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KEYWORDS	ABSTRACT
<p>Psychological Stress-Related Factors, Immature Marriages & Health</p>	<p>The primary objective of this study is to investigate the intricate relationship that exists amid psychological stress and immature marriages in Southern Punjab. More specifically, the research investigated specific obstacles that young brides in this region face. The focus of the research is on unions that occur during infancy. It is believed that these unions are responsible for the emission of stresses that originate from socio-cultural, economic, as well as gender issues. In order to see psychological characteristics that are linked with immature marriages, the research thus made use of the quantitative method approach, making use of quantitative survey data in conjunction with these findings. The study offered significant results in reaching desired conclusion and making decisions. This research contributes toward a better knowledge concerning psychological mechanisms that are responsible for immature marriages, which is necessary so as to provide an explanation for these elements in light of the local context. In addition to recognizing interventions and policies that can be used to construct culturally informed methods to meet the mental health needs of the young brides in Southern Punjab, the results also direct attempts at achieving more comprehensive outcomes.</p>
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INTRODUCTION

In the cultural tapestry of Pakistan, issue of premature marriages, particularly among young girls, stands as complex and pervasive challenge. The social fabric of the nation is interwoven with deep-rooted traditions, wherein the early matrimony is often considered a norm rather than an exception (Lindquist, 2018). This phenomenon has garnered the increasing attention in the recent years, as the psychological implications of such unions on young girls have become a focal point of concern (Fry, 2019). Marriage, traditionally viewed as a sacred institution, is undergoing a nuanced examination

in contemporary context (Shah & Mistry, 2020). In Pakistan, prevalence of premature marriages, defined as unions occurring before age of 18, raises critical questions about the physical, emotional, and psychological well-being of the young brides. This issue is particularly acute for girls who, at an age when they should be exploring education and personal development, find themselves thrust into the responsibilities of married life (Singh, 2021). Emotional immaturity in one or both partners can lead to difficulties in handling stress (Singh, Aruna, & Singh, 2023). Immature individuals may struggle with emotional regulation, communication, and conflict resolution, making it challenging to navigate ups and downs of married life (Joy & Mathew, 2018). Psychological stress experienced by young girls due to premature marriages encompasses a wide spectrum of challenges, ranging from limited educational opportunities and restricted personal growth to the early childbirth and associated health risks.

This study seeks to delve into the intricate web of factors contributing to the psychological stress experienced by young brides in Pakistan, shedding light upon the multifaceted nature of this issue (Rattani, 2020). By exploring the psychological dimensions of the premature marriages, we aim to underscore the urgency of addressing this matter at both societal and policy levels. It is crucial to understand the psychological toll exacted upon young girls, not only for the sake of their individual well-being but also for broader societal implications (Khan, Anwar, Aamir, Iqbal & Tahir, 2021). Immature marriages refer to unions where one or both partners may not have fully developed the emotional, psychological, or interpersonal skills necessary for healthy & stable relationship (Shah & Mistry, 2020). The immature individuals may enter marriage with unrealistic expectations about roles & responsibilities of spouse. Unrealistic expectations can lead to disappointment, frustration, and stress when reality does not align with these romanticized ideals (Lalrohlu, Shaji, & Nirmala, 2023). This research endeavor aspires to contribute valuable insights that may inform initiatives aimed at mitigating the adverse effects of the premature marriages and fostering an environment where the young girls can pursue their dreams and aspirations unhindered by the burdens of early matrimony (Gill, 2020).

