

Youth's Attitudes Towards Marriage And Its Relationship To Mental Health (A Study On A Sample Of Those About To Get Married In Taif)

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Abstract:

This study holds practical significance as it delves into the psychological challenges faced by individuals preparing for marriage, a critical phase that sets the tone for their future relationship. By focusing on the pre-marital stage, the study aims to address issues that could impact the success of the marital union. This study Aims to identify psychological issues faced by soon-to-be-married individuals and provide necessary support and counseling, assess the level of psychological health among soon-to-be-married individuals, and to evaluate attitudes towards marriage expectations and forms (early, late, and multiple). The study holds theoretical importance by addressing the rising divorce rates among marriage applicants and contributing to the body of research on marital life. Additionally, it fills a gap in existing research on mental health and attitudes towards marriage specifically in Taif governorate. The results of study concluded the males exhibit a more favorable attitude towards marriage compared to females, Individuals aged 20-25 display the most positive attitudes towards marriage, Undergraduate individuals show better attitudes towards marriage compared to other educational levels, males demonstrate better mental health compared to females, individuals under 20 years old show better mental health compared to other age groups, undergraduate individuals exhibit better mental health compared to other educational levels.

Keywords: Youth- Attitudes- Marriage- Mental Health- Relationship - Sample- Taif- Those about to get married.

Introduction:

The family stands as the cornerstone of society, transcending religious beliefs, languages, and cultures. Since the dawn of humanity, marriage and family formation have been fundamental aspects of human existence, ordained by divine legislation for the perpetuation of the human race and the fulfillment of divine succession on Earth.

According to the Holy Qur'an, Adam and Eve were the first married couple, symbolizing the inception of the institution of marriage. The Prophet Muhammad (peace and blessings be upon him) encouraged marriage, recognizing its importance in leading a righteous life.

Throughout the journey of marital compatibility, families encounter various challenges, ranging from economic to psychological issues involving spouses or children. The strength and balance of the marital relationship determine how these challenges are navigated. A robust and harmonious marital bond enables families to weather crises effectively. Conversely, marital discord can destabilize the family unit, leading to psychological issues in children and emotional distress in spouses. It's evident that marital compatibility is crucial for the well-being and continuity of the family and, by extension, society (Soliman, 2005).

Marriage, as one of the oldest social institutions, profoundly shapes individual and social dimensions of human life. It serves as the nexus between genders, ensuring societal stability, species survival, and the sanctity of relations between men and women. Various forms of marriage have evolved throughout history, reflecting the diversity of human societies. Research underscores the pivotal role of marriage in family formation, which ultimately influences societal efficiency and cohesion (Ryan, 2004).

Problem of the Study:

The researchers, based on their experience in a virtual clinic for marriage counseling, noted that many individuals seeking such counseling face psychological barriers hindering their ability to commit to marriage due to negative attitudes and perceptions. Therefore, there is a need to understand the attitudes of young people towards marital life and its impact on mental health. This leads to the following research questions:

1. What is the relationship between attitudes towards married life and mental health among soon-to-be-married couples in Taif Governorate?
2. Are there significant differences in attitudes towards married life based on gender, age, educational level, and marital status?
3. Are there significant differences in mental health based on gender, age, educational level, and marital status?

Objectives of the Study:

The study aims to: 1. Identify psychological issues faced by soon-to-be-married individuals and provide necessary support and counseling.

2. Assess the level of psychological health among soon-to-be-married individuals.

3. Evaluate attitudes towards marriage expectations and forms (early, late, and multiple).

Importance of the Study: The study holds theoretical importance by addressing the rising divorce rates among marriage applicants and contributing to the body of research on marital life. Additionally, it fills a gap in existing research on mental health and attitudes towards marriage specifically in Taif governorate.

Applied Importance:

This study holds practical significance as it delves into the psychological challenges faced by individuals preparing for marriage, a critical phase that sets the tone for their future relationship. By focusing on the pre-marital stage, the study aims to address issues that could impact the success of the marital union. The role of the virtual clinic in providing specialized counseling services to prospective couples becomes crucial in enhancing psychological compatibility and offering support and guidance during this pivotal stage of acquaintance, decision-making, and dependency.

