

## Effect Of Intermarriages On Mental Health



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**Abstract:** Purpose of the study was to explore the effect of intermarriages on mental health. Utilized research design was cross-sectional and (N=300) participants were recruited by using purposive sampling technique. There were recruited (n=150) adults equally from inter and intra marriages Mental health inventory (MHI) 38 scale, was used for data collection purpose (Veit & Ware, 1983). SPSS version .20.0 was used for statistical analysis.

Positive features of mental health scores were higher among intra family marriages offspring, while health status was lower among inter family marriages adults. Life satisfaction Emotional stability and General positive effect characteristics of mental health scores were higher in intra family marriages adults and negative features of mental health intensity level was observed higher in inter family marriages adults such as Loss of behavior, depression and Anxiety. There was observed all mental health factors were significant at  $p < .0001$  level. Mental health of intra family marriages adults was better than inter family marriages adults with gender difference.

**Keywords:** Mental Health, Cross-Sectional Research Design, Purposive Sampling Technique, Intra And Inter Marriages Families. Life Satisfaction. Emotional Stability And General Positive

### Introduction

Many studies have indicated marriages play a great role in health and as well on mental health. When Marriage between those people belonging to same religious and ethnic group is called inter family marriage.<sup>1</sup>As the majority community believes on Inter family marriage, they have a tendency to assume of the pair rate as the individual rate and are persistently twice as fear by the result.<sup>2</sup>there be a well-adjusted person in a society is called the normal person.<sup>3</sup>Health care suppliers and inheritance expert might deem mutually the pessimistic impact of inter family wedding in conditions of enlarged hereditary threats toward the young, since

unlike to the latent communal and financial reimbursement.<sup>4</sup> Therefore, one's communal position, such as one's battle, societal group and sex has the latent to be connected to all parts of the methods together with stressors, arbitrate capital and mental health result. <sup>5</sup>Researches continuously were took interest to facilitate the social class of individuals openly and ultimately influence their health and welfare. Particularly, individuals of an inferior societal category have a tendency to have inferior physical and mental health conclusions.<sup>6</sup>There were discovered mental illness cause was the inter family marriages. Physical and psychological wellbeing was due to non family marriages.<sup>7</sup>

There sample size was comprised on (N=883) participants were taken from different countries and result was declared that, there was a great impact of inter family marriages on mental health of the individuals then none inter family marriages.<sup>8</sup> When there was first cousins couple babies were born, they were possessed more mental and physical disabilities in contrary to none inter family marriages given birth babies.<sup>9</sup> Children are commonly an individual with 20 to 39 age range according to Erik erikson. They mostly remain busy in career making, married with babies and without babies, mostly live with their parents.<sup>10</sup>

In view of Hamamy inter family marriages between relatives, which term was derived to Latin words shared and cangues blood. In such type of marriages partners shares common genes of their for fathers .<sup>11</sup>

Ali, Mclean and Rehman find out inter family couples children more suffering by psychological syndromes. They strongly believed all miss happening of mental, psychological and physical disabilities by will of Allah no role of genes.<sup>12</sup> this study wants to evaluate the intermarriages effect on mental health of the children, people consider the worsen effects of intermarriages influences on children mental health. Abdulla and Zaher in 2014 was evaluated inter marriage's role in transferring of genes which be similar in nature and can develop disease characteristics in their offspring's. <sup>13</sup> Pakistani researchers discovered 30 genes that were responsible for causing mental retardation and intellectual disabilities in the population due to cousin's marriages.<sup>14</sup> Pakistani Britons 55% married with first cousins their 10% children die in infancy or suffered from disability, this report also revealed that 13% of Pakistani Britons to be more likely to have children with recessive disorders than rest of the population .<sup>15</sup>

## Methodology

Research design of current study was descriptive comparative. 300 sample was calculated on online calculator for calculating the sample size, 95% was confidence interval and class interval was 5.66, total population was 1,024497 /

1,003,031 .<sup>16</sup> Veit and Ware mental health scale of Mental Health Inventory-38 (MHI-38) was used for data collection.<sup>17</sup> . Ethical approval was attained to Harzara university of Haripur ethical committee for ethical considerations. Purposefully there were selected 300 participants for data collection purpose. This study was conducted at young adults of the inter and intra marriages families of district Haripur from 1st January, 2015 to September, 2015. There Only inter and intra marriages families adults were included in study whose were educated and have gone school for ten years and their inclusion age rang was 20-40 years. Exclusion criteria non educated adults and not belong to city Haripur not include in present study as participants. Researchers took consent to participants before collecting the data. Informed them about the purpose of research and then after their consent start formally data collection process. There was not used any material in study without permission of concern person. There was used the SSPS software for independent t test analysis of required data. This study was conduct to measure the mental health level of adults in term of inter and intra marriages in terms of gender differences.

