

Psychological concomitants of delayed marriage: A study of millennial

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ABSTRACT

A steady increase in age at first marriage has been one of the most salient demographic trends in the Indian population. The most frequently observed pattern with respect to marriage is based on the similarities between partners regarding their social class, level of education, employment, religion, ethnic group, family background etc. India also is not an exception to it. Marriages in India are still a family-oriented matter mainly guided by cultural practices. Still there are several factors which contribute to the changing trend leading to delayed marriage like investment model, attitude towards marriage, marital satisfaction and quality of marriage. This paper explores the relationship among factors leading to delayed marriage. The sample comprised of 60 married individuals (30 men and 30 female), age group 25-40 years. The tools employed General Attitudes Towards Marriage Scale (Park & Rosen, 2013), Investment Model Scale (Rusbult et al., 1998), Kanas Marital Satisfaction Scale (Schumm et al., 1983), Quality of Marriage Index (Norton, R. 1983). The results of this study contribute evidences which will enhance our understanding of the determinants which affect the decision to get married of millennial.

Keywords: *Delayed Marriage, Investment Model, Attitude Towards Marriage, Marital Satisfaction, Quality of Marriage*

“Delays are just beginning of something grand, because delays in important decisions make them well planned”

Marriage in India is considered a holy bond of two individuals and occupies a prominent place in the social institutions of the civilized world. It is not merely a social contract but a religious sacrament. A marriage, matrimony, union formation or wedlock in India can be defined as a religious tradition in which a couple is bound in a permanent relationship for physical, social and spiritual purposes of dharma, procreation and sexual pleasure (Shivani Gupta, 2015). There is no definition which adequately covers all types of human marriage. Hence there have been given a number of definitions and explanations.

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Psychological concomitants of delayed marriage: A study of millennial

Edward Westermarck in his “History of Human Marriage” defines marriage as “The more or less durable connection between male and female lasting beyond the mere act of propagation till after the birth of offspring.” *Malinowski* says that marriage is a “contract for the production and maintenance of children.” *Lundberg*, Marriage consists of the “rules and regulations which define the rights, duties, and privileges of husband and wife, with respect to each other.” *Robert H. Lowie*, “Marriage is a relatively permanent bond between permissible mates and according to *Anderson and Parker*, “Marriage is the sanctioning by a society of a durable bond between one or more males and one or more females established to permit sexual intercourse for the implied purpose of the parenthood.”

In India the most frequently observed pattern of marriage involves choosing similar partners i.e., unions based on the similarities between partners regarding their social class, level of education, employment, religion, ethnic group, family background etc. Marriages in India are still a family-oriented matter mainly guided by cultural practices. All the above-mentioned factors play a major role in this regard to an extent that these factors collectively determine even the timing of marriage.

Ancient trends in India supported early marriages, the majority of girls used to get married between 14 to 18 years of age (very soon after their menarche) to husbands who were often a decade or more older (Abbott, 2010). In many parts of the world, even babies have been married off by their parents: adults in traditional India and China, for example, practiced *t'ung yang-hsi* (from 926 A.D. until the 20th century) where in-laws raised their daughters-in-law from infancy to become a wife for their son (Abbott, 2010). However, Marriages contracted during the teens are known to be highly unstable, a result that has been interpreted as a “maturity effect:” there is a greater likelihood of mistaken expectations in the case of such marriages (Oppenheimer 1988). Therefore, early marriage has been declining over time. According to National Family Health Survey 2015-16, Marriages in India before the legal age of 18 is 27% for women age 20-24, compared with 46% for women age 45-49. Similarly, for men, marriage before the legal age of 21 years has dropped from 29% for men age 45-49 to 20% for men age 25-29. The median age at first marriage for women age 20-49 increased from 17.2 years in 2005-06 to 19.0 years in 2015-16. For men age 25-49, the median age at first marriage increased by almost two years between 2005-06 and 2015-16 (22.6 and 24.5 years, respectively). A major reason to this is that early marriage inhibits the career development of one or both partners to a marriage. Gray (1997) reports finding a negative correlation between male earnings and age at first marriage. An early age at first marriage is also these days known to be associated with a high risk of divorce (Lehrer, 2006). Early marriages are notorious for their relatively low survival rates (Lehrer 2008), which suggests early marriages may be distinct from later marriages in terms of marital quality and may not confer the same mental health benefits. Moreover, the benefits of marriage’s social approval (Marks 1996) may not extend to those who marry young and receive less societal support.

