



CONSTRUCTION OF THE SCALE TO MEASURE THE ATTITUDE TOWARDS COHABITATION AMONG YOUNG ADULTS.

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Abstract:

The aim of the study was to construct a scale to measure the attitude towards cohabitation among young adults. This study is centered on investigating the attitudes and mindsets of individuals during their adolescent and young adulthood years with regard to cohabitation. The study operationally defined young adults as individuals in the age group 18-25 years. Item generation was predominantly based on literature review, theoretical frameworks and previous empirical research. The items had a forced-choice response format with a 5-point Likert scale, with the following options – Strongly Agree, Agree, Neutral, Disagree and Strongly Disagree. Initial item pool consisted of 100 survey items that were generated based on this review. The test items were subject to evaluation and refinement under the guidance of an expert. This process led to a reduction of the items to 60. Based on a total of 4 experts' validation 25 items were retained in the final version of the test. Subsequently, data was collected from a sample of 370 young adults consisting of male and females belonging to the age group of 18-25 years. Descriptive statistics and Factor analysis were used to evaluate the sample population Cronbach Alpha test was used to evaluate the internal consistency of the scale and the reliability index was —. After factor analysis this was reduced to 20 items falling into 5 different components. The results show that more than a half of the respondents believe that a couple can live together even if they do not intend to get married, that it is advisable to live together before marriage to determine the compliance of future spouses, that cohabitation is not associated with subsequent marital dissatisfaction, infidelity or divorce, that people who are more liberal and less religious, and they perceive it as a usual way of starting the first union and as trial marriage. This new scale introduces a structured approach that bridges this gap by providing a standardized and quantifiable measure for assessing attitudes towards cohabitation, thereby reducing the need for further research.

Keywords: cohabitation, young adults, attitude, reliability and validity.

INTRODUCTION

Cohabitation refers to couples who live together in a relationship without marriage or before marriage. It is a kind of arrangement and agreement where people live together and maintain relationships without making the formal commitment of marriage. Cohabiting couples are emotionally, physically, socially and sexually connected with each other. Cohabitation creates a good opportunity to get to know each other before marriage, as cohabitants share their feelings, emotions, desires, cultures etc. Cohabitation is a kind of test drive for a relationship before marriage. Cohabitation is a lifestyle in which an unmarried couple involved in a sexual relationship live together in what is sometimes called consensual or informal union. Cohabitation can be either a substitute for marriage or trial marriage.

Couples who stay in the same house or apartment etc are called cohabitants. Cohabitants share their financial investments, household works, and responsibility equally. Cohabitation gives equal chance to make any decisions independently. Cohabiting couples have practically the same legal rights as married one's and are becoming increasingly common in the present era. Cohabitation becomes increasingly common, cohabiting couples are under less social pressure to marry. It is easy to keep extending the trial period before making a long term commitment.

Cohabitation is the new trend in romantic relationships that have developed in India in the past few decades. Every trend has its own pros and cons. In India because of cohabitation marriage lost its importance and originality. Cohabitation mostly does not support Indian cultures and traditions and it's more suitable for Western culture.

Cohabitation is a kind of test before marriage. The couple should understand each other and it helps to maintain and improve trust in each other. Mainly some people cross this and they maintain sexual relationships without marriage. It is illegal according to Indian laws.

Premarital cohabitation has accompanied the trend toward delayed marriage. Cohabitants tend to have unconventional attitudes about family life, and they are less likely than most other people to select partners like themselves in age, race or ethnicity.

Living together is a personal adjustment based on deeply gratifying emotions between two people. There are no formal declarations of love and obligation, no long-term commitments, and no public obligations involved. Cohabitation is a sign that says, "I'll only stay here as long as the relationship meets my needs."

Cohabitation is typically disapproved upon in India. In major towns, a growing percentage of young couples appreciate it. Traditional religious people are opposed to it, as they have been in other countries.

According to National surveys, most young adults think cohabitation before marriage is a good idea. According to some research, couples who live together before marriage tend to have unhappier marriages and greater likelihood of divorce. Young adulthood peoples mostly believe in cohabitation rather than marriage they feel that Cohabitation is a safer option than marriage because here they can withdraw easily. Most of the researches support this statement.

Definitions of cohabitation :

In General way:

“Cohabitation is an emotional, physical, and intellectually intimate relationship which includes a common living place and which exists without the benefit of legal, cultural, or religious sanction.”

“Cohabitation is when two people who are romantically involved choose to live together without making the formal commitment of marriage.”

According to **Sociology** :

“Cohabitation is when a couple live together in one household but are not legally married.”

According to **Indian law**:

“A cohabitation relationship is one in which two people dwell but are not formally married”.

Types of cohabitation :

1. **Premarital cohabitation:** These couples are testing the relationship before deciding to marry.
2. **Dating cohabitation:** these partnerships are entered into for fun or convenience and involve less commitment than premarital cohabitation.
3. **Trial marriage:** It is a type of cohabitation in which partners are trying to see what it might be like to be married. They are not testing the other person as a potential mate, necessarily; rather, they are trying to find out how being married might feel and what kinds of adjustments they might have to make.
4. **Substitute marriage:** partners are committed to one another and are not necessarily seeking marriage.

Negative effects of cohabitation:

- Cohabiting partners consider the relationship to be a source of easily accessible sex that has no impact on wedding plans.
- Cohabiting couples tend to be more non-conformist, resulting in a lower commitment to marriage as a societal custom.
- Emotionally, cohabiting couples are less happy due to the absence of social and emotional support from influential sources.
- It is more difficult for cohabiting couples to resolve differences.
- Cohabitation means that a cohabiting couple has a low and significantly weaker relationship.
- People who live together before marriage have a very low chance of marrying the same partner.

History of cohabitation :

There are eight types of marriages according to Hindu scriptures. The holy scriptures of the Vedas witness to the existence of Brahma, Daiva, Arsha, Prajapatya, Asura, Gandharva, Rakshasa, and Paisacha marriages, among other marital traditions.

- Vedic period

The events of the Gandharva marriage, one of each of the eight types of Hindu marriages, are remarkably similar to those of cohabitation partners.

During the Vedic era, the Gandharva form of marriage was the most prevalent. Because of their feelings and permission, two individuals in a "Gandharva marriage" can live together before getting married voluntarily.

The Gandharva marriage system, described in the ancient Hindu scripture Apastamba Grihya Sutra, is a scripture in which the girl chooses her own mate. They choose to have lives together, meet on their own behalf, and finalize their relationship with copulation, which is the result of intense desire.

The parents' approval was not necessary for this type of marriage, and The ancient Hindu literature Apastamba Grhyasutra defines the Gandharva marriage process as one in which the female chooses her own partner. They decide to meet upon themselves, agree to cohabit peacefully, and then confirm their partnership with impassioned marriage. This kind of marriage did not require the approval of their parents or anybody else.

One of the oldest and most prevalent kinds of marriage during the Vedic period. The adopted father of Shakuntala, Rishi Kanva, promotes the Gandharva union in the the Mahabharata one of both great Hindu epics, stating that it is the best conceivable union among a desirous lady and a desire man, without the use of procedures.

Well-known couple Shakuntala and Dushyanta made this type of marriage their decision to make. Gandharva marriages are a particular kind of partnership where the woman chooses her own partner.

- Medieval period :

The word "concubine" (to deceive) comes from the Latin words con (with) and cubare, which together form the name Concubina. A concubine is a lady who participates in this type of relationship.

A person may experience concubine for the rest of their life. Because the mother and her children frequently have little legal protection in this relationship, it is also quite simple to end.

Concubines have historically been used to help women who are unable to bear children and to have many offspring. However, in the Middle Ages, like legal marriage, concubinage enjoyed legal toleration between two unmarried people. Although concubinage has been a dominant practice in many cultures throughout history, the social and legal status of concubines has changed over time, ranging from sexual slavery to common-law marriage.

- Maitray Karars:

If you're a married Hindu, you're probably aware that the Hindu Marriage Act says you can't get married again if your wife isn't living with you or has not filed for divorce. To get around this restriction, you can enter into a "maitri karar", which is a type of contract between two people of the opposite sex who agree to treat each other like friends and live together. It's a bigamy alternative that started in Gujarat. Basically, it's a contract between a man and woman that sets out the rules and conditions for them to live together, like who provides them with food, clothes, and housing, and all the other basics of life. Women contracted in maitray karars had more freedom than women in live-in relationships.

