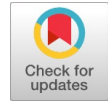


# Understanding the Institution of Marriage

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 important institution, which individuals are required to enter into, belonging to all communities, categories and socio-economic backgrounds. The individuals normally have the major objective of making this institution successful. For this purpose, they are required to take into account various factors, i.e. communicating with others in a polite and decent manner; treating each other with respect and courtesy; making provision of factual information and depicting the traits of helpfulness and co-operation. 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, they form positive viewpoints in terms of various factors. Furthermore, they need to reinforce clarity of mind. One of the important aspects that needs to be taken into account is, one should not possess any types of negative feelings in terms of each other. In addition, one needs to be well-informed in terms of peaceful conflict resolution methods. These are necessary in creating peaceful environmental conditions within homes. Therefore, through acknowledging and implementing certain factors, institution of marriage will be successful. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of institution of marriage, measures to be implemented in making the institution of marriage successful and advantages of making the institution of marriage successful.*

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

## I. INTRODUCTION

When mating takes place between two individuals, a man and woman and is publicly recognized, it is termed as marriage. Marriage is a relationship not only between two individuals, but between two families. In the institution of marriage, there are various factors that need to be taken into account, i.e. pattern relationships, expectations and relationships. 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][6][7][8]). Individuals are required to be well-versed in terms of traits of politeness, helpfulness, co-operation, kindness and generosity. The individuals are required to reinforce these traits, irrespective of their age groups and genders. Furthermore, individuals will be able to make their marriages successful.

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

The individuals are required to put into operation communication processes in an effective manner. These are regarded as the key in reinforcing cordiality and amiability in terms and relationships. The individuals are required to be well-equipped in terms of communication ethics, i.e. making use of 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. Within households, there are number of 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]). Within the course of putting into operation effective communication processes, individuals are required to depict the traits of helpfulness and co-operation. The main reason being, individuals will have to acquire support and assistance from others in carrying out all their tasks and activities successfully. Therefore, individuals will contribute efficiently in reinforcing their relationships, when they will hone communication skills and helpfulness and co-operation.

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

Loneliness is regarded as a chronic and distressful condition for all individuals. The individuals are required to be well-versed in terms of ways that are facilitating in alleviating loneliness. The parents and other family members in family of procreation aimed to get their children enter the institution of marriage, when they attain the right age. The parents work hard to find a good and suitable marriage partner for their children. In this manner, they are rendering an important contribution in creating a companion for their children. In this manner, one is able to alleviate loneliness and form cordial and amiable terms and 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][9][10]). Within marital homes, the individuals are required to spend a major part of their lives, hence, they need to develop mutual understanding with family members. Therefore, individuals are able to acquire an efficient understanding of meaning and significance of institution of marriage, when they are able to alleviate loneliness.



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The function of child development is important, which needs to be put into operation in an adequate manner. In the implementation of this function in a satisfactory manner, the individuals need to obtain support and assistance from family members in natal as well as marital homes. Furthermore, they are required to augment their information in terms of various factors, i.e. communicating with them in an effective manner; 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 is facilitating in strengthening terms and relationships among family members in marital homes. Therefore, one is able to acquire an understanding of meaning and significance of institution of marriage, when it is facilitating the function of child development in an adequate manner. Throughout the lives of the individuals, they are overwhelmed by different types of problems and challenging situations. These take place in personal and professional lives of the 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 the individuals are overwhelmed by various types of dilemmas and challenging situations, they need to acquire help and support from family members in 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 important advantages is, individuals will lead to an increase in motivation levels towards carrying out job duties and responsibilities in a satisfactory manner. Therefore, an understanding of meaning and significance of institution of marriage is acquired, when it is facilitating in 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, i.e. urban and rural throughout the country, individuals, belonging to all communities, categories and socio-economic backgrounds consider the institution of marriage important. When the individuals have attained a certain age, they are required to make an entry into the institution of marriage. All individuals aspire to make this institution successful. It is understood on a comprehensive basis that there are occurrences of different types of dilemmas and challenging situations, but one needs to be well-prepared in order 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 augment their understanding in terms of measures, which

are facilitating in making this institution successful. The measures are complicated as well as manageable, these are implemented in less amount of time or can be more time-consuming and these are put into operation on one's own or through working in co-ordination with others. One of the important aspects that needs to be taken into account is, 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 required to put into operation communication processes in an effective manner. This is facilitating in augmenting information regarding various subjects and concepts; exchanging different types of ideas and viewpoints; obtaining answers to all types of questions and clarifying doubts in terms of different factors. The individuals are required to put into operation communication processes in an effective manner. These are regarded as the key in reinforcing cordiality and amiability in terms and relationships. The individuals are required to be well-equipped in terms of communication ethics, i.e. making use of 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 important aspects is, individuals need to learn to exercise control on the feelings of anger and frustration. Furthermore, these need to be prevented from giving rise to impediments within the course of implementation of different tasks and activities within and outside the homes. Therefore, implementing effective communication processes is regarded as one of the indispensable measures to be implemented in making the institution of marriage successful.

