



The Impact of Marital Instability and Psychological Distress on Quality of Life among Married Women, Pakistan

Aqsa Batool¹, Ruqia Safdar Bajwa², Sidra Farooq³, Muhammad Ayub⁴

¹ Ph.D Scholar, Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan.

Email: psychologist.aqsa@gmail.com

² Assistant Professor, Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan.

Email: ruqiasafdar@bzu.edu.pk

³ Ph.D. Scholar, Department of Applied Psychology, Bahauddin Zakariya University Multan, Pakistan.

Email: sidrafarooq913@gmail.com

⁴ Lecturer, Department of Sociology, Thal University Bhakkar, Pakistan. Email: ayub.sulemani320@gmail.com

ARTICLE INFO

Article History:

Received: May 15, 2023

Revised: June 28, 2023

Accepted: June 28, 2023

Available Online: June 29, 2023

Keywords:

Marital Instability

Psychological Distress

Quality of Life

Early or Late Marriages

Funding:

This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

ABSTRACT

The impact of marital instability and psychological distress on quality of life extends beyond the emotional realm. They can also affect other domains, such as physical health, social relationships, and overall life satisfaction. The motive of the study was to examine the effect of marital instability and psychological distress on quality of life among early and late married women in Pakistan. A cross-sectional research design was adopted. A purposive sampling design using a cross-sectional design was employed. A sample of 200 women, containing 100 early married women and 100 late married women, was taken from different divisions of Southern Punjab, Pakistan. A survey consisting of three key questionnaires, namely the Kessler Psychological Distress Scale (K10), the WHO-Quality of Life Scale (BREF), and the Marital Instability Index (MII), was used for data collection. The findings evinced that marital instability has a positive and significant relationship with psychological distress among women with early and late marriages. Moreover, a higher level of marital instability and psychological distress with a low quality of life was found among early or late married women. Comparatively, women with early marriages have a higher level of marital instability and psychological distress and a lower level of quality of life as compared to women with late marriages. Overall, the study's findings recommended proactive interventions and policies aimed at improving the psychological well-being and quality of life of women in the region.

© 2023 The Authors, Published by iRASD. This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License

Corresponding Author's Email: ayub.sulemani320@gmail.com

1. Introduction

Marriage is one of the most important interpersonal relationships in which a man and a woman seek to live together as a couple based on legal, religious, and moral principles while striving to achieve a stable life and experience satisfaction during their lives (Kianipour & Aminiha, 2020). The quality of marital life has been considered the chief predictor of marital stability and marital success (Barzegar & Samani, 2016). The quality of life in marital life involves numerous marital bond dimensions such as satisfaction, happiness, adjustment, cohesion, and commitment (Darakhshan, 2019). The associations between socio-economic factors and quality of life were consistent across individuals of diverse marital statuses (Puciato, Rozpara, Bugdol, & Mróz-Gorgoń, 2022). A higher quality of life has been found among married mothers than among single mothers (Kim & Kim, 2020). Quality of life has a positive correlation with the social contact networks of marriage-squeezed men and moderates the negative effect of age on quality of life (Wang, Yang, & Attané, 2018). A noteworthy relationship was observed between quality of life and marital status in the previous studies (Han, Park, Kim, Kim, & Park, 2014). Marital instability can contribute to significant psychological distress for individuals. Marital instability

was positively associated with psychological distress in both early- and late-married women (Ansari & Fatima, 2021).

Marital instability is associated with poorer mental health outcomes among early married women who experience greater mental health problems than those who married later in life (Fakhar & Saba, 2020). Marital instability was positively associated with depression in both early- and late-married women. Early-married women had higher levels of marital instability and depression compared to late-married women (Adelufosi, Adeniyi, & Adejumo, 2021). Marital instability was negatively associated with life satisfaction in both early- and late-married women. Early-married women had lower levels of life satisfaction compared to late-married women (Hamid & Omar, 2020). Poorer marital quality, instability, and poorer health outcomes may be associated with early marriages among women as compared to women who marry later in life (Kumi-Kyereme, Awusabo-Asare, & Biddlecom, 2021). Lower marital satisfaction and stability were evinced among early married couples as compared to those who married late in life (Njoroge, Ongori, & Njuguna, 2021). Individuals who indicate higher levels of marital strain tend to experience greater psychological distress. Additionally, individuals whose spouses report higher levels of marital strain also tend to experience increased psychological distress (Garcia & Umberson, 2019).

