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A Study Of Gamophobia And Social Intelligence Among Gender

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I. Introduction

Marriage is a serious decision for every person. It can be the stuff of nightmare for some while a fancy dream for others. So much so that we might have all come across people who say things like, "I'm not ready for marriage", "Marriage is not for me", "The idea of marriage scares me a lot." All these are signs of running away from marriage or, in other words, the fear of marriage. Marriage, however, is about two people who love each other sharing the same house with the permission of society and the law to start their own nuclear family. So why are people afraid of marriage? In this study, we expounded upon the psychosocial predictors of gamophobia, known as fear of marriage.

Marriage is generally seen as a social institution. Which is especially a bond between two individuals and that bond can also be identified as a social bond between two families and two individuals. Marriage is considered necessary to get love from each other, financial support, social acceptance and to produce children. But in the last many years, people's marriages are breaking up very quickly and many times people want to stay away from institutions like marriage. In recent times, many such cases come to light in which instead of supporting the marriage partner, he becomes a big problem. Due to which today's youth l are more in favor of not getting married, then many times a person feels afraid of the name of marriage. People are afraid of many problems caused by marriage to such an extent that even if they are asked to get married, they start feeling panic. Which can be called the Gamo phobia.

Gamophobia, derived from the Greek words gamos (marriage) and Phobos (fear), is categorised as a specific phobia involving an irrational and persistent fear of marriage or commitment. Unlike those who choose to stay single for lifestyle reasons, individuals with Gamophobia often desire intimacy but are paralysed by the formal, legal, and permanent nature of marriage. Psychologically, this phobia is often rooted in deep-seated anxieties. These may include:

Fear of Responsibility: The weight of legal and social obligations toward a spouse and potential children.
Fear of Loss of Autonomy: The perception that marriage signifies the end of personal freedom and the erasure of individual identity.
Fear of Vulnerability: The dread of being emotionally exposedor legally tied to a person who could cause future pain or abandonment.

Gamophobia can arise from negative experiences of marriage witnessed in one's own family or close circle (Reis & Rusbult, 2004). This fear can also be defined as a psychological fear of attachment. The idea of being attached to one person makes some people think that it is better to live alone. Of course, it can be a daunting prospect to take responsibility for another person. Obviously, the concept of fear concerning marriage could be affected by a number of reasons.

Causes of Gamophobia (Fear of Marriage or Commitment)
Past traumatic experiences
Witnessing unhappy marriages, divorce, or domestic conflict
Personal experience of emotional abuse or betrayal
Fear of commitment
Anxiety about long-term responsibility
Fear of losing personal freedom or independence
Attachment issues

Insecure or avoidant attachment styles
Difficulty trusting others emotionally
Negative beliefs about marriage
Viewing marriage as restrictive or risky
Cultural or family conditioning with pessimistic views
Fear of failure
Anxiety about making the "wrong choice"
Fear of social judgment if marriage fails
Previous relationship trauma
Breakups, cheating, or emotional hurt
Unresolved grief from past relationships
Low self-esteem
Feeling unworthy of a long-term partner
Fear of being rejected after marriage
Parental influence
Over-controlling parents or pressure to marry
Lack of healthy relationship role models
Negative beliefs about marriage
Fear of loss of freedom and identity
Overthinking future responsibilities.
Low self-esteem
Fear of rejection or abandonment
Anxiety about long-term responsibility.
Avoidance of serious relationships
Short-term or casual relationships preferred
Avoidance reduces anxiety temporarily but strengthens fear.

Inshot, Gamophobia is influenced by psychological, emotional, and social factors. Early experiences and attachment patterns play a major role Proper counseling and therapy can help overcome this fear.