Late or delayed marriage refers to a situation when a person who has reach the state of maturity in every facet of life (mentally, spiritually, financially and physically) is not married probably as a result of unavailability of spouse or some other factors which is difficult to identify. The pattern of marriages is undergoing some discernible changes throughout the world. From the mid-1980s, it has become increasingly evident that throughout several East and Southeast Asian countries the age at marriage has increased almost up to 25 years for women at their first marriage (Leete 1994). The problem of choosing “the right person” to marry can cause intense struggle and no little confusion in a

Psychological concomitants of delayed marriage: A study of millennial

young man and woman's mind. Another reason for delay in marriage of some is because they have become so emotionally attached to their parents and find it difficult to break the home ties. Also, women liberation movements have created the awareness that there are so many things that can give a woman fulfillment other than marriage. In a country like India, where marriage is universal, age at marriage is not a sufficient indicator for analyzing delayed marriages. Rather it would be logical to examine the impact of certain factors that may explain the likelihood of males and females remaining unmarried or married at a particular point of time.

Recent researches show the relationship between age at marriage and marital instability is strongly negative up to the late twenties, with a flattening of the curve thereafter. (Lehrer, 2008).

There are certain shifts observed in the age at marriage, i.e., a consistent increasing trend in respect of mean and median age at marriage over cohorts born since 1916 for males and since 1921 for females (Goyal, 1988).

Moreover, an analysis of 2001 census data clearly shows that for those who have been married for the last nine years preceding the census (i.e. married during 1992-2001), marriages remain mainly confined to higher ages as compared to those married for twenty years or more preceding the census. An important question is whether this present pattern of increasingly older ages at entry into marriage has implications for the stability of marital unions. Numerous studies show that individuals who marry at a young age tend to be at a high risk of marital dissolution (Castro-Martin and Bumpass 1989; Bumpass et al. 1991; Lehrer 1996; Teachman 2002). Hence, it is important to look into the pattern of delayed marriages in India.

For this purpose, psychological concepts like attitude towards marriage, investment model of commitment, quality of marriage and marital satisfaction were considered.

Attitudes towards Marriage

Attitudes towards marriage refer to perception and desirability towards marriage (Wood et al., 2008). Attitudes towards marriage may influence the relationship quality in later years. Throughout the world and amongst many different cultures, attitudes towards marriage are diverse. Individuals develop their attitudes based on a variety of experiences, including messages received from the family, the media, religious values and groups of friends (Shurts and Myers, 2011). Marital attitudes and expectations form a cognitive schema about relationships brought about by experience (Fletcher & Thomas, 1996; as cited in Riggio & Weiser, 2008). Individuals with highly embedded positive attitudes about marriage view their own current and future marriages as happy and successful but those with highly embedded negative attitudes have less positive expectations (Riggio & Weiser, 2008). This implies that a positive attitude towards marriage also increases the marital satisfaction of individuals (Li et al., 2017; Broderick & O'Leary, 1986; Bakhtiyari, 2019). In recent years there has been observed a shift in the attitude of Indians regarding the age of first marriage. Furthermore, adults tend to postpone marriage and in some cases relationships altogether, in exchange for freedom, independence and more attention given to education and a focus to their careers within society and to fulfill their own needs as individuals before entering into marriage. (Davis- Fine, 2011). There has also been a change in the perception of young men. They no longer want to support a family on their own. They now believe that their wife must be educated and have a stable job. This seems to be the new perception for a marriage to be