- Nata pratha

Many states still follow the ancient custom known as "Nata Pratha," including Gujarat, Rajasthan, and Madhya Pradesh. The custom allows a man to live with as many women as he desires, which causes parents to desert their kids. Nata Pratha is practiced by the Bhil tribe.

The custom has evolved over time to include person individually as well; originally, it was expected that the man and the woman would be married or widowed. In this Nata relationship, men and women can live together nonmarital for as long as they'd like without getting married. But because of this custom, a man now has to give the woman he wants to live with a economic support.

- Dhukua

Males and females enjoy equal rights in almost all tribal societies, including the right to choose a lifelong partner. As a result, a tribal girl from Jharkhand's Oraon, Munda, or Ho tribes has the option to have a non-marital relationship with her male partner instead of being married in a "Dhuku" marriage.

Because the relationships are not socially accepted, the women in these kinds of relationships—referred to as "Dukua" or "Dhokni"—lack legal rights to primary residence as well as other assets. Not being able to organize and build a family. traditional wedding, many couples who have been together for over 20 years just move. Despite coming from modest backgrounds, these couples are working extremely hard to pay for their celebration.

CAUSES OF COHABITATION :

Causes of the Live-In Relationship's Emergence:

Before committing to a marriage that is legally binding, they might wish to see how compatible they are.

- Today's youth believe that marriage is unnecessary and are losing faith in the institution of marriage.
- The majority of couples choose live-in relationships because they want to be free to live their lives as they please.
- The previous marriage failed, and social problems emerged after the divorce.
- A couple begins living in a live-in relationship because, in most cases, family members do not support or approve of marriage because of differences in religion, caste, age, and other factors.
- Couples may experience fear when it comes to the social and legal responsibilities that come with marriage.

- A couple prioritizes their career over their marriage. Thus, if they have no time rather than commitment to a partner, a live-in relationship is the best choice for them.
- Seniors have also begun to favor live-in relationships as a means of escaping their personal loneliness.
- Westernization has gradually taken over Indian society and has had a detrimental effect on the younger generation. A few examples include eating and clothing habits and, most importantly, the emergence of the live-in relationship, a new type of living arrangement.

ISSUES AND CHALLENGES OF COHABITATION :

- **Acceptance in society and morality:** In Indian culture, cohabiting is rejected upon and viewed as morally wrong, even though it is constitutional. In Indian society, cohabiting together is considered socially awkward. Since this kind of relationship is not widely accepted in Indian societal structure, couples there often have to deal with refusal from family, problem finding housing, from hostility at employment, etc.
- **Official Records:** No official record in India currently includes a live-in relationship as a category. Concerns concerning the couple's joint bank accounts, nominee names, insurance, visas, and other matters are present.
- **Cultural Concerns:** India is well-known for its diverse religious and cultural traditions. Human relations have been significantly impacted by globalization. There is a widespread shift occurring in the traditionally prevalent family connections and value systems. Every religion has a unique perspective on cohabitation. In India, people's mindsets are greatly influenced by their religious views, traditions, usage patterns, and customs. Therefore, rather than any legal requirement, acceptance of new norms is contingent upon the influence and power of their faith. The complexities of anti-religious live-in relationships need to be addressed; this is still a delicate subject.
- **LGBT couple:** People who identify as LGBT usually don't get paid much, and people don't always accept their relationships. In actuality, no laws or court decisions pertaining to live-in relationships address or make mention of LGBT couples.
- **Gender bias:** If a woman has lived with a man for a significant amount of time, she is recognized as a woman under the 2005 Protection of Women from Domestic Violence Act. She also benefits from a number of conditions, such as property and maintenance. Unfortunately, neither men nor LGBT couples are covered by it. Men who take advantage of women by pretending to be married and commit sexual assault are frequently charged with these crimes. It might be contradictory because there isn't a way to strengthen men in this situation. Similarly, there is no defense against a same-sex spouse being sexually abused.

Cohabitation in India :

Although the idea of a live-in relationship may be novel and offensive in India, it is becoming more and more popular worldwide. People in this modern world, which is partly the result of globalization's rapid rise, are not prepared to assume responsibility and engage in a committed relationship full-time.

A new draw for the youth is voluntary relationships between couples that are founded on a recognition of pre-nuptial agreements, a broader definition of domestic cohabitation, general acceptance of sexual preferences, etc. They are drawn to live-in relationships because they seem like a better way to live a married life without the hassles and complications; however, they also require a great deal more responsibility and knowledge of socio-legal issues.

THEORIES OF COHABITATION

INTERDEPENDENCE THEORY

Kelley and Thibaut created the interdependence hypothesis in 1978. According to this theoretical view, relationship partners interact socially to influence each other's outcomes, including both benefits and costs. The benefit and satisfaction that a person receives from being with a partner is called reward. This article is written by the author and has been peer reviewed. You can read the full final version of this article online at Marriage and Family Review, hosted by Routledge. Rewards can be tangible, such as receiving a gift or help with cleaning, or emotional, such as feeling happy or excited. The most difficult aspects are the costs. This is especially likely if the reward-cost ratio of the current relationship is likely to yield better outcomes than any alternative (eg, being in another relationship or being single). Although people are conceptually motivated primarily by what would bring advantage or reward, as well as their own interests, relationships can go so far that people begin to prioritize their partner and the relationship as a whole over their own interests. This phenomenon is called motivational change in interdependence theory (Kelley and Thibaut, 1978). During this transition, people resist the natural tendency to be self-centered and begin to reward their partner without expecting a positive response (Kelley and Thibaut, 1978; Rusbult and Buunk, 1993). The change in motivation happens gradually and does not happen internally. The relationship benefits from a mental shift in the "nature of personal identity and self-representation" (Agnew et al., 1998, p. 41), such as a strong desire to maintain the relationship (Corkery et al., 2011), greater relationship stability and commitment (Aron et al., 1992), and higher positive communication and relationship satisfaction (Gamarel, 2014). This change can be measured using cognitive interdependence. Mind-Body Interdependence The idea of cognitive interdependence was developed to help explain how people feel close in relationships and how they conceptualize their "relationship with self" (Agnew et al., 1998, p. 939). As well as "members of a couple seeing oneself as part of a collective entity that includes one's partner" (Agnew et al., 1998, p. 942) is known as cognitive interdependence. a higher level. Relationship happiness, commitment, and self-development are all correlated with a greater sense of " us" (Agnew et al., 1998; Fitzsimons and Kay, 2004). By analyzing the vocabulary

used when discussing their relationship, researchers were able to determine how close a person feels to their partner. Linguistic measurements were made, which many researchers use to make powerful statements about human behavior. While expecting their first child, Corkery et al. studied the language of cohabiting couples. (2011). The aim was to measure the level of collectivism and cognitive dependence in cohabiting relationships during economically difficult times. The results supported the findings of other studies that increased use of plural pronouns was associated with greater attention, care and concern for the significant other (Agnew et al., 1998; Corkery et al., 2003). Because closeness differentiates one type of relationship from another, it is important to understand the variability of reciprocity, also known as closeness, in interpersonal communication. Aaron et al. (1992), proximity separates a stranger from a best friend and a classmate from a lover. Communication is an important process because it allows the satisfaction of multiple desires, including the needs for safety, sexuality, and emotional involvement (Agnew et al., 1998). When the self and the other become closer and a psychological bond forms between the two, reciprocity develops in the relationship (Agnew et al., 1998; Aron and Aron, 1986). A psychological bond causes someone to act "like some or all.

