

## **Delay in Marriage and its Effects on Self-Esteem and Body Esteem of Un-Married Educated Working Women**

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### **Abstract**

The present study investigated the relationship between Self-esteem and Body esteem among un-married educated working women (25-55 years). Stratified sampling of un-married working women ( $N = 150$ ) was taken from 3 different settings of teaching professions, School, College and University teachers. Rosenberg Self Esteem Scale and Body esteem Scale were used. Data was statistically analyzed with Correlation, Compare Means, Simple Linear Regression and One Way ANOVA analysis. Significant relationship was found between self-esteem and body esteem. Result show self-esteem was the significant predictor of body esteem. Finding of the research will help in understanding the strengths and struggles of women who are single and working at different levels. The study sheds light on the impression of the society that being single is a matter of great concern and it challenges the self-esteem of a woman but the results revealed that in educated women singlehood is not a matter that determines their self-worth.

**Keywords:** Working Women, Un married, Self-esteem, Problems of singlehood

### **Introduction**

Women in Pakistan not only play an important role in family life but they also play an important and vital role in professional life which strengthen the working rate of women in Pakistan. The status of women does not always stay homogenous as her roles change widely and sometime their roles are contradictory like: females are perceived to be the honor (Izzat) of the family (Shaheed, 1990) which they should guarded very carefully at working place or at home.

Females not only face problem of depending on males but they also face multiple problems. One of them the problem is remain un-married, in Pakistani society there are large amount of females who are un-married till their 30's due to higher education and usually

people demand a house wife for getting married rather than any female who is educated and well established (Khan, 1999). In Pakistan there are many people who show themselves as modern but inner their thinking are old and backward which effects the life of a women badly. There are many people who are looking for a girl who is less educated so she cannot be able to ask for her rights. But now a day instead of these issues women are getting well education as rate of female education is higher than male education (Batool&Sajid, 2013). Females who get a chance to get education they get aware of the society are less dependent on the males. Females are playing an efficient role now a day's especially in big cities where they get opportunities to prove themselves and they serve their nation. But education and serving the nation by professionally takes time which causes problems in marriage as Marriage is considered to be the main problem for educated women especially for those who are doing jobs (Sathar& Mason. 1992).

### **1.1 Marriage**

Marriage may have pervasive and enduring influences on various aspects of life of two people, including financial resources, social integration, and physical and mental well-being (Pudrovska, 2004). Marriage is a contract between two people. Marriage is considered as an emotional and physical bond between two people.

Marriage is considered as more desirable in Eastern regions rather than west because in west, open relationships are more common than marriages (Dixon, 1971). There are also variations in culture to culture regarding wedding that some people preferred to do marriage in early years of age and some preferred marriages in their late ages. Early marriages were preferred in previous decades because women's life goal was thought to be getting married only. There is evidence that the age of women to get marry is getting increased. According to the survey of 2006-2007 and 2012-2013 there were median age of marriage was increased from 19 years to 20 years in Pakistan. 35% women were married in 18 years of age while 54% females were married in 20 years of age.

It is difficult to accept the change in old perspective and that's why many people still think that Un-married women are thought to be as un-acknowledged and less respected till she get married.

Education has a vital role in marriage. Higher Education and professionalism is considered as the biggest reason for females to remain single. Now Females give more attention to education and jobs rather than preferring marriage in their life (Jones & Gubhaju, 2009). Large numbers of females want to be financially strong and get independent before getting married but in this time period the age of marriage goes away.

### **1.2 What is delay in marriages?**

Every culture defined their own definition for the appropriate age of marriage. Any delay in that age contributes to the state of being singlehood. In Pakistan and India the appropriate age range was 15-26 years for females but in America the average age for marriage is 25

(Hamilton, Martin, & Ventura, 2009). Everything has its own appropriate time and similarly Marriage also has specific time period if the time goes away then people face difficulty to get married and as a result large number of population remains single and ratio of remaining single getting increased .

### **1.3 Problems for Un-married Females**

Marriage pressures cause low self-confidence and low self-esteem among women. The continuous rejection of proposal from many families causes a low state of self-esteem in women. Repeated rejection from others causes mostly females to think negative about their body parts because many females are rejected by others due to their physical appearance.

Wide varieties of problems are faced by Un-married females including low Self Esteem and Body Esteem due to societal stigmas. The present study is aimed at studying the relationship between Self Esteem and Body Esteem among Un-married educated working women. This study also aims to measure does different Salary ranges/income, Education and Employment status effect on Un-married women. It also measures that does self-esteem and body esteem plays an important role in a female life? It also examines that how much Un-married women are affected by not having a Life partner.