LITERATURE REVIEW

Premature marriage, defined as a formal or informal union before the age of 18, is widespread issue, notably prevalent in South Asia. Indonesia, ranking 8th in region, contributes significantly to high incidence of premature marriages, affecting one in seven young women in country. Early marriage poses serious risks for young women, with increased susceptibility to depression & suicide. Survey data from India shows that 21% of participants highlighted detrimental effects of early marriage, including the onset of depression (Singh, 2021). The early marriage, especially when young girls are involved, has raised much concern across the world. Literature explores the psychological stress among young girls marrying early, many factors that affect their mental health. Marriage before age of 18 not only undermines normal adolescent development but is a great challenge to young brides' psychological resistance. Studies have always highlighted the psychological implications of the early marriage for girls. Abrupt shift into adulthood, combined with requirement to take on marital duties, puts individuals under a lot of stress and emotional distress. Depression characterize psychological distress of young brides who have to deal with sudden transition from childhood into

adulthood (Collardeau, 2023). One of factors that donates to early marriage is a cut-off education for young girls.

The premature termination of formal education can be traumatic because it symbolizes suppression of personal and intellectual aspirations. The failure to meet educational goals can aggravate the psychological burden of young brides, who may struggle with resentment & wasted opportunities (Sembiring, Safitri, Tarigan, Salamah, & Afiq, 2023). The lack of autonomy in the decision-making, especially the choice of life partner, is one critical factor contributing to psychological stress among young brides. The implementation of arranged marriages and lack of freedom in major life choices can make young girls feel helpless and depressed. In addition to psychological problems they face, their desires and wishes are not in accordance with what society expects of them (Shafierizi, Basirat, Amiri, Kheirkhah, Pasha & Faramarzi, 2023). Marrying at a young age often leads to the social exclusion of girls as they are taken away from their friends and school. The social isolation can be a powerful stressor, leading to loneliness & emotional distress. The social isolation that accompanies early marriage makes it even difficult for girls to form supportive network and further complicates growing psychological problems (Sembiring et al., 2023). Cultural norms and societal expectations are important factor in continuance of early marriage which leads to great psychological distress for young girls.

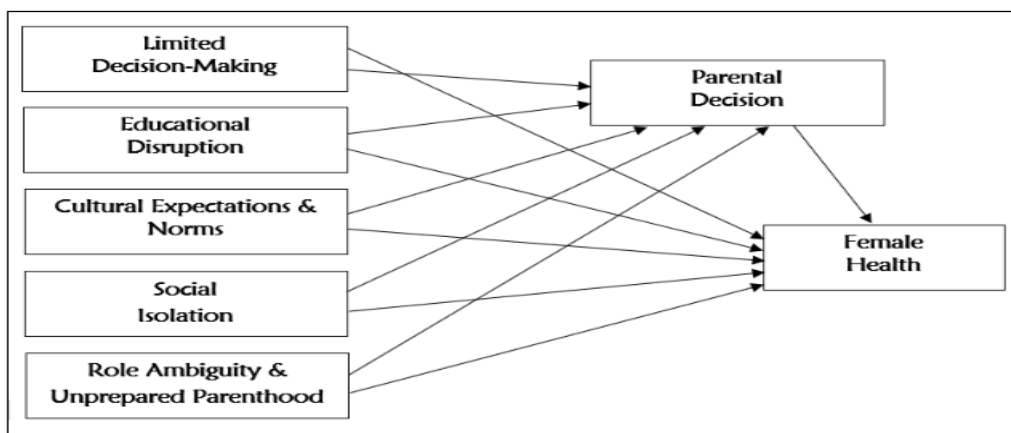
Traditional ideals and well-established gender roles can support early marriage as a societal norm, leading to inner dilemmas between cultural values and personal goals for young brides. Interplay of culture and psychological distress illustrates the importance for culturally tailored approaches. Economic factors, often associated with poverty also help to explain frequency of early marriage (Syarif & Zulhamdi, 2023). Early marriages may be seen by families struggling to make ends meet as a way of avoiding economic stressors and hence, young girls are placed at the center of complex financial decisions. This stress, however, does not only come from economic hardships but because of being laden with adult responsibilities at age where psychological readiness is absent (Calvo, Fusco, Pellicelli, & Masaro, 2023). Persistent problem of gender injustice increases psychological pressure resulting from early marriage. Power imbalances in relationships lead to disempowerment of young girls, which constrains their autonomy and agency. Besides the mental burden of adjusting to unfair gender division, young brides are confronted with relations that reflect power imbalances. Dangers associated with early marriage include premature pregnancies and childbirths. Physical strain of childbirth in young girls is a contributing factor to psychological stress and causes anxiety as well as depression.