Marital instability is associated with psychological distress. Early marriage is associated with higher levels of marital instability, which can lead to psychological distress in women (Kafi, Mohammadi, & Samari, 2019). Early marriage is a significant predictor of marital instability. Early-married women used to experience more marital instability as compared to those who married later (Ahiadeke, 2021). Women who married at a younger age had lower levels of quality of life than women who married later. Early marriage is associated with lower marital satisfaction and stability among women as compared to those who married later in life (Okuneye & Obinna, 2020). Emotional intelligence partially mediates the relationship between marital instability and early marriage among women in Pakistan (Ali & Raza, 2020). A lower level of marital satisfaction was reported among early married couples than among late married women. There were differences in the factors that influenced marital satisfaction between the two groups (Hamid & Omar, 2020). Moreover, early married women have a lower level of marital adjustment than late married women (Shakoor & Khan, 2020). Both early and late married couples reported high levels of marital satisfaction. However, there were some differences in the predictors of marital satisfaction between early and late married couples (Ali, Aslam, & Fatima, 2020).

Improvements in marital satisfaction were more strongly associated with decreases in psychological distress among wives compared to declines in satisfaction (Kanter & Proulx, 2021). The study identified psychological stressors experienced by participants, including disrespect, disinclination, and monetary issues, which contributed to instability in their relational health and ultimately led to a disconnection in their mutual bond (Calda-Tolibas, 2022). Higher levels of psychological distress were associated with lower levels of quality of life among women with early marriages. Women who were dissatisfied with their marriage were more likely to experience psychological distress (Sanaei, Nejat, & Mohammadpour, 2017). A cross-sectional study found that marital status and gender influenced quality of life and dyadic adjustment among females and males (Zeren, Gürsoy, & Çolak, 2019). Married older adults portrayed a good quality of life in the psychological aspect (Ahmed et al., 2023). Additionally, married older adults scored the highest in the social relationship quality of life domain (Gutiérrez-Vega, Esparza-Del Villar, Carrillo-Saucedo, & Montañez-Alvarado, 2018). Marital satisfaction is a key factor influencing their quality of life, as various components of marital satisfaction have a significant impact (Nawaz, Saeed, & Mushtaque, 2021). Notably, marital satisfaction and effective communication are strongly linked to the overall life quality score (Akram, Vafa, & Pejman, 2017).

Early marriage may be associated with factors such as immaturity, lack of experience in relationships, and financial insecurity, which can lead to negative outcomes such as marital instability and psychological distress (Mehrabi, Eskandari, & Ghazinour, 2016). Early marriage for women in Pakistan was associated with negative health effects, including higher levels of psychological distress. Late-married women, on the other hand, reported higher levels of marital adjustment (Shaud, 2018). Working women who had children experienced higher levels of stress compared to those without children. Women who delayed marriage until their late 20s or early 30s had higher levels of well-being and life satisfaction compared to women who married earlier

(Nelson-Coffey, Killingsworth, Layous, & Lyubomirsky, 2016). Late marriage may be congruent with a lower risk of divorce and higher levels of marital stability, which can contribute to better psychological outcomes for women (Milkie, Nomaguchi, & Denny, 2016). Social support and marital adjustment had a significant negative relationship with psychological distress among women seeking infertility treatment in Pakistan (Qadir, 2015). A study found that psychological distress is related to bipolar aspects of marital adjustment (Li, 2015).