Limitations of the Study:

The study is confined by several limitations:

1. Spatial Boundaries: Limited to Taif Governorate, specifically the Center for Married Persons and the Blood Bank.

2. Temporal Boundaries: The research is to be conducted between the years 1443 and 1444 (Hijri calendar).

3. Human Boundary: The study sample comprises individuals seeking marriage counseling through the virtual clinic.

4. Objective Boundaries: Participants include marriage seekers of both genders.

Study Terms:

1. Attitudes: Refers to the neuropsychological readiness shaping an individual's orientation of love or hate towards a particular subject or idea (Allport, 1953).
2. Marriage: Defined as the legal and official union between a man and a woman, aimed at forming a family and entailing mutual rights of enjoyment without ownership over one another (Al Sahl, Al Nasser, Al-Balhan, 2007).
3. Psychological Health: Describes a state of overall happiness, psychological well-being, and social comfort, beyond mere absence of disability or weakness (Al-Zoubi, 2006).

Chapter one: Theoretical Framework

This chapter delves into the theoretical underpinnings of attitudes, marriage, and mental health, drawing upon previous studies and providing commentary.

Attitudes:

Attitudes, as defined by Taha et al. (1993), are acquired motives that reflect emotional readiness, influencing an individual's behavior and preferences towards various topics. These attitudes consist of three key components: the cognitive component, which encompasses experiences, knowledge, and beliefs related to the subject; the emotional component, which distinguishes attitudes from mere opinions by adding an emotional charge; and the behavioral component, which manifests as clear responses to specific stimuli (Abdulrahman, 2013).

Moreover, attitudes serve several functions, as outlined by Kamal (2005): they organize motivational and emotional processes, facilitate decision-making, clarify interpersonal relationships, determine stable responses, and aid in achieving personal goals and aspirations.

Marriage:

The institution of marriage, regarded as a divinely blessed union between a man and a woman, holds paramount importance in societal structure as the fundamental unit of family. Quoting the divine decree, "And among His signs is that He created for you from yourselves spouses to dwell with and made between you affection and mercy, there are signs for those who think," underscores its significance as a cornerstone of social order (Belmihoub, 2019: 19).

Birth, marriage, and death are identified as the pivotal life events, with marriage being distinguished by its voluntary nature, contrasting with the inherent inevitability of birth and death. It marks the transition from dependency to adulthood, characterized by responsibility and freedom.

Defined as the union of a man and a woman forming the basis of the family unit, marriage serves as a legal and social construct, delineated by clear contractual terms, mutual rights, obligations, and commitments between spouses and their offspring (Hornby, 1977:529; Federico & Schwartz, 1983). This social institution fosters continuity and adherence to societal norms, commencing with the formal declaration of marriage and a contractual agreement.

Marriage, as elucidated by Al-Hassan (1985: 15), encompasses both a sexual and social bond between two individuals, validated by legal and societal norms. It serves as a lifelong commitment fostering the upbringing of children within the framework of social, moral, and religious values recognized and esteemed by society. Thus, marriage stands as a crucial mechanism for personal fulfillment and societal harmony, providing a platform for individuals to realize their identities and fulfill societal expectations.

Types of Marriage:

Marriage, as a social institution, manifests in various forms within human societies, categorized into legal and illegal marriages. Among these forms, distinctions are drawn between monogamous and pluralistic marriages, as well as internal and external marital arrangements. Two conceptualizations delineate the diverse forms of marriage.

The first conceptualization outlines four primary forms of marriage:

1. Monogamy: This form entails the union of one man and one woman, prevalent across a multitude of human societies, both ancient and contemporary.
2. Polygamy: Characterized by a marriage involving one woman and multiple men, though relatively rare and found primarily among certain tribes in Asia.

3. Polygyny: The most widespread form of polygamous marriage, its application varies across societies, often emphasizing equality among wives in rights and necessitating separate residences for each wife (Al-Attar, 2001).