## **2: Literature**

Caldwell in (1983) concluded that highly educated female's demands highly educated partner to spend their life(Caldwell, Reddy, & Caldwell, 1983).Amin and Bassusi (2004) also concluded that working women spend more time to improve their living standards and they get high expectations about their marriage and partner which cause delay in marriages(Amin & Al-Bassusi, 2004).

Hahn, Nuzhat& Yang (2016) shows in research that the females who get educated they demands to marry with their age fellows or to get married with the man who had less age gap with her as compare to the un-educated women who get married with the elder man(Hahn, Nuzhat, & Yang, 2016).

Anurekha and Menon (2015) concluded that there are no significant differences among married and un-married women. Results also concluded that females who were perusing higher education they did not consider education as a barrier for their late marriages. Women with strong career and established occupation had strong level of self-esteem than any un employed women. Wadhawan (2016) also concluded that professional ladies had higher level of self-esteem as compare to non-working women.

Media plays an important in every society, many females copy their favorite models and actors and try to look like them as slim and thin which cause internal problems in the body of human. In this regard, Clay, Vignoles&Dittmar (2005) conducted a research and concluded that females get influenced by media and people who copy models have less

satisfactions with their body and had lower level of self-esteem than the females who did not copy the models were more satisfied their body and had higher self-esteem (Clay, Vignoles, & Dittmar, 2005).

Old age females feels negative towards their body and they start to show over concern about their physic to measure the consequences Halliwell and Dittmar (2003) concluded that women perceived aging as the negative impact on their physical appearance (Halliwell & Dittmar, 2003).

McLaren and Kuh (2004) concluded that High class women had more dissatisfaction with their weight than the low class women (McLaren & Kuh, 2004). Molloy & Herzberger in 1998 concluded in their findings that there is a positive relationship between high level of self-esteem and high level of body image (Molloy & Herzberger, 1998).

## **2.1 Rationale of the Study**

The research explores the different dimensions of self-esteem among un-married working women along with the body esteem in them. This research explains the influence of self-esteem on body esteem among un-married working women. The aim of study was to search that un-married females due to delay in marriages are facing any problems regarding to their self-esteem and body esteem? , it was also expected to find out that level of self-esteem effects on body esteem of women or not. This study also finds out that different salary ranges and social status effects on women or not.

## **2.2 Hypothesis**

- There will be a significant positive relationship between self-esteem and body esteem.
- Self-esteem will be a significant predictor of Body esteem.
- The higher the age the higher will be the level of self-esteem and body esteem in single women.
- Self-esteem and body esteem will be higher among University teachers.
- There will be significant differences in Self-esteem and Body esteem among women with different Salary ranges.

## **3: Methodology**

### **3.1 Statement of the Problem**

The present study was conducted to find the relationship between Self-esteem and Body esteem among un-married educated working women.

### **3.2 Sample**

Co-relational Research Design was used to study Self-esteem and Body esteem among un-married educated working women. Stratified sampling technique were used to

collect data. The population of 150 un-married teachers with an age range of 19-65 years was included in the study. The participants (n= 50) were taken from Schools, (n=50) from Colleges and (n=50) from Universities. The frequency and percentages indicated that majority of participant's were Muslims, educated and middle class.

### 3.3 Self-esteem Scale (Rosenberg, 1965)

Rosenberg Self-esteem scale (RSE) by Rosenberg, M. (1965) is used in the present research to measure the self-esteem level of un-married working women. The scale consists of 10 items.

### 3.4 Body-esteem Franzoi and Shields (1984)

Body-esteem Scale (BES) designed to measure participant's tendency to rate on their Body -esteem, it also depicted that how a person feel about their own body parts. Scale consisted of 28 items.

### 3.5. Procedure

For the present study first of all permissions to use the tools were taken from the authors of original tools. Demographic sheet was devised according to inclusion and exclusion criteria to gather personal information from the participant's. Data were collected from total 5 Universities, 10 Colleges and 28 Schools were approached to collect the data. It was assured that data will be used for research purpose only. Statistical analysis was used to analyze the data.

### 3.6. Ethical considerations

The study was conducted by keeping in mind the following Ethical considerations:

- Permissions from the authors who constructed original tools were taken.
- Informed consent was taken from the participant by stating briefly about the purpose of the research, the procedure of the research, the risk and benefits of the research and consent of the research participant's.
- The research participants were assured that their confidentiality would be maintained during and after the research study.
- Participants were not forced to provide information which was sensitive to her.