So, the review depicted that there is no study conducted on the impact of marital instability and psychological distress on quality of life among married women in Pakistan. This study focused on different perspectives on the influence of marital instability on quality of life among married women. Research Hypotheses are as follows;

- Marital instability has a positive relationship with psychological distress among early and late married women.
- Marital instability has a negative relationship with the quality of life of early and late married women.
- Early and late married women are likely to have differences in marital instability, psychological distress, and quality of life.

2. Methodology

2.1. Research Design and Sampling

A cross-sectional design was used for this research. Purposive sampling was used. The study considered various regions of Southern Punjab, including divisions and sub-divisions. The survey was conducted among married females only. The survey was conducted among early married and late married women in Pakistan.

2.2. Sample Size Estimation and Participants

200 women were included in this study. The sample contained 100 early-married and 100 late-married women. The preliminary power analysis is calculated using the sample size and estimated G^* power of 3.1.9. The cross-sectional method allows the study to fully support the analysis with an important sample size (Ajnakina et al., 2021). The total sample size required was determined by the effect size of 0.27, power of 0.96, and alpha error (0.04), which should be 182. The study considered 200 participants.

2.3. Instrumentation

The study aimed to measure three key variables and assess the relationship between these variables in the expected population after using the questionnaire. The first was the Kessler Psychological Distress Scale (K10), the second was the WHO-Quality of Life Scale (BREF), and the last was the Marital Instability Index (MII).

2.4. The Kessler Psychological Distress Scale (K10)

The Kessler Mental Illness Scale (K10) is a simple measure of psychological distress. The reliability of alpha K10 is 0.88. The Kessler Mental Illness Scale (K10) contains 10 questions about emotional state; each question has a 5-level answer (Kessler et al., 2002).

2.5. WHO-Quality of Life Scale-BREF

WHOQOL-BREF is the abbreviation of WHOQOL-100's 26 items. WHOQOL-BREF consists of two aspects: general health and quality of life. Each of the 24 aspects included in WHOQOL-100 has a project. The final analysis of the structure of WHOQOL-100 shows that the combination of domains 1 and 3, as well as domain 2, and the other six domains, constitute the four aspects of quality of life. The current WHOQOL-BREF scoring method has an alpha reliability of 0.89, which combines these areas and evaluates four key areas: physical, psychological, social relations, and environment (Whoqol Group, 1995).

2.6. The Marital Instability Index (MII)

The marital instability scale was developed by (Booth, Johnson, & Edwards, 1983). This scale has a marital instability index to measure this probability. The MII scale, established by Booth et al. (1983), measures the probability of separation and divorce through both cognitive and behavioural measures. The long form has an alpha reliability of 0.93.

3. Statistical Analysis

For the purpose of analysing the gathered information, SPSS version 25 was utilised. Both the reliability analysis of each measure, which was done with the help of Cronbach's alphas, and the descriptive statistics of each measure were also computed. On the basis of the period of marriage, i.e., early or late marriages, a Pearson product moment co-relation was computed for two samples in order to evaluate the association between marital instability and psychological distress and quality of life. This was done in order to examine the relationship. In addition, a t-test based on an independent sample was used to examine the effects of marital instability, psychological distress, and quality of life according to the period of marriage, specifically early versus late marriages.

Table 1: Demographic Sheet of Variables

Title	Description	Frequency	Percentage
Age	16-25	76	38.0
	26-35	89	44.5
	36-45	2	0.1
	46-55	26	13.0
Marital Status	Early Marriage	100	50.0
	Late Marriage	100	50.0
Family Status	Joint	118	59.0
	Nuclear	82	41.0
Job Status	Housewife	108	54.0
	Working	92	46.0
Location / Residency	Rural	60	30.0
	Urban	140	70.0
Spouse Relationship	Unsatisfactory	111	55.5
	Satisfactory	89	44.5
Nature Of Marriage	Willingly Marriage	139	69.5
	Forced Marriage	61	30.5

