



Late Marriage among the Adults of Bangladesh: Are We Ready for it Right Now?

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ABSTRACT

Unlike other cultures around the globe, marriage is considered a social contract and a religious obligation that was performed before having a sexual relationship. Existing literature indicates in Bangladesh despite having so many restrictions late marriage is gaining popularity among the youth and arising as an emerging problem. But what are the reasons for and consequences of such a phenomenon remain unanswered. A sample survey was conducted among the youth. Unmarried students of post-graduate level studying at Jagannath University, Dhaka University, and North South University were selected as samples for the quantitative data. Some case studies were also conducted for qualitative data to supplement survey data. This study found the causes behind late marriage are- respondents were waiting to complete their education, some were not mentally ready to take the responsibility, family did not discuss their marriage as they have elder siblings, did not want to lose their freedom now. A large number of respondents reported that they may have a problem having a baby due to late marriage which is agreed by the result of case studies. A vast majority of the respondents (90%) were found to use masturbation as an alternative way to meet sexual needs which leads to experiencing different psychosocial problems. More than three-fourths (78%) and two-thirds (69%) of respondents blamed late marriage chronologically for depression and loss of focus on work, respectively. This study drew some recommendations to address the reasons for late marriage and overcome its harsh consequences.

Keywords: Trend of Marriage, Late Marriage, Causes of Late Marriage, Consequences of Late Marriage, Emerging Social Problem

INTRODUCTION

In some cultures, marriage is recommended or considered to be compulsory before pursuing any sexual relationship while in some Countries marriage is not a pre-condition for establishing sexual relations. According to our law, the legal age for marriage is 21 for boys and 18 for girls but it can be considered 16 in terms of special conditions or parental consent (Child Marriage Restraint Act 2017). Trend says that most men marry before the age of 35 and women before the age of 25. Past reports demanded that the marriage age of rural women used to be 16(Years) and it has become 20 over time (DLHS 2021).

Some defined late marriage as marrying after the '30s (Aleyna et.al., 2022) and some define it as delaying after having every sort of capability (mentally, spiritually, financially, and physically) because of not having a perfect match (Oderinde, 2013). 'Late Marriage' is a very recent concept in the country, with no specific definition but it can be defined by focusing on the objectives of marriage. In Bangladesh, marriage legalizes the relationship between a man and woman with whom they want to live as husband and wife, fulfill their biological need, and decide whether to have kids or not. As marriage is the only legal way to satisfy biological needs, the gap between the age of puberty and the actual age of marriage can help us define 'Late Marriage'. The United Nations and International Labor Organizations identify youth aged 15-24. The National Youth Policy 2017 of Bangladesh defines youth as Individuals aged 18-35 years, while the Bangladesh Bureau of Statistics considers individuals aged 15-29 years (BRAC, 2018).

Boys and girls from warmer parts of the world may reach puberty earlier than the cooler climates or regions (Zinhari, 2013; Suleman & Rahman, 2020; Suleman & Mohamed, 2019). According to biological science, the age of starting puberty for girls is 10-11 (may range from 8-14 years) and for boys is 11-13 which may range from 9-16 (Zabeen, 2021). Boys and girls tend to grow sex drive in the body, also called libido, after puberty. It is usually at the peak in the 20s for boys and female libido tend to increase as fertility decline (puberty to 20 years) and starts decreasing on the way to menopause (Dellwo, 2021; Suleman et al., 2023). Our culture is shaped by religion and marriage is a religious obligation that you have to perform before starting biological or conjugal life no matter what religion you are from. So delaying marriage in Bangladesh meant delaying legal sexual activity. Now the questions are- Why are urban adults delaying marriage despite having so many cultural restrictions? Any form of sexual relationship outside marriage is considered a sin or unethical and human biology

cannot ignore nature. Are they going with any alternative ways to satisfy their sex drive? Are they facing any problems for going against social and natural rules? And finally, what are their thoughts on late marriage?