Psychological concomitants of delayed marriage: A study of millennial

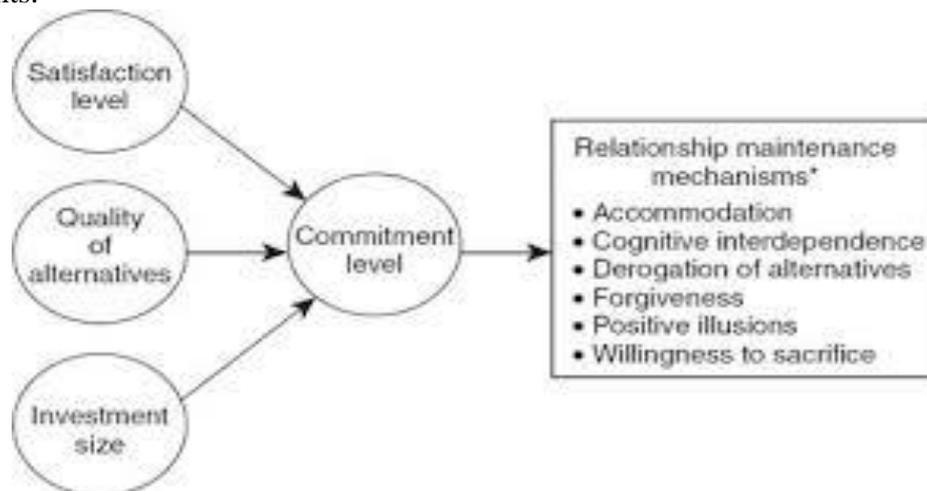
stable and sustainable. All these changing attitudes and perceptions together support the new trend of delayed marriages.

Investment Model of Commitment

The Investment Model of Commitment by Rusbult (1980) is based on several tenets of Interdependence Theory (Kelley & Thibaut, 1978). The model helps in understanding the factors that promotes relationship commitment. The other three factors, namely satisfaction, investments, and the quality of alternatives as perceived by the individuals involved are claimed to influence the degree of commitment in the relationship. (Rusbult, 1980; Rusbult, 1983). As rooted under the Social Exchange Theory, the investment model asserts higher reward and lower cost induce greater satisfaction in relationship.

Commitment level	Satisfaction	Quality of alternatives	Investment size
Degree one intends to persist in the relationship	Degree that the relationship fulfilled needs for intimacy, sex, companionship, security and emotional involvement.	Degree that one believes the satisfaction needs (above) could be fulfilled in another relationship.	Measures perceptions of time invested, interconnected identity, memories, and shared experiences.

In accord with Rusbult's Investment Model, findings from existing research (Beach, Katz, Kim, & Brody, 2003; Shafer, James, & Larson, 2013) support the claim that commitment is reinforced when there is high satisfaction, insignificant alternatives, and excessive investments.



It has been observed that the millennials are commitment phobic due to a number of reasons such as Lack of a Solid Economic Foundation, Taking Things Slow, Fear of Divorce, and Lack of Trust. They are following the new trend of 'slow love'. People are so scared of divorce that they want to be absolutely positive of who they're going to marry long before they tie the knot. This has become a prominent factor for delay in marriages. Before signing up for a life with a person they focus on spending time with that individual and making sure that they are ready completely to commit for lifetime. This not only increases the rate of commitment in the marriage but also increases investments made in marriage, satisfaction and decreases the quality of alternatives due to maturity effect.

Psychological concomitants of delayed marriage: A study of millennial

The investment model of marital commitment seems to extend the over-all evaluation of the concept of marital quality and “wellness” of the marital relationship that it may lead to whether commitment can later be used to predict stability of the marriage. (Le and Agnew, 2003; Rusbult, 1980).

Quality of Marriage

Marital quality refers to how happy or satisfied a person is in his or her relationship (Reynolds et al, 2014). Marital Quality can be also be a general feeling of marital satisfaction or the experienced evaluation of the marital relationship (Schaap, Buunk, & Kerkstra, 1988, p. 209) and it has been shown to be correlated with both conflict (Stanley, Markman, & Whitton, 2002) and social support (Acitelli & Antonucci, 1994; Brunstein, Dangelmayer, & Schultheiss, 1996). Often quality of marriage and marital satisfaction are used as synonyms, but Marital quality is defined as a global evaluation of the marriage along several dimensions (Fincham & Bradbury, 1987), including positive and negative aspects of marriage (e.g., support and strain; Burman & Margolin, 1992; Fincham, Beach, & Kemp-Fincham, 1997; Slatcher, 2010) Thus, high marital quality is typically operationally defined by high marital satisfaction.(Robles et al. 2014). Age at marriage is generally the strongest social predictor of marital stability and marriage quality in a half-century of research on the subject (Monahan 1953; Moore and Waite 1981; Teachman 1983; Larson and Holman 1994). Studies indicate delayed marriage appears to be associated with marital stability and better marital quality (Martin, 2002). As the couple who marry at their late 20s and 30s are more mature, financially stable, have more time to locate a highly compatible partner and are highly educated which lead to low rates of marital dissolution and better quality and stability of marriage.