#### B. Forming an Effective Social Circle

As a consequence of entering the institution of marriage, the individuals will render an important contribution in forming an effective social circle. The main reason being, they are forming links with individuals, which is facilitating in forming an effective social circle. The individuals need to treat each other with respect and courtesy. Furthermore, they are required to make sure, they do not possess any types of negative feelings in terms of anybody. The conduct of the individuals should be such that they should obtain support from the family members in marital homes in order to bring about improvements in their overall quality of lives. Within marital homes, the individuals are required to spend a major part of their lives, especially when they get married when they are in between 20 and 30 years of age, 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 the 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 function of child development is important among individuals, belonging to both urban and rural communities. This needs to be put into operation in a satisfactory manner. In the implementation of this function in an appropriate manner, the individuals need to obtain support and assistance from family members in natal as well as marital homes. Furthermore, they are required to augment their information in terms of various factors, i.e. communicating with them in an effective manner; 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 is facilitating in strengthening terms and relationships among all family members in marital homes. Therefore, carrying out the function of child development is a meaningful measure to be implemented in making the institution of marriage successful.

##### A. Obtaining Support and Assistance from others

Throughout the lives of the individuals, they are overwhelmed by different types of problems and challenging situations. These take place in personal and professional lives of the 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 types of subjects and concepts, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. When the individuals are overwhelmed by various types of dilemmas and challenging situations, they need to acquire help and support from family members in 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 other members of the family. One of the important advantages is, 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 major goals of individuals, belonging to all communities, categories and socio-economic backgrounds. The family members are required to implement factors, which are facilitating in promoting good health and well-being. This needs to be physically as well as psychologically. The family members impart information regarding ways, which are facilitating in achievement of 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 will contribute efficiently in promoting good health, physically and psychologically. As a consequence, individuals will hone analytical and critical-thinking skills and will contribute efficiently in 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 fundamental in order to make married lives successful. The family members are required to implement these traits regarding each other, irrespective of their age groups and genders. Within households, there are number of 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. Within the course of putting into operation effective communication processes, individuals are required to depict the traits of helpfulness and co-operation. Furthermore, these will be facilitating in strengthening cordiality and amiability in terms and relationships among each other. The main reason being, individuals will have to acquire support and assistance from others in carrying out all their tasks and activities successfully. Hence, individuals will contribute efficiently in reinforcing amiability in their relationships, when they will hone communication skills and traits of helpfulness and co-operation. 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 acknowledge the meaning and significance of traits of morality and ethics. These are regarded as fundamental in order to make married lives successful. One of the important aspects that needs to be taken into account is, individuals are able to differentiate between appropriate and inappropriate factors. In addition, they will form positive viewpoints and develop motivation levels towards putting into operation job duties. The family members are required to implement these traits regarding each other, irrespective of their age groups and genders. Within households, there are number of job duties and responsibilities, in terms of which, individuals are required to utilize these traits. Within the course of communicating and dealing with others, individuals are required to strengthen these traits.



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Furthermore, these will be facilitating in strengthening cordiality and amiability in terms and relationships among each other. The main reason being, individuals will have to acquire support and assistance from others in carrying out all their tasks and activities in a positive manner. 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 married lives of individuals, they need to acknowledge the meaning and significance of traits of diligence, resourcefulness and conscientiousness. These are regarded as fundamental in order to do well in all job duties and make married lives successful. The family members are required to put into operation these traits in putting into operation 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 efforts to their best abilities in doing well in their job duties and achieving desired goals. Within the course of communicating and dealing with others, individuals are required to strengthen these traits. Furthermore, these will be facilitating in strengthening pleasantness and amiability in terms and relationships with each other. The main reason being, individuals will have to acquire support and assistance from others in carrying out all their tasks and activities in a positive manner. Therefore, inculcating the traits of diligence, resourcefulness and conscientiousness is a useful measure to be implemented in making the institution of marriage successful.

### **F. Taking Care of Needs and Requirements of Family Members**

The individuals are required to be well-versed in terms of the importance of taking care of 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 coping with psychological problems in a satisfactory manner; 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 will contribute efficiently in promoting good health, physically and psychologically. As a consequence, individuals will hone analytical and critical-thinking skills and will contribute efficiently in making the institution of marriage successful. Therefore, taking care of needs and requirements of family members is a favourable measure to be implemented in making the institution of marriage successful.

