

The Cultural-Emotional Contradiction and Depression in Late Married Women: A Comparative Study of Working and Homemaking Women

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Received: 11/2023, Published: 12/2023

Abstract:

The present study aimed to explore the cultural-emotional contradiction and depression in women experiencing late marriage, comparing working and homemaking women. Two approaches were used, the clinical approach and the descriptive-analytical-comparative approach. Individual clinical interviews were conducted with the study sample and they were also administered the Beck Depression Inventory. The results showed that women in late marriages had psychological and relational disturbances that manifested in depressive symptoms, whether behavioral, emotional or social. These women experienced various psychological disturbances, such as feelings of disappointment, anxiety and especially loneliness, even if they lived in a cohesive family environment. This explains their struggle with cultural-emotional contradictions as long as society perceives them as incomplete individuals, considers spinsterhood a shame, and regards marriage as a shield for women, giving them a distinct social position within the family and the community. In addition, the results showed differences in depression among late married women based on the following variables: work, age, educational level and economic status, favoring working women.

Keywords: Cultural-emotional contradiction, depression, late marriage.

TobRegul Sci.™ 2023;9(2):1590 - 1605

DOI: doi.org/10.18001/TRS.9.2.99

1. Introduction:

Algerian society, especially after independence, has witnessed numerous changes affecting various aspects of economic, social, political and cultural life. These changes have led to the creation of a new social system, which requires the automatic avoidance of the traditional social system (MadharS, 1992:160). These changes have also affected various social institutions within Algerian society, which are particularly felt by individuals, especially women. Algerian women have become the bearers of two conflicting social systems, each imposing a different social and cultural model. This situation forces them to simultaneously represent the values of the traditional social system and the contemporary social system, resulting in a conflict between conflicting values (Boutefnouchet.M, S.D: 26).

Furthermore, Toualbi affirms that Algerian women experience more cultural conflict than men. From a young age, women are conditioned to see marriage as a means of achieving a life that will bring them respect from society. As a result, they strive to achieve a suitable marital status through various means (Toualbi, N, 1979: 62).

Marriage is seen as the only recognised religious and social standard for the satisfaction of innate and acquired motives, especially for women. Hence, social values emphasise the need for early marriage for women, as reaching the age of thirty without being married is perceived as the end of their dynamic life. They are seen as having failed in their primary mission, which according to customs and traditions defines a successful and accepted woman - marriage and procreation.

Due to the specific social upbringing of girls, which mentally conditions them to always show obedience, submission and subordination to men, they often find themselves in a disadvantaged position within the structure of traditional Algerian families.

The struggle experienced by Algerian girls is a psychological and social condition resulting from their membership of two different cultural models: the traditional and the contemporary. This is known as cultural-emotional contradiction, which renders them unable to choose between conflicting value systems (Toualbi,R, 1984: 55-150).

The situation of girls who marry late can lead to psychological disorders such as depression, constant anxiety, fear of the unknown, and the persistence of these factors contributes to the consolidation of depression. Dembri's study (1983) shows that unmarried girls in Algerian society suffer from anxiety, which manifests itself in black thoughts, disturbing dreams, sadness, suicide attempts, bouts of crying and severe headaches (Dembri, 1983: 64: 3891).

Therefore, the issue of delayed marriage is a new and negative problem in our era, whereas it used to be a rare occurrence. Therefore, this study aims to determine the prevalence of depression among unmarried girls after diagnosis, to understand its reality, and to explore the conflict experienced by these girls within the contradictory framework of traditional and contemporary social systems .

Based on the above, we can identify the research problem by asking the following questions:

1) Does a woman who marries late suffer from depression and cultural-emotional contradiction?

2) Hypotheses:

1- Does a woman who marries late suffer from depression and cultural-emotional contradiction?

2- Are there differences in depression levels among women who marry late according to the following variables: **age, employment, educational level and economic status.**

3- Reasons for choosing the topic:

We chose the problem of late marriage from among the social problems facing an important segment of Algerian society for several reasons:

- 1- The noticeable increase in the phenomenon of delayed marriage.
 - 2- Our daily observation of the miserable conditions of women who marry late, which made us want to carry out this study.
 - 3- Personal interest in psychological and social issues, especially those relating to women.
 - 4- To reveal the psychological and living reality of women who marry late, whether they stay at home or work.
- Considering that women in general have difficulties in asserting themselves and adapting to societal expectations, it becomes even more challenging for women who marry late, as they have lost an important and distinctive role in their lives as wives, mothers, housewives, etc. The aim of this study is to explore the psychological and lived reality of women who marry late, whether they stay at home or work.
 - The main aim of this study is to understand the conflicts experienced by women as a result of cultural-emotional contradictions, resulting in psychological disorders such as depression.

