

DOI: [10.5575/nairjssh.2023.9.6.16](https://doi.org/10.5575/nairjssh.2023.9.6.16)

## RESEARCH ARTICLE ON MARRIAGE; AN OVERRATED INSTITUTION.

Author

**MEEKASHI THAPA**

### *ABSTRACT*

*Marriage is considered to be an important institution of our social system. It claims moral superiority by suggesting that union it recognizes have a social sanction from God. This sanction grants married people exclusive benefits in civil society; financial bonuses, immigration preferences, etc. a married person can even change the name and place of residence without hassle, for free. These benefits show that marriage has got not only social sanction and credibility but other political and economic back up as well, which means it is not God who makes marriage special, it is the la*

### INTRODUCTION

Although, this institution has played very immense role in bringing about stability and longevity of the society. But in my article, I want to highlight the stigma associated with marriage and how it has become so essential part of our social life that without its life seems meaningless.

Below I have thrown some lights on the negative role marriage plays in our socio-economic-political system.

#### **According to some definitions-**

1. Marriage is a sacred bond-

The sacred feature makes it an unbreakable bond due to which people continue to stay in it even if it becomes non-workable. Moreover, due to this marriage has become a compulsion in society.

2. Marriage is union between a man and a woman- The union between a man and a woman makes marriage an already defined system. Anything outside this definition makes it illegal. In the present scenario, gay and lesbian marriages have become so popular but due to the so-called popular belief that it can be the union only between a

man and a woman, other same gender couples struggle and face outcaste from the society.

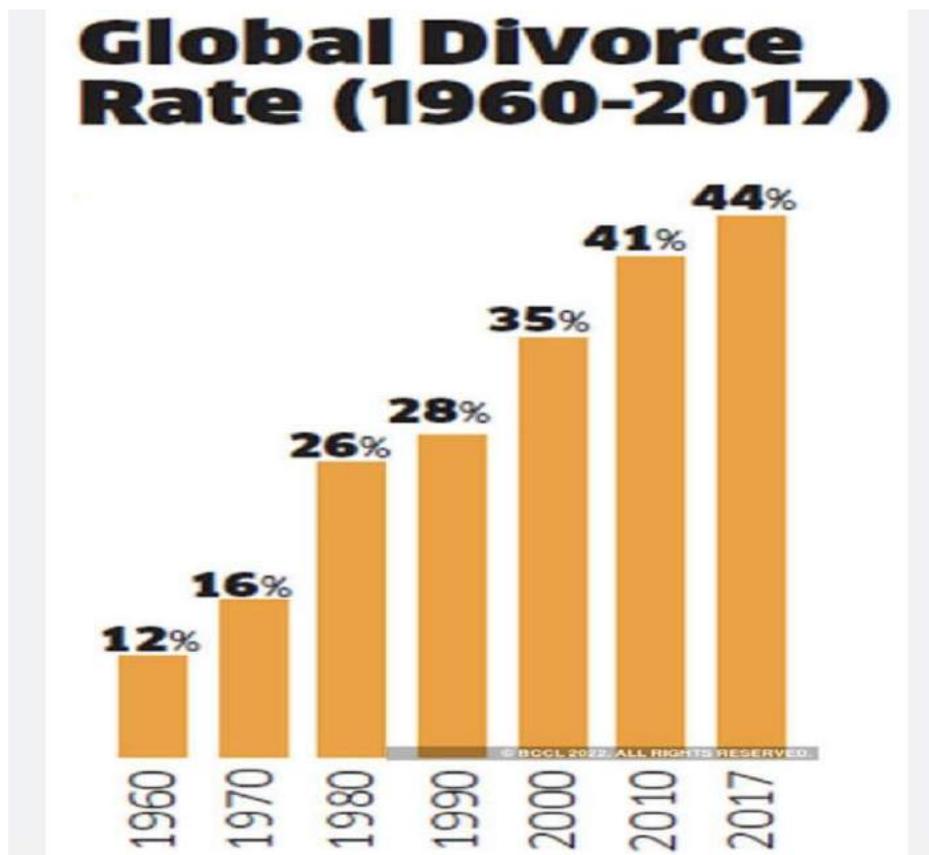
1. It is a social /civil contract-

As this institution has been given a social sanction getting apart from a marriage requires sanction of society. Many couples choose to stay in an unhappy marriage instead of moving out of it all due to the social pressure and accountability they had to face after being getting separated.

2. Stigma over remarriages-

Getting married again particularly for a widow is considered to be bad in various societies. Women are forced to live alone even under worst conditions instead of remarrying.

Many points cited above highlights the negative impact society puts on the society still people continue to get married all become it is overrated and we are forced to believe that life is impossible without this. Citing below some data which shows the growth rate in divorce.



Individuals in this world are not going to be fond about marriage. Still, for the most part, the majority of people want to be married at some point of their life. For a person to fall in love with somebody and commit themselves for the rest of their lives is absolutely outstanding. Even though the majority of marriages are going to be positive, Marriage can likewise have its downfalls at times too.

A bad marriage with frequent conflicts could have a serious detrimental impact on your health, according to psychologists.

### 3. Longevity

Due to the better general health and better lifestyle choices, it is understandable that the survival of happily married couples can be longer than those who are either unhappily married or single.

If a couple gets married when they are both still young, the effects of early marriage on health can be either positive or negative, depending on their maturity and commitment to each other.

A loving couple who seeks to bring out the best in one another can look forward to a long and fruitful life, enjoying their children, grandchildren, and great-grandchildren together.