According to the literature, there are so many disadvantages of late marriage like infertility, adjustment problems in later married life, late parenthood, and so on (TNN, 2021), and a long gap from sexual activity can cause depression, anxiety, and stress (Camacho, 2021; Suleman et al., 2023; Suleman et al., 2021). Previous findings said that marriage at the age of 25 is a little stronger than at the age of 20. But it also included that the modern youth only delay marriage, not the first residential union or sexual coupling, and they do it all outside marriage (The National Marriage Project, 2022). Experts from America identified reasons like changing gender dynamics, the popularity of casual dating, the development of women's education and want of a career, getting support for same-sex unions, cohabitation, as well as casual romance behind late marriage or not getting married (White, 2015; Suleman, Mohamed & Ahmed, 2020). All those writings were for and from Western countries and appropriate for their territory. Living together is not considered an offense as we do not have any specific laws against or in support of it (Hasan, 2017). But society does not accept the relationship between boys and girls if they are not married and they have to suffer a lot if they go against these unwritten rules of our culture. There was no literature found in terms of Bangladesh on the causes and consequences of late marriage. This article thus focuses on why late marriage is gaining popularity among urban adults and how it influences the different aspects of life.

The objectives of this article are to understand the causes behind increasing late marriage among urban adults and to know the consequences (physical, psychological, and social) of late marriage.

METHODOLOGY

Study Design

Quantitative approaches were adopted to gain complete insight into the topic. Primary data were collected from the respondents who went through a late marriage and from the MSS students at the university assuming that they are late in getting married. Quantitative data

were collected through a survey and qualitative data were collected through case studies of selected early and late marriage cases.

Area of the study

Dhaka urban area.

Population and Unit of Analysis

All of the master's level unmarried students of Dhaka city were the population of the study and each of the students was the unit of analysis.

Sample and sample size

To consider the time frame, selected 120 (60 adult males and 60 adult females) master's level unmarried students from three universities (Jagannath University, Dhaka University, and North South University) situated in Dhaka for the sample survey by using a Purposive Sampling Method. We have also selected 10 respondents (5 men and 5 women) purposively for the case studies from Dhaka city. So, the sample size is 120 for the sample survey and 10 for the case studies.

Data collection method and Instrument

For this research, only primary were collected from different sources. Primary data was collected from field investigation. Sample surveys were used for collecting the primary data. An interview schedule to run the sample surveys and a checklist with several guidelines for the case studies were designed as the instruments for data collection. The interview schedule and the checklist were constructed in the Bengali language to collect data from the field level.

Data Processing, analysis, and Interpretation

Firstly, the data was collected from the field investigation and were edited and classified according to their characters. Various statistical methods were used to analyze the collected data from the field. SPSS (ver. 22.0.0.0) were used to analyze the quantitative data in this study. We used the content analysis method to analyze the qualitative data which helped me to draw my results.

RESULTS

In this study, data were collected from 120 (men 60 and women 60) unmarried master's level unmarried university students to get their experience and opinion on late marriage. All these 120 respondents have been considered in the analysis. The analysis has been done using simple descriptive statistics and presented through crosstabulations by gender to see the differences in responses.

Socio-demographic profile of the respondents

Socio-demographic characteristics have an essential influence on the experiences and opinions of the respondents. This section describes the socio-demographic profile of the respondents who are master's level students and aged more than 24 years and yet unmarried.

▪ *Age of the respondents*

Age is the major variable of this study. Data were collected from unmarried students aged 24 or more assuming that they are late in their marriage. As seen in Table 1, the highest 40.0 percent of the respondents were of 25 years of age, followed by 31.7 percent at 24 years and 28.3 percent at 26 years. The average age of the respondents is 24.97 years.

Table 1: *Age of the respondents (N=120)*

<i>Age of the respondents (year)</i>	<i>Men n (%)</i>	<i>Women n (%)</i>	<i>Total n (%)</i>
24	21 (35.0)	17 (28.3)	38 (31.7)
25	24 (40.0)	24 (40.0)	48 (40.0)
26	15 (25.0)	19 (31.7)	34 (28.3)
<i>Total</i>	60 (100.0)	60 (100.0)	120 (100.0)
<i>Mean</i>	24.90	25.03	24.97