5- Procedural definition of study variables:

1- Cultural-emotional contradiction:

Emotional contradiction:

He defined Raulim.M(1983): as a tendency resulting from a conflict between positive and negative influences at the same time. This tendency involves emotional arousal towards goals, positions or individuals. The category most affected by this contradiction is youth, especially females. (Abdulhussain Al-Obaidi, 2023: 167)

Cultural-emotional contradiction:

It is the result of the social change that has taken place in Algerian society, leading to a dual cultural system, traditional and modern. This means the coexistence of two conflicting social systems, each imposing a different social and cultural model. This can lead to conflicts and clashes of roles and values.

2- Depression:

Depression is defined by Aaron Beck as "distortions in thinking that revolve around the theme of 'loss and defeat'". These cognitive distortions in depressed people include a negative view of

the world, a negative view of self, and a negative view of the future. According to Beck, this cognitive triad is present in depressed patients. (Beck, Aaron, 2000: 18)

3- Late marriage:

This refers to exceeding the socially determined and accepted age for marriage. Any woman who has passed this age is considered to have married late. Generally, this term applies to women who are 30 years of age or older, regardless of their educational or employment status, whether they stay at home or work.

4- Marriage:

Psychologists consider marriage to be a natural and socially determined bond between two individuals of different sexes. The essence of this bond is permanence and continuity, including the process of bearing and raising children. (Kamel Ahmed, 1998: 11) It is a social institution characterised by stability and compliance with social norms and serves as a means for society to regulate sexual matters among its members. (Hassan Abdul, 2011: 99)

* Field Study Procedures:

1. Survey study and its results:

The survey study is considered a crucial stage in scientific research, based on the exploratory experience and the researcher's encounter with difficulties and emerging aspects that require adjustments. It provides the opportunity for a final review of the research steps to ensure that they have been carried out correctly. This is the only chance for modification as it becomes impractical after the application. (Barakat Khalifa, 1984: 79)

We conducted a survey study to assess the validity of the techniques used in our research (semi-structured clinical interview and Beck Depression Inventory). The survey study was carried out in three institutions: **Sukodat Dates Company, the Algerian Electricity and Gas Company and the National Social Security Fund**, all located in the city of Biskra. This was done after all the research variables had been theoretically addressed and procedurally defined.

We requested access to the files of female employees from each institution to determine their age and socio-economic status. In the first institution, we selected 30 unmarried women between the ages of 30 and 45.

In the second institution we selected 10 girls and in the last institution we selected 20 girls. We then interviewed them. As for the women who stayed at home, our study took place in several households in Biskra.

We conducted this study using semi-structured clinical interviews, based on an interview guide. In addition, we administered the Beck Depression Inventory to identify the main depressive

symptoms and to assess the impact of their delayed marriage status on these girls.

2- Study methodology:

In our study, we relied on two types of methodology: clinical methodology and descriptive-analytical methodology:

- **Clinical methodology:** This is a case study approach that focuses on understanding and identifying effective behavioural phenomena associated with cases of maladjustment. The aim is to identify symptoms and investigate their causes, whether they are predisposing, precipitating or perpetuating, whether they are innate or acquired. The clinical methodology is based on a series of tools, tests and clinical forms that support the individual and analyse their performance, in order to explore the psychological construct within them, in order to identify the strengths and weaknesses of their personality.
- **Descriptive-analytic methodology:** The descriptive methodology is one of the oldest scientific approaches used to study social, political, economic and psychological phenomena. The descriptive methodology studies the phenomenon within the sample community, whether small or large, either by conducting a comprehensive survey of the entire community or by sampling from it. Its aim is to provide an accurate description of a specific phenomenon in terms of its distribution, prevalence, nature and the relationships between behavioural and psychological variables. This methodology aims to derive results that contribute to problem solving and future planning. (Abdul Basit Khudair, 2014: 159-160)

3- Study sample:

The study sample consisted of 100 unmarried girls who had delayed marriage, divided into two groups. The first group consisted of 50 girls who stayed at home, while the second group consisted of 50 working girls in the city of Biskra, Algeria, aged between 30 and 45 years. They were purposively selected.