Marital Satisfaction

According to Encyclopedia of Social Psychology “Marital satisfaction is a mental state that reflects the perceived benefits and costs of marriage to a particular person”. Marital satisfaction is an outcome of both male and female preferences as well as the distribution of characteristics in an individual’s marriage market. Few studies have explicitly examined age effects on reports of marital satisfaction (Schmitt et al., 2007). Lee (1977) found a positive relation between age at marriage, spouse’s marital role performance, and marital satisfaction. (Shahabad et al., 2019) also supported this with their research states that marital satisfaction increased by increase of age. This clearly shows marriages at late 20s and 30s are high on marital satisfaction as compared to those at early ages.

Rationale

Marriage pattern are undergoing some discernible changes throughout this world. In India certain shift has been observed in the age of people getting married. However, this shift might be due to certain psychological factors like attitude towards marriage, marital satisfaction, quality of marriage, investment model etc. the present paper attempts to explore these variables in relation with the age of marriage.

When an individual gets married at a delayed age, there might be different motivations which lead to or motivates them to get married. During the process of review of literature, we came across many such factors out of which the above mention factors were of interest and use.

A study that explores these factors will help to understand the pattern of delayed marriages in India.

METHODOLOGY

Aim

To study the relation between delayed marriage and investment model, attitude towards marriage, marital satisfaction and quality of marriage in married males and females.

Hypothesis

There will be a significant relationship between delayed marriage and investment model, attitude towards marriage, marital satisfaction and quality of marriage in married males and females.

Sample

The sample consist of 60 married people (30 males 30 females) from Jaipur city

The subjects were selected by the following inclusion and exclusion criteria

Females between the age group of 27-37 years and Males of age group of 30-40 years at the time of marriage.

1. Participants with Working knowledge of English language
2. Participants in their first marriage
3. Participants who are working
4. Participants with minimum 2 years in their marriage
5. Participants who are living together with their partners

Design of the study

A correlation research design was employed.

Measures of the study

Four measures were used in this study,

1. **Investment Model Scale (Rusbult et al., 1998)**- It is a 37-item, self-report instrument designed to measure commitment and its three component variables (satisfaction, investment size, and quality of alternatives), as put forth in the three-factor Investment model. The questions are separated into four scales, one for each component and an additional global commitment scale. Each of the three scales contains five unscored facet items that illustrate the construct of interest and prime the participant for the five global items that are actually scored (10 item statements per subscale). Thus, only the global items are used to measure the construct for data analysis. The validity and reliability of the measure were reported as good. The variables had moderate associations with other measures of couple functioning such as dyadic adjustment and the Relationship Closeness Inventory's 'strength of influence' subscale. The latter authors pointed out that the measure has strong alpha coefficients that ranged from .69 to .77.
2. **General Attitudes Towards Marriage Scale (Park & Rosen, 2013)**-It was developed to access and measure overall positive and negative attitudes towards of the institution of marriage. The scale was developed to also access the attitudes of both married and non-married individuals. It focuses on personal and global levels of idealized beliefs, fears and doubts towards marriage. The scale includes 10 items regarding feelings (positive attitudes, negative attitudes, fears and doubts) towards an individual's current or future marriage.
3. **Kanas Marital Satisfaction Scale (KMSS; Schumm et al., 1983)**-It is used to assess marital satisfaction of the couple. The KMSS is a short and precise measurement with three questions. Each item on the KMSS has a possible score ranging from one to seven. Cronbach's alpha for the KMSS has been reported as .84

Psychological concomitants of delayed marriage: A study of millennial

(Schumm et al., 1985) and .96 (Jeong, Bollman, & Schumm, 1992). Test-retest reliability was .71 (Schumm et al. 1983). Regarding validity, couples scoring in the distressed range on the KMSS also scored in the distressed range on the RDAS and DAS. Alpha coefficient, as a measure of internal consistency, is found to be .79 in the present study.

