

Same Racial Marriages Role in Mental Health Problem among Young Adults

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Abstract- Effect of inter and intra marriages on the mental health of the adults has been study by different people in different cultures by applying the David mental health inventory (MHI38) scale. In Pakistan this area of study was neglect, therefore researchers pay attention on it's and conduct an empirical and scope able research. **Methods:** comparatative study design used in this quantitative approach. Form district Hari pur draw the sample of 300 participants. Sampling techniques was the simple random. Sample size consisted of (N = 150) both male and female and MHI 38 scale were used which is consisting of 38 items. **Results:**there by the results positive features of mental health higher in intra marriage rather than inter marriages family adults such as Life satisfaction Emotional and General positive effect scores were higher in intra marriages adults and negative features of mental health intensity level were higher in inter marriages adults such as Loss of behavior and Anxiety. Results of all mental health factors were significant at $p = .0001$ level. **Conclusion:** consequences of the study were indicated mental health of out side marriages family adults were better then within family marriages adults. This obviously declare inter marriages are the source for transferring the psychological syndromes in the new generation. By inter marriages psychological syndromes transferred in new generation rather then intra marriages.

Index Terms- Inter marriages, intra marriages, empirical, comparatative, quantitative, simple random sampling, emotional ties, lost of behavior, emotional ties, positive effect, syndromes.

I. INTRODUCTION

Many studies have indicated marriages play a great role in health and as well on mental health. When Marriage between those people belonging to same religious and ethnic group is called same racial marriage.¹ As the majority community believes of Same racial marriage as an human being occurrence, they have a propensity to assume of the pair rate as the individual rate and are persistently twice as fear by the result.² Well adjusted person in a society is called the normal person.³ Health care suppliers and inheritance expert might deem mutually the pessimistic impact of consanguineous wedding in conditions of enlarged hereditary threats toward the young, since different to the latent communal and financial reimbursement.⁴ Therefore, one's communal position, such as one's battle, societal group and sex has the latent to be connected to all parts of the methods together with stressors, arbitrate capital and mental health result.⁵ Researches continuously show to facilitate the social class of individuals openly and ultimately influence their health and

welfare. Particularly, individuals of a inferior societal category have a tendency to have inferior physical and mental health conclusions.⁶ Discovered mental illness cause is the same racial family marriages. Physical and psychological well being is due to non racial marriages.⁷

In this study participants were taken from different countries (N = 883) and results declared there is a great impact of inter marriages on mental health of the individuals then intra marriages.⁸

This investigation obvious that, there is the great negative impact of inters marriages with people first cousins. When there first cousins couple babies have more mental and physical disabilities.⁹ Young adults are commonly an individual with 20 to 39 age range according to Erik son. They mostly remain busy in career making, married with babies and with out babies, mostly live with their parents.¹⁰

Objectives

The objectives of the study are as following:

1. To explore the effects of same racial and non racial marriages on the mental health of the young adults.
2. To find the direct relationship of non same racial remarriages family on mental abnormalities of young adults.
3. To discover the inverse relationship of racial marriages with mental health abnormalities.

Hypothesis

Following are the hypothesis:

H1: Same racial marriages and young adult's mental health have a direct relationship with each other.

H2: Non same racial marriages and mental abnormalities have inverse relationship with each other
Operational definitions

II. MATERIAL AND METHOD

Total drawn sample of present study is (N=300) and (n=150) was taken to non racial marriages young adults and (n=150) to non same racial marriages families randomly (n= 75) respectively to two tehasils of district haripur equally for both group of study. Present study research design is comparatative. For analysis purpose was used the SPSS software and apply independent t test.

III. RESULTS

In this present study, the data was ($N = 150$) adolescent age taken from Same racial marriages and non racial marriages of district Haripur. Findings of the study attain the research purpose that mental health is higher in non racial marriages as compared to Same racial marriages. Same racial marriages and mental abnormalities have inverse relationship with each other.

Table-1 numerical values screening that Life satisfaction of non racial marriages with ($M = 1.81, SD = .458$) is higher. While life satisfaction in the Non racial marriages is lower that is ($M = 1.29, SD = .392$). This indicates that Life satisfaction is affected by marriage type.

Table-2 statistical values revealed that anxiety of non racial marriage with ($M = 33.09, SD = 7.811$) is higher. While level of anxiety in the Non racial marriages type is lower that is ($M = 1.63, SD = .487$). This indicates that anxiety level is affected by marriage type.

Table-3 statistical values exposed that depression of Same racial marriage with ($M = 14.81, SD = 3.475$) is higher. The statistical values exposed that depression of non racial marriage with ($M = 1.33, SD = .475$) is low. This indicates that depression level is affected by marriage type.

Table-4 statistical values viewing that General positive effect of non racial marriage with ($M = 2.73, SD = .487$) is higher and in non racial marriage ($M = 0.37, SD = .487$) values indicates that, general positive effect is low in non racial marriage young adult's. This point out that General effect is affected by marriage type.

Table-5 statistical values showing that lost of behavior in same racial marriage with ($M = 1.51, SD = .503$) is higher. Statistical values showing that lost of behavior in non racial marriage with ($M = 1.12, SD = .327$) is lower. This indicates that lost of behavior is affected by marriage type.

Table-6 numerical values screening that Emotional ties of same racial marriage type with ($M = 1.72, SD = .458$) is high. Numerical values screening that Emotional ties of non racial marriage type with ($M = 1.29, SD = .452$) is lower. This indicates that Emotional ties are affected by marriages.