Health-related outcomes also highlight the complexity of challenges that young brides face, and they suggest that interventions should include both physical health & mental wellbeing (Githinji, 2023). One of the most important approaches to dealing with psychological stress caused by early marriage is empowering young girls through education. Educational programs that provide girls with knowledge and skills offer an alternative to early marriage not only because they enable more autonomy but also the higher degree of decision-making power. Through the education promotion, interventions can influence the psychological resilience of young girls in the positive manner (Xia). Community-based interventions are instrumental in fighting the cultural beliefs that support early

marriage. Such initiatives should include raising awareness about the negative consequences of early marriage and encouraging alternative development paths for girls. These interventions seek to promote lasting cultural changes by involving communities in discussions on the psychological welfare of young brides (Kulik, Kajka, Banakiewicz, & Frańczyk, 2023). The legislative measures aimed at increasing minimum age of marriage serve as a protective barrier for young girls. Child marriage laws must be enforced, support systems should be put in place for those at risk to reduce psychological stress.

Legal safeguards provide the base upon which more extensive social transformations that focus on the interests and autonomy of adolescent girls can be built. The psychological stress related to early marriage should be addressed by integrating mental health support services into communities and schools. Young brides may have access to counseling and mental health awareness programs that will help them fight emotional distress. Understanding how early marriage affects mental health highlights the need for comprehensive interventions (Ramya et al., 2023). Finally, psychological stress young girls faced in early marriages was multi-layered. Early marriage interferes with the normal developmental sequence, as it places adult responsibilities on the people who may not be psychologically ready for them. The causes of psychological distress among young brides include cultural values, financial pressures, gender inequality, and health consequences. Interventions and support systems should be holistic, addressing not just the immediate effects but underlying reasons for early marriages. Education empowerment, community-based interventions, legal protection, and mental health support work in synergy to promote psychological integrity of young girls. With an understanding of complexities to psychological stress in early marriage, researchers, will be able to develop interventions that aim at empowering young brides & creating favorable environments for their development.

Figure 1 Conceptual Model



RESEARCH METHODOLOGY

For the purpose of ensuring that a varied range of districts and socio-cultural situations in southern Punjab are adequately represented, research makes use of a stratified random sampling technique. This group was comprised of young women who had been married at younger age than they should

have been. Development of structured questionnaire that include both culturally suitable items & psychological stress ratings was really accomplished. Autonomy, education disruption, cultural norms, and gender-related stressors were some of variables that were covered by survey instrument. For purpose of this quantitative phase, objective is to collect numerical data that can be examined statistically. Experienced researchers are in charge of administering the surveys, ensuring that they are sensitive to different cultures and that participant confidentiality is maintained. A number of statistical methods, including inferential analyses, is utilized in order to identify patterns and the extent to which psychological stress-related characteristics are prevalent in marriages that are not yet fully developed.

RESULTS OF STUDY

Table 1 Direct Relationships Among All Constructs

	OS	SM	SD	TS	PV
CEN → FH	0.155	0.157	0.056	2.774	0.006
CEN → PD	0.163	0.164	0.050	3.229	0.001
ED → FH	0.128	0.127	0.053	2.414	0.016
ED → PD	0.160	0.158	0.052	3.102	0.002
LDM → FH	0.053	0.056	0.048	1.123	0.262
LDM → PD	0.061	0.063	0.048	1.272	0.204
PD → FH	0.226	0.224	0.054	4.173	0.000
RAUP → FH	0.137	0.141	0.062	2.220	0.027
RAUP → PD	0.233	0.230	0.052	4.458	0.000
SI → FH	0.040	0.034	0.061	0.651	0.515
SI → PD	0.183	0.182	0.057	3.212	0.001

