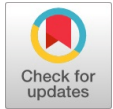


Understanding the Institution of Marriage

Radhika Kapur



Abstract: *The main objective of this research paper is to acquire an efficient understanding of the institution of marriage. This is regarded as an essential institution to which individuals are required to belong, encompassing all communities, categories, and socio-economic backgrounds. Individuals typically have the primary objective of making this institution successful. For this purpose, they are required to consider various factors, such as communicating politely and decently with others, treating each other with respect and courtesy, providing factual information, and exhibiting traits of helpfulness and cooperation. These are regarded as essential in reinforcing cordiality and amiability in terms and relationships. The members of the family within marital homes need to ensure that they form positive viewpoints on various factors. Furthermore, they need to reinforce clarity of mind. One of the crucial aspects that needs to be taken into account is that one should not harbour any negative feelings towards each other. Additionally, one needs to be well-informed about peaceful conflict resolution methods. These are necessary in creating peaceful environmental conditions within homes. Therefore, through acknowledging and implementing certain factors, the institution of marriage will be successful. The primary concepts examined in this research paper are the understanding of the meaning and significance of the institution of marriage, measures to be implemented for making the institution successful, and the advantages of achieving this success.*

Keywords: *Communication Processes, Effectiveness, Individuals, Job Duties, Marriage, Measures, Successful*

I. INTRODUCTION

When mating takes place between two individuals, a man and a woman, and is publicly recognised, it is termed marriage. Marriage is a relationship not only between two individuals, but between two families. In the institution of marriage, various factors need to be taken into account, including patterns of relationships, expectations, and dynamics. The individuals are required to be well-prepared when they are making an entry into this institution (Marriage: Definition and Forms of Marriage, n.d., [5]). Individuals are required to be well-versed in terms of traits of politeness, helpfulness, co-operation, kind-heartedness and generosity. Individuals are needed to reinforce these traits, regardless of their age or gender. Furthermore, individuals will be able to make their marriages successful.

The individuals in a family of procreation generate information regarding all the essential traits, which facilitate cordiality and amiability in relationships. Therefore, when both men and women put these traits into operation, they will be able to contribute efficiently to generating the desired outcomes.

Individuals are required to implement effective communication processes. These are regarded as key to fostering cordiality and amiability in relationships. Individuals are required to be well-equipped in terms of communication ethics, i.e., using polite language and decent words, treating each other with respect and courtesy, maintaining eye contact when communicating face-to-face, and possessing an approachable nature and an amiable attitude. Within households, there are several job duties and responsibilities, in terms of which, individuals are required to obtain help and support from others; hence, one needs to acknowledge the importance of traits of helpfulness and co-operation (Allen, 2005, [2]). When implementing effective communication processes, individuals are expected to exhibit traits of helpfulness and cooperation. The primary reason is that individuals will need to obtain support and assistance from others to accomplish all their tasks and activities. Therefore, individuals can contribute efficiently to strengthening their relationships by honing their communication skills, being helpful, and fostering cooperation.

II. UNDERSTANDING THE MEANING AND SIGNIFICANCE OF THE INSTITUTION OF MARRIAGE

Loneliness is regarded as a chronic and distressful condition for all individuals. Individuals are required to be well-versed in ways that facilitate alleviating loneliness. The parents and other family members in a family of procreation aimed to have their children enter the institution of marriage when they attain the right age. The parents work hard to find a suitable marriage partner for their children. In this manner, they are rendering an essential contribution to creating a companion for their children. In this manner, one can alleviate loneliness and form cordial and amiable relationships with others. The conduct of the individuals should be such that they should obtain support from the family members in marital homes to promote enrichment of their lives (Adshade & Kaiser, 2008, [1]). Within marital homes, individuals spend a significant part of their lives; hence, they need to develop a mutual understanding with their family members. Therefore, individuals can acquire an efficient understanding of the meaning and significance of the institution of marriage when they alleviate loneliness.