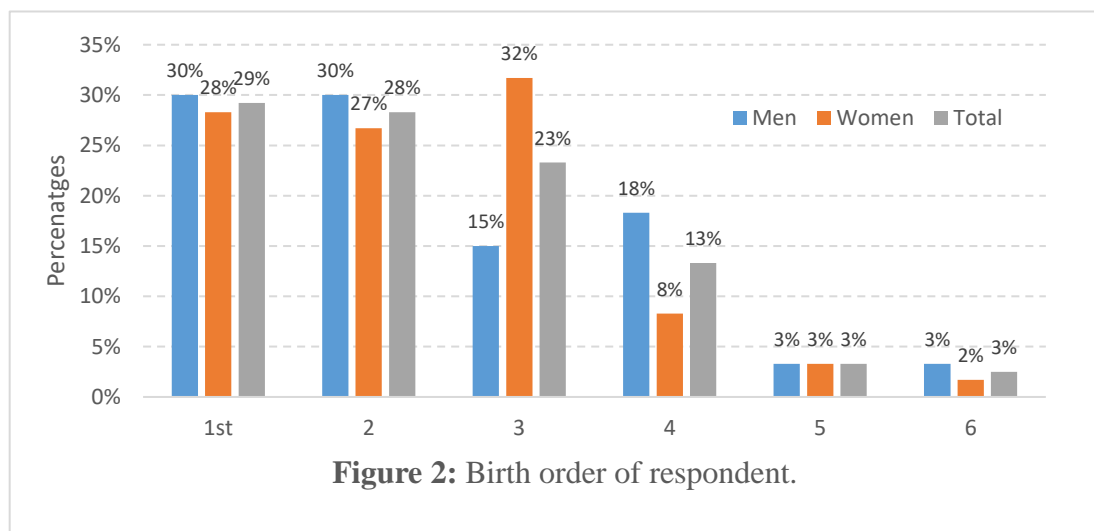
NOTE: Figures in parenthesis indicate percentages

▪ *Religion of the respondents*

We can see in Figure 1 that we have the highest number of respondents was Islamic which is 80%. After that, we have Hindus in our figure is 15%. Christian and Buddhist both are 3%.

▪ *Siblings and position among them*

The highest number of respondents, which is 36%, have two brothers. 32% of respondents have one brother and 16% of respondents do not have any brothers. But 13% of respondents have three brothers. 37% of the total respondents are the highest respondents who have two sisters. Following with this, the study got 33% of respondents with one sister. 13% of respondents have three sisters and 3% of respondents have four sisters which is the highest number of sisters from our figure. 14% of respondents have no sisters. We can see the highest proportion of respondents which is 29% (figure 2), who are the first child of their parents (men 30%, and women 28%), and 28% of respondents are the second child of their parents.



▪ *Age of the parents*

Age of the Father of the respondents

From Table 2, It can be seen that the highest respondents of 72% whose fathers' age in the range of 51-60. We have 43% of respondents in the table whose fathers' age is 61-70. Then Table 2 also included 5% of respondents whose fathers' age is in the age range of 71-80. The maximum age of fathers is 73 and the minimum age is 51. There is a huge difference in the age of the fathers.

Table 2: Age of fathers of the respondents

<i>Age(year) of fathers</i>	<i>Men n (%)</i>	<i>Women n (%)</i>	<i>Total n (%)</i>
51-60	34 (56.7)	38 (63.3)	72 (60)
61-70	22 (36.7)	21 (35)	43 (35.8)
71-80	4 (6.7)	1 (1.7)	5 (4.2)
Total	60 (100)	60 (100)	120 (100)
Mean Age (Year)	60.8	59.6	59.8

Chi-square = 2.045 DF = 2 Sig. = 0.360

NOTE: Figures in parenthesis indicate percentages

Age of the mothers of the respondents

According to Table 3, 70% of respondents whose mother is from the age range of 41-50 is the highest number. Following that, we have 42% of respondents whose mothers' age is in the range of 51-60. 8% of respondents respond to the category of 61-70, the highest age ranges from Table 3. The maximum age of mothers is 66 and the minimum is 41. It has been found that the average age of the mother of the man respondents is 50.5 and 50.8 of the woman respondents. The difference between the age of the mother of the man and woman respondents is not statistically significant.

