contributed in spreading such social changes in the whole world. India too couldn't resist them and over a couple of decades the average age of marriage has increased considerably. However, the marriage age has undergone a gradual but steady increase.

The trends indicate that more women opt for late marriage, it leads to late pregnancy. Marriage considered being a usual process in the life of human beings. In India, marriage is an important marker of the beginning of reproductive phase of life. Although reproduction is feasible and does take place to some extend outside of marriage, marital fertility is the major contributor to the fertility.

Every person wishes to make his or her marital life successful. History tells us that marriage was always and everywhere be under discussion. Every religion, every philosopher and practical wisdom has its own point of view. There is no doubt that every type of marriage has some particular factors which affect it such as personal maturity, level of understanding, independence of thoughts, intelligence, education, awareness, health, financial responsibilities, skills to manage family life, stress, strain, affects, lack of patience, religion and individual interests. As marriages are necessary for humans, marital adjustment and life satisfaction is equally important.

This study help to know the marital adjustment, life satisfaction and the bio-pycho-social consequences of the marriage among late married couples. Marital adjustment and life satisfaction has long been the focus of investigation and research in the west and western countries. However in Punjab this topic is not extensively studied.

The main objectives of this study include, to assess the bio-psychosocial consequences of late marriages among late married couples. And also to associate the bio-psychosocial consequences of late marriages with the selected socio- demographic variables.

Materials and Methods

In present study, quantitative research and descriptive research design approach was used under study. The study was conducted in selected areas of district Mohali(kharar and sohana). The target population of study consisted of late married couples residing in selected areas of district Mohali, Punjab. The sample consists of 150 late married couples. Non–probability purposive sampling technique and Semi-structured interview schedule for biological consequences, rating scale for psychological consequences and sociological consequences were used in the study. A study was conducted in the month of March 2016 Formal written permission was obtained from the Municipal Corporation of kharar and sohana after discussing the purpose and objectives of the study. Analysis and interpretation of data was done according to objectives of the study by using descriptive and inferential statistics.

Results and Discussion

Demographical variable

According to the age of husband, majority of husbands 57.3% belong to the age group of 32-35 years, followed by 26.7% who belong to the age group 28-31years,12.7% belong to the age group 36-39years and very least 3.3%belong to the age group of ≥40.Majority of wives 55.3% belong to the

age group of 32-35 years, followed by 30.0% belong to the age group 28-31,14.0% belong to the age group 36-39 years and very least 0.7%belong to the age group of ≥40.Majority of husbands 61.3% belong to the age group 30-31 years, followed by 20.0% belong to the age group 28-29 years and very least 18.7%belongs to the age group of ≥31.

According to the age at marriage of wife, majority of wives 54.7% belong to the age group 28-29 years, followed by 34.7% belong to the age group 30-31and very least 10.7% belong to the age group of ≥31.With regard to duration of marriage, majority of couples 71.3% belong to the 1-3 years, followed by 15.3% belong to the ≥4 years and very least 13.3% belong to the <1 years. Majority of husbands 75.3% were Graduate, followed by 18.0% were post graduate or more, 6.0% were studied till higher secondary , 0.7% were studied till secondary and none of them were 0% belong to no formal education and primary education. Majority of wives 62.7% were Graduate, followed by 20.0% were studied post graduate or more, 14.0% were completed higher secondary ,3.3% were completed secondary and none of them were 0% belongs to no formal education and primary education. Majority of husbands 42% had Government job, followed by 35.3% had private job, 21.3% were self-employed and very few 1.3%wereUnemployed.Majority of wives 57.3% had Private job, followed by 22.7% were unemployed,15.3% had government job and very least 4.7% were Self-employed. Majority of couples 78.7% had monthly family income≥30001, followed by 14.7% had income between 20001-30000, 5.3% had income between 10001-20000 and very few 1.3% had monthly family income≤10000.Majority of couples 56.7% belong to the Sikh religion, 26.7% belong to the Hindu religion, 9.3%

were Christian and very few 7.3% were Muslim. Majority of couples 84% had Arranged marriage and very few 16% had love marriage. Majority of couples 70.7% had Nuclear family and 29.3% had joint family.

Table1.1.shows frequency and percentage distribution of late married couples according to their biological consequences.

It depicts that 40.7% of late married couples had physical problem before marriage, out of them majority of the men 29.5% had hypertension , 23.0% females had PCOD, 18.0% females had hypertension , 16.4% had males had DM, 11.5% female had amemia and very least 1.6% females had DM. About 41.3% of late married couples had physical problem after marriage, out of them majority 40.3% of females had hypertension & 37.1% males had hypertension, 16.1% had PCOD and very least 6.5% males had DM. About 90% of late married couples had conceived and 10% had not yet planned for conception.