Table 2: Descriptive Statistics and Psychometric Properties of Marital Instability, Psychological Distress and Quality of Life

Variables	M	SD	Ranges	α
Marital Instability	39.84	16.90	15-71	.96
Psychological Distress	21.75	10.76	9-72	.97
Quality of Life	55.64	15.48	32-92	.93

Note: n=200, M=Mean, SD= Standard Deviation, α = Cronbech's Alpha

The mean and standard deviation of marital instability, psychological distress, and quality of life were all displayed in Table 2. Additionally, it displayed the internal consistency index (also known as the alpha coefficient) for the instruments that were utilised in this research. According to the findings of this research, all of the scales used in the investigation have alpha coefficients that are greater than 0.70, indicating that they all have high levels of internal consistency.

Table 3: Interco-relation of Marital Instability, Psychological Distress and Quality of Life Dis-aggregated Early and Late Marriages

	MI	PD	QoL
MI	1		
PD	.972**	1	
QoL	-.444	-.420**	1

** Correlation is significant at the 0.01 level (2-tailed), Note: MI (Marital Instability), PD (Psychological Distress), QoL (Quality of Life)

Table 3 showed that marital instability is positively and significantly correlated with psychological distress and both marital instability and psychological distress is negatively and significantly correlated with quality of life for women with early and late marriages.

Early marriages and late marriages were shown to have significantly different rates of marital instability, psychological distress, and quality of life, as shown in Table 4. In comparison to women who marry later in life, those who wed at a younger age are more likely to experience psychological anguish and instability in their relationships, as well as a poorer level of overall quality of life.

Table 4: Marital Instability, Psychological Distress and Quality of Life Differences for Early and Late Married Women

Variables	Late Marriages (n=100)		Early Marriages (n=100)		t	P	Cohen's d
	M	SD	M	SD			
Marital Instability	34.05	17.29	45.64	14.40	5.148	0.000	0.74
Psychological Distress	18.38	10.73	25.13	9.71	4.66	0.000	0.70
Quality of Life	62.08	15.95	49.21	11.99	-6.44	.000	0.93

Note: N = 200, M=Mean, SD= Standard Deviation, CI= Confidence Interval, LL= Lower Limit, UL= Upper Limit

4. Discussion

The purpose of this study was to investigate the effect that having an unstable marriage has on the level of psychological distress and quality of life experienced by early- and late-married women. The purpose of the research was to investigate whether or not there was a correlation between getting married young or getting married later in life and the levels of psychological distress and marital instability. In this study, a cross-sectional research methodology was applied, and the co-variation of a number of different factors was investigated. The findings indicated that marital instability is positively and significantly correlated with psychological distress, and both marital instability and psychological distress are negatively and significantly correlated with quality of life among women with early and late marriages. Moreover, women with early marriages have a higher level of marital instability and psychological distress and a lower quality of life as compared to women with late marriages.

The first hypothesis was validated; it was found that early and late married women are more likely to experience a substantial positive link between marital instability and psychological discomfort. The findings were consistent with those of prior research, which found that marital instability was positively connected with psychological distress in both early- and late-married women (Fakhar & Saba, 2020). Marital instability was positively associated with depression in both early- and late-married women (Adelufosi et al., 2021). Higher levels of marital instability can lead to psychological distress among early married women (Kafi et al., 2019). Marital instability is associated with poorer mental health outcomes among women (Ansari & Fatima, 2021). According to Garcia and Umberson (2019), people who report experiencing higher degrees of marital strain are more likely to report higher levels of psychological discomfort. Psychological stressors, including disrespect, disinclination, and monetary issues, may have contributed to marital instability, ultimately leading to a disconnection in their mutual bond (Caldá-Tolibas, 2022).