The second conceptualization expands on the diversity of marital forms, including:

1. Consensual or selective marriage: Predicated on mutual agreement between two parties rather than strict adherence to Sharia or legal frameworks, typically established through mutual consent between a man and a woman of sound capacity.
2. Marriage between cousins or uncles: Prevalent in certain societies, this type of marriage aims to strengthen familial bonds but is associated with societal, biological, and medical concerns regarding potential negative consequences.
3. Marriage of convenience: Entered into for social, political, or economic advantages rather than genuine affection or commitment.
4. Child marriage: Involving individuals under the age of sixteen, often arranged for cultural or economic reasons, despite legal prohibitions in many jurisdictions.
5. Wife-buying marriage: Characteristic of primitive societies, wherein a husband provides a sum of money to the wife's parents in exchange for permission to marry her.
6. Shagar marriage: Involving an exchange of marital partners between families without dowry, a practice prohibited by the Prophet Muhammad (peace and blessings be upon him).
7. Mut'ah marriage: Also known as temporary marriage, this forbidden practice entails a contractual arrangement between a man and a woman for a specified period of time (Morsi, 2008: 21-22).

Motives for Marriage:

Motives for marriage encompass psychological, social, and religious dimensions, reflecting its profound impact on individual happiness and societal well-being.

Psychosocial Interpretation of Marriage:

- Marriage is perceived as a complete pattern of behavior driven by the human instinct to satisfy various needs (Jalal, 1995).

- Meeting Survival Needs: Legitimate marriage facilitates the fulfillment of basic needs such as food, shelter, safety, and sexual intimacy, essential for human survival and procreation (Ibrahim, 1977: 135).

- Fulfillment of Freedom: Marriage provides a balance between freedom and responsibility, granting independence from original families while fostering mutual obligations and a sense of purpose (Marsa, 2007).

Theories of marital choice:

The writings of psychology and sociology have focused on explaining the reasons why individuals choose certain partners for marriage. Among the prominent theories in this area are psychoanalytic theory, homogeneity theory, criteria theory, spatial proximity theory, and integration theory (Al-Rashidi, Al-Khalifi, 1997).

1. Psychoanalytic theory

Psychoanalytic theory suggests that unconscious motives play a significant role in marital choice. Individuals may be guided by subconscious desires when selecting a partner, often based on their relationships with their parents. For example, individuals may seek partners who resemble or differ from their parents based on their perceptions of them (Assaad, 1989).

2. Homogeneity theory

Homogeneity theory posits that people are attracted to those who are similar to them. This similarity may encompass various aspects such as religion, ethnicity, age, education, social status, attitudes, and physical characteristics. People tend to marry individuals who share similar backgrounds and characteristics (Haqqi, Abu Sakina, 2020).

3. Criteria theory

Criteria theory suggests that marital choice is influenced by societal standards regarding age, gender, religion, education, and social status. Individuals internalize these standards through

socialization processes, which shape their preferences and choices in selecting a partner (Guoan, 2005).

4. Values theory

Values theory emphasizes the importance of shared values in marital choice. Individuals are inclined to choose partners who share or accept their fundamental values, as this fosters emotional security and compatibility (Haqi, Abu Sakina, 2020).

5. Spatial proximity theory

According to spatial proximity theory, marital selection often occurs within a specific geographical area where individuals interact and form relationships. This theory suggests that individuals are more likely to marry those who reside in close proximity to them, leading to cultural and socioeconomic homogeneity (Al-Khashab, 1987; Maxwell, 1997).

6. Complementarity theory

Complementarity theory proposes that individuals seek partners who complement their needs and shortcomings. For example, a person may be attracted to someone who possesses qualities that compensate for their own deficiencies, leading to a mutually beneficial relationship (Parker & Bergmark, 2005).

Choosing a life partner:

The process of choosing a life partner involves transitioning from a single status to a married one, following procedures dictated by societal norms. This process may vary across cultures, with individuals often having a role in the selection process. Marital choice can be influenced by familial expectations, personal desires, or societal standards (Haqi, Abu Sakina, 2020).

Marriage selection criteria.

When selecting a life partner, individuals consider various criteria that encompass religious, emotional, behavioral, physical, socioeconomic, and cultural aspects:

1. **Religiosity:** Religion plays a fundamental role in partner selection, with individuals often preferring partners who share their religious beliefs and values (Badahdah & Tiemann, 2005).

2. Emotional Tendencies: Emotional compatibility, respect, and commitment are crucial factors in marital choice, with positive emotions ranging from acceptance to love influencing partner selection (Myers et al., 2005; Buss, 1989).

3. Good Behavior: Adherence to societal norms, religious principles, and ethical standards is valued in potential partners, reflecting qualities such as honesty, generosity, and respect for others (Chuang, 2002).