## 4: Results

Table 1.1

*Frequency and Percentage of Demographic Characteristics of Sample (N = 150)*

Variable	Frequency	Percentage (%)
<b>Age</b>		
25-35	126	84.0

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36-45	18	12.0
46-55	6	4.0
<b>Teaching Designation</b>		
School Teacher	50	33.3
College Teacher	50	33.3
University Teacher	50	33.3
<b>Income Ranges</b>		
Below 20,000	34	22.7
20,000-30,000	25	16.7
30,000-40,000	24	16.0
40,000 and above	67	44.7

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Note. F=Frequency; % = Percentage

**Psychometric Reliability**

Table 1.2

*Reliabilities of SES and BE (N= 150)*

Scales	A	K
Self esteem	.730	10
Body esteem	.892	28

*Note: α= Reliability coefficient, k = No. of items*

The reliability of Self-esteem and Body esteem are good. The reliability of Self-esteem and Body esteem are accepted.

**Table 1.3**

*Correlation between Self-esteem and Body esteem*

Measures	SE	BE	Sex	Wei	Phy
SE	-	.463**	.390**	.417**	.425**
BE	-	-	.807**	.872**	.879**
Sex	-	-	-	.534**	.594**
Wei	-	-	-	-	.707**
Phy	-	-	-	-	-
M	29.72	98.19	35.40	23.22	25.54
S.D	4.13	17.03	6.30	5.52	4.98

*Note:* SES= Self-esteem scale, BE= Body esteem, Sex= Sexual attractiveness, Wei=Weight concerns, Phy= Physical condition, \*p< .05, \*\*p< .01

Table of Pearson Correlation analysis shows that there is a significant positive relationship between self-esteem and body esteem. There is also significant positive correlation between body esteem and sexual attractiveness. Table also showed that there is a significant positive relationship between physical condition and body esteem.

Table shows that there is marked positive relationship among weight concerns and body esteem, which proves that the more they concern about their weight the more they get highest level of body esteem. So the last hypothesis is also approved.

**Table 1.4**

*Simple Linear Regression Analysis for Self-esteem as a predictor of Body esteem among unmarried working women (N = 150)*

Predictor	B	SE	B	P	T	Body esteem 95% CI
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Self esteem	1.908	.300	.463	.000	6.360	(1.31, 2.50)
$R^2$	.215					
$\Delta R^2$	.209					
$F$	40.453					

Note. \* $p < .005$ , CI=confidence Interval

Self-esteem showed significantly mild influence on Body esteem ( $\beta = .463$ ). 21% of variance in Body esteem accounted by Self-esteem the t value (6.360, \* $p < .005$ ) showed the strength of relationship among Body esteem and Self-esteem

**Table 1.5**

Mean Standard Deviation and Significant values of Sexual attractiveness, Physical Contact and Weight concern.

Variables	Mean	S.D
BE	98.193	17.03
Sex att	35.40	6.30
Weight con	23.22	5.52
Physical con	25.54	4.98

$P < .05$

Table shows that mean differences among the sub scales of Body esteem among un-married educated working women. All the results are significant. Results show that there are significant differences in the level of Sexual attractiveness, Physical condition and weight concern. Sexual attractiveness has higher mean scores than Weight concern and Physical condition.

**Table 1.6**

One-Way Analyses of Variance between Age ranges of Women and Self esteem, and Body esteem (N = 150)

Variables	M	SD	F(149)	P
Self esteem	29.59	4.02	2.217	.113
25-35	29.44	3.48		
36-45	33.16	6.96		
46-55	29.72	4.13		
Body esteem	98.07	17.17	.599	.551
25-35	96.66	17.76		
36-45	105.33	11.29		
46-55	98.19	17.03		

Note. \*\* $p < .01$ . \*\*\* $p < .05$ .

Results also shows that age ranges has no significant impact among the level of self-esteem and body esteem on un married working women including self-esteem level ,  $F = 2.217$ ,  $p < .113$  and Body esteem ,  $F = .599$ ,  $p < .551$ .

**Table 1.7**

*One-Way Analyses of Variance between professions of Women and Self-esteem and Body esteem (N = 150)*

Variables	M	SD	F(149)	P
<b>Self esteem</b>			1.100	.336
School teacher	29.28	3.79		
College teacher	29.46	4.01		
University teacher	30.42	4.55		
<b>Body esteem</b>			1.812	.167
School teacher	94.52	18.20		
College teacher	99.50	14.64		
University teacher	100.56	17.03		

Note. \*\*p < .01. \*\*\*p < .05.

Table shows that different professions has no significant impact among the level of self-esteem and body esteem by un married working women including self-esteem,  $F = .1100$ ,  $p < .336$  and Body esteem,  $F = .1812$ ,  $p < .167$ .

**Table 1.8**

*One-Way Analyses of Variance between Income ranges of Women and Self-esteem, and Body esteem (N = 150)*

Variables	M	SD	F(149)	P
<b>Self esteem</b>			3.097	.029
Below 20,000	28.82	3.87		
20,000-30,000	29.00	4.18		
30,000-40,000	28.62	2.94		
40,000 and above	30.83	4.40		
<b>Body esteem</b>			3.443	.018
Below 20,000	90.44	16.44		
20,000-30,000	98.36	16.09		
30,000-40,000	99.54	19.75		
40,000 and above	101.58	15.69		

Note. \*\*p < .01. \*\*\*p < .05.