The second hypothesis was accepted and supported by the previous study, which indicated that early married women had significantly greater levels of psychological distress and significantly poorer levels of quality of life than later married women (Sanaei et al., 2017). Marital instability was negatively associated with life satisfaction in both early- and late-married women (Hamid & Omar, 2020). Women who married at a younger age had lower levels of quality of life than women who married later (Okuneye & Obinna, 2020).

The third hypothesis was supported by numerical findings that early and late married women are likely to have differences in marital instability, psychological distress, and quality of life. Early married women faced more marital instability, psychological distress, and poor quality of life as compared to late married women (Mushtaque et al., 2022). So, the previous studies also narrated that early-married women were more likely to experience marital instability compared to those who married later (Ahiadeke, 2021). Poorer marital quality, instability, and poorer health outcomes may be associated with early marriages among women as compared to late married women (Kumi-Kyereme et al., 2021). Lower marital satisfaction and stability were evinced among early married couples as compared to those who were late married participants (Njoroge et al., 2021). According to Shaud (2018), early marriage in women was related with higher levels of psychological distress as compared to later marriage in women. This was the case even when controlling for other factors. In addition, Shakoor and Khan's research from 2020 indicated that women who married at a younger age had a worse level of adjustment to their marriages than women who married later in life. According to Gutiérrez-Vega et al. (2018) research, the social relationship quality of life domain had the greatest scores from married older individuals. The strength of the study was its ability to generalise the findings to the population because the sample was representative of the population.

5. Conclusion and Recommendations

Marital instability, a significant issue in numerous developed and developing nations, poses a substantial challenge. The study's assessment of marital instability using a questionnaire yielded a fair overall score, indicating lower levels of marital stability among the early married participants as compared to late married women. Nonetheless, identifying the root causes can assist policymakers in creating an improved environment conducive to stable relationships for couples. Conducting training workshops on life skills could generate interest and raise awareness among young couples about the factors that contribute to marital instability. Mental health professionals can use this information to provide support and counselling to women experiencing marital difficulties, particularly those in early marriages. Ultimately, these findings have the potential to contribute to the development of effective interventions that enhance the quality of life and psychological well-being of women in different marital stages.

The study's findings emphasised the importance of addressing the factors influencing marital instability through strategic planning. Considering socioeconomic compatibility between partners is also crucial. Furthermore, factors such as family involvement and expressing love towards one's partner are significant protective elements for maintaining marital stability, and they are closely linked to education as well. In accordance with our cultural context, it is suggested that young individuals, even in modern marriage practises, involve their families in the decision-making process, as their support can help prevent future interference and complications.

The study conducted in the present research has limitations due to time constraints and limited resources. The data collection process faced difficulties as some participants were hesitant to discuss their personal marital and relationship experiences. The study did not include the spouse's (male) responses regarding socioeconomic status, willingness, or his married relationship with his spouse (female). Additionally, the impact of sexual dissatisfaction on marital instability, which could not be explored in the current study, played a significant role. For a more comprehensive understanding of this issue, the study suggested employing a longitudinal design in future research.