- 4. Quality of Marriage Index (QMI; Norton, R. 1983)-** It is a six-item measure of global satisfaction. The QMI was developed in part as a response to the DAS, which Norton (1983) described as confounding relationship satisfaction with the determinants and consequences of relationship satisfaction. The QMI correlates strongly with the DAS (Heyman et al.,1994) and consists of a single factor (Norton, 1983).

RESULTS

Table 1. Mean, SDs and correlation values of components of investment model, marital satisfaction, quality of marriage and attitude towards marriage

Variable		Mean	SD	Investment model				Marital satisfaction	Quality of marriage	Attitude towards marriage
				Commitment	Investment size	Satisfaction	Quality of alternatives			
Investment model	Commitment	50.055	10.6613	1	.507***	.694***	-.271*	.800***	.670***	.467***
	Investment size	30.603	9.3016		1	.526***	-.200	.489***	.489***	.374**
	Satisfaction	32.918	9.2957			1	-.336**	.826***	.879***	.621***
	Quality of alternative	10.944	11.9032				1	-.386**	-.287*	-.467***
Marital satisfaction		17.014	5.1275					1	.758***	.568***
Quality of marriage		38.945	8.8896						1	.590***
Attitude towards marriage		45.233	12.2684							1

*** Correlation is significant at the 0.00 level. ** Correlation is significant at the 0.01 level.

* Correlation is significant at the 0.05 level.

The above table indicates that there is positive correlation between Commitment and investment size ($r=0.507$, $p<0.00$), Commitment and satisfaction ($r=0.694$, $p<0.00$), Commitment and marital satisfaction ($r=0.800$, $p<0.00$), Commitment and quality of marriage ($r=0.670$, $p<0.00$), Commitment and attitude towards marriage ($r=0.467$, $p<0.00$), Investment size and satisfaction ($r=0.526$, $p<0.00$), Investment size and marital satisfaction ($r=0.430$, $p<0.00$), Investment size and quality of marriage ($r=0.489$, $p<0.00$), Investment size and attitude towards marriage ($r=0.374$, $p<0.1$), Satisfaction and marital satisfaction ($r=0.826$, $p<0.00$), Satisfaction and quality of marriage ($r=0.879$, $p<0.00$), Satisfaction and attitude towards marriage ($r=0.621$, $p<0.00$), Marital satisfaction and quality of marriage ($r=0.758$, $p<0.00$), Marital satisfaction and attitude towards marriage ($r=0.568$, $p<0.00$), Quality of marriage and attitude towards marriage ($r=0.590$, $p<0.00$) and a negative correlation between Commitment and quality of alternative ($r=-0.271$, $p<0.05$), Investment size and quality of alternative ($r=-0.200$, $p<0.05$), Satisfaction and quality of alternative ($r=-0.336$, $p<0.01$), Quality of alternatives and marital satisfaction ($r=-0.386$, $p<0.001$), Quality of alternatives and quality of marriage ($r=-0.287$, $p<0.05$), Quality of alternatives and attitude towards marriage ($r=-0.287$, $p<0.00$).

DISCUSSION

Put a Ring on It? Millennial Couples Are in No Hurry

“People are not postponing marriage because they care about marriage less, but because they care about marriage more,” said Benjamin Karney.

One of the most striking changes in Indian society over the last 20 years has been the decline and delay in first-time marriage. Marriage, which used to be the first step into adulthood. Now it is often the last. There has been an observed shift in their priorities. Increase emphasis on women education, maturity effect, trends of cohabitation, and career focused individuals etc. make marriage a later option for life. In a country like India where marriage is rather considered a social affair it becomes important to study the variables of delayed marriage.

In the present research, correlations between various psychological concepts which seems to be related to delayed marriage i.e. investment model of commitment, marital satisfaction, quality of marriage, and attitude towards marriage were examined.

