



A Study on Traditional Marriage of Kashmir and Attitude of Kashmiri Youth Towards Marriage, Family life and Healthy Living

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Abstract: *Marriage (nikāh) in Islamic law (sharia), is a legal and social contract between two individuals. It is an act of Islam and is strongly recommended. In Islam Polygyny is permitted under some conditions, but polyandry is forbidden. Economic growth and mass media revolution brought a drastic change in Kashmiri society especially in the field of marriage and family life. Economic prosperity enables people to consume more goods and services and enjoy better standards of living. The traditional marriage system in modern times is disappearing slowly. In traditional marriage system, one requires the families of the future bride and groom to engage in ritual visits and exchange gifts. In general there are two types: civil marriage and religious marriage, and typically marriages employ a combination of both (religious marriages must often be licensed and recognized by the state, and conversely civil marriages, while not sanctioned under religious law, are nevertheless respected). In Kashmir, marriage are performed in various ways and under various religions such as Muslim, Hindu, Sikhs, Christians, etc. In modern times every family member is considered important and is supposed to play his/her role In this context the present research carried out in Kashmir is designed to study the traditional marriage in Kashmir and approach of Kashmiri youth towards marriage as well as family life. Four hundred unmarried educated youth belonged to the age group of 20- 25 years studying in different academic institutions of Kashmir were selected randomly for the present study. The data was collected by questionnaire cum interview method and the results of the study revealed that majority of the respondents agreed with the statement marriage is essential for human life. Majority of the respondents opined that 20-25 year is the suitable age of marriage. In majority, arranged marriage was preferred by (57.5% male and 63.5% female) respondents, a good percentage of respondents (65.5% male and 57.5% female) were against dowry system and a little percentage of respondents believe that dowry helps in getting good match. Majority of respondents (53.5% male and 41.5% female) gave more importance to career than marriage which results in thousands of youth without marriage above the age of 45 years. The study further revealed that majority of the respondents showed positive approach towards family life, wanted to work more after marriage and majority of respondents had confidence that they could make balance between work and family life after marriage. Majority of the respondents during survey told that adjusting, sacrificing, loving and tolerance are the best qualities to lead a good family life. Finally, balanced diet to manage happy married healthy life and solutions to issue related marital life in traditional as well as in scientific system were discussed. It was suggested that for happy healthy married life one should live a pious life, stop stressing over life, follow health advisory, avoid fast foods, unnecessary fatty diet, deep fried foods. spicy, salty and Junk food.*

Keywords: Kashmir, youth,, family, dowry, marriage, work life balance, statistics

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