### **G. Implementing Household Responsibilities**

The household responsibilities are regarded as the key in making married lives successful. The family members are required to put into operation the household responsibilities in a well-ordered and disciplined manner. These are, cleaning, washing, sweeping, preparation of meals, gardening, fetching water, electric work, repair work, painting, carpentry, plumbing, child development, taking care of needs and requirements of family members and overall management of the household. Within rural communities, the rearing of the livestock is an important task, which is to be put into operation. As a consequence of putting into practice all types of household responsibilities in a well-ordered manner, the individuals will acquire appreciation and reverence from family members. Furthermore, they will be able to form cordial and amiable terms and relationships with each other. As a consequence of augmenting information in terms of various types of ways to implement household responsibilities, one will contribute efficiently in promoting good health, physically and psychologically. As a consequence, individuals will hone analytical and critical-thinking skills and will contribute efficiently in making the institution of marriage successful. Therefore, implementing household responsibilities is an advantageous measure to be implemented in making the institution of marriage successful.

### **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, there are various factors that need to be taken into account. The major goal of all individuals is to make this institution successful, hence, in order to achieve this goal, the individuals are required to be well-informed in terms of certain skills and abilities (Chapter 1. Sociology of Marriage and Kinship, n.d., [4]). In other words, the individuals are required to be well-prepared, when they are making an entry into this institution. When the individuals are successful in their married lives, they are able to contribute in bringing about transformations in their overall quality of lives. Hence, they are required to augment their knowledge and understanding in terms of advantages of making the institution of marriage successful. These are, incurring the feelings of pleasure and contentment; having an increase in number of linkages; making wise and productive decisions; coping with psychological problems in an effective manner; promoting family well-being and bringing about improvements in one's overall quality of lives. These are stated as follows:

### **I. Incurring the Feelings of Pleasure and Contentment**

As a consequence of being successful in married lives, the individuals do incur the feelings of pleasure and contentment. The main reason being, individuals form the viewpoint that in long-term period of time, they will have support available from family members in leading to up-gradation of overall standards of living.



Furthermore, individuals are able to contribute in bringing about transformations in their overall personality traits and quality of lives. Hence, they are required to augment their knowledge and understanding in terms of different types of subjects and concepts. Furthermore, they need to assist their family members, particularly when they are not aware in terms of various factors. Hence, when the individuals will depict the traits of helpfulness and co-operation, 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, incurring the 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 number of Linkages**

As a consequence of entering the institution of marriage, the individuals will render an important contribution in having an increase in number of linkages. The main reason being, they are forming links with individuals, which is facilitating in forming an effective social circle (Chapter 1. Sociology of Marriage and Kinship, n.d.). The individuals need to treat each other with respect and courtesy. Furthermore, they are required to make sure, they do not possess any types of negative feelings in terms of anybody. The conduct of the individuals should be such that they should obtain support from the family members in marital homes in order to bring about improvements in their overall quality of lives. Within marital homes, the individuals are required to communicate with others openly. Furthermore, they are required to overcome the feelings of apprehensiveness and vulnerability. Therefore, having an increase in number of linkages is one of the significant advantages of making the institution of marriage successful.

#### **K. Making Wise and Productive Decisions**

The decision-making processes are regarded as an integral part of the lives of individuals. Within marital homes, individuals are required to make decisions in terms of various factors. These are, putting into practice the household responsibilities, getting enrolled in educational institutions and training centres to acquire education, enhancing career prospects and so forth. The individuals are required to conduct the analysis of alternatives and options that are available in putting into operation decision-making processes. The honing of decision-making skills are 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 in order to make wise and productive decisions. The communication processes are required to take place in a well-ordered manner. Within marital homes, the individuals are required to communicate with others openly. Furthermore, they are required to ensure, they are promoting well-being and goodwill of their family members. Therefore, making wise and productive decisions is an essential advantage of making the institution of marriage 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. The individuals obtain support and assistance from family members, which are facilitating in coping with different types of psychological problems in an effective manner. The family members help in conducting the analysis of the causes of problems. After the causes have been identified, the measures are put into operation in order to provide solutions to these. Furthermore, these need to be prevented from giving rise to impediments within the course of putting into operation different tasks and activities. In addition, individuals will contribute efficiently in leading to up-gradation of overall personality traits and standards of living. The main reason being, individuals are leading to enhancement of confidence levels and overcoming the feelings of apprehensiveness and vulnerability. Therefore, it is understood on a comprehensive basis that coping with psychological problems in an effective manner 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 methods and materials; depicting the traits of helpfulness and co-operation; reinforcing the traits of morality and ethics; inculcating the traits 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 be facilitating in promoting family well-being. Furthermore, these are advantageous in making married lives successful. Therefore, it can be stated, 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 Lives**

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;



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Being well-informed in terms of methods and procedures; utilizing different types of pioneering methods and materials; depicting the traits of helpfulness and co-operation; reinforcing the traits of morality and ethics; inculcating the traits 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 be facilitating in bringing about improvements in one's overall quality of lives. 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 traits 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 in an effective manner; promoting family well-being and bringing about improvements in one's overall quality of lives. Finally, it can be stated, married lives are made pleasurable, when individuals adjust with each other.

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