Table 3: Age of mothers of the respondents

<i>Age (year) of mothers</i>	<i>Men n (%)</i>	<i>Women n (%)</i>	<i>Total n (%)</i>
41-50	35 (58.3)	35 (58.3)	70 (58.3)
51-60	20 (33.3)	22 (36.7)	42 (35)
61-70	5 (8.3)	3 (5)	8 (6.7)
Total	60 (100)	60 (100)	120 (100)
Mean age (year)	50.58	50.80	50.69

Chi-square = 0.595 DF = 2 Sig. = 0.754

NOTE: Figures in parenthesis indicate percentages

Reasons not to get married yet (thoughts on marriage and others)

From the socio-economic perspective of Bangladesh, there are many reasons to be delayed in marriage. As seen in Table 4, there have been gender variations in responses and this section allowed the respondents to share multiple responses. This question had up to 275 responses (men- 141, women-131) from 120 respondents for this question. Table 4 reveals that 80% of respondents are waiting to complete their education life to get married. 34.2% of respondents are not ready for this big responsibility yet. A Family of 33.3% of respondents don't discuss marriage yet. 24.2% of respondents are delaying marriage because they are economically insolvent. 20.8% of respondents don't want to lose their independence now. 15.8% of respondents responded that their love partner is not ready for marriage, and we have all the female respondents in this category 15% of respondents haven't found an appropriate partner. 5.8% of respondents do not feel the necessity of marriage in their lives at this moment.

Table 4: *The reason behind not getting married yet (Multiple responses up to 4)*

<i>Reason for not being married so far</i>	<i>Men n (%)</i>	<i>Women n (%)</i>	<i>Total n (%)</i>
<i>Haven't found an appropriate partner yet</i>	0	18 (30)	18 (15)
<i>Economically insolvent</i>	23 (38.3)	6 (10)	29 (24.2)
<i>My love partner is not ready yet</i>	0	19 (31.7)	19 (15.8)
<i>The family hasn't discussed it yet</i>	30 (50)	10 (16.7)	40 (33.3)
<i>Not prepared to lose independence now</i>	7 (11.7)	18 (30)	25 (20.8)
<i>Waiting to complete the education life</i>	54 (90)	42 (70)	96 (80)
<i>Not ready for this big responsibility</i>	23 (38.3)	18 (30)	41 (34.2)
<i>Not feel it necessary yet</i>	7 (11.7)	0	7 (5.8)
<i>Total Response</i>	144 (100)	131 (100)	275 (100)
<i>Number of respondents (N)</i>	60 (100.0)	60 (100.0)	120 (100.0)

NOTE: Figures in parenthesis indicate percentages

Reaction towards the Decision of Late Marriage: Family, Relatives, and Society

We have 59% of respondents who were not forced for marriage and the highest number of respondents are boys which is 77% as compared to 42% of women. 41% of respondents are

forced by different people to get married. But in this category, we had 58.30% of women respondents which is dramatically higher than the 23% of men respondents. The highest number of respondents responded that their family members are pressuring them to get married which is visible in the number. 61.4% respond to the father and 59.10% respond to the mother. After that, 43.2% and 36.4% of respondents responded respectively to relatives and love partners.

We allowed multiple responses and had responses up to 132 (men-24, women-108) from 49 respondents (men-14, women-35) to know the reasons behind pressuring them for marriage. The highest number of respondents which is 81.6%, who are getting the pressure of increasing age, and it has also the highest number of respondents from women which is 94% compared to 53% of men respondents. 59% are facing tremendous pressure to get married for having social security and women respond there more than men which is 64.6%. 51% of respondents are pressured to accept the good proposals that they are getting now whereas shockingly 73.5% of women respondents respond spontaneously.

Sex Drive out of Wedlock

Beginning, Understanding, and Response towards sex-drive

The responses on the age of first feelings of sex drive of the respondents. We have the highest 47.4% of respondents who responded for the age range of 15 to 16 years when they felt their first sex drive. The average age for a man to have a first-sex feeling is 13.72 and for women is 15.45. The difference between men and women in terms of the age of fulfilling sex drive first is statistically significant.