4. Appearance: External appearance, including physical attributes and grooming, influences partner selection, although excessive emphasis on appearance may lead to overlooking other important criteria (Bailey et al., 1994; Chuang, 2002).

5. Economic Level: Economic stability and status are significant considerations in partner selection, with individuals often preferring partners of similar financial standing or higher socioeconomic status (Judith, 1983; Rajceki & Rasmussen, 1991).

6. Professional Status: Professional occupation and social status are important factors, particularly for men, as they are often perceived as responsible for financial support within the family unit (Abdulaziz, 1990).

7. Education: Education level and quality are key criteria, with individuals typically preferring partners of equal or higher educational attainment (Sprecher & Hafield, 1994).

8. Marital Status: Marital history, including whether a person has been previously married or remains unmarried, influences partner preferences, with many individuals preferring partners who have never been married (Fahrenkamp, 2001).

9. Nationality: Nationality and ethnic origin are factors considered in partner selection, with individuals often preferring partners from similar cultural backgrounds, although intercultural marriages are becoming increasingly common (Fiebert et al., 2004).

Overall, partner selection involves a complex interplay of personal preferences, cultural norms, and societal expectations, with individuals weighing multiple factors to find a compatible life partner.

Marital compatibility.

First, the definition of marital compatibility:

Marital compatibility is the harmonious and mutually accepting relationship between spouses that ensures the stability and continuity of married life. It is characterized by positive feelings, trust, respect, and shared values, along with agreement on important aspects such as child-rearing, finances, and sexual satisfaction (Marioles & Hammer, 1995).

Foundations of marital compatibility include:

1. Similar Social Culture: Shared cultural backgrounds facilitate mutual understanding and agreement on behavioral norms and values.
2. Emotional Maturity: Both partners should possess emotional maturity, enabling them to navigate challenges in married life with reason and communication.
3. Strong Bond: A deep understanding of each other's needs and preferences strengthens the marital bond.
4. Emotional Balance: Both spouses should maintain emotional balance, fostering love, affection, and psychological attachment while avoiding unrealistic expectations.
5. Consultation and Cooperation: Open communication and cooperation in decision-making contribute to a harmonious relationship.
6. Shared Goals: Having common goals fosters cooperation and mutual support in achieving them (Haqqi, Abu Sakina, 2020).

Threats to marital compatibility include:

1. Blame and Resentment: Mutual blame and resentment undermine the foundation of marriage, leading to negative feelings and conflict.
2. Leisure Time Disagreements: Differences in how to spend leisure time or vacations can lead to tension and dissatisfaction.
3. Environmental Factors: Cultural practices, delayed marriage, financial pressures, and interference from relatives can strain marital relationships.

4. Jealousy: Feelings of jealousy stemming from distrust or suspicion can create discord and insecurity in the relationship. (Al-Ezza, 2015)

5. Decision-Making in Bad Moods: Making decisions or engaging in conflict while in a negative emotional state can escalate tensions and hinder resolution (Al-Sahel, Al-Balhan, Al-Nasser, 2007).

The main issues of marriage and family:

Maintaining marital compatibility requires ongoing effort, effective communication, and a willingness to address challenges together. By prioritizing understanding, respect, and cooperation, couples can cultivate a strong and lasting bond in their marriage.

The main issues faced by marriages and families are often intertwined with broader societal changes, especially during transitions from traditional to modern norms. These issues can significantly impact the stability and well-being of families. Here are some of the key issues:

1. Family Conflict and Tension: Factors like cultural differences, conflicting values, and decision-making dynamics can either strengthen marital bonds or lead to conflict and tension. Joint decision-making fosters integration, while individual decision-making may weaken the marriage (Hassan, 1980).

2. Family Disintegration: This occurs when one or more family members fail to fulfill their roles adequately, leading to breakdowns in family unity. Marital discord and differences between spouses are particularly destabilizing and can result in separation or divorce (Al-Khouli, 1989).

Key issues impacting marriages and families include:

- Social Issues: Lack of social interaction, disparities in educational levels, jealousy, and unmet expectations can strain marital relationships.

- Psychological Issues: Depression, anxiety, aggression, loneliness, and lack of empathy can affect the emotional well-being of family members.

- Health Issues: Chronic illness in one spouse can introduce additional stressors into the relationship.

- Mental Factors: Differences in problem-solving abilities and interests may contribute to marital discord (Al-Akhras, 1980).