The function of child development is crucial and must be implemented effectively. To implement this function satisfactorily, individuals need to obtain support and assistance from family members in both their natal and marital homes. Furthermore, they are required

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to augment their information in terms of various factors, i.e. effectively communicating with them; depicting the traits of helpfulness and co-operation; providing them good-quality education; getting them engaged in extra-curricular and creative activities; promoting their good health, physically and psychologically; imparting them information in terms of morals and ethics; focusing on augmenting different types of skills and abilities among them; possessing an approachable nature and amiable attitude; promoting cleanliness within homes and creating pleasant and amiable environmental conditions within homes. Hence, putting into practice the function of child development in a satisfactory manner facilitates strengthening terms and relationships among family members in marital homes. Therefore, one can acquire an understanding of the meaning and significance of the institution of marriage when it facilitates the function of child development adequately. Throughout the lives of individuals, they are often overwhelmed by various types of problems and challenging situations. These occur in the personal and professional lives of individuals. These are related to job duties, responsibilities, methodologies, procedures, techniques, strategies, work pressure, lack of implementation of time-management skills, augmenting competencies and abilities, unawareness in terms of various subjects and concepts, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. When individuals are overwhelmed by various types of dilemmas and challenging situations, they often need to acquire help and support from family members in their marital homes. Hence, individuals realise that when they enter the institution of marriage, they will incur the feeling of satisfaction, especially when they have developed mutual understanding with others. One of the essential advantages is that individuals will lead to an increase in motivation levels towards carrying out job duties and responsibilities in a satisfactory manner. Therefore, an understanding of the meaning and significance of the institution of marriage is acquired when it facilitates coping with different types of dilemmas and challenging situations in a satisfactory manner.

III. MEASURES TO BE IMPLEMENTED IN MAKING THE INSTITUTION OF MARRIAGE SUCCESSFUL

In all communities, whether urban or rural, throughout the country, individuals from diverse backgrounds consider marriage an essential institution. When individuals reach a certain age, they are required to enter into the institution of marriage. All individuals aspire to make this institution successful. It is understood on a comprehensive basis that various types of dilemmas and challenging situations occur. Still, one needs to be well-prepared to cope with these in a satisfactory manner (Chapter 1. Evolution of Marriage as a Social Institution, n.d., [3]). All individuals are required to enhance their understanding of the measures that facilitate the success of this institution. The measures are both complicated and manageable, and they are implemented in a shorter amount of time or can be more time-consuming. These measures are implemented either independently or through coordination with others. One of the crucial aspects that needs to be taken into account is that positivity needs to be reinforced in all these measures. Therefore, measures to be implemented in making the institution of marriage successful are stated as follows:

A. Implementing Effective Communication Processes

Within marital homes, both men and women are expected to employ effective communication strategies. This facilitates the augmentation of information regarding various subjects and concepts, the exchange of different types of ideas and viewpoints, and the obtaining of answers to all kinds of questions, as well as the clarification of doubts related to various factors. Individuals are required to implement effective communication processes. These are regarded as key to fostering cordiality and amiability in relationships. Individuals are required to be well-equipped in terms of communication ethics, i.e., using polite language and decent words, treating each other with respect and courtesy, maintaining eye contact when communicating face-to-face, and possessing an approachable nature and amiable attitude. One of the critical aspects is that individuals need to learn to exercise control over their feelings of anger and frustration. Furthermore, these need to be prevented from creating impediments during the implementation of various tasks and activities within and outside the home. Therefore, implementing effective communication processes is regarded as one of the essential measures to ensure the success of the institution of marriage.

B. Forming an Effective Social Circle

As a consequence of entering the institution of marriage, individuals will make an essential contribution to forming an effective social circle. The main reason is that they are creating links with individuals, which facilitates the formation of an effective social circle. The individuals need to treat each other with respect and courtesy. Furthermore, they are required to ensure that they do not harbour any negative feelings towards anyone. The conduct of the individuals should be such that they should obtain support from the family members in marital homes to bring about improvements in their overall quality of life. Within marital homes, individuals are required to spend a significant part of their lives, especially when they get married at a young age, typically between 20 and 30 years old; hence, they need to develop mutual understanding with family members. As a consequence, an effective social circle is formed with family members. In this manner, individuals will incur feelings of pleasure and contentment. Therefore, forming an effective social circle is one of the significant measures to be implemented in making the institution of marriage successful.

IV. CARRYING OUT THE FUNCTION OF CHILD DEVELOPMENT

The role of child development is essential for individuals, regardless of whether they belong to urban or rural communities. This needs to be implemented satisfactorily. To implement this function effectively, individuals need to obtain support and assistance from family members in both their natal and marital homes. Furthermore, they are required to augment their information in terms of various factors, i.e. effectively communicating with them; depicting the traits of helpfulness and co-operation; providing them good-quality education; getting them engaged in extra-curricular and creative



activities; promoting their good health, physically and psychologically; imparting them information in terms of morals and ethics; focusing on augmenting different types of skills and abilities among them; possessing an approachable nature and amiable attitude; promoting cleanliness within homes and creating pleasant and amiable environmental conditions within homes. Hence, putting into practice the function of child development in a satisfactory manner facilitates strengthening terms and relationships among all family members in marital homes. Therefore, implementing a function that supports child development is a meaningful measure to ensure the success of the institution of marriage.

