

## MODERN PSYCHOLOGICAL ROOTS OF THE FEAR OF MARRIAGE AND THE FUTURE AMONG YOUTH

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*This article analyzes the psychological causes behind the growing fear of marriage and the future among today's youth. Economic instability, social pressure, personal insecurity, and the influence of digital culture are identified as key factors contributing to these anxieties. Drawing on the views of various scholars and psychologists, the article explores how decision paralysis, fear of commitment, and a general lack of trust in the future develop in the minds of young people. In conclusion, the importance of psychological support and a supportive social environment in overcoming these challenges is emphasized.*

**INTRODUCTION.** In today's society, concerns about marriage and the future are becoming increasingly common among young people. While early marriage used to be a cultural norm, many young adults now face deep internal conflicts, insecurity, and uncertainty when approaching this life stage. These issues are not only influenced by sociological and economic factors but also stem from profound psychological causes.

Marriage is one of the most significant decisions in a person's life, involving emotional, social, and psychological responsibilities. Modern youth, however, face enormous pressure

in making life choices due to technological advancement, information overload, global challenges, and the portrayal of “ideal lives” on social media. As a result, many delay long-term planning, approach marriage with caution, or even reject it altogether.

This article delves into the modern psychological roots of these fears: What triggers such anxieties in young minds? What are their underlying sources? And how can they be overcome? These questions hold importance not only on a personal level but also for society as a whole.

### **Main Body**

A growing number of young people today are hesitant about marriage and are increasingly anxious about the future. These trends are not only sociological in nature but are deeply rooted in psychology. Experts explain this pattern through various factors: growing up in an anxious society, lack of self-confidence, the absence of stability, and the desire for psychological independence. Professor Jean Twenge identifies a phenomenon among young people known as “decision paralysis” — a state of inaction caused by an overload of choices. According to her, modern youth delay marriage in hopes of finding the “right time,” but this prolonged waiting increases their anxiety and may eventually lead to rejecting the idea of marriage altogether. Twenge refers to this as “psychological delay,” largely driven by the rise of individualistic values.

The fear of the future — or future anxiety — is often linked to declining trust in socio-economic stability. Psychotherapist Esther Perel argues that “today’s young people are far more alone in shaping their lives than previous generations.” This sense of isolation leads them to overanalyze major decisions and feel increased levels of anxiety. For many, marriage becomes a “point of no return,” a step perceived as too final and overwhelming.

American psychologist Barry Schwartz emphasizes that excessive freedom of choice leads to doubt, indecision, and dissatisfaction in the minds of young people. In his book *The Paradox of Choice* (2004), he states: “More choice does not mean more freedom — it leads to more anxiety and regret.” This idea is also reflected in the context of marriage: questions such as with whom, when, and how increase the sense of uncertainty.

In addition, psychological factors from childhood—such as parental divorce or family conflicts—can shape negative perceptions of marriage among youth. According to Erik Erikson’s theory of psychosocial development, individuals between the ages of 20 and 30 pass through the stage of intimacy vs. isolation. If a person fails to maintain emotional stability during this stage, they may choose solitude over forming a committed relationship.

### **Conclusion**

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The rising fear of marriage and the future among young people is one of the key psychological challenges of our time. The causes of this phenomenon are multifaceted: economic instability, social pressure, childhood experiences, the influence of digital culture, and a lack of self-confidence. These factors contribute to complex emotional and psychological conflicts within the minds of young individuals. According to psychologists and researchers, behind the freedom of choice often lies fear of responsibility, unpreparedness for independent decision-making, and a lack of confidence in the future. Since marriage is one of the most significant decisions in life, it frequently becomes a central source of anxiety. This issue is not only relevant on an individual level, but it also holds social importance.

In such situations, the most crucial aspect is to provide psychological support to youth, to understand their fears, and to create a healthy emotional environment. Increasing psychological literacy in educational institutions, expanding access to counseling services, and building pressure-free social environments can help prevent these issues.

As young people define their life paths, their fears should not be ignored — they should be listened to and taken seriously. Every fear often contains inner questions that need understanding and guidance. Therefore, emotional and moral support from society and those around them becomes the foundation for young people to make stable and healthy life choices.

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