4- Location of the study:

The applied part of the study was carried out in the city of Biskra, Algeria. This province is located in the south-eastern part of the country and covers a total area of approximately 2,167,120 square kilometres. It comprises 27 municipalities spread over 10 administrative districts.

We conducted our fieldwork in three institutions:

* The Algerian Electricity and Gas Company in Biskra, for one week.

* National Social Security Fund for Wage Workers in Biskra, for two days.

* Sukodat Dates Company in Biskra, which employs around 200 female workers, most of whom are unmarried and some of whom are divorced. The application period took place in March and April 2020.

As for the girls who stayed at home, we conducted our study in the following neighbourhoods.

* Khbazzi neighbourhood, Zaatsha Street - Al-Mujahideen neighbourhood - Al-Sayehi neighbourhood - Al-Aaliya Al-Shamaliya - Hay 700 Msaken.

The application period for girls staying at home was from February to early May 2020.

5- Study Tools:

5-1 Semi-structured clinical interview: Two techniques were used in this study: the semi-structured clinical interview and the Beck Depression Inventory, accompanied by a personal information questionnaire.

Semi-structured clinical interview: It represents a dynamic verbal exchange between the psychologist and the patient in a context of intellectual and emotional exchange aimed at achieving an interaction that helps the patient understand his problem and reach a level of psychological harmony (Mahmoud Abu Al-Am, 2014: 120). The examiner is able to study and understand the psychological changes of the examinee, observe their emotional reactions and how they are affected by the information provided. It also enables the establishment of trust and a friendly relationship with the examinee, which helps in eliciting the necessary information (Aziza Anou, 2017: 18).

Our interview guide consisted of the following sections:

- Personal information: In this section, we collected information that served as an introduction before delving into the core of the topic.

5-2 Depression Bac Test :

The Beck Depression Inventory (BDI) was developed by Aaron Beck and others in 1961 and translated into Arabic by Abbas Mahmoud Awad and Medhat Abdelhamid in 1988. It consists of 21 items or statements formulated in a report-style format, with different response alternatives for each item. The total score ranges from 0 to 63.

With this in mind, Beck created 21 items, each representing a category of symptoms and attitudes related to depression. Each category describes a specific behavioural aspect of depression and consists of a graded series of self-rating phrases ranging from normal to maximum severity of symptom presentation.

The items in the inventory have been selected on the basis of their relationship to clear

behavioural manifestations of depression, including

1. Mood
2. Pessimism
3. Feelings of failure and lack of satisfaction
4. Feelings of guilt
5. Self loathing
6. Feeling deserving of punishment.
7. Self-punishment
8. Self-neglect
9. Self-criticism
10. Suicidal thoughts
11. Crying spells
12. Agitation
13. Social withdrawal
14. Inability to work
15. Body image disturbance
16. Tiredness
17. Sleep disturbance
18. Loss of appetite
19. Weight loss
20. Concern about physical health
21. Loss of libido (Mudhat Abu Zeid, 2001: 182).

One of the distinguishing features of this test is that it is specifically designed to measure depression and not another disorder. It does not require a great deal of skill on the part of the examiner and is the measure that comes closest to the clinical definition of depression. It is linked to the scientific theory from which it originates, which is cognitive theory. In addition, it provides numerical scores to measure depression, thus providing a quantitative estimate to aid

clinical assessment.

*** Presentation and discussion of the results:**

1. Discussion of hypothesis 1: The late marrying girl experiences depression and cultural-emotional conflict.

Table 1: Illustrates the prevalence of depression among late marrying girls.

Types of depression	No depression	Mild depression	Moderate depression	Severe depression	The total
Number of girls	%2-2	%5-5	%28-28	%65-65	%100-100

Results from the administration of the Beck Depression Inventory (BDI) indicated that the majority of the sample exhibited symptoms of depression, as shown in Table 1 . Specifically, 65% had severe depression, 28% had moderate depression, a very small percentage of 5% had mild depression, and only 2% had no depression.

These findings confirm the prevalence of depression among late marrying girls and thus support the first hypothesis of the study. This finding is consistent with Dembri's (1983) study which found that unmarried girls experienced anxiety, sadness and suicidal thoughts. In addition, Tawalbi's (1984) study found that women who delay marriage experience psychological and relational conflicts due to their subordinate position within the family and society, which inevitably affects their self-esteem.

