

# English Essay

Mode-01

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## Forced Marriages in Pakistan; Causes & Consequences

### Brainstorming

#### Causes

✓ Sociocultural factors

✓ Psychological factors  
outdated attitudes

✓ Lack of Education

Women as Recessive.  
No decision making

✓ Law & order

✓ Ignorance of religious Teachers

#### Consequences

✓ Effects on health  
psych. trauma

✓ Effects on Relationships  
• male's child  
• Blw Partners

✓ Domestic Problem.

✓ Increased Ratio of Divorce

✓ Women Recessiveness  
become Active

✓ Image of Culture.

# Outlines

## 1. Introduction

### 1.1 Hook

### 1.2 Background Information

1.3 Thesis Statement: Forced marriages are significantly prevalent in Pakistan, and their etiology can be rooted back to a wide range of sociological, psychological, educational, legislative, religious and gender related factors which may be manifested in variety of sociological, domestic, health related and culture related outcomes harming overall family system in Pakistan.

## 2. Common Causes of forced marriages in Pakistan

### 2.1 Socio-Cultural factors

2.1.1 Overdependence on old traditions

2.1.2 Authoritarian style of parenting

2.1.3 Resistance toward modernity

### 2.2 Psychological factors

2.2.1 Outdated and stereotypical mindset

2.2.2 Egocentric nature of elders

2.2.3 Superiority Complex of old Culture

## 2.3 Educational failures

2.3.1 Lack of education

2.3.2 Lack of awareness about <sup>need of</sup> marriage compatibility

2.3.3 Lack of health education

## 2.4 Ignorance of Religious Teachings.

2.4.1 Lack of knowledge of religious teachings.

2.4.2 Misinterpretation of religious teachings about marriage.

## 2.5 Failures related to Law and Order

2.5.1 Lack of punishment for forced marriage

2.5.2 Lack of recognition of issue at national level.

## 2.6 Gender related failures

2.6.1 Women as submissive gender

2.6.2 Men as dominant gender.

2.6.3 Decision making usually by men only

## → Transitional from Cause to Consequences

## 3. Consequences of Forced marriages in Pakistan.

### 3.1 Health related Outcomes

3.1.1 Alteration in Psychological health.

Disturbed of emotional health

2.2.2 Egocentric nature of elders.

2.2.3 Superiority Complex of old Culture

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## 3. Consequences of Forced marriages in Pakistan.

### 3.1 Health related Outcomes

3.1.1 Alteration in Psychological health.

3.1.2 Disturbance of emotional health

M T W T F S  
3.1.3 Deterioration of Physical health.

### 3.2 Relationship problems.

Tension between partners.

Relationship gap between parents and child.

### 3.3 Domestic Issues

Increased ratio of divorce.

Domestic feuds

Violence against partner.

Single-parent children.

### 3.4 Forced marriage becoming cultural trend

Encouraging rest of community.

Prevalence of women recessiveness.

Authoritarian parenting style running in generation.

### 3.5 Negative Image of marriage culture

Negative Image on the globe.

## 4. Recommendations to eliminate causes and manage consequences

## 5. Conclusion

# The Essay

"Peace cannot be kept by force;  
it can only be achieved by  
understanding" (Albert Einstein)

Forced marriage is a Social Contract between the two partners which actually does not take place through the consensus of both but by the norms and authority of that society. This Contract forgets to involve the two edges of the strings which will actually tie together by this decision. In Pakistan forced marriage has become a part of culture particularly in rural areas of Pakistan but also present in urban regions. According to the Survey, in Pakistan 4 out of 5 marriages are arranged marriages and out of these, most are forced marriages. Arranged forced marriages

Can be rooted back to a lot of etiological factors such as sociology and cultural trend, psychological causes, educational problems, legislative issues, religious misinterpretation and gender related causes. These factors produce chances for forced marriage which in the end manifests as health related, domestic, relationship issues, sociological and cultural image related outcomes, not only affects individuals but the whole family system of Pakistan. Hence, forced marriages in Pakistan have a lot of reasons which should be corrected and it results in devastating consequences at a larger scale.

Forced marriages are outcomes of a lot of underlying factors which belong to sociological, psychological, educational, legislative, religious and gender related factors.