MODELS OF COHABITATION

LIFE PROFILE MODEL

The shift away from marriage and toward cohabitation throughout the post-war era marks a substantial change in social behavior. Numerous nations in North America and Europe had comparable tendencies during the years 1960 to 2000.¹⁰ First marriages among males decreased from roughly 70 per 1000 to 30 per 1000 on average. The average wait time for a first marriage has increased by three years for both men and women. The percentage of births that occur outside of marriage has climbed from 5% to 35%. Additionally, the percentage of women between the ages of 20 and 50 who cohabit has tripled. The substitution's perplexing feature is that cohabitation runs counter to many women's interests. Marriage has the potential to be a good thing..It appears doubtful that changes in child-rearing practices and women's economic activities have progressed to the point where there is no longer an unbalanced reliance between the sexes. Therefore, one would anticipate that a man's desire to propose marriage would continue to be a highly significant signal for young women, providing a dividing equilibrium' separating committed from uncommitted life partners.¹¹ In the case of dissolution, cohabitation has not traditionally been subjected to the same kind of settling up process as marriage. A family court has not yet used equity-based intervention with the authority to divide assets between couples or impose maintenance responsibilities. To prevent opportunism, cohabiting parties must primarily rely on natural "hostages" that arise in the relationship..Ex-spouses are required by law and precedent to divide their assets equally and pay child support and, in some cases, spousal maintenance. It should be noted that recent efforts to consider cohabitation as marriage have resulted in child-support laws requiring all absent parents, regardless of marital status, to pay child support. However, it is obvious that cohabitation would be a sane decision if the parties really wanted to avoid, or possibly in some jurisdictions only to minimize, their legal duties to one another in the case of a separation or divorce. According to research findings, people are delaying marriage at that point in their lives to the extent that they believe they are "trying out" spouses (Lewis 1999). In addition to the implementation of status-neutral.

ATTITUDE :

Attitude is one's opinion, perspective or set of beliefs and behaviors towards a particular thing, person and objects. Attitude refers to people's evaluation of almost any aspect of the world. People can have favorable or unfavorable reactions to issues such as change, objects, a specific person or entire social groups.

Definition of Attitude :

Allport (1935) defined an attitude as "a mental and neural state of readiness, organized through experience, exerting a directive and dynamic influence upon the individual's response to all objects and situations with which it is related"

Components of Attitude:

- an affective component - feelings
- a behavioral component -the effect of the attitude on behavior and
- a cognitive component -belief and knowledge.

Types of attitude:

Explicit attitude - conscious and reportable

Implicit attitude - less controllable and potentially not consciously accessible to us.

REVIEW OF LITERATURE

This chapter presents the scales and various case studies and research conducted on cohabitation across age groups.

VINITHA GHOSH (2021), conducted a study on the perception of youth towards **cohabitation in Indian youth towards heterosexual**. Cohabitation popularly known as live in relationship and the sample consists of **20 young adults** between the age group of **25-30 among those 10 are males and 10 were female** they have choose the conveniences sampling method to collect the data they used a questionnaire method with the **25 items** and they have to rate them on a scale of 1-5 based on their preferences from the data i collected it can be seen that **75% of the respondents believe that live in relationship leads to the better understanding before marriage.**

The research paper presented by March 2017 Revija Za Socijalnu Politiku the results of an empirical research of youth attitudes toward cohabitation. The study included 825 respondents divided into two subgroups - 717 male and female students of different faculties at the age of 18-30 years and 108 unemployed young people . The results show that more than a half of the respondents believe that a couple can live together even if they do not intend to get married, that it is advisable to live together before marriage to determine the compliance of future spouses, that cohabitation is not associated with subsequent marital dissatisfaction, infidelity or divorce, that cohabitation is prevalent among people who are more liberal and less religious, and they perceive it as a usual way of starting the first union and as trial marriage. Although the majority of respondents agree with the thesis that cohabitation is a freer way of life than marriage, they do not consider it as "living in sin", which is the best indicator of the openness of young people to alternative family groups and acceptance of premarital cohabitation as a stage of the marriage process. The attitudes of men and women toward cohabitation do not differ significantly, except at the level of individual particles, with women being more prone to considering cohabitation as a trend, as opposed to men for whom cohabitation is definitely a better choice than the single life. The study showed significant differences in the attitudes of students toward cohabitation, depending on the faculty where they study, with the greatest differences expressed by the students of the Catholic Faculty of Theology who express significantly more negative attitudes toward cohabitation than all other students in all tested claims, and the students of the Academy of Arts who have much more positive attitudes toward cohabitation than other students in this study.

This research paper published in August 2015 The Journals of Gerontology Series B Psychological Sciences and Social Sciences from Susan L. Brown and Matthew R. Wright. The study tracks cohort change in the attitudes of adults aged 50 and older toward cohabitation from 1994 to 2012. We used data from the 1994, 2002, and 2012 waves of the General Social Survey to examine the roles of cohort replacement and intracohort change in the trend toward favorable cohabitation attitudes and to examine socio-demographic variation in patterns of support for cohabitation. Support for cohabitation accelerated over time with nearly half (46%) of older adults reporting favorable attitudes toward cohabitation in 2012 versus just 20% in 1994. This shift in older adults' attitudes largely reflected cohort replacement rather than intracohort change. Some of the factors associated with later life cohabitation experience were linked to supportive attitudes. Cohort succession is fueling the growing acceptance of cohabitation among older adults and coincides with the rapid growth in later life cohabitation that has occurred in recent decades.

This research paper was published on January 2013 Socijalna ekologija by Andreja Bartolac of the University of Applied Health Sciences. The aim of empirical research presented in this paper was to examine students' attitudes toward cohabitation and marriage. Convenience sampling was used to select 417 students between 18 and 36 years of age. Students were asked to mark their responses on the "Scale for measuring attitudes towards cohabitation and marriage", which consisted of 17 statements. Overall, students have moderately positive attitudes towards cohabitation. A statistically significant difference was found between the majority of students who favor attitudes towards cohabitation as a preparation for marriage and those who view cohabitation as a form of permanent living arrangements between partners. There was no statistically significant difference between female and male students in attitudes toward cohabitation. Regarding other socio-demographic variables, the degree of religiosity was a statistically significant predictor so that extremely religious students expressed least favorable attitudes toward cohabitation. Students have ambivalent attitudes toward marriage, with 60.4% who think that "marriage is not an outdated institution" and 68% who find it "acceptable for an unmarried couple to live together even without the intention of ever getting married". Male students are more inclined to agree with the statements that "living together before marriage creates chances for a happy marriage" and that "marriage is an outdated institution". Female students are more likely to agree with the statement that "good marriage and family life are extremely important". Female students also express some of their concerns by agreeing more with the statement that "there are not many successful and happy marriages today so one must wonder whether it is the right way of life".

Journal of Marriage and Family 67 , 271-285, Valarie King, Mindy E Scott, 2005

Using data from 966 cohabiting individuals in each of the first two waves of the **National Survey of Families and Households**, this study examines how cohabitation varies for older and younger adults. Even though they are less likely to have plans to wed their partners, older cohabitators report much greater levels of relationship quality and stability than younger cohabitators. There were few differences in the motivations for cohabitation, albeit younger cohabitators tend to place greater emphasis on determining compatibility. According to research, **older cohabitators are more likely to see their relationship as a substitute for marriage while younger cohabitators are more inclined to see it as a step before marriage.**

The **National Longitudinal Survey of Youth 1997 (NLSY97)** and the Marriage Matters Panel Survey of **Young Adult Couples** were used in this dissertation to examine the **impacts of cohabitation and finances on young adult couple relationships.** Louisiana's newlywed couples. Understanding the financial and romantic lives of young adults Given that the financial planning profession is becoming more and more relevant, features and outcomes move toward comprehensive financial planning. Each decade, there has been an increase in cohabitation, while. According to study, it will have a **significant impact on your finances and relationships.** It is crucial to recognize the effects of cohabitation on the financial and interpersonal life of young individuals. In essay one, the **relationship between relationship quality at Time 1 and relationship quality at Time 3** was examined, as well as the potential effects of whether or not the financial consequences and perceived rewards and costs in a relationship mediated the relationship. a relationship ends. **508 young adults were included as a sample, and 330 of them had lived together before.** Essay 1 showed no significant differences between those who had married compared to the 178 who had not. and those who didn't cohabit. Initial relationship quality does have an advantage on later relationships. staying in a relationship and relationship quality. Financial resources, debt, and earnings all seemed to have no impact on the

quality of a relationship. In the second essay, a group of 479 recently wed couples' relationship happiness was analyzed in terms of its rate of change. The findings demonstrated that cohabitation had no impact on the initial levels of relationship satisfaction or the rate of change in that satisfaction felt by both husbands and wives. The trajectories of relationship satisfaction were unaffected by income and debt, but felt the initial levels of income did seem to have a positive correlation with Both spouses and husbands enjoy relationship fulfillment.