A. Obtaining Support and Assistance from Others

Throughout the lives of individuals, they are often overwhelmed by various types of problems and challenging situations. These occur in the personal and professional lives of individuals. These are related to job duties, responsibilities, methodologies, procedures, techniques, strategies, work pressure, lack of implementation of time-management skills, lack of analytical and critical-thinking skills, augmenting different types of competencies and abilities, unawareness in terms of various kinds of subjects and concepts, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. When individuals are overwhelmed by various types of dilemmas and challenging situations, they often need to acquire help and support from family members in their marital homes. Hence, individuals realise that when they enter the institution of marriage, they will experience a sense of satisfaction, especially when they have developed a mutual understanding with their partner and other family members. One of the essential advantages is that individuals will lead to an increase in motivation levels towards carrying out job duties and responsibilities in a satisfactory manner. Therefore, obtaining support and assistance from others is a worthwhile measure to be implemented in making the institution of marriage successful.

B. Promoting Good Health and Well-being

Promoting good health and well-being is regarded as one of the primary goals of individuals across all communities, categories, and socio-economic backgrounds. Family members are required to implement factors that facilitate promoting good health and well-being. This needs to be both physically and psychologically. Family members provide information on ways that facilitate achieving this goal. These are, focusing on diet and nutrition; getting engaged in exercises and physical activities; inculcating the morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; taking care of needs and requirements of family members; putting into operation the households responsibilities in a satisfactory manner; maintaining cleanliness; depicting the traits of helpfulness and co-operation; providing solutions to different types of problems and challenging situations and reinforcing a constructive approach. As a consequence of augmenting information in terms of these factors, one can contribute efficiently to promoting good health, both physically and psychologically. As a consequence, individuals will hone their analytical and critical-thinking skills and contribute efficiently to making the institution of marriage successful. Therefore, promoting good health and well-being is a

prominent measure to be implemented in making the institution of marriage successful.

C. Depicting the Traits of Helpfulness and Co-Operation

From the stage of early childhood, throughout the lives of individuals, they need to depict the traits of helpfulness and co-operation. These are regarded as essential for making married lives successful. Family members are required to exhibit these traits towards one another, regardless of their age or gender. Within households, there are numerous job duties and responsibilities for which individuals are required to obtain help and support from others; hence, it is essential to acknowledge the importance of traits such as helpfulness and cooperation. When implementing effective communication processes, individuals are expected to exhibit traits of helpfulness and cooperation. Furthermore, these will facilitate strengthening cordiality and amiability among individuals and relationships. The primary reason is that individuals will need to obtain support and assistance from others to accomplish all their tasks and activities. Hence, individuals will contribute efficiently to reinforcing amiability in their relationships when they hone their communication skills and traits of helpfulness and cooperation. Therefore, depicting the traits of helpfulness and co-operation is a noteworthy measure to be implemented in making the institution of marriage successful.

D. Reinforcing the Traits of Morality and Ethics

Throughout the lives of individuals, they need to recognise the meaning and significance of moral and ethical traits. These are regarded as essential for making married lives successful. One of the crucial aspects that needs to be taken into account is that individuals can differentiate between appropriate and inappropriate factors. Additionally, they will form positive views and develop motivation to implement job duties. Family members are required to exhibit these traits towards one another, regardless of their age or gender. Within households, there are number of job duties and responsibilities, in terms of which, individuals are required to utilize these traits. Throughout the process of communicating and interacting with others, individuals are expected to develop and strengthen these traits.

Furthermore, these will facilitate strengthening cordiality and amiability among individuals and relationships. The primary reason is that individuals often require support and assistance from others to perform their tasks and activities effectively. Therefore, reinforcing the traits of morality and ethics is an essential measure to be implemented in making the institution of marriage successful.