## Results

In this present study, the data was collected to adults of inter family and intra-family marriages couples ( $n = 300$ ) *offspring* from district Haripur. Findings of the study was attained the research purpose that mental health was higher among intra family couples adults as compared to Inter family couples adults. There was significant association between mental health and two different types of marriages. There average age for inter family marriages participant's, ( $19.64 \pm 52.55383$ ), and average age of intra family marriages participant was ( $19.94 \pm 50.64$ ). Whole sample average age scores were ( $38.75 \pm 195.92$ ). Positive mental health of inter marriages parent's children were judge high in all sub elements of positive mental health life satisfaction, general positive effect, psychological well being, emotional ties, ( $3.83 \pm 1.146$ ,  $53.04 \pm 14.025$ ,  $69.60 \pm 11.974$ ,  $48.28 \pm 18.273$ ) respectively and negative mental health level of all sub elements were higher in intra

marriages parent's children anxiety, depression, lose of behavior and psychological distress ( $14.36 \pm 2.909$ ,  $11.445 \pm 2.466$ ,  $27.85 \pm 4.674$ ,  $30.05 \pm 7.834$ ) accordingly .

According to numerous studies, marriages have a significant impact on both physical and mental health. When Marriage between people from the same religion and ethnic groups is known as inter-family marriage.<sup>1</sup>Because the majority of the population believes in inter-family marriage,

they have a tendency to consider the pair rate to equal the person rate, resulting in twice as much dread.<sup>2</sup>A well-adjusted person in a society is referred to as a normal person.<sup>3</sup>Health care providers and inheritance experts may consider the negative impact of inter-family weddings in conditions of increased hereditary hazards to the young, as opposed to the latent social and financial reimbursement.<sup>4</sup> Therefore, one's battle, socioeconomic group, and gender have the latent

**Table-1: level of mental health among inter VS intra family marriages adults**

	Intra marriages adults male (n=150)	Inter marriages adults Females (n=150)	t	p	CI 95 %
Variable	(Mean± SD)	(Mean± SD)	t(598)		
Life satisfaction	1.83± .806	3.83± 1.146	-17.885	.000	2.15893 to -1.84107
General positive effect	36.91± 9.979	53.04±14.025	-11.479	.000	-18.08250 to -14.17750
Psychological well being	30.05±7.834	69.60±11.974	-33.849	.000	-41.17312 to -37.92688
Emotional ties	7.08± 2.641	48.28± 18.273	27.331	.000	-44.16667 to -38.23333
Anxiety	28.75± 6.029	14.36± 2.909	-26.335	.000	13.31437 to 15.46563
Depression	11.445± 2.466	6.81± 2.460	16.408	.000	4.07531 to 5.19469
Lose of behavior	27.85± 4.674	22.00± 4.372	-17.885	.000	4.82162 to 6.87838
Psychological distress	69.60± 11.974	30.05± 7.834	-33.849	.000	37.25078 to 41.84922

## Discussion

300 participants in inter-family marriages had worse mental health and participants from intra-family marriages had better mental health. Men's mental health problems were more common among adults in consanguineous marriages, likewise anxiety, depression, loss of behavior and psychological distress. Female participants were found to have fewer psychological problems and better mental health in both types of family marriages, and life satisfaction, emotional connections and psychological well-being was better than male young adults. Intra marriages couples were less likely to have children with mental health problems and had

higher mental health in terms of life satisfaction, emotional connection and mental well-being. The results revealed more mental health problems among adults in intermarriages families than in intra marriages families with fewer mental health disorders. This research fact was accepted in a Korean study where mental health was associated with intermarriages and increased mental health risks with intermarriages marriages.<sup>18</sup> This research proved phenomenal in a British study which showed that at least 55% of British Pakistanis are married to cousins and the tradition was also common in some other South Asian communities and some Middle Eastern

countries. But there was a problem: marrying someone who was himself a close family member involved a risk for the children, a risk embedded in the code of life, in our genes. Communities that practice cousin marriages experience higher health problems due to some very rare but very serious diseases called recessive genetic disorders. Such alliances were considered strong because they are built on a close family network and family events improve because the in-laws were already related and share the same genealogy. But the statistics on genetic disorders from cousin marriages were stark, with British Pakistanis <sup>13</sup> times more likely to have children with genetic disorders than the general population .<sup>19</sup>

The literature is consistent with our research, which showed that cousin marriages increased the likelihood of mental disorders bad health deviations opposes non-cousin marriages. Mental deviations such as attitudes, stereotypes, prejudices and discrimination are most often found in Muslim communities. It identified international current drivers of research stigma. Among Muslims, there were race/ethnicity, gender, class, religion and health status.<sup>20</sup> Abdalla and Zaher said that Pakistan is primarily a Muslim country, so here; Family marriages are considered a respected practice, but such marriages preserve the health of their source. One of the beliefs related to inter-family marriages can be used to reform cultural norms. This Hadith pacifies marriages outside clans because Hazarat Muhammad (SAW) stated that family marriages cause weakness outside the source.<sup>19</sup>

Medically important research findings, parents' genes and cousin marriages have a huge impact on children's physical and mental health. Mixed marriages contribute to family illnesses and mental health problems, which have a high prevalence. The current study was conducted in a limited area and ignores other demographic variables. Future research could conduct similar studies in large sample waste areas and test the effects of other demographic variables on children's mental health within and between marriages. We overcome the limitations of the study to include the same number of participants

of both marriage types in Haripur district and systematically calculate the sample size using a free online calculator and define the study area as a sample of one district which is not generalized from the total number of the population.

## Conclusion

Children of intermarriages had worse mental health, and intra marriages young adults had better mental health, as well as life satisfaction and emotional connections levels were higher.

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