References

- Adelufosi, A. K., Adeniyi, O. O., Ayeni, O. O., & Adejumo, A. O. (2021). The relationship between marital instability and depression among early and late married women in Nigeria. *Journal of Women & Aging, 33*(1), 81-95.
- Ahiadeke, C. (2021). The impact of early marriages on marital instability: Evidence from Ghana. *Journal of Family Issues, 42*(5), 757-776.
- Ahmed, S., Méndez, R. Y., Naveed, S., Akhter, S., Mushtaque, I., Malik, M. A., . . . Younas, A. (2023). Assessment of hepatitis-related knowledge, attitudes, and practices on quality of life with the moderating role of internalized stigma among hepatitis B-positive patients in Pakistan. *Health Psychology and Behavioral Medicine, 11*(1), 2192782. doi:<https://doi.org/10.1080/21642850.2023.2192782>
- Ajnakina, O., Agbedjro, D., McCammon, R., Faul, J., Murray, R. M., Stahl, D., & Steptoe, A. (2021). Development and validation of prediction model to estimate 10-year risk of all-cause mortality using modern statistical learning methods: a large population-based cohort study and external validation. *BMC Medical Research Methodology, 21*, 1-11. doi:<https://doi.org/10.1186/s12874-020-01204-7>
- Akram, J., Vafa, F., & Pejman, M. (2017). Factors affecting quality of life and marital satisfaction among married nurses and nursing assistants. *Annals of Tropical Medicine and Public Health, 10*(6). doi:https://doi/10.4103/ATMPH.ATMPH_28_17
- Ali, S., Aslam, M. S., & Fatima, H. (2020). Marital satisfaction and its predictors among early and late married couples. *Pakistan Journal of Medical Sciences, 36*(1), 48-53.
- Ansari, U., & Fatima, T. (2021). Comparison of marital instability and psychological distress between early and late married women. *Pakistan Journal of Psychological Research, 36*(2), 427-444.
- Barzegar, E., & Samani, S. (2016). The meditating role of intimacy in the association between communication patterns and quality of married life. *Quarterly Journal of Woman and Society, 7*(26), 115-128.
- Booth, A., Johnson, D., & Edwards, J. N. (1983). Measuring marital instability. *Journal of Marriage and the Family, 387-394*. doi:<https://doi.org/10.2307/351516>

- Calda-Tolibas, M. A. (2022). The Role of Psychological Distress in Relational Health Instability among Romantic Couples: A Qualitative Inquiry. *The Malaysian Journal of Nursing (MJN)*, 14(2), 101-108. doi:<https://orcid.org/0000-0002-9265-8832>
- Darakhshan, D. (2019). The effectiveness of mindfulness training on marital quality of life and marital adjustment of methadone maintenance (MMT) addicts in Shahrekord. *Journal of Recent Advances in Psychology, Educational Sciences, and Education*, 2(12), 12-30.
- Fakhar, F., & Saba, R. (2020). The effect of marital instability on mental health: comparative study of early and late married women. *International Journal of Innovation, Creativity and Change*, 11(5), 273-283.
- Garcia, M. A., & Umberson, D. (2019). Marital strain increases psychological distress for couples in both same-sex and different-sex marriages, but women in different-sex marriages suffer more. *PRC Research & Policy Brief Series*. doi:<http://dx.doi.org/10.26153/tsw/5768>
- Gutiérrez-Vega, M., Esparza-Del Villar, O. A., Carrillo-Saucedo, I. C., & Montañez-Alvarado, P. (2018). The possible protective effect of marital status in quality of life among elders in a US-Mexico border city. *Community mental health journal*, 54, 480-484. doi:<https://doi.org/10.1007/s10597-017-0166-z>
- Hamid, N. A., & Omar, K. (2020). Marital satisfaction among early and late married women: A Comparative Study in Klang Valley, Malaysia. *Journal of Social Sciences and Humanities*, 1(1), 45-46.
- Han, K.-T., Park, E.-C., Kim, J.-H., Kim, S. J., & Park, S. (2014). Is marital status associated with quality of life? *Health and quality of life outcomes*, 12, 1-10. doi:<https://doi.org/10.1186/s12955-014-0109-0>
- Kafi, M., Mohammadi, N., r, N., & Samari, A. A. (2019). Relationship between age at marriage and mental health in women. *Iranian Journal of Psychiatry and Behavioral Sciences*, 13(2).
- Kanter, J. B., & Proulx, C. M. (2021). The longitudinal association between marital and psychological functioning in socioeconomically disadvantaged relationships. *Journal of Social and Personal Relationships*, 38(9), 2465-2473. doi:<https://doi.org/10.1177/02654075211011704>
- Kessler, R. C., Andrews, G., Colpe, L. J., Hiripi, E., Mroczek, D. K., Normand, S.-L., . . . Zaslavsky, A. M. (2002). Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological medicine*, 32(6), 959-976. doi:<https://doi/10.1017/S0033291702006074>
- Kianipour, F., & Aminiha, A. (2020). The effectiveness of emotion-focused couple therapy on emotional divorce and the quality of the relationship with the spouse's family. *Family Counseling and Psychotherapy*, 9(2), 195-212. doi:<https://doi/10.34785/J015.2019.008>
- Kim, G. E., & Kim, E.-J. (2020). Factors affecting the quality of life of single mothers compared to married mothers. *BMC psychiatry*, 20, 1-10. doi:<https://doi.org/10.1186/s12888-020-02586-0>
- Kumi-Kyereme, A., Awusabo-Asare, K., & Biddlecom, A. (2021). Marital quality instability, and women's health: Examining the moderating role of early marriage in Ghana. *Journal of Family Issues*, 42(3), 410-429.
- Li, A. (2015). Marital adjustment and psychological distress in Japan. *Journal of Family Psychology*, 29(1), 84-89.
- Mehrabi, M., Eskandari, N., & Ghazinour, M. (2016). Association of early marriage with psychological distress in women. *Journal of Midwifery and Reproductive Health*, 4(1), 509-516.
- Milkie, M. A., Nomaguchi, K. M., & Denny, K. E. (2016). Does the timing of marital transitions matter for marital quality? . *Journal of Marriage and Family*, 78(4), 1100-1116.
- Nawaz, M. A., Saeed, L., & Mushtaque, I. (2021). Mediating role of spousal support on internalized stigma and marital satisfaction among depressive patients. *Review of Education, Administration & LAW*, 4(4), 561-572. doi:<https://doi.org/10.47067/real.v4i4.207>
- Nelson-Coffey, S. K., Killingsworth, M. A., Layous, K., Cole, S. W., & Lyubomirsky, S. (2016). Matrimony in middle age: The effects of marriage timing on psychological well-being. *Health Psychology and Behavioral Medicine*, 35(6), 602-611.
- Njoroge, M., Ongori, H., & Njuguna, E. (2021). Marital satisfaction and stability among married couples: A comparative study of early and late marriage. *Journal of Social, Development and Agricultural Economics*, 2(1), 72-85.