This convergence of findings highlights the importance of marriage for women, despite their pursuit of education, employment and engagement in the outside world. Marriage has become a continuous and direct relationship with the contemporary social system in its various forms.

This cultural-emotional contradiction was clearly evident in the clinical interviews conducted with the participants. The majority of them complained about their mothers, who insulted them with phrases such as "You are useless, like a doll in the house", or "We have found someone who deserves you", or "You are complete, but you are still unmarried", or "All unmarried girls are struggling with a cultural conflict". They all expressed the difficulty of remaining unmarried under the label of 'spinster'. This word is painful to them and they feel confused and disturbed, overwhelmed by fear, sadness, disappointment, anxiety, hurt, shame and embarrassment from their families and society.

However, despite the changes and developments observed in Algerian families, they have remained conservative in maintaining the traditional social system. This has led to what Amilluri (1985) calls a "cultural rupture". Furthermore, we can say that although Algerian girls acquire

new and contemporary ideas and behaviours, they still cling to the values and ideas associated with the traditional social system, creating an internal cultural contradiction.

This is confirmed and deduced by Suleiman Mazhar (1992) from his study of Algerian society, which suggests that society focuses more on preparing and conditioning girls for married life than on marriage itself. It is ingrained in their minds while they are still young that marriage is the only and distinctive model for their lives. The mother's concern is therefore to see her daughter married as soon as possible.

In the town of Biskra, we found that the main goal in life is marriage, and Biskra girls work hard to achieve this goal, which is considered the most important event in their lives. We found that most of the responses we received indicated low self-esteem and a negative view of the future and their environment. Through clinical interviews, we found that many of them suffer from isolation, fluctuating thoughts, anxiety, sadness, and bouts of crying, all of which are indicative of depressive symptoms.

2- Discussion of Hypothesis 2: There are differences in depression according to the level of the following variables: age, employment, educational level and socio-economic status.

Table 2 shows the existence of differences in depression according to the age variable.

Age of Depression Types	No depression	Mild depression	Moderate depression	Severe depression	Total
30-35	2-4%	4-8%	25-50%	19-38%	50-100%
34-45	2-4%	1-2%	3-6%	46-92%	50-100%

This table shows that girls aged 30-35 suffer from severe depression at a rate of 38% compared to unmarried girls aged 36-45 at a higher rate of 92%.

The table shows the impact of the age variable, where the severity of depression increases as the girl gets older, due to her constant feelings of anxiety and intense fear of not getting married.

This is consistent with the results of the clinical interviews and the girls' statements about their mental state. The majority of them express feelings such as: "When I am thirty, what will become of me?" and then fall silent, adding the word that conveys depression: "hopeless". As for those who have passed the age of 35, most of them say, "It's too late for me to get married, I missed the

chance. I should repent, go to Hajj and wait for death". This is supported by Dembri's study (1983), which suggests that an unmarried woman is considered a burden, especially if she is over the specified age, as she is seen as a burden on her family and consequently on society as a whole.

In fact, the cumulative studies we reviewed are consistent with the findings of our study, indicating that failure to marry a suitable partner can lead to women falling prey to mental disorders. Therefore, social values and attitudes emphasise the importance of early marriage, especially in the town of Biskra.

We have observed that if a woman passes the age of thirty without getting married, she perceives it as the end of her vital life, as she has not fulfilled her role of marriage and procreation. This subordination and lack of self-assertion leads to conflicts and problems in life, which manifest themselves in forms of depression that can be severe. This social confinement and relationship problems predispose her to a high susceptibility to depression.

Table 3 : Shows differences in depression based on the educational level variable.

Age Types of depression	No depression	Mild depression	Moderate depression	Severe depression	Total
Highest level	2-3,5%	5-9%	19-33%	31-54%	57-100%
Lowest level	2-3,5%	5-9%	9-21%	34-79%	43-100%

This table shows the effect of educational level and its relationship with delayed marriage. We see that 54% of those with a high level of education suffer from severe depression, while the highest percentage is found in the lowest educational category, where 79% suffer from severe depression. If anything, this percentage indicates that girls with a higher level of education experience less severe depression than those with a lower level of education, suggesting that higher levels of education alleviate depression somewhat.