The consequences of marital issues extend beyond the immediate family and can impact society as a whole:

1. Effects on the Couple: Marital conflicts can lead to deteriorating family ties, divorce, and negative outcomes such as addiction, adultery, and violence. They also affect the mental, physical, and family health of both spouses (Moussa et al., 2003; Shawky, 2000; Fincham & Beach, 1999).
2. Impact on Children: Children may suffer from the negative consequences of marital conflict, leading to frustration, behavioral problems, and psychological disorders (Morsi, 1991).
3. Societal Impact: Marital disputes contribute to social problems such as drug addiction, crime, and infidelity. Mitigating marital conflicts can help prevent these negative societal consequences (Morsi, 2008).

Addressing these issues requires proactive efforts from couples, families, and communities to promote healthy communication, conflict resolution, and support systems.

Marriage and family counseling:

Marriage and family counseling is a specialized form of psychological counseling aimed at helping couples and family members navigate challenges, develop their personalities, and ensure stable and harmonious relationships. It involves applying psychological principles and theories to modify behavior and enhance satisfaction with personal needs within societal standards.

Premarital Counseling:

Premarital counseling serves as a preventive measure to preserve marital life from potential collapse. It involves discussions and exercises to explore intellectual, cultural, and psychological dimensions, reducing the gap of individual differences between partners. Some key aspects include:

- Developing communication skills
- Learning to deal with life's challenges

- Managing individual differences
- Addressing emotional discharge and domestic violence
- Practicing progressive problem-solving skills
- Discussing various aspects of marriage, including roles, children, finances, career, living arrangements, and leisure activities (Odeh, 2018).

Objectives of Family Marriage Counseling:

Family marriage counseling aims to achieve compatibility between spouses and family members, integrating their desires, providing necessary information and skills for growth, and addressing challenges. Its goals include:

1. Preventive Goals: Equipping couples and families with skills to face challenges positively.
2. Developmental Goals: Enhancing the social, marital, and family environment to meet psychological and physical needs.
3. Therapeutic Objectives: Rehabilitating couples, parents, and children to effectively manage conflicts (Al-Sahel, Al-Nasser, Al-Balhan, 2007).

Adaptation after Marriage:

After marriage, couples embark on a honeymoon period and adjust to a new life together, which may involve changing habits, traditions, and behavior patterns. This adjustment phase can be challenging, requiring concessions and adaptation from both parties to avoid conflicts arising from failure to adapt to the new situation (Al-Essawi, 2009).

In summary, marriage and family counseling play a crucial role in preparing couples for marriage, addressing issues within marriages and families, and facilitating healthy adaptation to new life stages.

Chapter Two: Mental health

Introduction:

The pursuit of mental health is a fundamental aspiration for individuals, who seek enduring psychological stability and peace amidst life's challenges. Mental health, an integral facet of overall well-being, encompasses physical health and social relationships,

constituting an indivisible whole in the human experience. Contrary to mere absence of mental illness, mental health denotes freedom from psychological disorders and symptoms, fostering harmony within oneself and society. Neglect of mental health, increasingly prevalent globally, underscores its critical significance in fostering individual-contentment and societal harmony (Ghanem, Mahmoud, Hanour, 2011: 103).

Defined by the World Health Organization (WHO) as a state of holistic well-being, mental health signifies not only the absence of disease or disability but also the harmonious integration of various psychological functions, enabling individuals to effectively confront psychological crises with a sense of happiness and sufficiency (Al-Zoubi, 2006: 21). This definition emphasizes full compatibility, decisive decision-making ability, successful adaptation to changing environments, and attainment of happiness in interpersonal relationships (Al-Qusi, 1975: 6).

Furthermore, mental health embodies an individual's ability to coexist harmoniously with oneself and society, leading to a life replete with enthusiasm, vitality, and productivity. Rooted in emotional, emotional, and mental equilibrium, mental health fosters moderation in behavior and self-acceptance, thereby ensuring a sense of peace amidst diverse circumstances (Al-Dahri, 2008: 21). Described as a relatively permanent state, mental health enables individuals to achieve personal fulfillment, optimize their potential, and navigate life's challenges with composure and integrity (Zahran, 2003: 27).