The most common cause among all these factors is Socio-cultural environment of a society. Socio-cultural environment that creates this circumstance are overdependence on old traditions, customs, beliefs and values, Authoritarian parenting style and resistance toward modernity. Most common factor is old traditions, where the people follow a particular ritual since years it becomes very difficult mentally and physically to withdraw from this entanglement.

Secondly authoritarian style of parenting is another leading cause of forced marriages in tribal and rural areas of Pakistan where the good children never say no to their parents, and hence

parents and elders are responsible for decision making about their lives. Thirdly, it needs much flexibility of nature to accept modernity and advancement of life style, which is

are in mostly culture and societies of Pakistan. Hence, Sociological and Cultural factors are posing significant contribution in forced marriage trend.

Another domain of Causes which is of great importance is psychological factors of Pakistani Society, this domain further involves Outdated and Stereotypical mindset, Egocentric nature of elders and Superiority complex of old culture. As 'mindset is fuel of all life'. So, if the fuel is utilized in well mannered way, it is beneficial to the great extent and vice versa is also correct. Due to lack of awareness and educational related to need of life changes and their impact, people are lacking this crucial requirement of modification of mind according to the age period. Its importance can be grasped by this saying:

" Your beliefs become your thoughts,  
 Your thoughts become your words,  
 Your words become your actions,  
 Your actions become your habits,  
 Your habits become your values,  
 and your values become your destiny. "

(Mahatma Gandhi)

So, this is how our mindset is going to affect overall dynamics of our life. Moreover another factor is egocentricity of elders, which is also stem from mindset, it is over rigidity of nature.

Another Contribution is <sup>traditional</sup> superstitious Complex of cultural values which is also dependent on mindset. So, all these psychological contributors have significant effect on this culture.

Another class of risk factors is educational deficiencies, which involve subclasses as ; lack of education ; lack of awareness of need of marriage compatibility and lack of health education. Education has

long lasting impact on human mind, it entirely changes the dynamics of thought process. Education modifies the mind to accept the modification related to contemporary issues. As it was said that;

**"Highest result of education is tolerance."** (Hellen Keller).

So, deficiency of education leads to rigidity of nature and mind set, putting a person <sup>at being</sup> more insistent toward change process. Another factor is lack of awareness of needs of marriage compatibility. As the men and women have to spend entire life with each other, so their compatibility is crucial here which can not be denied. As religion islam says;

**"Men and women are two wheels of a vehicle"**

If there is no compatibility between

two wheels, the vehicles of life would get frozen. Lack of education related to wealth also cause a significant impact on this decision making. Hence, it is clear that the <sup>impact of</sup> lack of education cannot be denied in forced marriages of Pakistan.

Another leading cause of this devastating system is misinterpretation of religious teachings of major religion of Pakistan, Islam, which involves lack of knowledge of these teachings and secondly misinterpretation of these teachings. Ignorance has always played a big <sup>impact</sup> role in disrupting social dynamics and here is also correct. Religion Islam gave significance importance to mutually agreed upon marriage which involves the consensus from both the partners and involvement of the state. An example from

Islam can be quoted as

"Marriage of Holy Prophet (PBUH)  
with Hazrat Khadija (RA)"

But in Culture of Pakistan  
religious teachings are misinterpreted  
as well as manipulated to some  
extent to support the stereotypical  
ideas of existing culture. Hence, this  
Culture can also find its root in  
the misinterpretation of religious  
teachings.

Next class of factor is related  
to law and order of Pakistan,  
which includes lack of punishment  
for forced marriages and lack of  
recognition of this issue at national  
level. In Pakistan particularly in  
rural areas most of the marriages  
are forced but even with this ratio  
there is not strict punishment for  
forced marriage which is encouraging  
the rest of community to do so as

This issues is becoming prevalent day by day so it should be addressed at national level but no such campaign can be seen anywhere in the country, which is resulting in failure of few efforts which are made in this regard. So, this factor has immense impact on the rise of trend and failure of efforts made to counter this serious conditional. Some smaller and larger scales. Along with this another category is some gender related factors, <sup>which</sup> are also of significant worth, and these involves women as recessive gender, men as dominant gender, and decision making by men only. In most cultures significantly in rural areas women ~~is~~ treated as recessive gender and men as dominant, which affects the involvement of <sup>women in</sup> decision making even related to their marriages. So, when the women are not

allured to participate, it results in their life decisions by others. And among these mostly forced marriages one imposed on women ~~more~~ than on man. So, gender related factors are also a kind of category which can not be denied in this issue.