### 4. Married people age more happily

Happily married couples generally don't have as many insecurities about aging as unmarried people do. People in happy relationships know that their partners love and care for them, even if they don't remain as attractive as they once were.

Their relationship bond is strong, and their physical appearance makes a little difference. Therefore, aging is not something that happily married couples' frown upon.

### 5. Recover from ailments more quickly

Another positive effect of marriage is that you always have someone to care for you when you get sick.

Couples in happy relationships recover quickly from ailments as they have their partners by their side to take care of them, comfort them, give them medicines, consult the doctor, and do whatever is required.

The emotional support that healthy couples give to each other is also something that helps them get well soon. Also watch:

#### Negative physical effects of a stressful marriage

Being in a strained and stressful marriage is not only detrimental to mental health, but this is also where negative physical effects of marriage on health can be observed.

#### 1. Weakened immune system

How can marriage affect you physically?

The immune system of both men and women tends to take a battering in times of stress, and especially the stress caused by marital conflict.

With germ-fighting cells in the body being inhibited, one becomes more vulnerable to diseases and infections.

Chronic stress and anxiety in a marriage can be caused by always wondering if your partner loves you, or by having to walk on eggshells around your spouse.

## 2. Heart disease rate increases

Another side effect of marriage observed is that people in stressful or unsatisfying marriages seem to be particularly prone to heart disease.

Your body changes after marriage, with a rise in blood pressure, higher cholesterol levels, and increased body mass indexes all contribute to the risk of heart disease.

Cardiovascular health seems to be directly linked to stress levels, and women who are unhappily married seem to be especially affected.

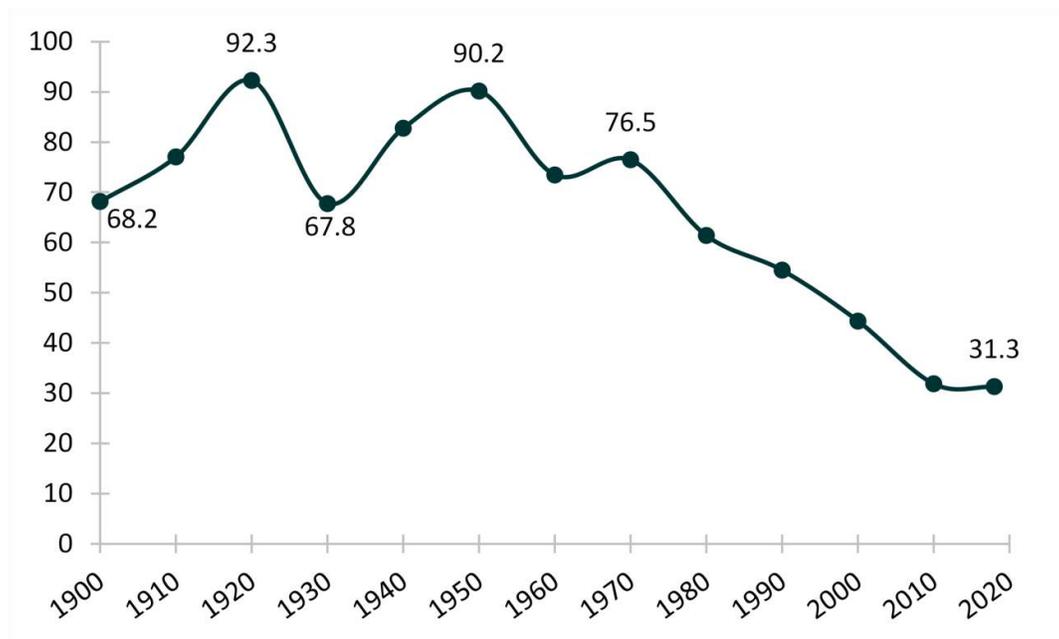
This may be due to women's tendency to internalize their anxiety and stress, which takes a toll on their body and heart, over a prolonged period.

## 3. Harmful habits

For someone who is entangled in an unhappy or abusive marriage, the temptation to indulge in harmful habits can be overwhelming. This can be an attempt to alleviate the emotional pain of the failing marriage by taking drugs, smoking, or drinking alcohol.

These and other negative pursuits are harmful to health and ultimately add to the stress of the situation. In extreme cases, suicide may even seem to be an option or a means of escape from an unhappy marriage.

The positive and negative effects of relationships or the advantages and disadvantages of marriage depend upon how happy or strained your marriage is.



**RESEARCH ANALYSIS**

Various studies and data prove the marriage as an institution has become a boon for the society instead of creating stability it has now created instability and disharmony in the system. Still considered to be on one of the most essential part. It’s time now that its cons are taken into consideration too so that the stigma over its credibility is removed and people are given more freedom over the choice of marriage. An institution whose sole person was

peace and stability are now not serving its purpose thus it needs to be updated and the needs of the people should be taken into consideration.

## REFERENCES:

- [1]. Adler-Baeder, F., and B. Higginbotham. 2004. Implications of remarriage and stepfamily formation for marriage education. *Family Relations* 53:448-458.
- [2]. Morris, M.L., C. Cooper, and K.H. Gross. 1999. Marketing factors influencing the overall satisfaction of marriage education participants. *Family Relations* 48:251-261.
- [3]. White, J. M., and D.M. Klein. 2002. *Family theories* (2nd ed.). Thousand Oaks, CA: Sage.
- [4]. U.S. Bureau of the Census. 1998. Marital status and living arrangements, March 1998 update P-70-63. Washington, D.C