Affected by biological, psychological, and social factors, mental health hinges on both self-compatibility and harmonious interactions with others. It aims to prevent, treat, and mitigate psychological disorders, facilitating individuals' pursuit of maximal happiness and fulfillment. Key indicators of mental health include emotional maturity, resilience in adversity, a profound sense of happiness and tranquility, and productive engagement within one's capabilities (Rajeh, 1955: 453-454).

The importance of studying mental health:

The study of mental health holds significant importance in contemporary society due to the complex and pervasive nature of psychological issues, which impact various aspects of human life, including social relations, work, and productivity. Understanding

mental health is crucial for safeguarding individuals and societies against the rising prevalence of mental illnesses and behavioral deviations. Recent statistics highlight a continuous increase in personality disorders, underscoring the urgency of addressing mental health concerns (Al-Dahri, 2008).

Key aspects of studying mental health include:

1. **Preventive Aspect:** Mental health initiatives focus on recognizing, understanding, and addressing psychological and mental diseases and their underlying causes. Emphasis is placed on preventive measures such as socialization in family and school settings to create conditions conducive to mental well-being and reduce the onset of disorders (Al-Dahri, 2008).
2. **Therapeutic Aspect:** Mental health services aim to provide assistance to individuals facing difficulties in adjustment through counseling and psychotherapy, facilitating their journey toward improved mental well-being (Al-Kanani, et al., 2013).
3. **Developmental Aspect:** Promoting positive mental health involves nurturing individuals' potential and abilities, fostering qualities such as responsibility, productivity, and resilience. Psychologically healthy individuals demonstrate adept problem-solving skills and comfort in social interactions, contributing positively to society (Al-Dahri, 2008).

In society, mental health initiatives aim to cultivate integrated personalities, preparing individuals to participate meaningfully in social activities while fostering social harmony, religious growth, and moral development (Zahran, 2003).

Manifestations of mental health: include appropriate self-esteem, realistic goal-setting, a sense of happiness, positivity, responsibility, and self-acceptance. These indicators reflect individuals' psychological well-being, enabling them to navigate life's challenges effectively and contribute positively to their communities (Al-Kanani, et al., 2013).

Furthermore, there exists a close relationship between mental health and psychological compatibility. Psychological compatibility, characterized by personal cohesion and acceptance of oneself and others, is fundamental to achieving mental health. Compatibility entails adapting to and harmonizing with one's environment and society, promoting a state of psychological well-

being characterized by reduced stress, anxiety, and increased happiness (Zahran, 2003).

In conclusion, psychological compatibility is integral to maintaining mental health, as it enables individuals to navigate daily pressures and conflicts while preserving psychological balance. Recognizing and fostering compatibility is essential for promoting mental well-being and achieving harmony within oneself and society.

Previous studies:

- Al-Shawashira (2017) conducted a study to assess the mental health level among married Syrian minors in Jordan. The sample comprised 301 minor refugees, and a mental health scale was developed for the study. The findings revealed a moderate level of mental health among married Syrian minor refugee women in Jordan. Additionally, the study found statistically significant differences in mental health levels based on variables such as parental employment, age at marriage, and reasons for marriage, favoring those whose fathers work and mothers do not.
- Vail (2012) investigated methods to reduce the divorce rate among Christians in America. The study focused on evaluating the effectiveness of church-provided premarital programs in enhancing marital satisfaction and decreasing divorce rates. Using a social survey method and electronic questionnaires, the study included 50 couples (100 participants) who participated in these programs. Results indicated high levels of satisfaction among participants, with half considering the counseling very useful and the other half somewhat useful. Conflict resolution, communication skills, and spiritual beliefs were identified as the most beneficial aspects of the counseling. The majority of respondents reported high marital happiness, with only a small percentage indicating dissatisfaction, particularly among those not married within the church.
- Oranthinkal & Alfons (2011) aimed to examine the impact of age, gender, length of marriage, and number of children on marital satisfaction. Findings revealed that age, length of marriage, and number of children negatively influenced marital satisfaction.

Chapter three

Study Procedures

Study population and sample

Study Methodology

Study Tools

Statistical Methods

Study Population and Sample:

- The study selected a random sample of 150 individuals from Taif governorate who were about to get married.
- The demographic data of the sample were described based on gender, age, and educational level.

Methodology of the Study:

- Descriptive approach was used.