This investigation explains correlation between the components of investment model i.e. commitment, satisfaction, quality of alternatives and investment size. It was concluded that there is a significant positive correlation between commitment and satisfaction, commitment and investment size, and investment size and satisfaction. This means as individuals' commitment levels increased, so too did their levels of satisfaction. Same goes for commitment and investment size, and investment size and satisfaction. There is also a significant negative correlation between commitment and quality of alternatives and satisfaction quality of alternatives and a negative correlation between investment size and quality of alternatives. This means as individuals' quality of alternatives increased, their levels of commitment, satisfaction, and investment size decreases individually. It has been observed that there is an extension of the pre-commitment stage of love; people want to know every single thing about a person before they tie the knot. This has led to a delay in the marriages. But the new phenomena of slow love have increased the levels of commitment in the couples as they know each other better and have spent time together before marriage to actually evaluate that if they are compatible for each other or not. This not only increases the commitment of the couple but also makes partners become dependent to the extent that they enjoy high satisfaction and proves the absence of a better option beyond the relationship with the current partner i.e. low quality of alternatives. Also, both men and women now tend to want to advance their careers before settling down which makes them financially stable and ready to give in all their efforts in one direction that is their marriage. Hence, they get more time to increase their investments in marriage. This finding is consistent with those of previous studies by Beach, Katz, Kim, & Brody, 2003; Rusbult & Buunk, 1993; Shafer, James, & Larson, 2013, Segal & Fraley, 2015 which support the claim that commitment is reinforced when there is high satisfaction, insignificant alternatives, and excessive investments. Previous findings also suggest that external, structural influences on commitment such as alternatives and investments individually are less predictive than internal factors such as satisfaction (Le & Agnew, 2003). In brief, the people who are more satisfied in their marriage, more invested, more committed, perceive alternatives to the marriage as lower in quality.

Further, there is a significant positive correlation between marital satisfaction and satisfaction. As individuals' marital satisfaction levels increased, so too did their levels of overall life satisfaction. In brief, when people are satisfied and happy from their marriage

and attain harmony, it follows that they should be satisfied with their life and has high well-being. This finding is consistent with those of previous studies (Celenk & van de Vijver, 2013; Diener, 1984; Heller et al., 2006; Ng et al., 2009; Orbuch et al., 1996; Perrone-McGovern et al., 2012; Yildiz & Baytemir, 2016, Yildiz & Büyükşahin, 2016). Also being satisfied with one's marriage could improve overall life satisfaction by contributing to the individuals' psychological health (Ümmet, 2017). Furthermore, marital satisfaction could increase the individuals' life satisfaction levels by improving their self-respect (Yıldız & Baytemir, 2016).

There is a significant positive correlation between marital satisfaction and quality of marriage. Often quality of marriage and marital satisfaction are used as synonyms, but Marital quality is defined as a global evaluation of the marriage along several dimensions (Fincham & Bradbury, 1987), including positive and negative aspects of marriage (e.g., support and strain; Burman & Margolin, 1992; Fincham, Beach, & Kemp-Fincham, 1997; Slatcher, 2010) Thus, high marital quality is typically operationally defined by high marital satisfaction (Robles et al. 2014). Similarly, positive and significant correlations were found between life satisfaction and quality of marriage (Çetinkaya & Gençdoğan, 2014).

There is a significant positive correlation between marital satisfaction and commitment. Based on the findings, marital satisfaction predicted individuals' commitment. The positive correlation between marital satisfaction and commitment was consistent with other studies in the literature (Schoebi, Karney, & Bradbury, 2012; Stanley, Whitton, Sadberry, Clements, & Markman, 2006; Wieselquist, Rusbult, Foster, & Agnew, 1999). In brief if an individual has a committed marriage, he/she doesn't have doubts about their partners and therefore are high on marital satisfaction and marital happiness. Also, there is a positive correlation between quality of marriage and commitment. Similar findings were stated in previous studies (Clements & Swensen, 2000; John et al., 2017). This means higher levels of commitment in a relationship would enrich the quality of individuals' marriage as commitment will strengthen their bond. Similarly, commitment and attitude towards marriage show significant positive relationship. (Kaitlin, 2016; Whitton et al.2013). This shows as there is increase in the commitment level in marriage the bond of togetherness gets strengthen, this increases trust and positivity in the marriage and hence leads to higher positive attitude towards marriage.