LUCY JEN HUANG- HICKROD and WILBERT. M. LEONARD (JULY 1980) conducted a study on **longitudinal study of students** attitude towards cohabitation the purpose of the inquiry was to explore the relative prevalence of unmarried cohabitation among the college students they have used the questionnaire to collect data with contains **73 items** and the sample size was **2000 college students** and they analysis or to get to know from this data is over the nine year period the average percentage of cohabitation was about the average percentage of respondents when were presently cohabiting was 4.5 when the total was stratified into male and female. The largest proportion of the male were in cohabiting. such as **Peer Orientation, Ego Strength, Interaction Potential, Adult Orientation, Rebelliousness, and Rigidity, were congruent with these factors.**

The Canadian National Fertility Survey (1984) conducted a research on the attitudes towards cohabitation and marriage are associated with their **demographic, socioeconomic and cultural background.** On the **national Canadian women** the factors to construct the scales that included for the attitudes in a confirmatory factor analysis were **Eight attitudinal variables.** The samples for this study was Women who are in older ages, currently married, living in rural areas, with lower educational attainment, non-Catholic, from this study we can analysis that the womens from all this criteria are having a higher frequency of church attendance and a higher desired number of children are found to be more conservative in their attitudes towards cohabitation and marriage. The study also finds that **Quebec women tend to be more liberal than non-Quebec women.**

The aim was to develop a scale for evaluating several key **personality traits of young children and adolescents living together** using **adult participant** observers. The **91 kids, aged 8 to 15, were attending summer camps for both sexes.** These children's counselors were the adult participants and observers. Each camper was evaluated using a **49-item** rating scale by at least two counselors. The interrater reliability was established, and the campers' composite assessments underwent factor analysis. The behaviors listed on the rating scales were explained by seven criteria. The constructs that were included to the rating scale components, such as **Peer Orientation, Ego Strength, Interaction Potential, Adult Orientation, Rebelliousness, and Rigidity, were congruent with these factors.**

CHAPTER-03

METHODOLOGY

This chapter focuses on the methodology utilized to conduct the survey on cohabitation.

Aim: To assess the attitude of cohabitation among the young adulthood.

Objectives: To assess the attitude of cohabitation among the young adulthood a new psychometric tool development.

Preparation of preliminary items: Based on the review related to theoretical and empirical literature three dimensions were recognised.

Study Design: An empirical research review was conducted to identify dimensions influencing individual attitudes towards cohabitation, specifically focusing on cultural, socioeconomic, and educational backgrounds. Initially, approximately 100 survey items were generated based on this review. The test items were subject to evaluation and refinement under the guidance of an expert. This process led to a reduction of the items to 60.

The validation process entailed a comprehensive review of these items by both subject-matter experts and language experts. Their valuable input and feedback informed revisions and eliminations, resulting in a more refined set of survey items.

Following the item refinement, data collection was undertaken by administering the scale to participants who met the predetermined inclusion criteria. Subsequently, the collected data was subjected to reliability and validity assessments to ensure the robustness and accuracy of the instrument.

Item generation: A total of 100 survey items were collaboratively generated to assess individuals' attitudes towards cohabitation. These items were informed by both theoretical frameworks and previous empirical research. The foundation for item generation was the Life Model theory, which, in conjunction with the insights gained from past research, helped identify specific dimensions that these items should cover.

Notably, socio-economic, cultural, and educational factors were found to exert a significant influence on attitudes towards cohabitation. Previous survey scales employed open-ended questions and relied on subjective scoring through interviews. To enhance the objectivity

and standardization of the measurement, a five-point Likert Scale technique was adopted. The formulation of survey items was based on the open-ended interview questions used in previous empirical research.

Sample

Sampling techniques: The scale was administered to the sample of 370, comprising of male and females belonging to the age group of 18 to 25 years residing in various parts of India pursuing their undergraduate and postgraduate education. The participants belong to various socio- economic groups, widespread educational background and different cultural backgrounds.

Sampling Criteria:

Inclusion Criteria:

- Individuals belonging to the age group of 18 to 25 were selected.
- Participants should be able to read and comprehend English.

Exclusion Criteria:

- Participants shouldn't be undergoing any therapy.
- There should be willful participation from the participants side

Data Collection: The questionnaire was administered on the basis of inclusion criteria. The participants who met the inclusion criteria were informed about the basis and benefits of the study. The informed consent was taken and the scale was administered. The data collected were then subjected to scrutiny and tested using SPSS 20.

Scoring: The scale had five alternatives to choose from, Strongly agree, agree, neutral, disagree and Strongly disagree. The statements were also scored positively and negatively based on the type of the statement. The scoring pattern followed the following format given below.

Positive statements were: **1,2,3,4,5,6,7,9,11,12,13,14,16,20,21.**

Strongly Agree - 5

Agree -4

Neutral -3

Disagree -2

Strongly Disagree -1

Negative Statements were: **8,10,15,17,18,19,22,23,24,25.**

Strongly Agree - 1

Agree -2

Neutral -3

Disagree -4

Strongly Disagree -5

Ethical Consideration: Participation in this study involves minimal risk. While the questionnaire may prompt some self-reflection, there are no known physical or psychological risks associated with completing it. The training program aims to enhance the skills and self-awareness, which may have long-term personal and professional benefits. The identity and individual responses will be kept confidential. Any information collected during the study will be stored securely and anonymized. Only the research team will have access to the data, and it is used for educational purposes only. The participants name or any personally identifiable information will not be associated with the data in any published materials or presentations.

METHODOLOGY

This chapter focuses on the methodology utilized to conduct the survey on cohabitation.

Aim: To assess the attitude of cohabitation among the young adulthood.

Objectives: To assess the attitude of cohabitation among the young adulthood a new psychometric tool development.

Preparation of preliminary items: Based on the review related to theoretical and empirical literature three dimensions were recognised.

Study Design: An empirical research review was conducted to identify dimensions influencing individual attitudes towards cohabitation, specifically focusing on cultural, socioeconomic, and educational backgrounds. Initially, approximately 100 survey items were generated based on this review. The test items were subject to evaluation and refinement under the guidance of an expert. This process led to a reduction of the items to 60.

The validation process entailed a comprehensive review of these items by both subject-matter experts and language experts. Their valuable input and feedback informed revisions and eliminations, resulting in a more refined set of survey items.

Following the item refinement, data collection was undertaken by administering the scale to participants who met the predetermined inclusion criteria. Subsequently, the collected data was subjected to reliability and validity assessments to ensure the robustness and accuracy of the instrument.

Item generation: A total of 100 survey items were collaboratively generated to assess individuals' attitudes towards cohabitation. These items were informed by both theoretical frameworks and previous empirical research. The foundation for item generation was the Life Model theory, which, in conjunction with the insights gained from past research, helped identify specific dimensions that these items should cover.

Notably, socio-economic, cultural, and educational factors were found to exert a significant influence on attitudes towards cohabitation. Previous survey scales employed open-ended questions and relied on subjective scoring through interviews. To enhance the objectivity and standardization of the measurement, a five-point Likert Scale technique was adopted. The formulation of survey items was based on the open-ended interview questions used in previous empirical research.

Sample

Sampling techniques: The scale was administered to the sample of 370, comprising of male and females belonging to the age group of 18 to 25 years residing in various parts of India pursuing their undergraduate and postgraduate education. The participants belong to various socio- economic groups, widespread educational background and different cultural backgrounds.

Sampling Criteria:

Inclusion Criteria:

- Individuals belonging to the age group of 18 to 25 were selected.
- Participants should be able to read and comprehend English.

Exclusion Criteria:

- Participants shouldn't be undergoing any therapy.
- There should be willful participation from the participants side

Data Collection: The questionnaire was administered on the basis of inclusion criteria. The participants who met the inclusion criteria were informed about the basis and benefits of the study. The informed consent was taken and the scale was administered. The data collected were then subjected to scrutiny and tested using SPSS 20.