Study Tools:

1. Youth Attitudes toward Marriage Scale:

- Developed by the researchers.
- Validity was assessed by calculating correlation coefficients between item scores and total scores for each dimension using Pearson correlation coefficient.
- Reliability was assessed using Cronbach's alpha coefficient and split-half coefficient.

2. Mental Health Scale:

- Developed by the researchers.
- Validity was assessed using Pearson correlation coefficient.
- Reliability was assessed using Cronbach's alpha coefficient and split-half coefficient.

Statistical Methods Used:

- Calculation of averages and standard deviations.
- Pearson correlation coefficient to assess the validity of internal consistency of scales.

- Cronbach's alpha coefficient to assess scale stability.
- Split-half coefficient to assess scale stability.
- T-test for testing differences between means.
- Analysis of variance.

Chapter Four

Presenting and analyzing the study data and discussing the results

Answering the study questions:

Question 1: Are there statistically significant differences in the level of attitude towards married life according to gender, age, educational level, and marital status?

1. Gender Variable:

- Males had a significantly higher average attitude towards married life compared to females ($p = 0.050$), with a t-value of 1.990.

2. Age Variable:

- Individuals aged 20-25 years had the highest average attitude towards married life compared to other age groups, with an F-value of 2.947 ($p = 0.050$).

3. Educational Level Variable:

- Those with a university-level education showed a significantly higher average attitude towards married life compared to other educational levels ($p = 0.046$), with an F-value of 2.728.

4. Marital Status Variable:

- Widowed individuals displayed the highest average attitude towards married life compared to other marital status categories ($p = 0.024$), with an F-value of 3.223.

Question 2: Are there statistically significant differences in the level of mental health depending on the variables of gender, age, educational level, and marital status?

1. Gender Variable:

- Males exhibited a significantly higher level of mental health compared to females ($p = 0.030$), with a t-value of 2.230.

2. Age Variable:

- Individuals under 20 years old demonstrated the highest level of mental health compared to other age groups, with an F-value of 3.713 ($p = 0.027$).

3. Educational Level Variable:

- Those with a university-level education showed a significantly higher level of mental health compared to other educational levels ($p = 0.040$), with an F-value of 2.832.

4. Marital Status Variable:

- Married individuals displayed the highest level of mental health compared to other marital status categories ($p = 0.012$), with an F-value of 3.778.

These results indicate significant associations between attitudes towards married life and mental health with various demographic variables, providing insights into the factors influencing these aspects of individuals' lives.

Chapter five

- Summary of Study Results

- Study Recommendations

- Suggested Research and Studies

Summary of findings, recommendations and suggestions

Results of the study:

1. Attitudes towards Marriage:

- Males exhibit a more favorable attitude towards marriage compared to females.

- Individuals aged 20-25 display the most positive attitudes towards marriage.

- Undergraduate individuals show better attitudes towards marriage compared to other educational levels.

- Widowed individuals exhibit the most positive attitudes towards marriage among different marital statuses.

2. Mental Health:

- Males demonstrate better mental health compared to females.
- Individuals under 20 years old show better mental health compared to other age groups.
- Undergraduate individuals exhibit better mental health compared to other educational levels.
- Married individuals display better mental health compared to other marital statuses.

Recommendations:

1. Awareness and Guidance Programs:

- Conduct awareness and guidance programs for individuals about to get married, emphasizing the importance of these programs in improving attitudes towards marriage and addressing pre-marital issues.

2. Marriage and Family Counseling Centers:

- Establish more marriage and family counseling centers to provide support and guidance for couples, especially focusing on pre-marital counseling.

3. Pre-Marital Counseling for Divorced Couples:

- Offer specialized pre-marital counseling for divorced couples to address any lingering issues and ensure readiness for remarriage.

4. Training for Health Practitioners:

- Provide training and courses for health practitioners in marriage and family counseling to enhance their skills in addressing psychological aspects of relationships.

5. Compulsory Psychological Examination:

- Consider implementing mandatory psychological examinations at marriage examination centers, along with pre-

marital courses, to assess mental readiness for marriage and identify potential issues.

6. Further Research:

- Conduct similar studies across all regions of the country and focus on studying divorcees to understand the reasons behind the increase in divorce rates and inform targeted interventions.

Implementing these recommendations can contribute to fostering healthier attitudes towards marriage and improving mental health outcomes, ultimately leading to stronger and more resilient relationships within the community.

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