35.1% of respondents first had their sexual experience through masturbation. Along with 36.7% of male respondents, the study had 33.3% of women respondents who choose masturbation to have their first sexual experience. 90% of respondents still used to masturbate to fulfil their sex drive. 30.6% of respondents have their first sex experience by meeting the opposite sex, but all are women. 28.8% of the respondents were still dependent on their partner to have sexual intercourse. 17.1% of respondents had dream hallucinations, 9.9% watched an adult movie and 7.2% of respondents were reading magazines when they had their first sex experience which was all men respondents. 64.9% of respondents regularly watch adult movies whereas the finding was for men and women respectively 65% and

64.7%. These findings got 2.7% of respondents who read the adult magazine and 44% of respondents use to talk over the phone with their love partner during masturbation.

Used Places

This part had responses up to 188 from 120 respondents and 9 responses were missing from the total. 94.6% of respondents responded to the bedroom. 33.3% of respondents use the bathroom whereas 46.7% of men and 17.6% of women. 20.7% of respondents ticked on the category friend's house and 14.4% on the partner's house. While men respondents use the bathroom more, women respondents use their partner's house more compared to men. Only 7% of responses responded to hotels and resorts.

Faced Problems

The alternative ways of fulfilling the sex drive out of marriage included in the questionnaire are unethical from the point of view of our society which causes them to face multidimensional problems. It is also an important matter to be discussed so that we can explore the dimensions of the problems respondents are dealing with. We got responses up to 186 (Men- 104 and Women- 82) of 120 respondents. Four responses were missing from the total, and all were women. The excessive doing of masturbation led them to face different physical problems. 61% of respondents have said that they are facing the problem of sleeplessness (Men- 56.7% and Women- 66%). 33.6% of respondents are losing their health. 29.3% of respondents were not facing any physical problem with what they are using at present for meeting their sex drive. 5.2% of respondents shared experiencing a constant fear to affect by STDs and all of them are men respondents.

Our respondents reported the psychological problems they faced. This section got responses up to 271 and 4 (Women) responses were missing. The highest 57.8% of respondents responded on losing concentration on work and some were experiencing depression (52.6%) because of using alternative ways to fulfil their sex drive. 37% and 32.8% of respondents shared that they feel monotonous about life and growing some inferiority in them resection. 29.3% of respondents are experiencing mood sewing. But 6% (n=120) of respondents agreed that they do not have any psychological issues at present.

We allowed multiple responses and got responses up to 112 from 120 respondents (Men 60 and Women 60). But 8 responses were missing from the 60 women respondents. 33.9% of respondents had no social issues while two-thirds of the respondents agreed to face different

social problems when they do masturbation or use their friend's or partners' houses for sexual activity. Maximum respondents of this study used to live in hostels or sublet houses, so they do not get much privacy in that living system. 58% of respondents face the problem of security. It mainly happened with those whom they use friends, partner's houses, hotels, and restaurants with the opposite sex partner. Then 42% of respondents had a privacy problem as they continuously have to share their living space with multiple people.

Mirroring respondent's thoughts on late marriage

All respondents were unmarried students who cross the legal age of marriage in Bangladesh's perspective much before and were assumed to be late in marriage. Though the legal age for marriage is set universally, the objectives of marriage in our country are different from those in Western countries. Because of the variation in environment and culture, people feel their necessities differently. In our environment, people get their adolescence soon and develop all their needs sooner than others. On the other hand, we cannot respond to our needs especially related to sex naturally because we must go through the rules set by society, culture and religion.

In this contradictory phase, we have faced some problems regarding delaying marriage which is also harmful to our social and personal life. All respondents responded about physical, psychological, and social problems related to late marriage which are observed around them and some from their own experiences.

Physical Point of View

This study got responses up to 208 as we allowed multiple responses for this question and 1 response was missing. The highest 66.4% of respondents think that they may have an addiction to self-sex where we have the highest number of men respondents compared to woman respondents. Following that 51.3% of respondents agreed that they may have problems having a baby and 94.9% of the highest women respondents. 32.8% of respondents said that their sex urge is decreasing day by day whereas we have 44% women respondents which is more compared to men respondents. We have 24.4% of male respondents saying that they may damage their health through excessive masturbation, and it is more than the woman respondents.