Scoring: The scale had five alternatives to choose from, Strongly agree, agree, neutral, disagree and Strongly disagree. The statements were also scored positively and negatively based on the type of the statement. The scoring pattern followed the following format given below.

Positive statements were: **1,2,3,4,5,6,7,9,11,12,13,14,16,20,21.**

Strongly Agree - 5

Agree -4

Neutral -3

Disagree -2

Strongly Disagree -1

Negative Statements were: **8,10,15,17,18,19,22,23,24,25.**

Strongly Agree - 1

Agree -2

Neutral -3

Disagree -4

Strongly Disagree -5

Ethical Consideration: Participation in this study involves minimal risk. While the questionnaire may prompt some self-reflection, there are no known physical or psychological risks associated with completing it. The training program aims to enhance the skills and self-awareness, which may have long-term personal and professional benefits. The identity and individual responses will be kept confidential. Any information collected during the study will be stored securely and anonymized. Only the research team will have access to the data, and it is used for educational purposes only. The participants name or any personally identifiable information will not be associated with the data in any published materials or presentations.

RESULTS AND DISCUSSION

This Chapter deals with the results and analysis carried out to understand the descriptive statistics of the sample population, to establish the reliability of the scale and to establish the factor analysis.

The table -1 Shows the descriptive statistics of the age and gender of the participants who met the inclusion criteria of the study.

<i>Statistics</i>	
<i>AGE</i>	<i>GENDER</i>
<i>N</i>	<i>VALID</i>
342	342

The table shows the sample population considered for the research study. There were 342 participants from across streams who took part in the study. The participants were from across age groups ranging from 17 to 25 years.

Table 2 : Shows the frequency, percentage and cumulative percentage for all the age groups.

Age				
	FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
VALID				
17	10	2.9	2.9	2.9
18	67	19.6	19.6	22.5
19	73	21.3	21.3	43.9
20	79	23.1	23.1	67.0
21	39	11.4	11.4	78.4
22	34	9.9	9.9	88.3
23	20	5.8	5.8	94.2
24	10	2.9	2.9	97.1
25	10	2.9	2.9	100.0
TOTAL	342	100.0	100.0	

The table provides a breakdown of the age distribution of the survey participants. The age groups range from 17 to 25 years old. It's clear that the majority of participants are between 18 and 22 years old, with the largest groups being 18 (19.6%), 19 (21.3%), and 20 (23.1%) years old. The data reveals a higher concentration of participants in the younger age groups (18-22). This suggests that the survey may have targeted or attracted a younger demographic, potentially due to the nature of the survey's topic or distribution method.

As age increases beyond 22, there is a gradual decrease in the number of participants. This trend could be expected, as older individuals may be less inclined to participate in surveys.

The older age groups (23-25) are represented by fewer participants, with only a 2.9% share each. This could be due to the fact that the survey is less relevant to these age groups or that older individuals are generally less inclined to participate in surveys.

The cumulative percent column indicates the increasing percentage of participants as we move through the age groups. By the time we reach the age of 21, almost 78.4% of the participants fall into that range. This cumulative approach helps visualize the overall age distribution more effectively.

Implications for Analysis: The age distribution is a critical demographic variable for survey analysis. Depending on the survey's goals, this distribution can impact the interpretation of the results. For example, if the survey aimed to understand preferences or behaviors of specific age groups, it appears to be well-represented in the 18-22 range. However, if the survey intended to capture a broader age range, it may be underrepresented in the older segments.

The figure -01 shows the age distribution on the basis of the descriptive statistics.

Figure -1: Shows the age distribution of the participants who took part in the survey.

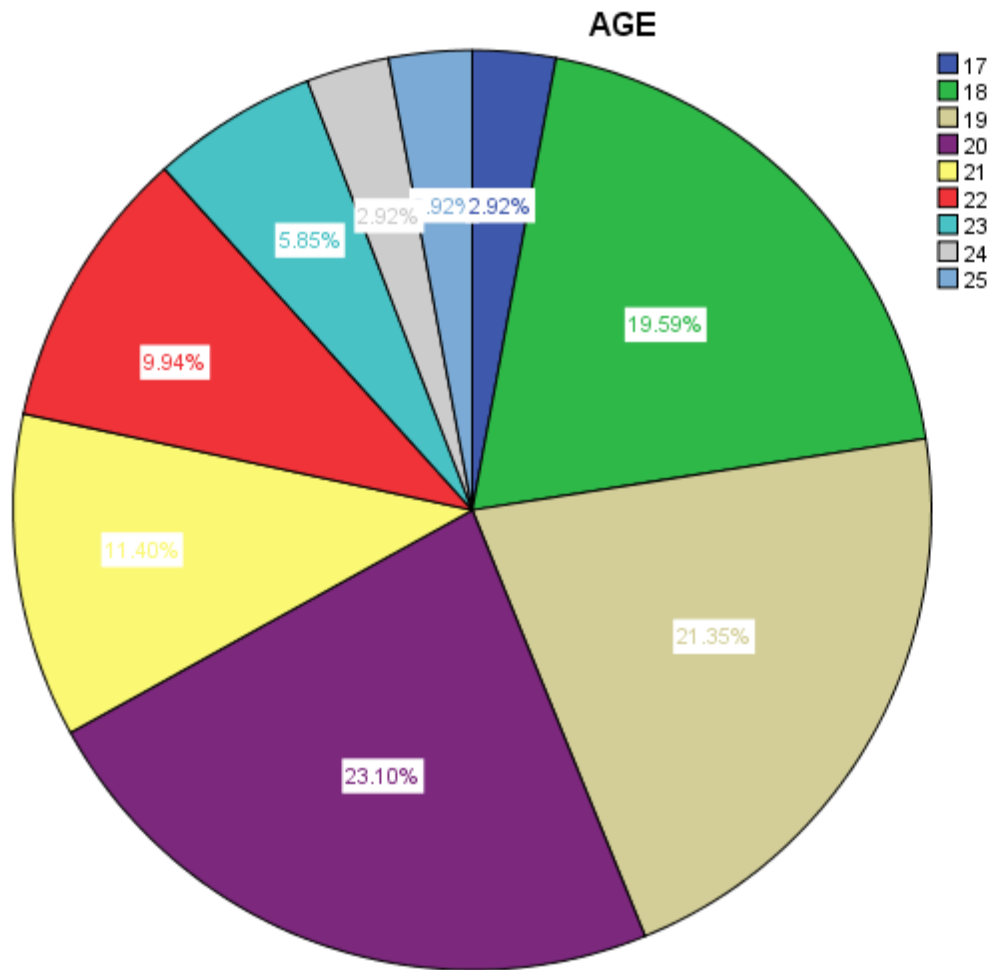


Table -02 Shows the gender diversity in the study.

		Gender			
		FREQUENCY	PERCENT	VALID PERCENT	CUMULATIVE PERCENT
VALID E	FEMAL	181	52.9	52.9	
	MALE	161	47.1	47.1	100.0
TOTAL		342	100.0	100.0	

The table clearly shows that the survey participants are divided into two primary gender categories: "FEMALE" and "MALE." The majority of participants (52.9%) identify as female, while 47.1% identify as male. The survey appears to be fairly balanced in terms of gender representation, with a slight majority of female participants. This near parity can be beneficial for ensuring a diverse and representative sample, which is important for drawing meaningful conclusions and avoiding gender-related biases in the survey results.

The cumulative percent column indicates the total percentage of participants as we move through the gender categories. By the end of the table, the cumulative percentage reaches 100%, confirming that all participants fall into one of these two gender categories. Figure-02 shows the gender representation in the study as per the descriptive statistics.

Figure -2 : Shows the percentage of male and female participation in the study.

