

UNVEILING APPREHENSIONS: THE CHANGING PERSPECTIVES OF YOUNG UNMARRIED WOMEN ON MARRIAGE IN KERALA

Athira Krishnan K T^{*}; Atiq Ahmed^{}**

*Research Scholar,
Department of Social Work, Central University of Rajasthan,
Ajmer District Rajasthan State, INDIA
Email id: 2020phdsw003@curaj.ac.in
ORCID ID: <https://orcid.org/0000-0002-2015-0861>

**Assistant Professor,
Department of Social Work, Central University of Rajasthan,
Kishangarh Tehsil, Ajmer District, Rajasthan State, INDIA
ORCID ID: <https://orcid.org/0000-0002-8469-5078>
Email id: atiqahmed_sw@curaj.ac.in
DOI: 10.5958/2278-4853.2025.00011.6

ABSTRACT

This study examines the perspectives and apprehensions of young unmarried women in Kerala regarding the institution of marriage. Through a survey of 150 participants aged 18 to 26, the research explores how factors such as societal expectations, career aspirations, personal identity, and family dynamics influence women's attitudes toward marriage. The findings reveal significant concerns among participants related to post-marital adjustment, loss of autonomy, fear of sacrificing personal goals, trust issues, and interference from in-laws. Many women also expressed scepticism about marital happiness and supported the idea of living independently without marriage. Despite these apprehensions, a majority still held hope for lasting marital relationships. The study highlights the need to reconsider traditional marital norms and support women's autonomy in making life choices, emphasizing the broader cultural shift toward gender equality and personal freedom.

KEYWORDS: *Young Unmarried Women, Marriage In Kerala, Attitudes Toward Marriage, Marriage Apprehensions.*

INTRODUCTION

Marriage is a popular ritual among all religions and cultures in India. It is considered a traditional safety, security and social status norm for women. In India, many young women are forced to enter into marriage. Young unmarried women in Kerala have their own set of apprehensions and attitudes towards marriage because of various factors, including societal expectations, personal experiences, and individual aspirations shape these apprehensions and attitudes. These young women may have concerns about their independence, career aspirations, compatibility with potential partners, and societal pressures to conform to traditional gender roles. This study explores the specific apprehensions and attitudes of young unmarried women in

Kerala towards marriage. In the long run, the transformation of these one million women would have contributed more to the development of Kerala society than all the temporary euphoria created by foreign remittances and the acquisition of modern gadgetry (Zachariah et al., 2001). Through this study, we hope to gain insights into the factors that influence these apprehensions and attitudes, as well as understand the potential impact these apprehensions and attitudes may have on their decisions regarding marriage. The 21st century witnesses a paradigm shift in societal dynamics driven by education, urbanization, and economic independence. Young women in Kerala are at the forefront of this transformation, navigating a delicate balance between tradition and modernity. Aspirations for education and careers intertwine with desires for autonomy, shaping a complex tapestry of expectations beyond traditional marital norms' confines. Because of the enormous impact of marriage on the lives of women, in particular, researchers and policymakers have increasingly sought to examine marriage through a human rights lens. In June 2023, an independent study conducted by a psychologist in Kerala on the topic of 'alarmingly increasing fear of marriage among girls' found a fall in the profiles of females entering into marriage. It depicts 57% of boys who are registered in matrimonial sites have no girls to marry (Nithin A F, 2023). The state of Kerala exemplifies this trend, with rising divorce rates and later marriages (Mathew, 2023). The statistics revealed that there were 2,318 cases of rape, 4,269 cases of molestation and 5016 cases of cruelty from husbands/relatives during last year alone. This intriguing study aims to unveil the real sentiments of these women, shedding light on their perspectives, concerns, and apprehensions when it comes to the institution of marriage.

Literature Review

Young people's attitudes towards marriage are changing. Female participants were said to accept their marital responsibilities equally and consider themselves equal to men in terms of social obligations. The present generation believes that it is not only the wife's role to take care of the housework but also the husband's responsibility to manage the family's money and value a promising career more than a successful marriage. Most youths has a negative remark on family life. Adjustments, sacrifice, love and tolerance are the essential qualities to lead a good family life (Kanak Yadav, 2018; Behera & Lenka, 2018) Experiences in romantic relationships have consistently predicted optimistic expectations and lower divorce expectations. Socio-economic characteristics, contextual experience, and mental and emotional well-being also played a role in predicting these differences and changes in expectations in adulthood. (Arocho, 2021)

Marriage is a social contract, including all social customs and traditions. The new generation wanted their identity and prioritised marriage and career equally. According to young adolescents, girls aged between 20- 25 years prefer arranged love marriages and give priority to their careers as well. The girls are interested in the career field to help their parents and husbands financially, but to some extent, home life is affected by work, and they prefer living in relationships (Behera & Lenka, 2018).

Adolescents generally hold negative attitudes towards divorce and view marriage as a lifelong commitment (Martin et al., 2003). These attitudes are influenced by the strength of their beliefs and their personal relationship outcomes, which can be affected by parental marital status and conflict (Riggio & Weiser, 2008). Traditional attitudes towards marriage are also influenced by religiosity, nonverbal skills, and lifestyle choices (Flouri & Buchanan, 2001). However,

adolescents from divorced backgrounds are less likely to express a desire to marry despite potentially marrying early due to other influences (Tasker, 1993). The present generation considers marriage as an important personal and social affair for supporting and fulfilling sexual desires. The new generation is forced to marry because of continuing social customs, conscious or unconscious social pressure for marriage, to obey parental orders and to start a new family by bearing children. The new generation's attitude towards marriage is changing; it has other dimensions such as accepting living together relationships, premarital sex, divorce, teenage pregnancies, extramarital relationships, children out of marriage, marital rape and so on. (Adhikari, 2017)

Research found that anxieties about the success and stability of marriage are common, particularly among never-married individuals. (Zimmer, 1986) Identified fears about loss of identity, control, and finances, as well as accepting adult responsibility, as key influences on fear of marriage (Curtis, 1994). Highlighted the impact of economic factors, cultural and gender beliefs, and relationship characteristics on unwed parents' expectations about marriage. (Waller, 2001) Adolescents with divorced parents may have both hopes and worries about their own future marriages (Dennison & Koerner, 2008). Anxiety towards marriage, such as frequent emotional breakdowns, difficulty to talk to everyone, lower concentration on work, regular fights with fiancé, lower relationship quality, anxiety about staying with a stranger, and adjusting to someone else's family (Behl, 2018) Recollections of high parental conflict are associated with greater relationship conflict, and individuals with divorced parents report more negative marriage attitudes. (Riggio & Weiser, 2008) These studies collectively suggest that apprehension towards marriage is a complex phenomenon influenced by various personal, social, and cultural factors. There is no significant difference between men's and women's attitudes towards the concept of marriage, societal expectations and the tendency to change in marriage, while there is a significant difference between men and women who were interviewed about sexual relationships, type of marriage, criteria for choosing a mate and specific reasons for a successful marriage, similar to the results of this study. (Bhavana N. &, 2015)

Research has indicated that children's perspectives on marriage and family life are adversely affected by parental divorce. Respondents from both intact and divorced groups believed that they regarded marriage more seriously than people in general, and the majority expected to get married at some point, regardless of family background. Both groups regarded divorce in a negative light, but there was also evidence of an "ideological dilemma," with shifts of opinion depending on whether the issues were framed at an individual or societal level (Burgoyne & Hames, 2002). Adults from divorced families hold more negative attitudes toward their families of origin compared to those from intact families. They value marriage but are aware of its limitations and are tolerant toward its alternatives; few differences emerged between groups in their attitudes toward the advantages and disadvantages of marriage, living together, or singlehood once other family-of-origin variables were statistically controlled. (Amato, 1988)

In today's society, young unmarried women often find themselves wrestling with mixed feelings and uncertainties when it comes to the concept of marriage. This pivotal life decision brings about many emotions and considerations that can shape their attitudes and apprehensions towards tying the knot. For many young women, the idea of marriage represents a blend of excitement and anxiety. They are torn between societal expectations of settling down and the

desire to pursue personal and professional aspirations. This dilemma can leave them feeling perplexed as they navigate the complexities of modern relationships.

In today's fast-paced world, young women increasingly prioritise their freedom and autonomy, and sacrificing this freedom in marriage can evoke hesitation and reluctance. Young unmarried women today embrace their independence, career aspirations, and personal growth. They envision a partnership built on mutual respect, shared values, and emotional support. This hopeful outlook balances their fears with the potential for a fulfilling and enriching relationship. The attitudes and apprehensions of young unmarried women towards marriage reflect a complex interplay of societal expectations, personal aspirations, and emotional complexities. By embracing their independence, challenging stereotypes, and exploring the possibilities that marriage offers, these women navigate the path towards matrimony with a blend of caution and optimism. The pressure to conform to traditional norms can weigh heavily on young unmarried women. Questions about timelines, expectations, and societal judgments can create a sense of unease and self-doubt. The fear of making the wrong choice or missing out on personal growth can affect their marriage.

The Adolescents have varied and non-traditional attitudes towards sexual behaviour and alternative living arrangements. There is a disparity between attitudes towards premarital sex and actual behaviour, with growing acceptance of premarital counselling and psycho-educational interventions.(Martin P. D., 2003) highlighted the discrepancy between expectations and reality in marriage, particularly for women, due to societal changes.(McAllister, 1991)Noted a shift in attitudes towards marriage, with a growing acceptance of singleness and a desire to delay marriage for education and work experience.(Thornton, 1982) emphasized the high hopes of unwed parents for marriage, but also identified factors such as drug or alcohol problems, conflict, and distrust that can lower these expectations (Waller & Mc Lanahan, 2005).

In a world where societal norms often dictate women's choices, young unmarried women are breaking stereotypes and redefining their attitudes towards marriage. In our society that often places immense pressure on women to marry at a certain age, it is important to understand the perspectives and attitudes of young unmarried women towards marriage. Are they willingly delaying or opting out of marriage, or is societal pressure forcing them to make choices against their own desires? In an age where independence, career pursuits, and personal growth are increasingly valued, it is fitting to revisit the traditional expectations of women and uncover the motivations behind their decisions. By doing so, we hope to foster a deeper understanding of young women's diverse experiences and perspectives in relation to marriage.

Objectives

- ✚ To understand the young unmarried women towards marriage in Kerala
- ✚ To explore various apprehensions of young unmarried women towards marriage

Materials and Methods

Research Design

This study employed a descriptive survey design to explore the apprehensions and attitudes of young unmarried women in Kerala towards marriage.

Sampling Procedure

A purposive sampling method was used to select 151 unmarried women between 18–26 years. The participants voluntarily responded to an online survey shared through social media platforms.

Data Collection

Data were collected using a self-constructed Google Form questionnaire, and the link for the survey schedule was circulated through social media groups, developed after a thorough literature review. Participants were included based on informed consent and anonymity.

Data Analysis

The responses were analyzed using descriptive statistics such as percentages and frequencies. Findings were presented in narrative form supported by tables and figures.

Results and Discussion

Table 1 denotes Socio-demographic characteristics of participants

Table 1: Socio-demographic characteristics of participants

Category	Sub-category	Frequency	Percent
Age Category	18-20 years	26	17.22%
	21-23 years	82	54.30%
	24-26 years	43	28.48%
Qualification Pursuing	Bachelors	34	22.5%
	Masters	46	30.5%
	Bachelors	19	12.6%
	Masters	52	34.4%
Family Type	Joint Family	16	10.6%
	Nuclear Family	135	89.4%
Education Qualification (Mother)	Primary	7	4.6%
	Secondary	73	48.3%
	Higher Secondary	26	17.2%
	Graduation	28	18.5%
	Higher Education	17	11.3%
Education Qualification (Father)	Primary	14	9.3%
	Secondary	85	56.3%
	Higher Secondary	14	9.3%
	Graduation	29	19.2%
	Higher Education	9	6.0%
Occupation of Mother	Homemaker	93	61.6%
	Daily Wager	6	4.0%
	Private Employee	2	1.3%
	Government Employee	40	26.5%
	Self-Employed	10	6.6%
Occupation of Father	Daily Wager	42	27.8%
	Government Employee	23	15.2%
	Private Employee	5	3.3%
	Professional Service	3	2.0%
	Self-Employed	78	51.7%
Most Attached Person in Family	Father	27	17.9%
	Mother	97	64.2%
	Siblings	22	14.6%
	No One	5	3.3%

The socio-demographic data indicate that the majority of respondents are young women, with 54.3% aged between 21 and 23 years, followed by 28.5% who are 24 years and above, and 17.2% between 18 and 20 years. This age distribution reflects a predominantly young adult population, likely in the transitional phase between higher education and early career or family life. Educational aspirations are notably high among this group, with 64.9% either pursuing or having completed postgraduate studies (Masters), and a combined 35.1% associated with undergraduate education. This points to a rising trend in women's participation in higher education, suggesting improved access to academic opportunities and a shift toward career-oriented goals.

Most of the participants (89.4%) belong to nuclear families, a pattern consistent with changing family dynamics in contemporary Indian society where smaller household structures are becoming more prevalent, especially in urban and semi-urban areas. Regarding parental education, the data show moderate educational backgrounds: nearly half of the mothers (48.3%) have completed secondary school, while only 11.3% attained higher education. Fathers tend to have slightly higher educational attainment, with 56.3% completing secondary school and 19.2% reaching graduation. These figures highlight generational differences in educational access and underscore the progress the current generation of women is making in comparison to their parents.

In terms of occupational background, 61.6% of mothers are homemakers, which continues to reflect traditional gender roles, although 26.5% are employed in government positions, a notable figure that suggests some degree of empowerment and workforce inclusion. Fathers are primarily engaged in informal employment, with 51.7% self-employed and 27.8% working as daily wage labourers, indicating a reliance on unstable or unstructured forms of income. This economic background may influence the participants' aspirations for greater financial stability and professional achievement.

An especially significant finding is that 64.2% of the respondents reported their mothers as the most emotionally attached family member, far surpassing attachment to fathers (17.9%) or siblings (14.6%). This emphasizes the central emotional and possibly motivational role that mothers play in their daughters' lives, possibly acting as primary caregivers and role models. This strong maternal bond may also impact the daughters' perceptions of family values, emotional well-being, and social identity.

1. Perceptions of future Marital Adjustment among unmarried women

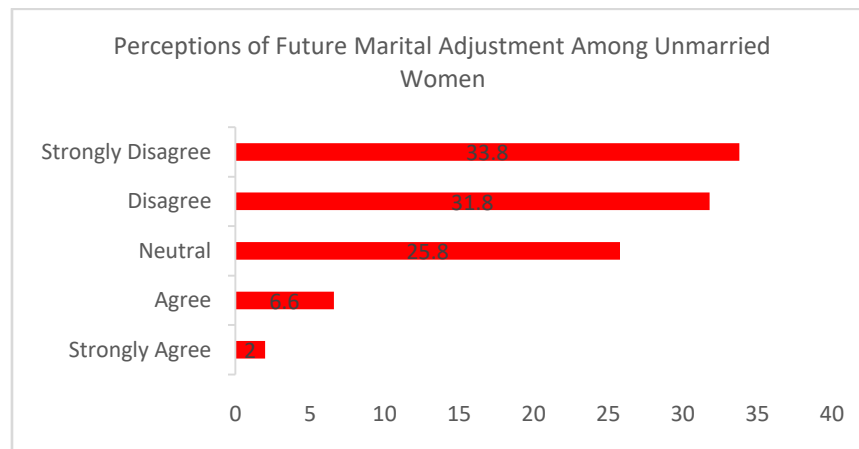


Fig 1: Perception of future marital adjustment among unmarried women

The adjustment of a girl after marriage is a significant life transition that involves adapting to a new set of roles, responsibilities, relationships, and environments. This adjustment process can vary widely based on cultural, personal, and societal factors.

The bar chart (figure 1) titled “*Perceptions of Future Marital Adjustment Among Unmarried Women*” reveals a predominantly negative outlook on marital adjustment among this group. A significant majority of respondents expressed pessimism, with 33.8% strongly disagreeing and 31.8% disagreeing with the idea of successful future marital adjustment. A smaller segment, 25.8%, remained neutral, indicating uncertainty or ambivalence. In contrast, only 6.6% agreed and a mere 2% strongly agreed, suggesting that optimism regarding marital adjustment is relatively rare among unmarried women surveyed. This distribution suggests a general concern about the feasibility of successful marital adaptation in the future among unmarried women.

Before marriage itself, girls think the marital adjustment is very hard. It may lead to issues such as post-marital stress or depression because, after marriage, girls will take time to adjust to the new living conditions in their husband’s home, and many young women will not be ready for adjustments and sacrifices after marriage. The adjustment to marriage is a unique and individual process. Effective communication, mutual understanding, and shared efforts between partners contribute to a smoother transition. Additionally, seeking support from family, friends, or professionals can be beneficial during this significant life change.

1. Concerns over Loss of Freedom and Identity

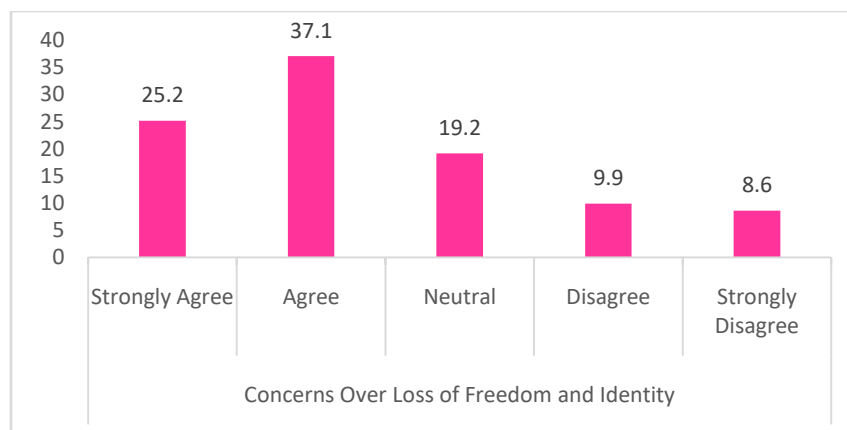


Fig 2: Concerns over loss of freedom and identity

The young unmarried women girls feel a loss of autonomy or independence after marriage. Decisions that were once made solely by the individual may now involve consultation or compromise with a spouse. Married women might feel constrained in their decision-making processes in certain cultural or traditional settings, especially if societal norms dictate specific roles and expectations.

Fig 2 indicates that a good number (62%) of participants agreed that they have fears about their freedom and identity loss after marriage, indicating a widespread concern about threats to personal or cultural autonomy. This suggests that issues related to identity preservation and individual liberties resonate strongly within the population, possibly influenced by political, social, or cultural changes. Meanwhile, 19.2% of participants remained neutral, which may reflect uncertainty or a lack of strong opinion on the issue. In contrast, only 18.5% expressed disagreement or strong disagreement, suggesting that relatively few individuals perceive these concerns as unfounded. Thus, Participants believe that when they are single they can, they are free to do whatever they want, and after marriage, husbands and in-laws will restrict them and they will need to seek permission from them, which will create negative thoughts about marriage in their minds.

Marriage often involves adopting new roles, such as that of a wife, daughter-in-law, or mother. For some individuals, these roles may conflict with their pre-marriage identity and personal aspirations. Societal expectations may pressure women to conform to traditional gender roles, potentially leading to a perceived loss of personal identity as they navigate these expectations.

3. Fear of sacrificing dreams and aspirations after marriage

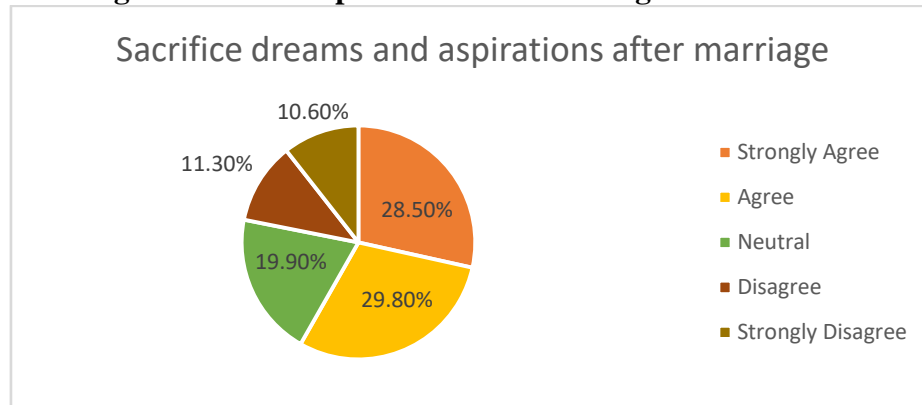


Fig 3: Fear of sacrificing dreams and aspirations after marriage

The pie chart (Fig.3) titled “Sacrifice Dreams and Aspirations after Marriage” presents the distribution of opinions regarding whether individuals feel they have to compromise their personal goals following marriage. The majority of respondents 29.8% agreeing and 28.5% strongly agreeing indicate that they believe marriage often leads to the sacrifice of dreams and aspirations, totaling 58.3% in agreement. This suggests that more than half of the participants perceive marriage as a factor that limits the pursuit of personal ambitions. Meanwhile, 19.9% of respondents remained neutral, perhaps reflecting ambivalence or a balanced view depending on individual circumstances. On the other hand, a smaller segment, 11.3% disagreeing and 10.6% strongly disagreeing (totaling 21.9%), do not associate marriage with such sacrifices. Overall, the data imply that the perception of giving up aspirations post-marriage is prevalent, raising questions about societal roles, expectations, and the negotiation of individual identity within marital relationships.

4. Difficulty in establishing trust after marriage

Table 2: Difficulty in establishing trust after marriage

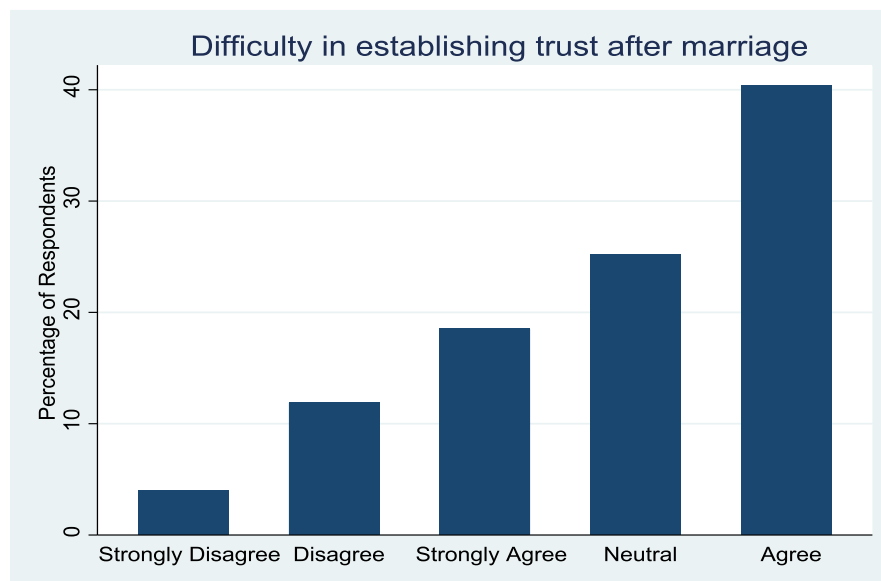


Fig. 4: Difficulty in establishing trust after marriage

The data on presented in table 2 and figure 4 indicate a strong overall agreement with the notion that trust is a significant challenge. A combined 58.9% of participants either strongly agree (18.5%) or agree (40.4%), suggesting that more than half of the respondents perceive trust as a major issue in relationships. An additional 25.2% remained neutral, which may reflect uncertainty or ambivalence. Only a small portion (15.9%) expressed disagreement, with 11.9% disagreeing and 4.0% strongly disagreeing. The high percentage of agreement points to a prevalent concern among individuals regarding trust issues, potentially impacting their approach to future relationships or marital dynamics.

5. Difficulty with depending husband financially after marriage

The responses suggest that financial dependence on a husband is a significant concern for many respondents. **29.14% strongly agreed**, and **20.53% agreed**, totaling **49.67%** who perceive or anticipate difficulty with financial reliance on their husband. Additionally, **23.18%** were neutral, which may indicate uncertainty or indifference regarding this issue. In contrast, a smaller proportion of respondents, 13.25% disagreed and 13.91% strongly disagreed, did not foresee challenges with financial dependence. This highlights the importance of financial autonomy for many women and suggests that concerns over future dependence may be influenced by societal expectations, personal experiences, or a desire for independence.

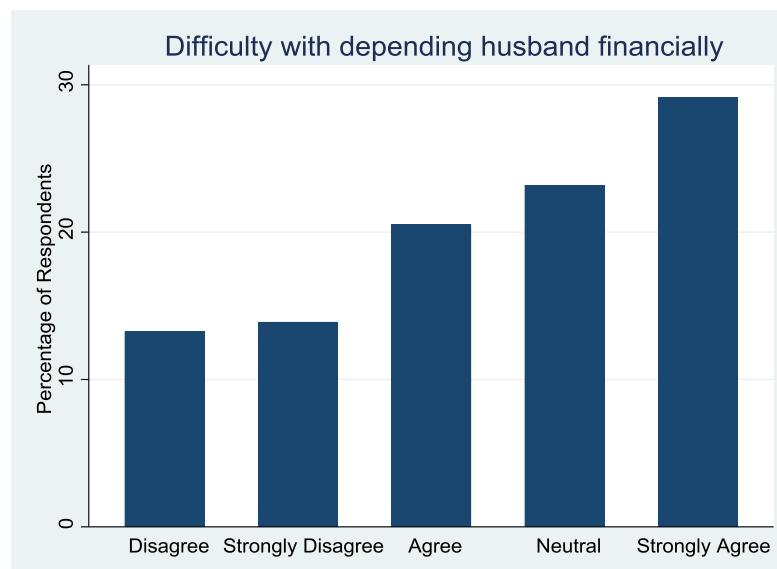


Fig 5: Apprehensions on depending husband financially

Traditionally, men have met these expectations by assuming the role of the devoted breadwinner, assisted by a woman who prioritizes his job or does not work. However, a large number of heterosexual men today are married to women who pursue difficult careers of their own; also, a large number of women anticipate that their husbands will support their professional endeavours and be more involved in their families than men in past generations were. (Reid, 2018). Fear of divorce or separation can also make some women hesitant to fully depend on their husbands financially. In many societies, women still earn less than men on average due to various factors such as gender discrimination in the workplace, career interruptions for care giving roles, and limited access to higher-paying jobs or promotions. Dependence on a spouse for financial

support can lead to a lack of financial independence and autonomy. This can be especially challenging if the relationship becomes strained or if the husband is unable or unwilling to provide adequate financial support.

6. Apprehension about In-laws restricting freedom after marriage

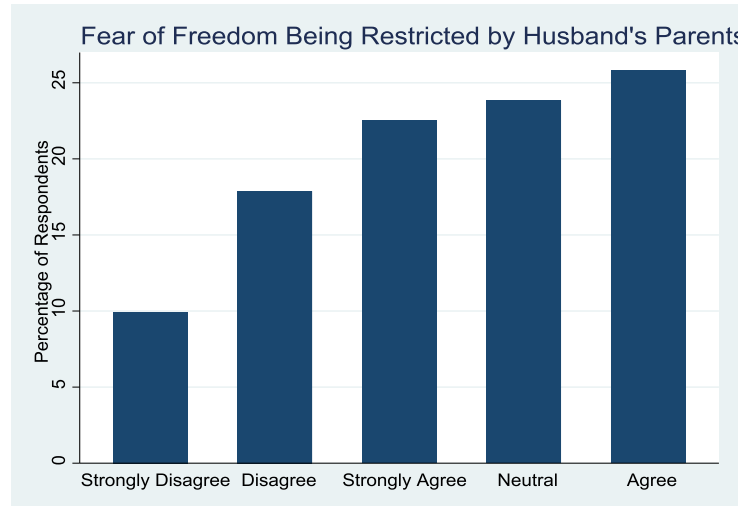


Fig. 6: Fear of freedom being restricted by husband's parents

The data reflect unmarried women's apprehensions about potential restrictions on their freedom by their future husband's parents. Nearly half of the respondents 22.52% strongly agreeing and 25.83% agreeing expressed concern that their autonomy may be curtailed within the marital household. An additional 23.84% remained neutral, possibly indicating uncertainty or ambivalence about this issue. Only 27.81% disagreed or strongly disagreed, suggesting that a relatively smaller segment of the sample does not foresee such restrictions. These findings point to a widespread anticipation of intergenerational control among unmarried women, which may be shaped by cultural norms, observed experiences of others, or societal expectations around marriage and family life. The responses highlight a sense of vulnerability that exists even before marriage, underscoring the importance of addressing gendered power dynamics within extended families.

7. Opinion on Most women's are unhappy in married life

Fig. 7 shows that nearly half of the women agreed that most women are unhappy in their married life. Hence, they have already developed some anti-marriage or negative attitudes towards marriage thoughts.

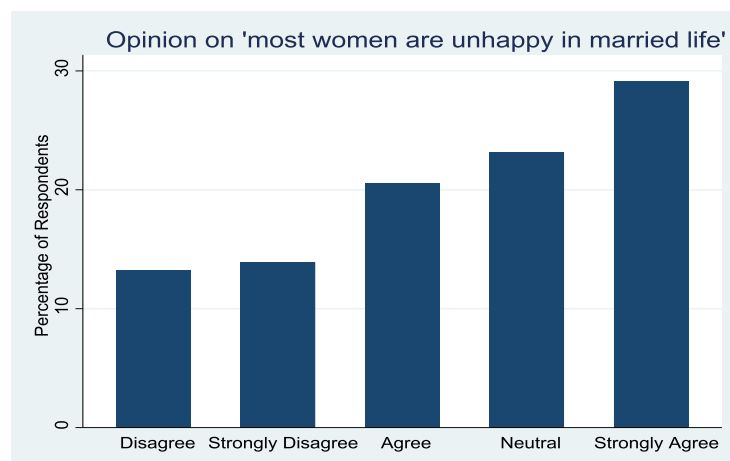


Fig. 7: Response for most women are unhappy in married life

The majority of weddings in India are arranged and they know their partner very little, the case of a woman, a family. deep-rooted significance of marriage in Indian society, many women find themselves facing significant challenges and unhappiness within their marital relationships. This unhappiness can stem from a variety of factors, including but not limited to cultural pressures, gender roles, lack of autonomy, communication issues, and unmet emotional needs. The traditional patriarchal structure in many Indian families can contribute to women feeling undervalued, restricted, or unable to express themselves fully within their marriages. Additionally, societal expectations regarding a woman's role as a wife, mother, and homemaker can create immense pressure and lead to feelings of dissatisfaction and discontentment.

8. Apprehension of marriage end up in divorce

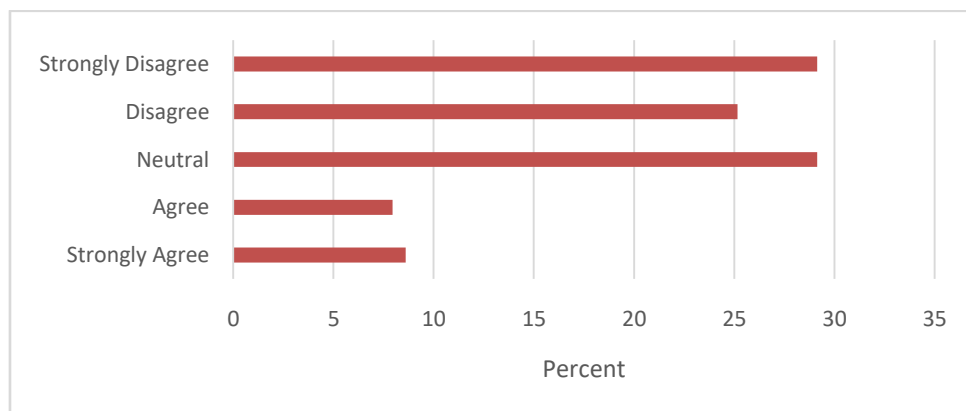


Fig.8: Apprehension of marriage end up in divorce

In recent decades, societal norms and expectations regarding women's roles and choices have undergone significant transformations. One of the most notable shifts has been the growing recognition and acceptance of women living independently without the necessity or desire for marriage. This shift reflects a broader movement towards individual autonomy, gender equality, and the celebration of diverse life paths.

Historically, marriage was often seen as a cornerstone of a woman's life, providing financial stability, social status, and emotional fulfillment. However, as societies evolve and women's rights progress, the idea that marriage is the only path to happiness and fulfillment has been challenged and redefined. More than half (60 %) of the participants agreed that women can live independently without marriage they and prefer single and independent life. The result also shows that, 23% of participants has neutral position for the statement

9. Unmarried Women's Perceptions on the Longevity of Marriage

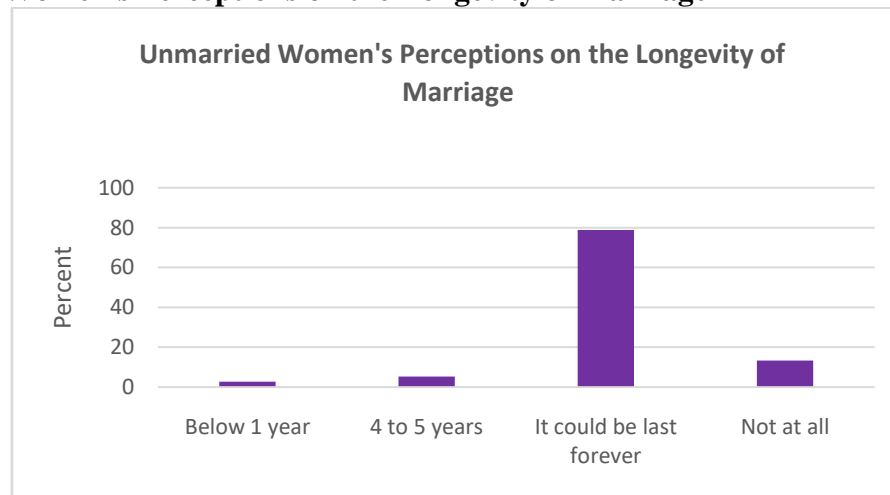


Fig 9: Unmarried Women's Perceptions on the Longevity of Marriage

The chart provides a clear picture of unmarried women's perceptions regarding the sustainability of marriage. An overwhelming majority (approximately 80%) believe that marriage could last forever, reflecting a strong sense of optimism and enduring faith in the institution. This dominant response suggests that, for many, the concept of lifelong partnership remains idealized and desirable. In contrast, a smaller yet significant portion of respondents (around 14%) expressed doubt, believing that marriage may not last at all. Very few foresee marriages lasting only 4 to 5 years or less than a year. These findings indicate that while optimism is prevalent, a notable degree of skepticism exists, possibly influenced by modern relationship challenges, societal trends, or personal observations. This duality highlights the complexity of contemporary attitudes toward marriage among unmarried women.

CONCLUSION

This study reveals a complex and evolving outlook among young unmarried women in Kerala toward the institution of marriage. While marriage remains a culturally significant milestone, the research highlights growing apprehensions related to post-marital adjustment, loss of freedom and identity, sacrifices of personal dreams, trust issues, financial dependency, and interference from in-laws. The majority of respondents expressed skepticism about traditional marital roles and conveyed a preference for autonomy, career advancement, and emotional independence. Despite these concerns, many still hold onto the ideal of lasting marital relationships, suggesting a dual mindset where traditional values intersect with modern aspirations. Based on these findings, it is recommended that educational institutions, policymakers, and community organizations implement awareness programs and counselling services that promote informed

marital choices, encourage open dialogue around gender roles, and support women's autonomy and career aspirations. Additionally, integrating relationship and life skills education into academic curricula could empower young women to navigate marital decisions with confidence and clarity

Limitations

This study focused solely on young unmarried women in Kerala and employed purposive sampling, which may limit the generalizability of the findings to broader populations. Data collection was conducted through an online Google Form survey of unmarried college students, which may exclude individuals less active on digital platforms. Additionally, the reliance on self-reported responses introduces the possibility of response bias. The study also did not incorporate qualitative methods such as interviews or focus groups, which could have provided deeper insights into personal and cultural experiences related to marriage.

Acknowledgment

The authors would like to thank all the participants who voluntarily shared their perspectives and experiences. Gratitude is also extended to the academic mentors and peers who provided valuable feedback during the research process.

Conflict of Interest

The authors declare no conflict of interest.

REFERENCES

1. Adhikari, P. (2017). Attitudes of Present Generation towards Marriage: A Survey of Marriageable College Students. 31(1–2), 167–184. <https://doi.org/10.3126/tuj.v31i1-2.25353>
2. Amato, P. R. (1988). Parental Divorce and Attitudes toward Marriage and Family Life. *Journal of Marriage and Family*, 50(2), 453. <https://doi.org/10.2307/352010>
3. Arocho, R. (2019). Changes in expectations to marry and to divorce across the transition to adulthood. *Emerging Adulthood*, 9(3), 217–228. <https://doi.org/10.1177/2167696819879008>
4. Behera, J. R., & Lenka, C. (2018). Attitude of adolescent girls towards marriage and family life. *National Journal of Multidisciplinary Research and Development*, 3(1), 414–417. <http://www.nationaljournals.com/archives/2018/vol3/issue1/3-1-147>
5. Behl, N. (2019). Gendered Citizenship: Understanding gendered violence in Democratic India. <https://www.amazon.com/Gendered-Citizenship-Understanding-Democratic-International/dp/0190949422>
6. Bhavana, N., & Roopa, K. S. (2015). Youth attitude towards marriage and changing trends in marriage. *International Journal of Science and Research (IJSR)*, 4(7), 677–82.
7. Burgoyne, C. B., & Hames, R. (2002). Views of Marriage and Divorce: An In-Depth Study of Young Adults from Intact and Divorced Families. *Journal of Divorce & Remarriage*, 37(1–2), 75–100. https://doi.org/10.1300/J087v37n01_05
8. Curtis, J. M., & Susman, V. M. (1994). Factors related to fear of marriage. *Psychological reports*, 74(3), 859–863.

9. Dennison, R. P., & Koerner, S. S. (2008). A look at hopes and worries about marriage. *Journal of Divorce & Remarriage*, 48(3–4), 91–107. https://doi.org/10.1300/j087v48n03_06
10. Flouri, E., & Buchanan, A. (2001). What predicts traditional attitudes to marriage? *Children & Society*, 15(4), 263–271. <https://doi.org/10.1002/chi.674>
11. Kanak Yadav, R. (2018). Exploring the attitudes of young adults towards marriage in India. *Journal of Humanities and Social Science (IOSR-JHSS)*, 23(1), 25–44.
12. Martin, P. D., Specter, G., Martin, D., & Martin, M. (2003). Expressed attitudes of adolescents toward marriage and family life. *PubMed*, 38(150), 359–367. <https://pubmed.ncbi.nlm.nih.gov/14560887>
13. McAllister, F. M., Mansfield, P., & Dormor, D. J. (1991). Expectations and experiences of marriage today. *Journal of Social Work Practice*, 5(2), 181–191. <https://doi.org/10.1080/02650539108413471>
14. Reid, E. M. (2018). Straying from breadwinning: Status and money in men’s interpretations of their wives’ work arrangements. *Gender Work and Organization*, 25(6), 718–733. <https://doi.org/10.1111/gwao.12265>
15. Riggio, H. R., & Weiser, D. A. (2008). Attitudes toward marriage: Embeddedness and outcomes in personal relationships. *Personal Relationships*, 15(1), 123–140. <https://doi.org/10.1111/j.1475-6811.2007.00188.x>
16. Tasker, F. (1993). Anti-Marriage Attitudes and Motivations to Marry Amongst Adolescents with Divorced Parents. *Journal of Divorce & Remarriage*, 18(3–4), 105–119. https://doi.org/10.1300/j087v18n03_07
17. Thornton, A. (1989). Changing Attitudes toward Family Issues in the United States. *Journal of Marriage and Family*, 51(4), 873. <https://doi.org/10.2307/353202>
18. Waller, M. R. (2001). High hopes: unwed parents’ expectations about marriage. *Children and Youth Services Review*, 23(6–7), 457–484. [https://doi.org/10.1016/s0190-7409\(01\)00144-x](https://doi.org/10.1016/s0190-7409(01)00144-x)
19. Waller, M. R., & McLanahan, S. S. (2005). “His” and “her” marriage expectations: Determinants and consequences. *Journal of Marriage and Family*, 67(1), 53–67. <https://doi.org/10.1111/j.0022-2445.2005.00005.x>
20. Zachariah, K., Mathew, E., & Rajan, S. I. (2001). Social, economic and demographic consequences of migration on Kerala. *International Migration*, 39(2), 43–71. <https://doi.org/10.1111/1468-2435.00149>
21. Zimmer, T. A. (1986). Premarital anxieties. *Journal of Social and Personal Relationships*, 3(2), 149–159. <https://doi.org/10.1177/0265407586032002>