

Pre and Post Marriage Differences in Anxiety Level among Male/Females Belonging to Various Income/Class Groups

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Abstract- Pre and post marriage anxiety level among male/female subjects belonging to upper and lower income groups/social classes studied in the present study in a before after design, no significant difference was found among males and female belonging to lower income/ class groups in pre and post marriage anxiety level however in case of female belonging to upper income group/class such difference was present.

Index Terms- Anxiety level: Pre-marriage, Post marriage

I. INTRODUCTION

Pakistan consists of majority Muslim population and among minorities at the top Christian minority. However unlike advanced world majority Muslims, Christians and other minorities living in Pakistan especially in rural areas adhere to the ancient norms of chastity (Linda 2005), abstinence (Linda 2005) and virginity both for girls and boys prescribed in respective Scripture (Quran Chapter 24 Surah Noor verse 31) (Paul: Corinthians 6:13, 3:16, 6: 18) before marriage (Nasrullah 2013). In case of Judaism same 'purity' dictates about marriage are mention is Torah (Leviticus 15:19-30, 18:19, 20:18) and laws like Niddah are there to discuss the standards of 'purity' necessary for Jews before and after marriage. However global world brought in changes Berhane (2006) in a UNICEF report treated the subject with a completely different prospective although Ruth (1971) in Western societies studied gender based marriage trends differently and comparison of marriage traditions with modernity in Israel by Ruth and Rosana (1988) was relatively a comparative approach.

Israel and Pakistan are collectivistic society as compared with a few modern individualistic societies and (Karen, Kenneth 1993) found difference is various behaviors related with marriage in case of individualistic and collectivistic societies although marriage is related with economic matters also (Odejobi and Obafemi 2013) and economic is consider global in new world, moreover, (Buttenheim, Nobles 2009) observed that socio-economic factors have nothing to do with marriage traditions/customs in case of Indonesia meaning thereby that 'socialization (Clausen1968) is more influential in case of marriage and marriage traditions as compared with external changes because socialization is so important that in some cases its influences are international (Alberto, Thierry 2000). Moreover marriage as a factor is so important that it is related with mental health as well (Walter, Michael, Carolyn 1983) and the role of dyadic coping is established in case of issues related with marriage stress (Bodenmann, Guy 2005) whereas stress is a

gender free construct and equally effects male and female although some time differently, (Baruch et al 1987) although in few cases women express more stress (Elizabeth, Laughlin2005) another study also support the presence of stress among women as compared with man ([M.Pilar Matud 2004](#)).

It is not only stress but marriage is also related with physical health (Kiecolt et al 2001) A study from India reveals that pre marital sex such may be romantic emotionally effects women more as compared with man (Santhya et al 2011). Anuptaphobia is another psychological state like many others that is directly related with the construct of marriage (1984) in a study has discussed symptom in detail however, in the study by "[Paul at el 1994 results in that context was not conclusive.](#)" Frank (1999) discusses the possibilities to address the 'conflict' related with marriage. Jeffry et al (1994) worked on relations between anxieties related with readiness to marriage. In another study intra- and interpersonal factors both marked with 'difference' studied (Davila at el 1999). [Levi Baker, James K. McNulty \(2010\)](#) studied that how do shyness affects marriages?

II. METHOD AND PROCEDURE

Pakistan is a religious society and it was supposed that due to various religious dictates and chastity norms, marriage as a new experience is likely to be an anxiety provoking situation both for male and female. Taylor Manifest Anxiety Scale (Taylor 1953) was administered to 30 male, 15 belonging to lower income group and 15 belonging to upper income group and 30 female 15 belonging to lower income group and 15 belonging to upper income group normal subjects two months before their marriages and two months after their marriages in order to measure the difference or similarity of scores to compare the similarity and difference between the presence of pre-marriage and post-marriage anxiety among the same subjects. Because Taylor Manifest Anxiety Scale not only measures anxiety but evidence supports its performance in case of gender (Quarter, Laxer 1996), 'masculinity' and 'femininity' also (Gall 1969).

III. RESULTS

The results generally revealed no significant difference between the level of anxiety among the participants before and after marriage however such difference among the female belonging to upper income groups was significant.

IV. CONCLUSION

Women belonging to upper income groups are more liable to increase in anxiety after marriage as compared with the women belonging to lower income groups however it is because of societal norms about chastity, virginity etc or something else was not determined because of the none availability of exploration and testing in that context. Whereas male as well as women belonging to lower income groups belonging to upper/lower income groups of Pakistani urban society were found less liable to increase or decrease in anxiety level immediately before and immediately after marriage.

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