- Okuneye, O. T., & Obinna, F. N. (2020). Marital satisfaction and stability among early and late married women in Nigeria. *Covenant Journal of Business & Social Sciences*, 11(2), 58-68.
- Puciato, D., Rozpara, M., Bugdol, M., & Mróz-Gorgoń, B. (2022). Socio-economic correlates of quality of life in single and married urban individuals: a Polish case study. *Health and quality of life outcomes*, 20(1), 58. doi:<https://doi.org/10.1186/s12955-022-01966-2>
- Qadir, F. (2015). Infertility and psychological distress: A critical review of the literature. *Journal of Pakistan Medical Association*, 65(6), 673-677.
- Sanaei, B., Nejat, S., & Mohammadpour, R. (2017). The relationship between early marriage and quality of life, anxiety and depression in women referred to health centers in Ahvaz city. *Journal of Nursing Education and Practice*, 7(9), 55-60.
- Shaud, C. (2018). Early marriage and its impact on women's health in Pakistan. *Journal of Health, Population and Nutrition*, 37(1), 1-12.
- Wang, S., Yang, X., & Attané, I. (2018). Social support networks and quality of life of rural men in a context of marriage squeeze in China. *American journal of men's health*, 12(4), 706-719. doi:<https://doi.org/10.1177/1557988317753263>
- Whoqol Group. (1995). The World Health Organization quality of life assessment (WHOQOL): position paper from the World Health Organization. *Social science & medicine*, 41(10), 1403-1409. doi:[https://doi.org/10.1016/0277-9536\(95\)00112-K](https://doi.org/10.1016/0277-9536(95)00112-K)
- Zeren, F., Gürsoy, E., & Çolak, E. (2019). The quality of life and dyadic adjustment of couples receiving infertility treatment. *African journal of reproductive health*, 23(1), 117-127.