This finding is consistent with Suleiman Mazhar's (1992) study, which confirms that education, which allows girls to have continuous and direct interaction with the outside world and therefore with the contemporary social system, gives them more freedom in their actions and makes them feel more independent. This allows them to break free and become relatively independent from the grip of the community and the ideas they reject.

This means that education leads girls to reject ideas and behaviours that make them feel inferior to the uneducated. In addition, we can conclude from the previous table that the variable of lower educational level has an impact on unmarried women compared to those with a higher educational level. Nevertheless, we find that girls who are delayed in marriage, both at the high

and low levels of education, suffer from severe depression due to their interaction with a family that looks down on them and their adherence to customs and traditions. As Suleiman Mazhar (1992) confirms, the family's social upbringing aims not only to win the child's affection, but also to own his thoughts and control his energy.

Table No. 4 : Illustrates a comparison between working girls and girls staying at home.

Girl's status Types of depression	No depression	Mild depression	Moderate depression	Severe depression	Total
Staying at home	/	/	14-28%	36-72%	50-100%
Working	2-4%	5-10%	14-28%	29-58%	50-100%

Table No. 5: Shows statistical differences between girls who stay at home and those who work.

Statistical Results Girl's Situation	Sample Size	Mean (x)	T Calculated	Degrees of Freedom	Significance Level Mean &
Stay at home	50	18.66	2.47	98	P<0.05
Work	50	15.84			

Table 4 shows that the stay-at-home group has the highest percentage, with 72% suffering from severe depression and 28% suffering from moderate depression. On the other hand, the working group has a rate of 58% for severe depression and the same rate of 28% for moderate depression.

Table 5 also shows significant differences in the average depression scores between the two groups. The mean depression score for the working girls is estimated at 15.84, which is lower than the mean depression score for the stay-at-home girls, which is estimated at 18.66. The calculated t-value is 2.47, which exceeds the critical value at the 0.05 level of significance. Based on this result, the study hypothesis is accepted, confirming that stay-at-home girls experience higher levels of depression. The statistically significant differences in depression scores favour the stay-at-home group when comparing the mean depression scores between the two categories.

These findings are in line with previous studies, including Brash Tamouche's (1989) study,

which confirms that some women see work as a means of meeting their needs, coping with the cost of living and achieving a better standard of living. For some women, the motivation to work may be the pleasure it brings, allowing them to forget their worries, assert their identity and engage with others. In addition, Khouja's study (1991) confirms that unmarried girls see work as a greater opportunity for self-realisation.

During our visits to the institutions where this study was carried out, we observed that most of the working girls made statements like "I feel like I've lost myself" or "I hate it". Then they would say, "Thank God I go out and work, otherwise I would have killed myself or gone mad", followed by "with great sadness", "poor girl, she doesn't work, what a tragedy for her".

From this we can conclude that unmarried working girls perceive themselves as suffering less than stay-at-home and uneducated girls, which supports the validity of the second hypothesis of the study, indicating the role of work in reducing the severity of depression.

Table 6 shows the existence of differences in depression based on the variable of economic status.

Type of depression Economic level	No depression	Mild depression	Moderate Depression	Severe depression	Total
Good level	2-7%	4-13%	16-53%	8-27%	30-100%
Moderate level	/	/	7-20%	28-80%	35-100%
Poor level	/	1-3%	5-14%	29-83%	35-100%

This table shows the impact of the economic status variable and its relationship with delayed marriage. We find that among those with a good economic status, 27% suffer from severe depression, while among those with an average economic status, 80% suffer from severe depression. A similar result is observed for those with a low economic status, with 83% suffering from severe depression.

This shows the prevalence of severe depression among people of average and low economic status, confirming that poverty and deprivation increase the severity of depression. This is further supported by our clinical interviews with them, where girls living in low economic status families

often express sentiments such as "I feel suffocated, I have nothing, no decent clothes, no stable home, no outings. That's why I feel like a burden to my family, like a woman without a husband. This is true for the girls who stay at home. As for the working girls, most of them say, "We give all our monthly income to our father or mother. We are in need, we are struggling. And tears well up in their eyes as they say, "We work all month, but I'm exhausted and can't even buy anything for myself. If only I could get married, it would be better for me.

This result is in line with Dember's study (1983), which confirms that unmarried women have become a significant social and economic problem. However, women who delay marriage and come from families with a good income, where they have the necessary financial resources, are less susceptible to the psychological pressures resulting from deteriorating financial conditions than those in the previous categories (average, weak).