E. Inculcating the Traits of Diligence, Resourcefulness and Conscientiousness

Within the married lives of individuals, they need to acknowledge the meaning and significance of traits such as diligence, resourcefulness, and conscientiousness. These are regarded as fundamental to do well in all job duties and make married lives successful. Family members are required to apply these traits in executing all types of tasks and activities. Within households, there are number of job duties and responsibilities, in terms of which, individuals are required to utilize these traits. As a consequence, different

types of setbacks will be overcome efficaciously. Furthermore, individuals will put in their best efforts to excel in their job duties and achieve their desired goals. Throughout the process of communicating and interacting with others, individuals are encouraged to develop and strengthen these traits. Furthermore, these will facilitate the strengthening of pleasantness and amiability in relationships with one another. The primary reason is that individuals often require support and assistance from others to perform their tasks and activities effectively. Therefore, inculcating the traits of diligence, resourcefulness and conscientiousness is a valuable measure to be implemented in making the institution of marriage successful.

F. Taking Care of Needs and Requirements of Family Members

Individuals are required to be well-versed in the importance of meeting the needs and requirements of family members. In carrying out this task in a well-ordered and disciplined manner, the individuals are required to augment their knowledge and understanding regarding various factors. These are, focusing on diet and nutrition; helping family members to cope with health problems and illnesses; inculcating the morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; assisting in dealing with psychological issues satisfactorily; putting into operation the households responsibilities in an adequate manner; maintaining cleanliness; depicting the traits of helpfulness and co-operation; providing solutions to different types of problems and challenging situations and forming positive viewpoints in terms of all family members. As a consequence of augmenting information in terms of these factors, one can contribute efficiently to promoting good health, both physically and psychologically. As a consequence, individuals will hone their analytical and critical-thinking skills and contribute efficiently to making the institution of marriage successful. Therefore, taking care of the needs and requirements of family members is a favourable measure to be implemented in making the institution of marriage successful.

G. Implementing Household Responsibilities

Household responsibilities are considered key to making a married life successful. Family members are required to carry out household responsibilities in a well-ordered and disciplined manner. These include cleaning, washing, sweeping, meal preparation, gardening, fetching water, electrical work, repair work, painting, carpentry, plumbing, child development, attending to the needs and requirements of family members, and overall household management. Within rural communities, the rearing of livestock is a crucial task that needs to be implemented. As a consequence of fulfilling all types of household responsibilities in a well-ordered manner, individuals will gain the appreciation and reverence of family members. Furthermore, they will be able to form cordial and amicable relationships with one another. As a consequence of augmenting information on various ways to implement household responsibilities, one can contribute efficiently to promoting good health, both physically and psychologically. As a consequence, individuals will hone their analytical and critical-thinking skills and contribute efficiently to making the institution of marriage successful. Therefore, implementing household

responsibilities is an effective measure to ensure the success of the institution of marriage.

H. Advantages of Making the Institution of Marriage Successful

Marriage is a relationship not only between two individuals, but between two families. In the institution of marriage, several factors must be considered. The primary goal of all individuals is to ensure the institution's success. To achieve this goal, individuals must be well-informed in terms of specific skills and abilities (Chapter 1). Sociology of Marriage and Kinship, n.d., [4]). In other words, individuals are required to be well-prepared when they enter this institution. When individuals are successful in their married lives, they can contribute to enhancing their overall quality of life. Hence, they are required to augment their knowledge and understanding of the advantages of making the institution of marriage successful. These are associated with feelings of pleasure and contentment, an increase in the number of connections, making wise and productive decisions, coping with psychological problems effectively, promoting family well-being, and leading to improvements in one's overall quality of life. These are stated as follows:

I. Incurring the Feelings of Pleasure and Contentment

As a consequence of being successful in married life, individuals often experience feelings of pleasure and contentment. The main reason is that individuals form the viewpoint that, in the long term, they will have support available from family members, leading to an upgrade in overall standards of living.

Furthermore, individuals can contribute to transforming their overall personality traits and quality of life. Hence, they are required to augment their knowledge and understanding in various subjects and concepts. Furthermore, they need to assist their family members, particularly when they are unaware of multiple factors. Hence, when individuals exhibit the traits of helpfulness and cooperation, they will be able to acquire appreciation and reverence from their family members. As a consequence, one will contribute efficiently in generating desired outcomes and meeting the expectations of family members. Therefore, experiencing feelings of pleasure and contentment is regarded as one of the indispensable advantages of making the institution of marriage successful.

J. Having an increase in the number of Linkages

As a consequence of entering the institution of marriage, individuals will make an essential contribution to an increase in the number of linkages. The primary reason is that they are forming connections with individuals, which facilitates the development of an effective social circle (Sociology of Marriage and Kinship, n.d.). The individuals need to treat each other with respect and courtesy. Furthermore, they are required to ensure that they do not harbour any negative feelings towards anyone. The conduct of the individuals should be such that they should obtain support from the family members in marital homes to bring about improvements in their overall quality of life. Within marital homes, individuals are expected to communicate

openly with one another. Furthermore, they are required to overcome the feelings of apprehensiveness and vulnerability. Therefore, having an increase in the number of linkages is one of the significant advantages of making the institution of marriage successful.