Table-1: Results of t-test and Descriptive Statistics for life satisfaction Among Non racial marriages and same racial marriages

| | Non same racial marriages | Same racial marriages | |
|-------------------|---------------------------|-----------------------|--------|
| Variable | M(SD) | M(SD) | t(150) |
| Life satisfaction | 1.29 (.392) | 1.81 (.458) | 7.465 |

*p<.05

Table-2: Results of t-test and Descriptive Statistics for anxiety Among Non racial marriages and same racial marriages

| variable | Non racial marriages | Same racial marriages | |
|----------|----------------------|-----------------------|---------|
| | M(SD) | M(SD) | t(150) |
| Anxiety | 1.63 (.487) | 33.09 (7.811) | -34.822 |

*p<.001

Table-3: Results of t-test and Descriptive Statistics for depression Among Non racial marriages and same racial marriages

| | Non Same racial marriages | Same racial marriages | |
|------------|---------------------------|-----------------------|---------|
| Variable | M(SD) | M(SD) | t(150) |
| Depression | 1.33 (.475) | 14.81 (3.475) | -33.829 |

*p<.001

Table- 4: Results of t-test and Descriptive Statistics for General positive effect Among Same racial marriages and same racial marriages

| | same racial marriages | Non Same racial marriages | |
|-------------------------|-----------------------|---------------------------|--------|
| Variable | M(SD) | M(SD) | t(150) |
| General positive effect | 1.71 (.458) | 0.37 (.487) | 4.317 |

*p<.05

Table- 5: Results of t-test and Descriptive Statistics for loss of behavior Among Non racial marriages and same racial marriages

| | Non same racial marriages | Same racial marriages | |
|------------------|---------------------------|-----------------------|--------|
| Variable | M(SD) | M(SD) | t(150) |
| Loss of behavior | 1.12 (.327) | 1.51 (.503) | -5.578 |

*p<.001

Table-6: Results of t-test and Descriptive Statistics for emotional ties Among Non racial marriages and same racial marriages

| | Non same racial marriages | Same racial marriages | |
|----------------|---------------------------|-----------------------|--------|
| Variable | M(SD) | M(SD) | t(150) |
| Emotional ties | 1.29(.452) | 1.72 (.458) | 5.740 |

*p<.05

IV. DISSCUSSION

The score of mean value of mental health is greater in Same racial marriages and in less in Same racial marriages. Mental health in Same racial marriages is also less and Same racial marriages is greater. A finding indicates same racial marriages young adult's mental health is higher as compared to same racial marriages. Results of the current study exposed p<.05 in present study consequently; Same racial marriages and mental health have a direct relationship with each other.

First hypothesis: the first hypothesis is about the same racial marriages and young adults mental health has a direct relationship with each other. . The mental health problems are more common in same racial marriages young adults. Chances of mental health problems increased due to within family marriages rather than out of family marriages. Results of tables no 1,2, 3, 4, 5 and 6 exposing mental health problems more in those young adults hose belong to within family married couples, adults of non within family couples adults facing less mental health problems. This study fact is approving by Korean study. Mental health is associated with same racial marriages and increased risks of having a higher level of anxiety were practical in refugee women measured up to inhabitant Korean women. Young adults of the migrant group were probable to have more same cultural examine and externalizing behavioral symptoms than those of the inhabitant group. This model was more obvious in youthful adults of mothers with higher levels of anxiety. The present study found a higher risk for mild anxiety in same racial marital immigrant than in citizen of Korean women. In addition, bearing in mind that refugee young adults seemed to have more poignant and behavioral troubles next of kin to inhabitant young adults if their mothers have higher levels of anxiety, particular concentration should be paid to avoidance and in the early hours same racial for mental health problems of same ethnic marital women. The mental health position of immigrant women throughout same racial marriages and its effects on emotional and behavioral problems of young adults.¹¹

Second hypothesis is about the same racial marriages and mental abnormalities have an inverse relationship with each other. Mental health is higher in same racial marriages and low in non same racial marriages. This has been proved by the consequences of the table 1-6. Consequences explained there is high ratio of anxiety, depression and loss of behavior in same

racial families' adults and low level of emotional ties life satisfaction and general positive effect in same racial couples' young adults. There is high level of life satisfaction, emotional ties and general positive effect in non same racial family's adults. Contrary low level of depression, anxiety and loss of behavior in non same ethnic group married couples' young adults. In same racial couples' adult's mental health problems are higher due to heredity factor as compare to non-same racial couple's young adults facing less mental health problems. This study phenomenal proven by this study which done on at least 55% of British Pakistanis are married to first cousins and the tradition is also common among some other South Asian communities and in some Middle Eastern countries. But there is a problem: marrying someone who is themselves a close family member carries a risk for young adults, a risk that lies within the code of life, inside our genes. Communities that practice cousin marriage experience higher levels of some very rare but very serious illnesses known as recessive genetic disorders. Such unions are seen as strong because they build on tight family networks and family events gets better because the in-laws are already related to each other and have the same family history. But the statistics for genetic illness in cousin marriages is serious as British Pakistanis are 13 times more likely to have young adults with genetic disorders than the general population.¹²

AUTHORS CONTRIBUTION

Nihatgul writes the literature review and collects the data and did work on method section.

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