- **The general conclusion:**

Based on the results of the semi-structured clinical interviews and the Beck Depression Inventory applied to unmarried girls in the town of Biskra, with a sample size of 100 girls (50 stay-at-home girls and 50 working girls), we now come to the summary of this discussion.

We begin by highlighting some common features among the sample participants, the most important being their response to delaying marriage and what marriage symbolises to them. They all agreed that marriage is inevitable and necessary for every girl. Wanting to get married, thinking about it and looking for a partner are women's aspirations and ambitions to build a new life system. But what happens when these attempts fail? Obviously, disappointment sets in, leading to psychological and social suffering.

It is worth noting that although the girls in Biskra have contact with the outside world through education and employment, which allows them to acquire some new social behaviours and values, they live in a conflicting cultural and moral context. This causes them to oscillate in their social position between traditional social values on the one hand and contemporary values and social norms on the other, resulting in a struggle between these conflicting values and desires.

For these girls, life in Biskra revolves around marriage and having a family because they see it as their role. If they fail to achieve this, they express a desire to die, as most of them have said: "Why am I alive? Death would be better for me. When a girl reaches such a point, she is met with severe depression.

In terms of confirming or refuting the hypotheses on which our study is based, we have found that the unmarried girls who delay marriage suffer from depression according to the Beck scale. It was also found that the sample participants did indeed show varying degrees of depressive symptoms, with a percentage of 98% showing some degree of depression, except for 2% who did not show any degree of depression. The first hypothesis was therefore confirmed.

Regarding the second hypothesis: that there are differences in depression among women who delay marriage based on the following variables: age, education level, employment and economic status

With regard to the variable of age, when a woman reaches the age of thirty, she begins to experience constant fear and anxiety about her future. As she gets older, the severity of depression increases, accompanied by a strong tendency towards introversion and loneliness and, in extreme cases, thoughts of suicide

The study also found that the variables of education level and employment reduced the severity of depression. Work is seen as a necessary means of livelihood and securing the future. It was observed that unmarried women who stay at home are more prone to depression than working women. The results show statistically significant differences between the two groups.

The study also aimed to determine whether economic status played a role in increasing or decreasing the risk of depression among unmarried women. It was found that poverty, low living standards and low income have a long-term effect on their mental well-being. These factors increase their tendency to see marriage as a way out of their situation. It can be concluded that education and employment help to reduce depression. This highlights the importance of educating girls and preparing them not only for marriage, but also for other roles where they can find fulfilment and a sense of purpose.

By confirming the study's hypotheses, we can say that delaying marriage can lead to depression. Marriage plays an important role in achieving psychological harmony for both men and women. It satisfies various psychological, social and biological needs that are difficult to fulfil without it. In Algerian society, the situation of women who delay marriage is embarrassing, as even those who have proven themselves culturally and professionally are not accepted as unmarried. Marriage contributes greatly to achieving emotional compatibility, alleviating worries and fears about the future. It is widely regarded as essential for the prevention and treatment of many neurological symptoms. Marriage provides the most appropriate social and natural setting for the satisfaction of many physiological and social motives.

- **Suggestions:**

At the end of this field study, which we hope has been successful, we are pleased to present a number of proposals which we believe, if implemented, will help to address or alleviate this phenomenon. They are as follows:

* It is necessary to raise awareness among families and society as a whole, through a variety of methods and approaches, of the importance of providing opportunities for women to marry later, and to recognise their presence in their family and professional spheres. They should be seen as active contributors to society. Even without marriage, if they cannot contribute through

righteous offspring, they can contribute through useful knowledge.

* Emphasis should be placed on empowering girls through education and training. In addition, literacy programs for illiterate girls should be intensified to improve their marriage prospects. By providing them with education and training, their positive self-image and understanding of the importance of education will improve. This will enable them to break out of social and psychological isolation.

* Since the phenomenon of adolescent abstention from marriage contributes significantly to the delay of marriage for girls, it is essential to understand the reasons for this abstention and address them through scientific and field methods to mitigate this serious problem.

* Lectures and seminars should be organized to study and discuss the problem of delayed marriage in order to arrive at realistic, sound and appropriate solutions to this problem.

* It is crucial to create awareness among families and parents that marriage is not a means of protecting girls. It should no longer be forced on them. They have the capacity to learn and pursue careers that will enable them to support themselves. They should not accept marriages that impose unfavorable conditions or remain in marriages that increase their suffering.

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