



Choosing Singlehood after 40 Years: A Qualitative Study of Women's Perspectives on Marriage

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Abstract:

Marriage has traditionally been regarded as a significant milestone in a woman's life across many cultures. However, an increasing number of women are consciously choosing to remain unmarried beyond the age of 40. This qualitative study explores the lived experiences, motivations, and perspectives of women who have chosen singlehood over marriage. Using a phenomenological research design, in-depth interviews were conducted with 20 women aged 40 years and above who had never married. Thematic analysis revealed six major themes: embracing personal autonomy, prioritizing career and self-development, family caregiving responsibilities, negative perceptions of marriage based on lived or observed experiences, inability to find a compatible partner, and redefining happiness beyond marriage. The findings suggest that remaining unmarried is often an intentional and empowering life choice rather than a consequence of circumstance. The study highlights the importance of challenging societal stereotypes surrounding unmarried women and promoting acceptance of diverse life trajectories.

Keywords: Singlehood, unmarried women, women over 40, qualitative research, phenomenology, marriage, autonomy.

INTRODUCTION:

Marriage has long been considered one of the most valued social institutions, particularly in collectivist societies where it is viewed as a marker of adulthood, social acceptance, and family continuity. Women have traditionally faced greater societal pressure than men to marry within a culturally acceptable age. Those who remain unmarried beyond their thirties and forties are often subjected to social stigma, family pressure, and assumptions regarding their personal lives.

In recent decades, changing educational opportunities, economic independence, urbanization, and evolving gender roles have transformed women's aspirations. Many women now prioritize education, career development, financial independence, personal growth, and emotional well-



being over traditional marital expectations. Consequently, the number of women remaining unmarried into their forties has increased in many parts of the world.

While quantitative studies have documented demographic trends in delayed marriage, fewer studies have explored the personal meanings attached to choosing lifelong singlehood. A qualitative approach provides an opportunity to understand women's lived experiences, emotions, and decision-making processes in their own words.

This study seeks to illuminate the complex reasons why women above the age of 40 choose not to marry and how they construct meaningful and fulfilling lives outside marriage.

REVIEW OF LITERATURE:

Previous studies suggest that delayed or non-marriage among women is influenced by multiple interrelated factors.

Research by **DePaulo (2006)** argued that single individuals often experience "singlism," a form of discrimination based on marital status. Despite social prejudice, many unmarried adults report high levels of life satisfaction and psychological well-being.

Cherlin (2009) observed that marriage has shifted from being a social necessity to becoming an optional personal choice, particularly among educated women. Economic independence has enabled women to redefine success outside traditional family structures.

Studies conducted in Asian countries have shown that caregiving responsibilities toward ageing parents frequently delay marriage. In many cases, prolonged postponement eventually becomes a permanent decision.

Research also indicates that exposure to domestic violence, parental conflict, divorce, emotional abuse, and unequal gender roles contributes to negative attitudes toward marriage.

Although existing literature identifies several contributing factors, there remains limited qualitative evidence documenting how women themselves interpret these experiences and justify their decisions. This study addresses this gap.

STATEMENT OF PROBLEM:

Marriage has traditionally been regarded as a universal and essential life event, particularly for women. In many societies, a woman's identity, social acceptance, and perceived success have been closely linked to marriage and family life. Women who remain unmarried beyond the age of 40 are often viewed as exceptions to this social norm and may face stereotypes, social scrutiny, and pressure from family and the wider community. They are frequently perceived as having failed to marry, being overly career-oriented, too selective, or simply "waiting too long," without considering the complexity of their personal experiences and life choices.

Over the past few decades, significant social, economic, and cultural changes have altered women's roles and aspirations. Increased access to education, financial independence, professional opportunities, and changing attitudes toward gender equality have enabled many women to make independent decisions about their lives. For some women, remaining unmarried is not the result of circumstance but a deliberate and meaningful choice shaped by personal values, career aspirations, caregiving responsibilities, previous relationship experiences, or a



desire for autonomy and emotional well-being. Others may have remained unmarried because they were unable to find a compatible partner who shared their expectations of equality, respect, and mutual support.

Despite these societal changes, unmarried women over the age of 40 continue to encounter stigma and misconceptions. Questions regarding their marital status, assumptions about loneliness or unhappiness, and societal expectations to justify their decision remain common. Such attitudes can influence their psychological well-being, social relationships, and overall quality of life. However, many unmarried women report leading satisfying and purposeful lives through meaningful careers, strong social networks, community involvement, spirituality, and personal growth.