Table shows that different salary ranges have significant impact among the level of self-esteem and body esteem by un married working. Further the analysis revealed that self-esteem and body esteem was higher between females who earn 40,000 and above salary.

## 5: Discussion

Although we found in results that there is a positive significant relationship among self-esteem and body-esteem which confirmed our hypothesis. According to the current findings, Molloy & Herzberger in 1998 conducted a research on African-American females to compare the Body image and Self-esteem among them. They concluded in their findings that there is a

positive relationship between high level of self-esteem and high level of body image(Molloy & Herzberger, 1998).

The next hypothesis was checked as there will be a significant positive relationship between the level of body esteem, Physical condition and sexual attractiveness. There is a lack of work conducted in Pakistan on Body image and sexual attractiveness of un-married women. So the Body esteem variable was included in the research to find out the relationship between body esteem and sexual attractiveness among un-married working women. The results of the present study approved the hypothesis. Pujols, Meston& Brooke concluded in research in 2009, that higher sexual attractiveness is predicted by higher level of body esteem(Pujols, Meston, & Seal, 2010).Luo, Parish &Laumann in 2005 conducted a research to study the body image concerns in Chinese population. In which they concluded that single females have more concern about their body, and the females who have good physical condition they are more contented with their body image which increases their self-esteem. Similarly our present research also proves that in Pakistani culture females also have same results, when they are contented with their physical appearance and condition then they have high level of body esteem.

In the next finding we concluded that there is a marked positive relationship among body esteem and weight concerns. Results reported that if women have more concern about their weight then she has a higher level of body esteem but many researchers are contradicting the results. As the previous research mentioned in the literature in which McLaren &Kuh in 2004 concluded that educated females have more concern about their body and they are more concerned about their weight. They concluded that females who are more concerned about their weight are more conscious about their physic and they do more work on their body to maintain their body which enhances their level of body esteem(McLaren & Kuh, 2004).

To check the hypotheses that Self-esteem will be a significant predictor of Body esteem. Results show highly significant positive relationship with the variance of 20%. It means that high self esteem predicts the high level of body esteem in un married working women. Molloy &Herzberger in 1998 concluded in their findings that self esteem predicts the body image satisfaction, if a person has highly self esteem so her self esteem predicts high level of body satisfaction(Molloy & Herzberger, 1998).

Another hypothesis tested to check the difference among un married working women on the basis of body esteem and its sub scales. Results of the present study concluded that there are marked differences occur in females on the basis of sexual attractiveness, physical condition and weight concern. Sexual attractiveness was scored higher than other sub scales, which proves that un married females have higher level of sexual attractiveness than about their weight concern and physical condition. As previous literature also proves that sexual attractiveness and body esteem have a significant relationship with each other as higher level of satisfaction about their own sexual attractive figure cause high level of satisfaction with their body which cause high level of body esteem among a person(Pujols et al., 2010). Our results of the study concluded that Pakistani educated un-married working females also have

same level of Body esteem and Sexual attractiveness towards their body as the Western research concluded in their researches.

Results of the current study concluded that there are no significant differences occurs on the basis of age among un married working women but results also showed a small differences among Self-esteem and Body esteem. Supporting to the findings of our result Stokes & Recascino in 2008 also concluded in their research that there is no significant difference in the level of body esteem among the different age group of women (Stokes & Frederick-Recascino, 2003).

Results concluded that on the basis of Professional designation there are no significant differences occur in Self-esteem and Body esteem. It proves that in Pakistani culture un married working females have equal level of self-esteem, body esteem there are no differences occurs on the basis of any profession. There are number of studies on Self esteem which indicates that there is a strongly significant and positive relationship between Self esteem and the working un married women (Azar & Vasudeva, 2006) but there are no researches reported which measures the differences of self-esteem and body esteem on the behalf of Profession.

Current study concluded that there are significant differences occur in the level of self-esteem and body esteem on the basis of salary ranges. Results approved the hypothesis. Results also show that females who earn salary more than 40,000 have higher self-esteem than other females who earn below this salary range. Rohe & Stegman in 1994 concluded in research that income plays a major role in the self-esteem of a person, people who earn well they have high level of self-esteem than those who have low income and cannot afford luxurious life so they have low level of self-esteem (Rohe & Stegman, 1994).

## **6. Conclusion**

The educated working females have high level of self-esteem and body esteem. The educated working women are less concerned about society's comments. More they get professional they get more strong and overcome their flaws. They do less care about society's criticism and get stronger which cause high level of self-esteem and body satisfaction.

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