Psychological Point of View

This part had responses of up to 264 as It was allowed to give multiple responses. 72.5% of the highest respondents were going through depression and we have the highest number of women respondents. 54.2% indicate loneliness and 46.7% of respondents responded to self-centeredness as a psychological problem due to late marriage. 34.2% of respondents said that they cannot trust someone easily nowadays. 12.5% of respondents were in constant fear of being infected by diseases in them which is also a great number to be discussed.

Social Point of View

The respondents responded to different social problems that were experienced by our respondents delaying marriage. 37.5% of respondents are facing continuous forces for marriage. There we had 48.3% of women respondents which is more compared to 26.7% of men respondents. 88.3% of respondents responded on adjustment problems which have the highest number of men and women respondents respectively 93.3% and 83.3%. 19.2% of respondents expressed that they were taunted by the people around them asking different questions about not getting married yet and we got all women's responses from this section. Respondents (84.2%) also think that late marriage can lead to moral degradation.

Age at marriage: Late and appropriate

Still, there is no specific year to be considered as late marriage. But by considering the objectives of marriage and the socio-economic perspective of our country, we may consider age as late marriage after comparing the age of adolescents and getting married. The average age at marriage for boys which is considered late by our respondents is found to be 27-30 and for girls, the age is 24-27 years. This study also got from the respondents that the average appropriate age for marriage for boys is 24-27 and for girls, it is 20-23.

DISCUSSION

Population residing in the Indian subcontinent has been facing various health and social challenges (Afzal et al., 2021), Bangladesh being no exception. The problem discussed in the present article translates into various other social problems as well as reproductive health problems (Afzal et al., 2022; Afzal and Das, 2022). Still, the policymakers are struggling to come up with a efficient strategies to overcome this problem. According to our environment, we get puberty or adolescence earlier compared to Western countries. We grow different

needs in our body with early development. We are mainly talking about the sexual need or sex drive which is allowed to be satisfied with a partner or in any alternative ways in Western countries but not for us. The marriage decision is one of the toughest decisions for the youth of our country which is different in the case of males and females. Marriage's decision is influenced by many more things with the economic condition which I will depict chronologically.

According to the responses of the respondents, we saw that our study was focused on gender. In our country, the experience of any problem is different for men and women. Especially for sensitive topics like marriage and related aspects like out-of-marriage sex life. Social and family restrictions, the form of taboo or religious implications are different for men and women, though the constitution and religious books have the same dos and don'ts for all. This discrimination goes the same with the problem faced because of delaying marriage. According to our result Men students were younger than women But, all (10 respondents, Women-5, Men-5) of the respondents of case studies were above 35 years old and we selected them as late marriage experienced.

The marriage system is created by a culture that is strongly structured by religion. Every religion has its own rules behind the marriage system. The marriage system also varies from religion to religion but what is very common is that no religion allows sex out of wedlock, especially in our culture.

In culture, there is an unwritten rule to allow the marriage of the offspring as per serial or their birth position among other siblings. Daughters get married earlier than sons in the family tradition of Bangladesh. According to our results, we have found out that the marriage of elder sons and daughter facing the problem of marriage faster than the others younger siblings because the marriage of the younger before the elder is not acceptable, in case of women.

Form our study, the boys, who have no sister in their house, face pressure for marriage because their parents felt the need for a female member in the house, especially the mother to help them with the household chores, as per the tradition of our society. Two respondents of case studies (both were women) expressed that the one reason for delaying their marriage was that they both have elder sisters and older siblings who get married first according to our culture. The position is a factor in determining the age of marriage or it works as an influence

on the marriage a lot. Because the elder boys and girls from the family are expected to marry a little earlier than the other siblings.

Parents' age greatly influences the decision of marriage and economic activities together. Fathers' age has an impact on the marriage of the offspring as fathers always try to fulfill the marriage rituals of their offspring before their retirement and before the termination of life. But in the same scenario, offspring face the same amount of pressure to be established economically so that they can take on family responsibilities. Aged mothers try to complete their offspring's marriage as they want an extra hand in their household.