Most existing research on marriage has focused on marital satisfaction, delayed marriage, fertility, or the consequences of remaining single using quantitative methods. While these studies provide valuable statistical information, they often fail to capture the subjective meanings, emotions, and lived experiences that influence women's decisions to remain unmarried. There is a notable lack of qualitative research that allows women above the age of 40 to describe their experiences in their own words and explain how they negotiate societal expectations while constructing fulfilling lives outside marriage.

Furthermore, cultural contexts significantly shape attitudes toward marriage and singlehood. In countries such as India, where marriage continues to be considered a social obligation and an important family expectation, understanding the perspectives of women who intentionally remain unmarried is particularly important. Their experiences can provide valuable insights into changing gender roles, evolving family structures, and the increasing recognition of individual autonomy in contemporary society.

Therefore, this study seeks to explore the lived experiences and perspectives of women aged 40 years and above who have chosen to remain unmarried. Through a qualitative phenomenological approach, the study aims to understand the personal, familial, social, cultural, and psychological factors that influence their decision. By giving voice to these women's experiences, the study intends to challenge prevailing stereotypes, contribute to the limited body of qualitative literature on lifelong singlehood, and provide evidence that can inform social work practice, counselling, gender studies, and public policy. Ultimately, the study recognizes that choosing singlehood is one of many legitimate pathways through which women can achieve fulfilment, well-being, and a meaningful life.

OBJECTIVES:

1. To explore the lived experiences of women above 40 who have chosen not to marry.
2. To identify factors influencing their decision to remain unmarried.
3. To understand societal and family responses toward unmarried women.
4. To explore how unmarried women define happiness, fulfilment, and success.

RESEARCH QUESTIONS:

1. What factors influence women above 40 to remain unmarried?



2. How do women perceive marriage after the age of 40?
3. How do family and society react to their marital status?
4. How do unmarried women experience personal fulfilment and well-being?

METHODOLOGY:

Research Design: A qualitative phenomenological design was adopted to understand the lived experiences of unmarried women over the age of 40.

Study Setting: The study was conducted among urban and semi-urban women residing in Bengaluru, India.

Participants: Twenty women aged 40 years and above who had never married participated in the study.

Inclusion Criteria:

- Women aged 40 years and above.
- Never married.
- Willing to participate.
- Able to communicate in English or the local language.

Exclusion Criteria:

- Widowed, divorced, or separated women.
- Women with severe cognitive impairment preventing interviews.

Sampling Technique: Purposive sampling was employed to recruit participants with relevant experiences.

Data Collection: Semi-structured, in-depth interviews lasting 60–90 minutes were conducted. Interviews were audio-recorded with participants' consent and transcribed verbatim.

Example interview questions included:

- Can you tell me about your journey regarding marriage?
- What influenced your decision to remain unmarried?
- How has society responded to your choice?
- What gives your life meaning and fulfilment?

Ethical Considerations

Ethical approval was obtained from the institutional ethics committee. Participants provided informed consent. Confidentiality, anonymity, voluntary participation, and the right to withdraw at any stage were ensured.

Data Analysis

Data were analysed using Braun and Clarke's (2006) six-step thematic analysis:

1. Familiarization with the data.
2. Generating initial codes.
3. Searching for themes.
4. Reviewing themes.
5. Defining and naming themes.



6. Producing the report.

FINDINGS & THEMATIC ANALYSIS:

Six major themes emerged & it is discussed below:

Thematic analysis of the interview transcripts resulted in six major themes that describe the reasons women aged 40 years and above chose to remain unmarried. These themes reflect participants' lived experiences, personal values, family circumstances, and perceptions of marriage. Representative quotations have been included to illustrate each theme.

Theme 1: Choosing Independence

A dominant theme emerging from the interviews was the participants' strong desire for personal independence and autonomy. Most women described independence as one of the primary reasons for remaining unmarried. They valued the freedom to make decisions regarding their careers, finances, living arrangements, travel, friendships, and lifestyle without having to seek approval or compromise with a spouse. For many participants, independence represented empowerment rather than isolation.

Several participants explained that throughout adulthood they had become accustomed to making their own decisions and managing their lives independently. They believed that marriage would require adjustments that might limit their personal freedom, professional ambitions, or preferred way of life. Some also emphasized that they had developed confidence in handling challenges independently, making marriage less of a necessity.

Participants frequently associated independence with emotional freedom. They appreciated having complete control over their time, priorities, and future plans without feeling obligated to meet traditional marital roles or societal expectations.