There is a significant positive correlation between marital satisfaction and investment size. Investment size refers to the magnitude and importance of the resources that become attached to a relationship that would be lost or decline in value if the relationship were to end. Increase in Investments increases marital satisfaction because the act of investment increases connections to the partner that would be costly to break (Rusbult et al., 1998). In brief, when an individual's gets self-sufficient before marriage which leads to the delay in marriage. He makes more investments in their marriage, such as making time for each other, knowing and understanding each other better, sharing their interests with their partners. All this increases the benefits of one's marriage hence are high on marital satisfaction. Similarly, quality of marriage is positively correlated to investment size. This is supported by previous studies (He et al., 2018). Investment in marriage is the central point to work upon to upraise the quality of marriage. The more one invests in their marriage the better the bond is. Therefore, they both are proportionate to each other.

There is a significant positive correlation between quality of marriage and satisfaction. In a study conducted by Çelik and Tümkaya (2012) it is found that there is a meaningful

Psychological concomitants of delayed marriage: A study of millennial

relationship between the quality of marriage and life satisfaction, which also supports the results of this study. Another study by (Proulx et al., 2017) shows relationship between quality of marriage and personal well-being. In brief, if an individual has a rich quality of marriage i.e. he/she is happy and satisfied from their marriage; it results in their overall well-being and therefore is high on life satisfaction and as both of the individual are self-sufficient and fully settled before getting married; they face less stress of taking responsibility of their partner and are high on both life satisfaction and quality of life. Also, a significant positive correlation is found between attitude towards marriage and quality of marriage. This can be supported by previous research (Lev-Wiesel, R., & Al-Krenawi, A. 1999). As previously quoted high quality of marriage is an indicator of high happiness and satisfaction in an individual's life. Therefore, this would act as reinforcement and strengthen individuals' attitude towards marriage. Similarly, there is a positive correlation between attitude towards marriage and marital satisfaction which can be supported by previous literature (Li et al., 2017; Broderick & O'Leary, 1986; Bakhtiyari, 2019) it means more satisfaction in marriage is linked to higher positive attitude towards marriage and vice versa. This is because if an individual holds a positive attitude towards marriage, he/she works hard with that positivity to make their marriage successful and therefore increases marital satisfaction.

There is a significant positive correlation between investment size and attitude towards marriage. The positive correlation was consistent with the research conducted by Rana, Surekha & Vibha, (2017). This suggests that individuals with higher positive attitude towards marriage would tend to invest more into their marriage in comparison to those with poor attitude towards marriage. Also, there is a significant positive correlation between attitude towards marriage and satisfaction. This means that positive and healthy attitude towards marriage leads to higher satisfactory levels in an individual's life. A study conducted by (Shefali & Navya, 2016) shows the attitude of urban and rural mid adults towards marriage and life satisfaction moves in same direction. In brief, if an individual upholds a highly positive attitude towards his/her marriage it helps them to be happy and satisfied in their married life and also their daily life. Hence work on aiming a better well-being of that individual.

At last, there is a significant negative correlation between quality of alternatives and attitude towards marriage that means they both are inversely proportional to each other. It is observed that quality of alternatives declines in delayed marriages simply because of the maturity effect. Results were supported by (Boertien & Härkönen, 2018). Similarly, there was a significant negative correlation between quality of alternatives and quality of marriage (Carr et al., 2014; Clements & Swensen, 2000) and quality of alternatives and marital satisfaction (Daniel, 1986; Lee & McKinnish, 2017; Rusbult et al., 1998). Quality of alternatives involves the perceptions of relational rivals or "the extent to which the individual's most important needs could be effectively fulfilled 'outside' of the current relationship" (Rusbult et al., 1998). Thus, if quality of alternatives in a marriage increases it tends to lower the marital satisfaction simply because the cost in marriage then is more than its benefits. Due to lack of marital satisfaction there is a fall in the quality of marriage and this leads to turning the attitude towards marriage into negative.

CONCLUSION

From the above findings, it can be safely stated that there is a significant relation between the variables of the study. Of course, there is a shift in the age of marriage in India

population and the variables of the study can be taken as potential factors leading to delayed age of marriage.

Limitation and future discussion

1. A study can be conducted to understand the pattern of delayed marriage at different age groups.
2. A study can be conducted to compare Male and female pattern of delayed marriage.
3. A study can be conducted to understand the difference in patterns in working and non-working population.
4. A comparison between people who got married at early age and delayed age can be done.

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