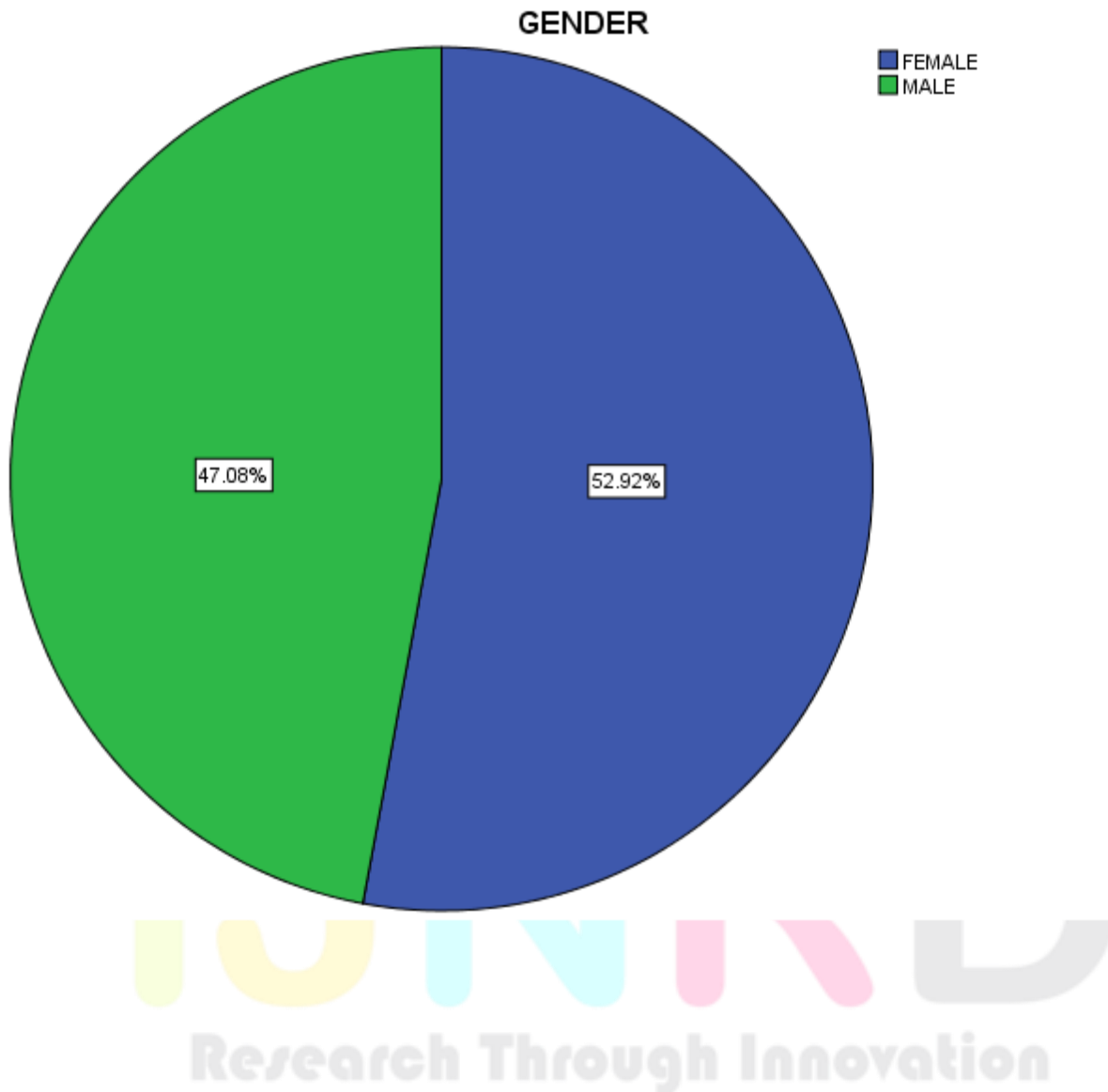


Table -03 Shows the Cronbach's Alpha for the scale developed.

RELIABILITY STATISTICS

<i>CRONBACH'S ALPHA</i>	<i>CRONBACH'S ALPHA BASED ON STANDARDIZED ITEMS</i>	<i>N OF ITEMS</i>
<i>.720</i>	<i>.710</i>	<i>25</i>

The "Reliability Statistics" table provides information about the reliability of a scale or a set of items used in a questionnaire or survey. In this case, Cronbach's Alpha, a commonly used measure of internal consistency, is reported.

Cronbach's Alpha: Cronbach's Alpha is a statistic that assesses the internal consistency or reliability of a scale or a set of items in a questionnaire. In this case, Cronbach's Alpha value is reported as 0.720. This is an alternative calculation of Cronbach's Alpha that's based on the standardized (z-scored) values of the items. In this instance, it is reported as 0.710.

The "N of Items" column specifies the number of items or questions that were included in the scale or questionnaire. In this analysis, there are 25 items.

Interpretation of Cronbach's Alpha:

A Cronbach's Alpha value ranges between 0 and 1, where a higher value indicates greater internal consistency among the items in the scale. The generally accepted threshold for a reliable scale is often considered to be around 0.7 or higher. In this case, the Cronbach's Alpha value of 0.720 is slightly above this threshold, suggesting reasonable internal consistency. The Cronbach's Alpha based on standardized items (0.710) is also close to 0.7, reinforcing the reliability of the scale.

The Cronbach's Alpha values in this analysis indicate that the set of 25 items in the scale demonstrates reasonable internal consistency. This means that the items are correlated with each other in a way that suggests they measure a common underlying construct or dimension. Researchers and analysts can have confidence in the reliability of the scale and its ability to provide consistent and stable results when used to measure the targeted construct.

Table -04: Scale Statistics of the items developed for the survey.

SCALE STATISTICS

<i>MEAN</i>	<i>VARIANC ES</i>	<i>ST.DEVIATIO N</i>	<i>N.OF ITEMS</i>
<i>73.0754</i>	<i>145.593</i>	<i>12.06620</i>	<i>25</i>

The "Scale Statistics" table provides important descriptive statistics related to a scale, which typically consists of multiple items or questions used to measure a particular construct or variable. The mean (average) of the scale is 73.0754. This value represents the central tendency of the responses to the scale items. It indicates the typical or average score on the scale. In this case, the average score is approximately 73.08. The variance of the scale is 145.593. Variance measures the spread or dispersion of the scores around the mean. A higher variance suggests greater variability in the responses, indicating that respondents' scores on the scale items differ more from the mean. The standard deviation is 12.06620. It is a measure of how much individual scores within the scale deviate from the mean. A larger standard deviation indicates a wider spread of scores, while a smaller standard deviation suggests that scores are clustered closer to the mean.

The scale comprises 25 items, as indicated by "N of Items." This represents the total number of questions or statements used to measure the construct under consideration.

The mean score of 73.08 provides an overview of the typical response to the scale. The variance value of 145.593 suggests that there is a moderate level of variability in the responses to the scale. This means that the participants' scores on the individual items within the scale are not tightly clustered around the mean but exhibit some degree of spread.

The standard deviation of 12.06620 provides further context for the dispersion of scores. It's the square root of the variance, and it helps quantify the average amount of deviation of scores from the mean.

Table- 05 Shows the item statistics summary for the items developed in the survey.

<i>Item Statistics</i>			
	<i>MEAN</i>	<i>ST. DEVIATION</i>	<i>N</i>
<i>PQ1</i>	2.9855	1.37770	345
<i>PQ2</i>	2.8928	1.46572	345
<i>PQ3</i>	2.7623	1.24885	345
<i>PQ4</i>	3.1333	1.39128	345
<i>PQ5</i>	2.7420	1.36829	345
<i>PQ6</i>	3.1449	1.37751	345
<i>PQ7</i>	3.2232	1.37441	345
<i>PQ9</i>	3.2058	1.36013	345
<i>PQ11</i>	3.0667	1.32229	345
<i>PQ12</i>	3.6230	1.38226	345
<i>PQ13</i>	3.3623	1.36581	345
<i>PQ14</i>	2.4754	1.39979	345
<i>PQ16</i>	3.3681	1.29203	345
<i>PQ20</i>	3.2580	1.26909	345
<i>PQ21</i>	3.7188	1.26184	345
<i>NP8</i>	2.8261	1.29799	345
<i>NP10</i>	2.7855	1.44485	345

NP15	2.4754	1.39979	345
NP17	2.3942	1.24170	345
NP18	2.5710	1.28329	345
NP19	2.6696	1.28986	345
NP22	2.5246	1.27366	345
NP23	2.8319	1.35570	345
NP24	2.5739	1.30112	345
NP25	2.4738	1.35522	345

Summary Item Statistics

	MEAN	MINIMUM	MAXIMUM	RANGE	MAXIMUM/ MINIMUM	VARIANCE	N OF ITEMS
ITEM VARIANCES	1.799	1.542	2.148	.607	1.393	.027	25
INTER-ITEM CORRELATIONS	.089	-.492	1.000	1.492	-2.033	.067	25

The "Summary Item Statistics" table provides important information about the characteristics of the items in a questionnaire or survey. It includes statistics such as the mean, minimum, maximum, range, variance, inter-item correlations, and the number of items.