The concept of "social intelligence" was first introduced by Dewey (1909) and Lull (1911), and later elaborated by E. L. Thorndike, who identified three types of intelligence: conceptual (or abstract), mechanical, and social. Thorndike defined social intelligence as "the ability to understand people, to deal with them appropriately, and to act wisely in human relationships" (1920). Social intelligence (SI) is the ability to understand and manage both your own and others' emotions, behaviors, and social cues to navigate interactions effectively and build strong relationships, involving skills like empathy, active listening, self-awareness, and communication. It's about being situationally aware, interpreting body language and subtext, and acting wisely in human relations, differing from emotional intelligence (EI) as SI focuses on external social contexts, though both are deeply linked.

Components of Social Intelligence
Self-Awareness: Understanding your own feelings, strengths, and how you come across to others.
Self-Management: Using self-awareness to control your reactions and manage challenging situations.
Social Awareness: Recognizing social signals, body language, and the emotions/perspectives of others (empathy).
Relationship Management: Applying social awareness to build rapport, resolve conflicts, and collaborate effectively.

Importants of social intelligence
Effective Communication: Helps you understand underlying meanings and respond appropriately.
Stronger Relationships: Fosters deeper connections through empathy and understanding.
Adaptability: Allows you to adjust your behavior to different social contexts and challenges.
Career Success: Crucial for teamwork, leadership, and navigating workplace dynamics.

How Developed Social intelligence
Social intelligence is learned and improves with experience, but can be actively developed through:
Practicing active listening.
Working on empathy by trying to understand others' viewpoints.
Improving communication, including nonverbal cues like facial expressions.
Collaborating and compromising in teamwork.

II. Review Of Literature

Arshad and Akhtar (2024) studied relationship between marriage proposal rejection, gamophobia, body image concerns, and life satisfaction among female university students in Pakistan. A total of 300 unmarried students aged 18 to 30 were selected through non-probability sampling and completed standardized measures including the Marriage Proposal Rejection Reaction Scale, Body Shape Questionnaire, Gamophobia Scale, and Satisfaction with Life Scale. Findings showed that stronger emotional reactions to marriage proposal rejection were linked with higher gamophobia and body image dissatisfaction as well as lower life satisfaction. Gamophobia was positively related to body image concerns and negatively related to life satisfaction whereas body image concerns alone did not significantly predict life satisfaction. Age differences appeared only in body image concerns with student's aged 22–26 reporting greater dissatisfaction. Overall, the results suggest that rejection experiences, fear of commitment, and negative body perceptions can lower young women's satisfaction with life.

Ali jarwan (2024) studied assess the prevalence of gamophobia among unmarried graduate students at Yarmouk University, Jordan, and to explore its correlation with family communication patterns. The sample comprised 255 male and female students selected through convenience sampling. The results indicated that the overall level of gamophobia within the sample was moderate. Notably, gamophobia levels were significantly higher among females and employed students compared to their male and unemployed counterparts. No significant differences in gamophobia levels related to age or educational level were found. Regarding the relationship between gamophobia and family communication patterns, the study identified a significant positive correlation with four specific family role patterns and a significant negative

correlation with one family communication pattern. The analysis further showed that family communication patterns ranged from medium to high, with the balanced communication pattern being the most prevalent and the blaming pattern the least. Additionally, while no significant differences in family communication patterns were observed based on gender, differences were noted in the placating pattern in favor of doctoral students, in the placating and super-reasonable patterns favoring employed students, in the placating style for the 25-30 and 30+ age groups, and the irrelevant pattern for those under 25 years old. The balanced communication pattern was more prevalent among participants aged 30 years and older.

Dr. Sumanlata Saxena and Dr. Rajat Kumar Jain (2013) studied social intelligence among undergraduate students in relation to gender and subject stream. The findings revealed that female students showed higher social intelligence than male students. It was also found that arts stream students were more socially intelligent than science stream students. The study concluded that both gender and subject stream significantly influence social intelligence.

Subhash M. (2015) examined the relationship between social intelligence, emotional maturity, and spiritual personality among 100 secondary school students. The findings showed significant gender differences in social intelligence and emotional maturity, but no significant difference in spiritual personality. A strong positive correlation was found between social intelligence and emotional maturity. Both variables were found to support the development of spiritual personality.