The economic condition of the respondents and their families is one of the most popular factors that greatly influence the decision to marriage. About 60% of our respondent's families' income and expenditure is equal and they are mostly from middle-class families. Marriage is considered one of the ways to have economic flexibility. For the parents of boys, it is common to ask for dowry for the economic security of their sons. Parents of girls, who are not in a well-off situation, consider marriage to have economic security for their girls. In our culture, the groom takes all of the bride's responsibilities after marriage.

Many reasons are influencing the marriage decision as well as delaying the marriage of our respondents. Most of the respondents from case studies waited to complete their education life and need to have strong economic preparation which is the reason behind their late marriage. According to them (respondents both from the sample survey and case study), they consider marriage as a threat to their higher education, and in some families, women also have to take on a certain level of economic responsibilities. Women respondents expressed that they are delaying their marriage because their love partners are unemployed and also not prepared for marriage as well as their families will not allow them to marry with an unemployed man.

The present papers highlight the late marriage problem and its ultimate effect on the mental health in the form of anxiety. This topic has not been approached by the past research in this way. This forms the novelty of the present paper. Furthermore, the association analysis done on demographic basis adds on to the novelty of the research.

CONCLUSION

The study discussed the causes and consequences of late marriage in Bangladesh's socio-economic context. Late marriages take place in societies where the “caste system” exists and their feudal family system and status become a reason for late marriages. But sometimes socioeconomic conditions of the youth and the patriarchal society’s perspective towards women lead them to delay their marriage. This study recorded the age of 24-27 (year) for men and 21-24 (year) for women as an appropriate age for marriage which our respondents responded through the survey. Universally researchers argue that marriage before the 20s and after the 30s can create disaster in an individual’s life. They just worried about the process and its effect on health. They want to spread safe sex among their teens and adults in cohabitation.

In this challenging socio-economic culture, people even cannot make marriage decisions early because of so many economic crises and unorganized responsibilities. After all those discussions we can conclude that late marriage is an emerging problem in Bangladesh with the existing problem of an increasing number of divorces, family disorganization, or family violation.

However, it should be reduced with proper guidelines and counseling, including family, couple, marriage, and career counseling. We should introduce the advantages of marriage and healthy sexual activity for youth and married couples. We have to encourage higher education of women by counseling the family members and by initiating different stipends or scholarships so that marriage cannot make any obstacles to it. Then it will be easy to inspire people to marry at an appropriate age and lead a normal life.

It is essential to initiate a national dialogue on the age for marriage based on the socio-economic, cultural, and religious context of Bangladesh and the problems associated with late marriage. Government alone cannot implement any policy or take legal action on this contradictory topic. A concerted effort from the government, NGOs, and people of all professions can make the national dialogue successful. Doctors can elaborate on the problems associated with late marriage, lawyers or advocates can help to create a new inflection to overcome this problem, teachers from the school, college, and university can propose to present their ideas on how they can work for it, etc. Most importantly, religious and political leaders or policymakers can play a vital role in this national dialogue program. Besides, the inclusion of gender aspects in the secondary education level, a versatile financial plan to

remove unemployment, and conducting scientific research on different aspects of marriage are important initiatives. After ensuring everything discussed above, we can encourage everyone to decide to marry at an appropriate age. As per the present research it is recommended to maintain a comprehensive database of late marriage at national level, which includes the root cause of late marriage. A larger data record will give a broader and clearer picture, accordingly the coping strategies could be developed. We lastly, recommend to tap in the unexplored potential of HIS (health information system to achieve it (Bhola et al., 2023; Afzal et al., 2022).

LIMITATIONS

The sample size may be limited, impacting the generalizability of findings. Respondent bias is a potential concern, as participants might be influenced by social desirability. The study's scope is confined to specific demographics or geographical areas, limiting broader applicability. Unforeseen external factors may also affect the relevance of our data. Caution is advised in extending conclusions beyond this study's parameters, acknowledging these inherent limitations.

Ethics

This research adheres strictly to ethical guidelines, ensuring participant confidentiality, informed consent, and unbiased data collection, maintaining the highest standards of research integrity throughout the study.

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