It is possible to use the T statistics value to quantify difference in means between two groups, with higher values indicating that there is a greater difference between the groups. These p-values offer evidence that these differences are statistically significant. Variables such as PD->FH and RAUP->PD have strong T statistics and very low p-values (which are very near to zero), which suggests that the differences between the original sample values and the means are statistically significant. The T statistics of variables like SI and FH are low, and their p-values are high, which indicates that there is no visible difference that is statistically significant since there is no difference. A level of significance, which is often 0. Under the condition that the p-value is lower than this limit, we will reject the null hypothesis. Table provides a statistical summary of numerous variables, illustrating the differences in the values and means of the original sample along with the confidence value for each of those discrepancies. Thus, in their investigation, the researchers will utilize this information to draw the conclusions about the links that exist between the variables that they have taken into consideration.

Table 2 Total Direct Effect

	OS	SM	SD	TS	PV
CEN → FH	0.192	0.194	0.056	3.439	0.001
CEN → PD	0.163	0.164	0.050	3.229	0.001
ED → FH	0.164	0.162	0.055	2.971	0.003

ED → PD	0.160	0.158	0.052	3.102	0.002
LDM → FH	0.067	0.070	0.052	1.299	0.194
LDM → PD	0.061	0.063	0.048	1.272	0.204
PD → FH	0.226	0.224	0.054	4.173	0.000
RAUP → FH	0.189	0.193	0.059	3.186	0.002
RAUP → PD	0.233	0.230	0.052	4.458	0.000
SI → FH	0.081	0.075	0.061	1.329	0.184
SI → PD	0.183	0.182	0.057	3.212	0.001

The table provides a comprehensive overview of the statistical characteristics that pertain to many relationships that exist between variables. It gives researchers the ability to differentiate between participants in terms of magnitude and weight of differences, which is an essential step in process of drawing findings from the study. According to T statistics and the P values of variables, the higher ones indicate that the differences are larger and more significant, whilst the lower numbers indicate that the variations are not significant. It is possible for researchers to increase their comprehension of links that are being explored with use of this information, which can also provide direction for additional analysis.

Figure 2 Direct relationship

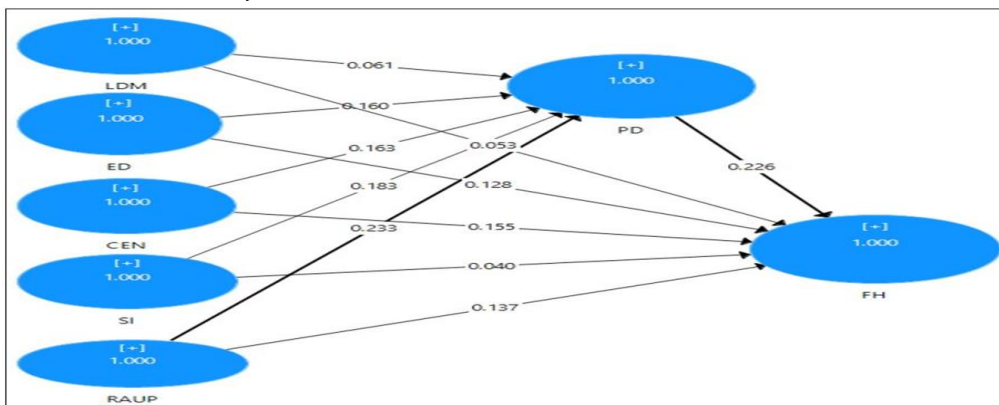
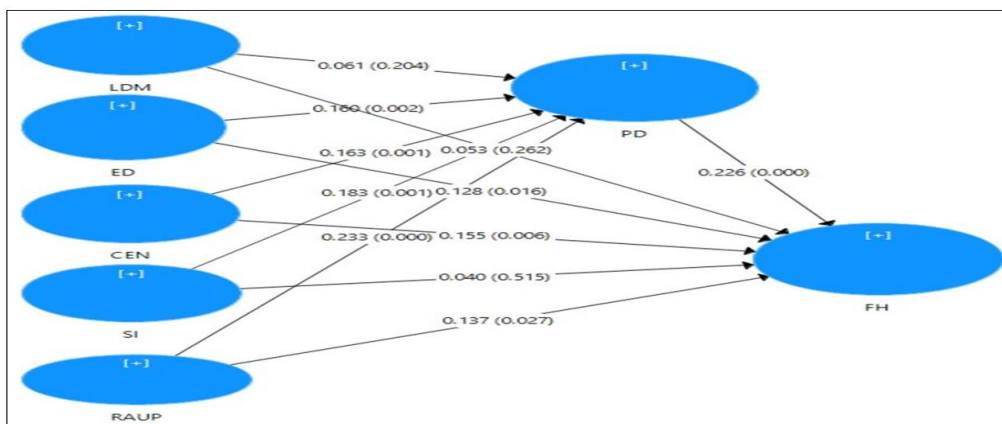