The "Item Variances" section presents statistics related to the variability of responses across the 25 items in the questionnaire. The mean item variance is 1.799, indicating the average degree of variability in responses across the items. The minimum item variance is 1.542, and the maximum item variance is 2.148, showing the range of variability across the items. The range (the difference between the maximum and minimum variances) is 0.607, which represents the spread of item variances.

The variance values suggest that there is some variability in how respondents answered the different items. A higher variance indicates that responses to a particular item vary more, while a lower variance indicates that responses are more consistent.

The "Inter-Item Correlations" section provides information about the correlations between pairs of items in the questionnaire. The mean inter-item correlation is 0.089, indicating the average strength and direction of the relationships between items. The minimum inter-item correlation is -0.492, and the maximum inter-item correlation is 1.000, revealing the range of correlations between items. The range (the difference between the maximum and minimum inter-item correlation) is 1.492, which illustrates the variability in the strength and direction of these correlations.

A mean inter-item correlation close to zero suggests that, on average, there is not a strong correlation between the items. Items with low correlations may measure different aspects of the construct. The presence of both positive and negative correlations indicates that some items may be related in a positive manner, while others may have a negative relationship. A correlation of 1.000 suggests perfect positive correlation between two items.

Table -06 Shows the Cronbach's Alpha for the positive items of scale.

CRONBACH'S ALPHA	Cronbach s Alpha based on standardised score	N. OF ITEMS
.785	.779	15

The table provides information on the reliability of positive items of the scale using Cronbach's Alpha, a commonly used measure of internal consistency.

The first column of the table reports Cronbach's Alpha, which is a measure of internal consistency. In this case, Cronbach's Alpha value is 0.785. A Cronbach's Alpha value ranges from 0 to 1, where a higher value indicates greater internal consistency among the items in the scale. A Cronbach's Alpha of 0.785 is typically considered quite good and suggests that the items in the scale are reasonably consistent in measuring the same underlying construct. The second column presents an alternative calculation of Cronbach's Alpha based on standardized (z-scored) values of the items. In this instance, it is reported as 0.779. This value is very close to the original Cronbach's Alpha, indicating that standardizing the items did not significantly affect the measure of internal consistency. Both values are consistent, reinforcing the reliability of the scale. The third column specifies the number of items in the scale, which in this case is 15.

Cronbach's Alpha is a commonly used statistic to assess the reliability of a scale. A value of 0.785 is generally considered to be quite good. It suggests that the 15 items in the scale are consistent in measuring the underlying construct and that the scale is reliable for research or assessment purposes. In this case, the scale meets the typical criterion for reliability. The high Cronbach's Alpha value of 0.785 suggests strong internal consistency among the 15 items in the scale, making it a reliable tool for measuring the targeted construct in research or assessment.

Table -07 Shows the Cronbach's Alpha for the negative items of scale.

CRONBACH'S ALPHA	Cronbach s Alpha based on standardised score	N OF ITEMS
.808	.807	10

The table presents information about the reliability of negative items in the scale using Cronbach's Alpha, a commonly used measure of internal consistency.

The first column of the table reports Cronbach's Alpha, which is a measure of internal consistency. In this case, Cronbach's Alpha value is 0.808. The second column presents an alternative calculation of Cronbach's Alpha, based on standardized (z-scored) values of the items. In this instance, it is reported as 0.807. These two values, the original Cronbach's Alpha and the one based on standardized items, are very close, suggesting that standardizing the items did not significantly impact the measure of internal consistency. Both values are consistent, indicating the reliability of the scale. The third column specifies the number of items in the scale, which is 10 in this case.

In general, a Cronbach's Alpha value of 0.808 is considered quite good. This value suggests that the 10 items in the scale are highly consistent in measuring the same underlying construct. The high Cronbach's Alpha indicates that the items within the scale are strongly related to each

other and measure the same underlying trait or dimension with great reliability. The high Cronbach's Alpha value of 0.808 suggests strong internal consistency among the 10 items in the scale, indicating the reliability of the scale for measuring the targeted construct in research or assessment.

Table 8: Shows the rotation component for the factor analysis.

DESCRIPTIVE STATISTICS

	N	MINIMUM	MAXIMUM	MEAN	ST. DEVIATION
PQ1	345	1.00	5.00	2.9855	1.37770
PQ2	345	1.00	5.0	2.8928	1.46572
PQ3	345	1.00	5.0	2.7623	1.24885
PQ4	345	1.00	5.0	3.1333	1.39128
PQ5	345	1.00	5.0	2.7420	1.36829
PQ6	345	1.00	5.0	3.1449	1.37751
PQ7	345	1.00	5.0	3.2232	1.37441
PQ9	345	1.00	5.0	3.2058	1.36013
PQ11	345	1.00	5.0	3.0667	1.32229
PQ12	345	1.00	5.0	3.6203	1.38226
PQ13	345	1.00	5.0	3.3623	1.36581
PQ14	345	1.00	5.0	2.4754	1.39979
PQ16	345	1.00	5.0	3.3681	1.29203
PQ20	345	1.00	5.0	3.2580	1.26909
PQ21	345	1.00	5.0	3.7188	1.26184
NP8	345	1.00	5.0	2.8261	1.29799
NP10	345	1.00	5.0	2.7855	1.44485
NP15	345	1.00	5.0	2.4754	1.39979
NP17	345	1.00	5.0	2.3942	1.24170
NP18	345	1.00	5.0	2.5710	1.28329
NP19	345	1.00	5.0	2.6696	1.28986
NP22	345	1.00	5.0	2.5246	1.27366
NP23	345	1.00	5.0	2.8319	1.35570

NP24	345	1.00	5.0	2.5739	1.30112
NP25	345	1.00	5.0	2.46638	1.35522
VALID N(LISTWISE)	345				

Rotated component Matrix

	Component				
	1	2	3	4	5
PQ1	.419	.112	-.004	.060	.643
PQ2	.556	.240	.102	-.133	.517
PQ3	-.604	-.062	-.337	.237	-.109
PQ4	.630	.136	.253	-.058	.279
PQ5	.685	-.068	-.232	.180	.284
PQ6	.652	-.120	.236	-.011	.144
PQ7	.718	-.017	.289	-.014	-.030
PQ9	.645	.022	.176	-.020	.086
PQ11	.740	-.158	.006	.085	.003
PQ12	.315	-.077	.662	-.183	-.062
PQ13	.579	-.063	.490	.021	-.032
PQ14	.059	.375	-.121	.868	-.060
PQ16	.151	-.356	.561	-.082	.031
PQ20	.342	-.153	.504	.003	.293
PQ21	.138	-.045	.701	.005	.081
NP8	-.051	.539	-.010	.465	.096
NP10	-.148	.494	.084	.454	.188
NP15	.059	.375	-.121	.868	-.060
NP17	-.145	.672	.007	.107	-.115
NP18	-.443	-.002	-.213	-.096	-.472
NP19	.055	.679	-.221	.024	-.160

NP22	.056	.641	-.180	.255	-.063
NP23	-.023	.691	-.036	.098	.043
NP24	.010	.424	-.041	.079	-.598
NP25	.053	.731	-.099	.230	.137

The "Rotated Component Matrix" table presents the results of a Principal Component Analysis (PCA) with a varimax rotation method. This analysis is commonly used to uncover underlying structures or patterns within data, such as identifying latent factors or components that explain the variation in the observed variables. The table displays the loadings of the observed variables on five different components (components 1 to 5). Loadings represent the correlations between the observed variables (PQ1, PQ2, etc.) and the identified components. Each variable's loading on each component is a measure of how much that variable contributes to or is associated with that component.