One participant shared:

"Being single allows me to live life on my own terms. I never felt incomplete without marriage."
(Participant 4)

Another participant remarked:

"I decide where I live, how I spend my money, and what goals I pursue. That freedom means a lot to me." (Participant 11)

These narratives indicate that independence was not viewed as a rejection of relationships but as a conscious preference for self-determination and personal autonomy.

Theme 2: Career and Self-Development

Career aspirations and personal growth emerged as another significant theme. Many participants devoted considerable time to higher education, professional advancement, entrepreneurship, and skill development during their twenties and thirties. As they achieved career success and financial stability, marriage gradually became a less significant life goal.

Participants explained that professional achievements gave them confidence, purpose, and a strong sense of identity. Financial independence reduced the traditional expectation that marriage was necessary for economic security. Several women described their careers as opportunities for continuous learning, leadership, travel, and contributing meaningfully to society.



Some participants acknowledged postponing marriage while pursuing promotions, higher education, or establishing their businesses. Eventually, they realized that they were satisfied with their lives without feeling the need to marry.

One participant explained:

"My career gave me confidence, identity, and purpose. Marriage stopped being my priority."
(Participant 9)

Another participant reflected:

"Every promotion strengthened my confidence. I realised I was building the life I wanted, even without a husband." (Participant 6)

These findings suggest that career success became an important source of personal fulfilment, replacing marriage as the primary indicator of success.

Theme 3: Caregiving Responsibilities

Family caregiving responsibilities played a significant role in shaping participants' marital decisions. Many women described sacrificing their personal aspirations to care for ageing parents, younger siblings, or relatives with chronic illnesses. These responsibilities often required considerable emotional, financial, and physical commitment.

Several participants explained that they postponed marriage while fulfilling family obligations, believing they could marry later. However, as years passed, caregiving became central to their lives, and marriage gradually lost its importance. Some participants also reported feeling responsible for supporting their families financially, especially after the death of a parent or during periods of economic hardship.

Despite the challenges, most participants did not express regret. Instead, they viewed caregiving as an act of love and responsibility that shaped their personal values and life priorities.

One participant shared:

"After my mother's illness, I became the caregiver. Marriage simply moved out of my life plan."
(Participant 15)

Another participant stated:

"My younger siblings depended on me for their education. By the time they settled, I had already built a different life." (Participant 12)

The findings demonstrate how family responsibilities can significantly influence women's life trajectories and marital decisions.

Theme 4: Negative Perceptions of Marriage

Many participants described developing negative attitudes toward marriage after witnessing unhappy relationships within their families or communities. Experiences such as domestic violence, emotional abuse, alcoholism, dowry-related harassment, controlling spouses, and parental conflicts contributed to fear and hesitation about marriage.

Participants frequently compared the peaceful lives they currently experienced with the instability they had observed in some marriages. Rather than entering a relationship solely because of social



expectations, they preferred remaining single if they could not establish a healthy, respectful partnership.

Some participants also expressed concerns about unequal gender roles, loss of personal freedom, and the expectation that women should sacrifice their ambitions after marriage.

One participant explained:

"Watching my parents constantly fight convinced me that peace is more valuable than marriage."
(Participant 2)

Another participant remarked:

"I saw too many women sacrificing their dreams after marriage. I didn't want that to become my story." (Participant 17)

These accounts illustrate how observed family experiences significantly shaped participants' perceptions of marriage.

Theme 5: Absence of a Compatible Partner

The inability to find a suitable life partner emerged as another important theme. Contrary to common assumptions, participants emphasized that remaining unmarried was not due to unrealistic expectations but rather a refusal to compromise on fundamental values such as respect, equality, honesty, emotional maturity, and mutual support.

Several participants explained that they met potential partners but found significant differences in values, life goals, or expectations regarding gender roles. Many believed that entering an incompatible marriage would create greater unhappiness than remaining single.

Participants also highlighted the importance of emotional compatibility over social pressure to marry.

One participant explained:

"I wasn't waiting for perfection. I wanted respect and partnership. I never found both together."
(Participant 7)

Another participant shared:

"People say I was too choosy, but I believe choosing the wrong person would have been far worse."
(Participant 10)

These findings suggest that participants viewed marriage as meaningful only when built on equality, respect, and emotional connection.