Figure 3 Indirect relationship and P values



DISCUSSION

The discussion of "breaking the silence: This couples' therapy approach: psychological stress related Factors in Immature Marriages A Southern Punjab Study, focuses on the analysis of interpretations by exploration findings with other literature, interventions implications and then limitations, as well Further studies (Abdel Sabour, 2023). Result of this study illuminates the complex association between psychological stress and immature marriages in Southern Punjab (Wykes, 2023). The findings show that some cultural and societal elements contribute immensely to stress individual's face in such unions. Significantly, the traditional standards and beliefs in terms of norms associated with maturing spouses significantly contribute towards their mental health. Studying such cultural nuances is important in developing interventions that are context specific based on dynamics of this southern part of Punjab (Sembiring et al., 2023). Comparisons of findings with previous literature on psychological stress in marriages give a thorough approach. If some of the stressors are universal, then this study brings out focus on such challenges directed people in southern Punjab (Iqbal, 2023; Sembiring et al., 2023).

This contextualization further highlights need to adapt interventions according to unique cultural dynamics of the region and that putting into consideration people overlooks issues surrounding psychological stress in immature marriages. The significance of this study is not limited to academic discussions, but has implications for interventions. By specifying the sources of stress, policy makers and practitioners can develop programs that will help in reducing psychological distress among immature unions (Iqbal, 2023). Educational initiatives, community support systems and culturally sensitive counseling services can go a long way towards providing such needed assistance to those wrestling with challenges of early union in Southern Punjab (Hertzog-Young, 2023). Still, it is vital to admit the shortcomings of this research. The generalizability of the findings might be affected by sample size and demographic homogeneity. Moreover, the cross-sectional design of the study gives a momentary picture of the psychological stress but prevents us from determining causality. Future research efforts should focus on longitudinal designs and more representative sample to increase results generalizability.

CONCLUSION

A full overview of the statistical characteristics that pertain to the numerous correlations that exist between variables is provided by the table, which concludes the discussion. It enables researchers to discriminate between participants in terms of the amount and weight of differences, which is a key stage in the process of deriving conclusions from the study. This is because it allows researchers the ability to differentiate between individuals. According to the T statistics and the P values of the variables, the higher ones suggest that differences are larger and more significant, whilst the lower numbers show that variations are not significant. This is because the higher numbers indicate that differences are more significant. By making use of this information, researchers have opportunity to improve their understanding of the connection that are being investigated. Additionally, this information can suggest a path for further investigation. Thus, this study systematically achieved desired objectives about the relationships among research issues in particular context to contribute the knowledge.

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