K. Making Wise and Productive Decisions

Decision-making processes are regarded as an integral part of individuals' lives. Within marital homes, individuals are required to make decisions based on various factors. These include putting household responsibilities into practice, enrolling in educational institutions and training centres to acquire education, enhancing career prospects, and so forth. Individuals are required to analyze alternatives and options to inform decision-making processes. The honing of decision-making skills is regarded as vital in making married lives successful. The conduct of the individuals should be such that they should obtain support from the family members in marital homes to make wise and productive decisions. The communication process must occur in a well-organised manner. Within marital homes, individuals are expected to communicate openly with one another. Furthermore, they are required to ensure that they are promoting the well-being and goodwill of their family members. Therefore, making wise and productive decisions is a crucial advantage for an institution to be successful.

L. Coping with Psychological Problems in an Effective Manner

The individuals in some cases are overwhelmed by the psychological problems of anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. Individuals obtain support and assistance from family members, which facilitates effective coping with different types of psychological problems. Family members assist in analysing the causes of problems. After the causes have been identified, measures are implemented to provide solutions to these issues. Furthermore, these need to be prevented from creating impediments during the execution of various tasks and activities. Additionally, individuals will contribute efficiently to the improvement of overall personality traits and standards of living. The main reason is that individuals are leading to an enhancement of confidence levels and overcoming feelings of apprehension and vulnerability. Therefore, it is understood on a comprehensive basis that coping with psychological problems effectively is a notable advantage of making the institution of marriage successful.

M. Promoting Family Well-being

Promoting family well-being is regarded as one of the vital goals of all individuals. In the implementation of this task, there are number of factors that need to be taken into account by the individuals, i.e. putting into operation effective communication processes; making wise and productive decisions; being well-versed in terms of job duties and responsibilities; being well-informed in terms of methods and procedures; utilizing modern, scientific and innovative techniques and materials; depicting the traits of helpfulness and co-operation; reinforcing the traits of morality and ethics; inculcating the qualities of diligence, resourcefulness and conscientiousness; coping with different

types of problems and challenging situations in an adequate manner; taking care of needs and requirements of family members and implementing households responsibilities. The acknowledgement and implementation of all these factors will facilitate the promotion of family well-being. Furthermore, these are advantageous in making married lives successful. Therefore, it can be stated that promoting family well-being is a noteworthy advantage of making the institution of marriage successful.

N. Bringing about Improvements in one's overall Quality of Life

Bringing about improvements in one's overall quality of lives is regarded as one of the essential goals of all individuals. In the implementation of this task, there are number of factors that need to be taken into account by the individuals, i.e. putting into operation effective communication processes; making wise and productive decisions; being well-versed in terms of job duties and responsibilities in personal and professional lives; augmenting skills and abilities; taking out sufficient amount of time for all tasks and activities;

Being well-informed in terms of methods and procedures; utilizing different types of pioneering techniques and materials; depicting the traits of helpfulness and co-operation; reinforcing the traits of morality and ethics; inculcating the qualities of diligence, resourcefulness and conscientiousness; coping with different types of problems and challenging situations in an adequate manner; taking care of needs and requirements of family members and implementing households responsibilities. The acknowledgement and implementation of all these factors will facilitate bringing about improvements in one's overall quality of life. Therefore, bringing about improvements in one's overall quality of lives is a necessary advantage of making the institution of marriage successful.

V. CONCLUSION

When mating takes place between a man and woman and is publicly recognized, it is termed as marriage. Measures to be implemented in making the institution of marriage successful are, implementing effective communication processes, forming an effective social circle, carrying out the function of child development, obtaining support and assistance from others, promoting good health and well-being, depicting the traits of helpfulness and co-operation, reinforcing the traits of morality and ethics, inculcating the qualities of diligence, resourcefulness and conscientiousness, taking care of needs and requirements of family members and implementing household responsibilities. Advantages of making the institution of marriage successful are, incurring the feelings of pleasure and contentment; having an increase in number of linkages; making wise and productive decisions; coping with psychological problems effectively; promoting family well-being and bringing about improvements in one's overall quality of lives. Finally, it can be stated that married lives are made pleasurable when individuals adjust to each other.

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