Table 1.2:shows frequency and percentage distribution of late married couples according to their biological consequences.

It depicts that 20.7% of late married couples had problem in conception, out of them majority 39.3% had endometritis, 35.7% had low sperm count, 21.4% had abortion and very least 3.6% had PCOD. About 63.7% had problems during pregnancy, among them majority 41.9% had anemia during pregnancy, 31.4% had oligohydramnios, 11.6% had polyhydroamnios, 9.3% had gestational diabetes and very least 5.8% had hypertension.22.2% of late married couples had intra partum complication out of them majority 66.7% had intra partum haemorrhage and 33.3% had retained placenta. Most of the 80.7% late married

couples under went caesarean section and 19.3% had normal vaginal delivery.48.1% late married couple had post-partum problems, out of them 58.5% developed post-partum haemorrhage and 41.5% had puerperal sepsis. About 48.8% problem in newborn at the time of birth, out of them 63.6% had low birth weight and 36.4% had respiratory distress.

Table.2 depicts maximum number (89.3%)

of late married couples had positive psychological consequences and least (10.7%) late married couples had negative psychological consequences.

Table.3 depicts most (82.7%) of the late married couples had positive Sociological consequences and least (17.3%) late married couples had negative Sociological consequences.

Table.1.1 Frequency and Percentage distribution of late married couples according to their biological consequences (N= 150)

S. No.	Biological Consequences	Frequency (f)	Percentage (%)
1.	**Physical problem before marriage**	61	40.7
a.	Hypertension in males	**18**	**29.5**
b.	Hypertension in females	11	18.0
c.	DM in Males	10	16.4
d.	DM in Females	**01**	**1.6**
e.	PCOD	14	23.0
f.	Anemia in Females	07	11.5
2.	**Physical problem after marriage**	**62**	**41.3**
a.	Hypertension in Males	23	37.1
b.	Hypertension in Females	**25**	**40.3**
c.	DM in Males	**04**	**6.5**
d.	PCOD	10	16.1
3.	**Conception**		
a.	Conceived	135	90
b.	Not yet planed	15	10

Table.1.2 Frequency and percentage distribution of late married couples according to their biological consequences (N= 135)

S. No.	Biological Consequences	Frequency (f)	Percentage (%)
3.1	**Problem in conception**	**28**	**20.7**
a.	Endometritis	**11**	**39.3**
b.	Low sperm count	10	35.7
c.	Abortion	06	21.4
d.	PCOD	01	3.6
3.2	**Problem during pregnancy**	**86**	**63.7**
a.	Anemia	**36**	**41.9**
b.	Oligohydramnios	27	31.4
c.	Polyhydroamnios	10	11.6

d.	Hypertension	05	5.8
e.	Gestational diabetes	08	9.3
3.3	**Intra partum complications**	**30**	**22.2**
a.	IPH	**20**	**66.7**
b.	Retained placenta	10	33.3
3.4	**Type of delivery**		
a.	Caesarean section	**109**	**80.7**
b.	NVD	26	19.3
3.5	**Post-partum problems**	**65**	**48.1**
a.	PPH	**38**	**58.5**
b.	Puerperal sepsis	27	41.5
3.6	Problem in Newborn at the time of birth	66	48.8
a.	Respiratory distress	24	36.4
b.	Low birth weight	42	63.6

Table.2 Frequency and percentage distribution of late married couples according to their psychological consequences (N= 150)

S. No.	Psychological Consequences	Frequency (f)	Percentage (%)
1.	Positive (23-36)	134	89.3
2.	Negative (9-22)	16	10.7

Table.3 Frequency and percentage distribution of late married couples according to their sociological consequences (N=150)

S. No.	Sociological Consequences	Frequency (f)	Percentage (%)
1.	Positive (21-32)	124	82.7
2.	Negative (8-20)	26	17.3

Findings related to association of the bio-psychosocial consequences of late marriages with the selected socio-demographic variables

- In study findings, there was statistically significant association between age at marriage of husband and Physical problem before marriage

- There was statistically significant association between type of marriage and Physical problem after marriage

- There was statistically significant association between age of husband, age of wife and type of delivery

- There was statistically significant association between duration of marriage and Post-partum problem

- There was statistically significant association duration of marriage and newborn had problem at the time of birth

- There was statistically significant association between age of wife, monthly

family income and Psychological Consequences

- There was statistically significant association between age of wife**,** age at marriage of wife**,** duration of marriage, education of wife**,** occupation of husband**,** occupation of wife**,** monthly family income**,** type of family and Sociological Consequences

The conclusion drawn from the present study was the late marriage had effect on biological Consequences and more biological problems are found in late married couples such as 63.7% had problem during pregnancy and 80.7% late married couple underwent caesarean section where as late marriage had positive effect on psychological consequences and sociological consequences.

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