Variables with high loadings on a particular component are strongly associated with that component. In this context, "strength" means that the variable contributes significantly to the component's definition. Loadings can be positive or negative, indicating the direction of the relationship between variables and components. Positive loadings suggest a positive association, while negative loadings indicate a negative association.

This section informs us about the method used to extract the initial components, which is Principal Component Analysis. PCA identifies the underlying structure of the data by maximizing the variance explained by the components. The table specifies that a varimax rotation with Kaiser normalization was applied. Rotation simplifies the interpretation of the components by minimizing the number of variables that load highly on each component while maximizing the interpretability of the components. The table mentions that the rotation converged in 9 iterations, indicating that the analysis reached a stable and interpretable solution. The loadings in the table represent how each variable contributes to each component. A high loading (close to 1 or -1) indicates a strong association, while a low loading suggests a weak or no association.

The "Rotated Component Matrix" table provides insights into the associations between observed variables and identified components following a Principal Component Analysis with varimax rotation. Researchers use this information to uncover underlying structures within the data and to simplify the interpretation of complex datasets. The results of this analysis can be crucial for understanding the underlying factors that drive variation in the observed variables.

The total items rated by the experts were 25 after the factor analysis this was reduced to 20 items falling into 5 different components.

SUMMARY AND CONCLUSION

The research paper aimed to assess the attitude of cohabitation among young adults Using the psychometry.

Summary:

This study is centered on investigating the attitudes and mindsets of individuals during their adolescent and young adulthood years with regard to cohabitation. Cohabitation, in this context, encompasses various forms, including pre-marital and post-marital arrangements, and the study seeks to assess its influence on individuals' perceptions and beliefs. To gather a diverse perspective, the research sample was drawn from a wide range of backgrounds and locations across India.

The review of existing literature plays a pivotal role in comprehending the impact of cohabitation and the prevailing societal attitudes towards it, both within India and on a global scale. This review of prior research and scholarship allows us to gain insights into the broader context, shedding light on the multifaceted dynamics of cohabitation and its implications on the evolving values and beliefs of individuals in today's society.

Strengths of the study:

- **Addressing Research Gap:** The study effectively fills a significant research gap. Previous surveys often used open-ended questions without objective scoring. This new scale introduces a structured approach that bridges this gap by providing a standardized and quantifiable measure for assessing attitudes towards cohabitation.
- **Adaptability to Changing Societal Norms:** The scale proves to be a valuable tool for understanding and adapting to evolving societal attitudes. It can help researchers, policymakers, and society at large to gain insights into changing perceptions and beliefs regarding cohabitation, especially in a world where social norms are continuously evolving.
- **Accessibility and Ease of Use:** The scale employs simple and comprehensible language, making it user-friendly for both respondents and administrators. Its ease of administration and scoring further enhances its practicality in research and applications.
- **Strong Internal Consistency:** The scale demonstrates good internal consistency, suggesting that the questions within the scale are closely related and reliably measure the intended construct. This enhances the scale's credibility and its ability to provide accurate assessments.

- **High Reliability:** The scale exhibits a high reliability value, indicating that it consistently measures what it intends to measure. This reliability underscores the scale's trustworthiness and its potential to generate consistent results when employed in various research contexts.

Limitation of the study:

- **Lack of Clearly Defined Socio-Demographic Details:** The study falls short in providing a comprehensive understanding of the influence of socio-demographic factors on attitudes towards cohabitation. Without collecting and considering specific details such as age, education, income, and cultural background, it becomes challenging to ascertain how these variables may impact the attitudes being measured by the test.
- **Non-Representative Sample:** The study's sample lacks specificity and is not designed to represent a diverse range of age groups or backgrounds. The absence of a well-defined, stratified sampling approach may result in an unbalanced representation of various demographic groups, which limits the generalizability of the test's findings.
- **Neglect of Cultural and Social Differences:** The study does not adequately account for the cultural and social disparities prevalent in a diverse country like India. Ignoring these differences during the sampling process can lead to biases in the test results, as attitudes towards cohabitation can significantly vary across cultural and regional contexts.
- **Failure to Address Regional Diversity:** India's diversity, including variations between urban and rural areas, is not considered in the study. The test construction process should have taken into account how regional differences, including the influence of popular culture, might shape attitudes towards cohabitation differently in various parts of the country.

Implications of the study:

- **Academic Research:** It can serve as a valuable resource for researchers and scholars studying sociology, psychology, family studies, and related fields by providing insights into changing societal attitudes towards cohabitation.
- **Policy Development:** Policymakers can use the study's findings to inform the development of policies related to marriage, family, and relationships, ensuring they are in tune with evolving social norms and attitudes.
- **Educational Material:** The study can contribute to educational materials and curricula, helping educators teach students about contemporary relationships, family structures, and societal values.
- **Counseling and Therapy:** Mental health professionals and counselors can utilize the study to better understand and address the concerns and issues related to cohabitation that individuals or couples may bring to therapy sessions.
- **Social Programs:** The findings can be used to design and evaluate social programs and interventions aimed at promoting healthy relationships, communication, and decision-making among young adults and adolescents.
- **Public Awareness Campaigns:** Non-profit organizations and government agencies can use the study's insights to create public awareness campaigns focused on relationship health and the impact of cohabitation on individuals and families.

Cultural and Regional Understanding: The study can aid in appreciating the cultural and regional variations in attitudes towards cohabitation, helping organizations tailor their services and messaging accordingly.

Suggestion for further study:

- **Incorporate Socio-Demographic Variables:** To enhance the questionnaire's depth and accuracy, consider including questions related to socio-demographic details such as age, education, income, religion, and cultural background. This will allow for a more nuanced analysis of how these factors influence attitudes towards cohabitation.
- **Stratified Sampling:** When using the questionnaire to gather data, employ a stratified sampling approach to ensure representation from different age groups, income levels, and cultural backgrounds. This will help in creating a more representative dataset and improve the questionnaire's reliability.
- **Cultural and Regional Considerations:** Modify the questionnaire to include questions that assess cultural and regional differences in attitudes towards cohabitation. Acknowledging and accounting for these variations will enable a more comprehensive understanding of the subject.
- **Urban vs. Rural Context:** If the questionnaire aims to capture differences between urban and rural attitudes, include questions that specifically address the influence of popular culture, urbanization, and traditional values on cohabitation beliefs in both settings.
- **Pilot Testing and Adaptation:** Before widespread use, conduct pilot tests of the questionnaire to identify any potential issues or biases. Based on the results of these pilot tests, adapt the questionnaire as needed to ensure its reliability and validity.
- **Longitudinal Studies:** Consider using the questionnaire in longitudinal studies to track changes in attitudes towards cohabitation over time. This can provide valuable insights into evolving social norms and the impact of cultural shifts.
- **Data Analysis and Reporting:** When analyzing the questionnaire's results, take into account the socio-demographic variables, cultural factors, and regional disparities to provide a more comprehensive interpretation of the findings. This can lead to a more accurate assessment of the implications of the study.

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FINAL SCALE

P1	I believe that Cohabitation is as good as marriage.
P2	I believe that Cohabitation before marriage is a safer option.
P4	I believe that Cohabitation is the new way to maintain relationships positively.
P5	I believe that Cohabitation is more stable than marriage.
P6	I believe that Cohabitation is the best way to justify relationships before marriage.
P7	I believe that Cohabitation has more independence and freedom.
P9	I believe that Cohabitation helps to improve personal growth of individuals (job, education, economically).
P11	I believe that the satisfaction of a relationship is more in Cohabitation.
P13	I believe that Cohabitation is the way to spend time together with a partner.
P14	I believe that in Cohabitation there are some physical and mental boundaries compared to marriage.
P15	I believe that compared to marriage, Cohabitation is more economical.
P16	I believe that Cohabitation has a negative impact towards Indian culture.
P20	I believe that Cohabitation has more practical perspectives than marriage.
P21	I believe that in Cohabitation both have their own decision and choices.
NP8	I believe that Cohabitation negatively impacts on individuals' identity.

NP17	I believe that Cohabitation leads to cultural change.
NP19	I believe that in Cohabitation there are less ethics and principals.
NP22	I believe that Cohabitation affects societal norms and values.
NP23	I believe there's no relationship stability in Cohabitation.
NP25	I believe that Cohabitation has a negative impact on children and family dynamics.