Objectives

The main objectives of study were as under:

1. To examine the main impact of Gender variable on Gamophobia.
2. To examine the main impact of Gender variable on social intelligence.
3. To check correlation between Gamophobia and social intelligence.

Null hypothesis

The main Null hypothesis of study were as under:

1. There will be no significant difference in the main impact of Gender variable on Gamophobia.
2. There will be no significant difference in the main impact of Gender variable on social intelligence
3. There will be no significant correlation between Gamophobia and social intelligence.

III. Methodology

Sample

In the present study, a total of 120 sample were selected as the sample, out of which 60 Male and 50 female were included. In this research, the selection of the sample was done through the random sampling method.

Variable of the research

Variable of the present research are as under:

Independent variable: Gender
Dependent variable: Gamophobia social intelligence
Control variable: Age :18-30

Research Tool

Gamophobia Scale: The Gamophobia scale was developed by Prajapati, Nainuji, Zankat, Doshi and Jogsan (2025). It consists of 44 statements and is a Five-point scale.The reliability of the scale is 0.73 and its validity is high.

Social Intelligence: The Social Intelligence Scale was developed by Dr. S. Mathur (2007) and translated into Gujarati by Dr. Yogesh A. Jogsan. It consists of 50 statements and is a three-point scale. The reliability of the scale is 0.87 and its validity is 0.78.

Procedure

They were informed about the purpose of the study. Upon initial meeting, each participants was also explained the nature of the study. Participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants. Before administering the scale, the purpose of the study was again explained to the participants. A good rapport was built with the participant for getting correct response. Some necessary instruction and guidelines were provided to them properly filing the scale. After this the scale were provided to them and they were requested to fill up the scale as per the instructions given in the scales. After completion of the scale participants returned the scale and they were thanked for their participation and co-operation.

IV. Result And Discussion

The main objective of present study was Gamo phobia And social intelligence on Gender And Area. Here, t-test and Pearson correlation method was used. Discussion of present research is as under.

Table 1
Showing the Mean Score and 't' Value of gender variable on gamophobia.

Sr. No.	Variable	N	Mean	t	Sig.
1	MALE	60	182.12	0.71	NS
2	FEMALE	60	185.17		

Significant Level = 0.05 = 1.98
0.01 = 2.63
NS = Not Significant

The table No.1 shows the mean score and 't' Value of gender variable on gamophobia. Here mean score of male is 182.12 and female are 185.17. Here't' value is 0.71, which is no significant. So, we can say that first hypothesis is accepted.

Table 2
Showing the Mean Score and 't' Value of gender variable on social intelligence.

Sr. No.	Variable	N	Mean	t	Sig.
1	MALE	60	73.42	6.90	0.01
2	FEMALE	60	86.25		

Significant Level = 0.05 = 1.98
0.01 = 2.63
NS = Not Significant

The table No. 2 shows the mean score and 't' Value of gender variable on social intelligence. Here mean score of male is 73.42 and female are 86.25. Here't' value is 6.90, which is significant. So, we can say that first hypothesis is rejected.

Table 3
Showing the Correlation between Gamophobia and Social intelligence.

Sr. No.	Variable	N	Mean	r	Sig.
1	GAMOPHOBIA	120	183.64	-0.32	0.01
2	SOCIAL INTELLIGENCE	120	79.83		

Significant Level = 0.05 = 0.18
0.01 = 0.23

NS = Not Significant

In the result table No.3 we can see that the mean of Gamophobia receive 183.64 and Social intelligence receive 79.83. Here correlation between A Gamophobia and Social intelligence is -0.32, which was negative correlation. Here correlation is significant at 0.01 levels. Its means that Gamophobia increases than Social intelligence increases and Gamophobia decrease than Social intelligence decreases. So we can say that third hypotheses is rejected.

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