All the discussed causes are impacting the council trend to a considerable extent, and all these factors are supporting each other for disastrous outcome. So, without recognizing these causes fruitful decisions are not possible. And these causes <sup>are</sup> of big worth which are leading to terrible consequences on larger scale. Some consequences are categorized as health related outcomes, relationship problems, domestic issues, developing cultural trend and negative <sup>image</sup> of Patriaral culture.

on the globe and posing Pakistan  
as less modern and modifiable  
Culture on the map of the world  
So, these consequences can only  
be tackled by proper recognition  
of causes which will ultimately  
manage the consequences itself.  
As quoted that:

"Prevention (of cause) is better  
than Cure."

The most significant  
consequence of forced marriage  
all over the Pakistan is deterioration  
of health which involves deterioration  
of mental / Psychological, emotional  
and physical health. How  
Psychological health is effected?,  
It is effected in a way that  
when there is lack of compatibility  
or likeness among partners, it  
results in less comfortable

overall environment. This discomfort

leads to the lack of sharing of terms and intentions so, the psychological disorganization occurs in this way. Another <sup>outcome</sup> factor is emotional disturbance, it is in the way that when emotional and feelings of person is denied in decision making of their life it results in hormonal and emotional disturbance leading towards stress and depression.

As mental and psychological health then major impact on physical health, so it is disturbed like use, when person is unable to take care of him or herself. Hence, forced marriage results in unwanted outcomes.

Another most important outcome is problems related to relationships such as tension between both partners and relationship gap among parents

And children when both partners are not liked by each other or they may have jealousy toward anyone else, it creates tension among both partners. This tension disturbs overall dynamics of whole marriage system by reducing involvement of both partners in each other's affairs. When both partners have kids, this tension and less compatibility also affects their children to the larger extent. And like parents, children are also less comfortable with parents. Such children try to find good friends outside the home, with whom they can share their feelings. And in the end there is gap among parents and children. Hence, relationships dynamics are obstructed in forced marriages which disrupts the overall family system.

Another long term consequence of these marriages is domestic issues such as feuds, increasing ratio of divorce, violence against partner and in the end single-parent children ratio is increased.

As both partners are not mentally engaged, it leads toward social problems among both of them. They dislike each other to the extent that they start violence of each other such as physical abuse, fights etc. In the end these feuds leads toward the separation and divorce among these two partners. And this divorce left their children with one parent only, and this ratio is increasing day by day in Pakistan. If this issue is not considered today, its consequences will threaten the generations to come. Hence domestic issues are a bigger outcome of forced

Another consequence of these marriages is increasing trend among different culture, as it work as motivation for others, and damage to the cultural image of Pakistan on the globe. As this trend is getting more prevalence in tribal and rural areas, the <sup>elder</sup> parents of others also get insight from them and do forced marriages of their own children. So, this is acting as source of motivation and encouragement for the same community. Along with it, as the forced marriage has negative connotation, so this negative insight aspect is also disrupting the image of culture of Pakistan on global level because it shows Pakistan is an <sup>culture</sup> rigid and stubborn.

which has no room for  
modesty and flexibility. Hence  
these factors are causing  
big threats to the overall  
significance and image of  
culture of Pakistan.

To counter these factors  
some recommendations are given  
in this regard such as  
awareness campaigns, educational  
culture and, strengthening of  
family system and strong  
legislation for forced marriages  
when the people will become  
aware of their consequences  
they will avoid forced marriages  
and will understand the  
worth of mutual understanding  
that is crucial in this regard.  
There should be strong law  
and order and for punishment  
of forced marriage families  
should be encouraged for

mutual decision making. And educational and counselling centres should be opened to manage the problem as soon as possible.

To Sum up ~~the~~ forced marriages are outcome of a lot of cultural, educational, psychological, religious, gender related and legislative issues which as so harming as a worm which takes the life of a living body. So if these causes are not controlled as early as possible the consequences will become more prevalent. The common consequences which can be seen today are health

related psychosis, domestic  
and image disturbing. By  
taking certain steps the  
problems can be tackled  
at early stages with  
minimum damage and  
more benefits.