Theme 6: Redefining Happiness

Perhaps the most profound theme emerging from the interviews was the participants' ability to redefine happiness beyond marriage. Most women rejected the traditional belief that marriage is essential for a fulfilling life. Instead, they described happiness as being derived from meaningful work, close friendships, family relationships, spirituality, hobbies, travel, volunteering, and personal achievements.

Participants expressed high levels of life satisfaction despite societal assumptions that unmarried women experience loneliness or regret. Many described themselves as emotionally fulfilled and socially connected through supportive friendships and community involvement.



Several participants also emphasized the importance of self-love, inner peace, and personal growth. Rather than viewing marriage as the ultimate destination, they considered it one of many possible pathways to happiness.

One participant explained:

"Marriage is only one way to build a meaningful life—not the only way." (Participant 18)

Another participant reflected:

"I travel, volunteer, spend time with friends, and enjoy my work. My happiness comes from living authentically." (Participant 5)

These narratives challenge traditional societal assumptions by demonstrating that women can experience purpose, fulfilment, and emotional well-being outside the institution of marriage.

SUMMARY OF THE FINDINGS:

The six themes collectively reveal that the decision to remain unmarried after the age of 40 is rarely the result of a single factor. Instead, it reflects a complex interaction of personal autonomy, career aspirations, family responsibilities, past experiences, relationship expectations, and evolving definitions of happiness. Participants consistently described their decision as thoughtful, intentional, and aligned with their values rather than as a consequence of failure or misfortune. Their narratives highlight the need to recognize singlehood as a valid and fulfilling life choice while challenging societal stereotypes surrounding unmarried women.

DISCUSSION:

The present study sought to explore the lived experiences and perspectives of women aged 40 years and above who have chosen to remain unmarried. The findings reveal that the decision to remain single is rarely the result of a single circumstance or an inability to marry. Instead, it reflects a complex interaction of personal aspirations, family responsibilities, social experiences, emotional needs, and evolving perceptions of marriage. Contrary to prevailing societal assumptions that unmarried women are lonely, incomplete, or unsuccessful, the participants described their singlehood as an intentional, meaningful, and empowering life choice.

One of the most significant findings was the importance participants placed on personal autonomy and independence. Many women viewed independence as central to their identity and well-being. They appreciated the freedom to make decisions regarding their careers, finances, travel, and personal lives without negotiating traditional marital roles or expectations. This finding supports contemporary feminist perspectives, which argue that women increasingly define their identities through self-determination and personal achievement rather than marital status. The narratives suggest that autonomy contributes significantly to life satisfaction and psychological well-being among unmarried women.

The study also highlights the role of education and economic independence in influencing marital decisions. Higher education and stable employment provided participants with financial security, self-confidence, and opportunities for personal growth. Economic independence reduced the traditional dependence on marriage as a source of financial protection or social security. Instead of viewing marriage as an economic necessity, participants perceived it as one among several life



choices. This reflects broader social changes in which women's educational attainment and workforce participation have expanded their life opportunities and decision-making power.

Another important finding concerns the influence of family caregiving responsibilities. Several participants postponed marriage while caring for ageing parents, younger siblings, or other dependent family members. Over time, these responsibilities became integral to their identities and life priorities, resulting in marriage becoming less significant. This finding reflects the gendered nature of caregiving, where women often assume primary responsibility for family welfare. Although participants acknowledged personal sacrifices, they also expressed pride in fulfilling these responsibilities and rarely viewed their decision with regret.

Participants' negative perceptions of marriage were strongly influenced by their observations of unhealthy marital relationships within their families and communities. Witnessing domestic violence, emotional abuse, alcoholism, marital conflict, dowry-related harassment, and unequal gender roles shaped their cautious attitudes toward marriage. Rather than rejecting marriage itself, participants rejected relationships that lacked mutual respect, equality, and emotional safety. These findings demonstrate how childhood experiences and family environments significantly influence adult relationship choices and perceptions of marriage.

The inability to find a compatible life partner also emerged as an important factor. Participants emphasized that they were not seeking perfection but desired relationships characterized by mutual respect, shared values, emotional maturity, and equality. Rather than compromising these expectations, they consciously chose singlehood. Their experiences challenge stereotypes portraying unmarried women as excessively selective or unwilling to compromise. Instead, they illustrate thoughtful decision-making based on long-term emotional well-being.

Perhaps the most transformative finding of the study is the participants' redefinition of happiness and fulfilment. Rather than equating happiness with marriage, participants described meaningful lives enriched by careers, friendships, family relationships, spirituality, travel, volunteering, creative pursuits, and community engagement. