

A Study on Mental Health among Love Marriage and Arranged Marriage Couples

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Abstract: *The present study aimed to investigate the difference between the status of mental health among love marriage and arranged marriage couples. The study consists of 200 respondents from Gulbarga districts, divided equally into two groups based on marriage types (love and arranged marriage settings). Further, the study divided two groups on the basis of gender. The mental health inventory has been adopted and administered to the respondents. Mean, SD, and t - test were applied for statistical analysis. The study revealed that there is a significant difference in mental health between couples who have married in love marriages and arranged marriages. It is also reported that there is no significant difference between men and women in mental health.*

Keywords: Mental Health, Love marriage, Arranged marriage couples

1. Introduction

Many people believe that a person's marriage is the most significant stage of their life after birth. It has typically been seen as a necessary social tradition that satisfies adult security, emotional, and psychological requirements (Kaplana and Benjamin 2001). Marriage is a social structure that facilitates cohabitation and leads to a happy, healthy existence for both parties (Das and Dey 1998). Due to their mutual complementing and enhancing effects, marriage provides couples with a significant amount of emotional and psychological stability (Seidman, 1997; Dev, 2010). India, a country with many different customs and cultures, offers an intriguing paradox when it comes to marriage. Even if the idea of love marriages has become increasingly popular recently, arranged marriages are still very common in many regions of the nation. For generations, Indian society has been centred around arranged weddings, which are deeply ingrained in the country's cultural and familial norms. In the past, parents or other senior citizens were crucial in helping their children choose compatible mates by placing a strong emphasis on aspects like caste, compatibility, and familial history. The underlying ideology frequently centres on the idea that, in decisions this important, family wisdom always prevails over individual judgement. Arranged marriage proponents contend that these partnerships provide stability, compatibility, and a solid basis for family life.

Arranged weddings can offer a sense of stability and lower the likelihood of making snap judgements by doing away with the ambiguities of love relationships. Furthermore, a peaceful and long - lasting partnership can be facilitated by placing a strong emphasis on common cultural backgrounds and family values. India's changing social scene is reflected in the rise of love weddings there. Marriage - related views have changed as a result of growing urbanisation, exposure to Western influences, and the rise of individualism. The right of young people to select their relationships on the basis of love, compatibility, and common goals is becoming more and more asserted. Love marriages are frequently linked to increased emotional fulfilment, personal freedom, and a respectful connection.

These partnerships often place a higher value on each partner's pleasure and compatibility, which strengthens the emotional bond between them. However, love marriages are not without difficulties. It can be challenging to make the adjustment from a passionate love to the realities of married life. The endurance of these connections may be put to the test by societal pressures, familial expectations, and budgetary limitations. Furthermore, the chance of divorce may rise in the absence of the safety net that comes with family arrangements.

One of the fundamental elements that supports the preservation of physical health and social effectiveness is mental health. It is regarded as a crucial component of one's general health and regular level of wellbeing. Johns, Sutton, and Webster state that the quality of life is favourable but relative. It is a state that is typical of the normal individual who satisfies life's demands in accordance with their own abilities and limitations. Working and non - working women did not significantly differ from one another in terms of psychological well - being, according to Garima et al. (2014). Mental health is reflected in an individual's general well - being, feelings, and way of living. When someone thinks, feels, and acts, their thoughts, feelings, and actions work in harmony with other people.

Since emotions play a role in all aspect of a person's life, mental health refers to the ability to manage one's emotions. Additionally, a person's behaviour, interpersonal connections, ability to cope with a positive self - concept, and emotional stability at work are all considered aspects of mental health. According to APA 1890, mental health is the ability to successfully work, live, and develop the capability for an adult and adaptable way to resolve conflicts that arise between conscience and reality and impulses. Elevated psychological well - being is positively correlated with longer lifespans, healthier physical and mental health, less loneliness, fewer suicide attempts, and lower obliquity. Marital contentment was shown to be the most important factor in determining a married person's level of overall satisfaction by Ondingi and Mugenda (2011). It has a

substantial correlation with the spouses' physical and mental health.

The ability to empathise with others without confusing oneself with them is crucial for couples as it allows them to interact effectively and anticipate their partner's actions and feelings (Decety J et al., 2014). As a result, a lack of empathy may increase the risk of violence and poor social interaction in relationships. Emotional regulation, defined by Gross JJ (1995) as the capacity to identify, communicate, and control one's own emotions, is seen to be a crucial aspect of mental health in relationships and a moderator of marital adjustment. For this reason, the current study was created to look at the mental health of arranged marriage and love marriage couples.

Significance of the study:

Understanding the mental health implications of love and arranged marriages holds a significant importance for individuals, societies and policymakers. Additionally, by being aware of the possible mental health issues linked to different marriage styles, people are better able to identify and attend to their own emotional needs. Current research findings can help couples create better healthier marriages by shedding light on the variables that affect marital satisfaction.

2. Methodology

Research question:

- How does the type of marriage (love or arranged) influence mental health outcomes among couples?

Objectives

- To find out the difference in mental health between love and arranged marriage couples

- To find out the difference in mental health among male and female

Hypotheses

- There would be a significant difference in mental health between love and arranged marriage couples
- There would be a significant difference in mental health among male and female couples

Research Design

The present study is exploratory in nature and adopts survey methods.

Sampling selection: criteria for inclusion (love and arranged marriage couples and gender are included). The data has been collected from the couples respectively using simple random sampling method.

Measures

The Mental Health Inventory is developed by Jagadish and Srivastava. A. K (1988). It has 54 items distributed along 6 sub - dimensions of mental health, they are Positive Self - evaluation, Perception of reality, Integration of personality, Autonomy, Group oriented attitudes and Environmental mastery. Reliability: The split - half reliability of the inventory was found to be 0.73. Validity: Construct validity of the inventory was found to be 0.54.

Statistical Techniques

t - test was carried out to find out the comparative analysis, i. e. love and arranged marriage couples and gender.

3. Result and Discussion

Table 1: Shows the mean, SD and t - value of love and arranged marriage couples on mental health

Mental Health dimensions	Sample Group (n=200)				t - value
	Couple with love marriage (n=100)		Couple with arranged marriage (n=100)		
	Mean	SD	Mean	SD	
Positive self - evaluation	22.88	4.09	17.76	4.78	10.17***
Perception of reality	26.76	4.80	23.56	6.68	4.18*
Integration of personality	26.48	5.37	22.83	5.61	9.72***
Autonomy	21.23	6.18	18.00	5.76	4.38*
Group - oriented attitude	23.98	4.51	20.88	4.89	7.32**
Environmental mastery	22.19	7.38	21.19	3.24	4.32*
Overall MH	123.08	14.29	117.94	11.38	16.95***

Significant at 0.001 level

Table 1. Shows the mental health scores of the couple with love marriage and couple with arranged marriage. The results showed that the couple with love marriage mean score = 123.08 and SD = 14.29 and the couple with arranged marriage mean score = 117.94 and SD = 11.38. The t - value is 16.95, which is significant at 0.001 level. The result revealed that couples with a love marriage have a better mental health status as compared to couples with an arranged marriage. It clearly indicates that couples with love marriages are more confident that they can mould themselves according to circumstances and that they have an important role in social ceremonies compared to couples with arranged marriages. Hence, the hypothesis states that the mental health of the

couple in a love marriage is significantly better than that of the couple in an arranged marriage has been accepted. The dimension wise results showed that those who have married in love marriage setups have higher levels of effect on their view of reality and personality integration than people who have married in arranged marriage settings. The study has also revealed a noteworthy distinction between individuals who have married in an arranged marriage and those who have married love marriage settings that couples are good at group orientation, positive self - evaluation, and environmental mastery. At the 0.001, 0.01, and 0.05 levels, a significant difference is clearly present.

Table 2: shows the mean, SD and t - value of male and female on mental health.

Mental health dimensions	Sample Group (n=200)				t - value
	Male (n=88)		Female (n=112)		
	Mean	SD	Mean	SD	
Positive self - evaluation	21.14	3.84	23.61	4.11	3.27**
Perception of reality	19.01	3.28	23.71	6.21	0.43 NS
Integration of personality	23.43	5.11	25.52	5.22	1.68 NS
Autonomy	17.16	4.75	20.30	7.42	6.78***
Group - oriented attitude	19.42	7.96	22.34	6.21	1.07 NS
Environmental mastery	18.67	7.47	23.31	6.09	1.01 NS
Overall MH	132.99	12.50	145.38	17.07	3.43**

Significant at 0.01 level and NS: Not Significant

Table 2 shows that mental health scores of males and female. The results showed that the male mean score = 132.99 and SD = 12.50 and the female mean score = 145.38 and SD = 17.07. The t - value is 3.43, which is significant at 0.01 level. It is evident that the result showed that females have better mental health than their male counterparts. As a result, it suggests that women are more adept at coping with the unfavourable effects and that they employ positive self - evaluation to support their decision - making. According to the dimension results, males and females differ significantly in terms of positive self - evaluation (t 3.27) and autonomy (t 6.78), respectively. Nonetheless, the outcome suggests that women have a greater degree of positive self - evaluation than men. It has been established that women are more autonomous than men when it comes to handling circumstances and navigating both internal and external interactions. However, when integration of personality, group - oriented attitude, and environmental mastery factors were combined, it was discovered that there isn't much of a difference between men and women. Nonetheless, average scores indicate that there are minor differences between males and females.

4. Discussion

The aim of the research is to ascertain the difference in mental health between the gender and couples who were married arranged marriages and those who were married out of love. The results suggest that love marriage arrangements are more advantageous. A close romantic relationship has been shown to increase the likelihood of mental health benefits because the partners may have a better understanding of each other's emotional, behavioural, and mental qualities as well as communication, intimacy, future orientation, and equilibrium in handling work - life balance. A pair that first connected on an event bond together on that occasion and may be inspired to consider more personal relationships in the future.

It is clear that, in comparison to couples who engaged and were married in arranged marriage arrangements, couples who got married in love marriage setups have a higher degree of positive self - evaluation. Positive self - evaluation will eventually help them recognise their boundaries and limitations with regard to all they hope to achieve in life going forward. Comparing couples who married in love marriage arrangements to their counterparts, it is also observed that their perception of reality is higher in these cases.

Additionally, studies have shown that couples in love marriage arrangements integrate their personalities, autonomy, group - oriented attitudes, and environmental mastery more than their counterparts (German; 2008) trust

and marital satisfaction is significantly higher in females than in males. In the end, the study found that individuals who have gotten married in an arranged marriage setup have adverse mental health status than couples who have intimate romantic relationships with their partners.

However, there was no discernible variation in mental health according to gender. Regardless of marital arrangements, there was a highly significant difference between males and females in terms of positive self - evaluation and autonomy. This implies that, compared to their male counterparts, women who have engaged and married have demonstrated a more positive version of themselves in terms of close connections, love and affection, and connecting with their partners. The sense of reality, personality integration, group - oriented attitude, and environmental mastery did not exhibit a statistically significant difference between the genders.

5. Conclusion

The study has reported that couples who have gotten married in a close, romantic love marriage setup exhibited better mental health status as well as on sub - dimensions such as positive self - evaluation, perception of reality, integration of personality, autonomy, group - oriented attitude and environmental mastery. However, gender had no bearing on the mental health status of the people who have married in love and arranged marriages. Mental health dimensions such as positive self - evaluation and autonomy revealed a notable disparity in mental health between men and women.

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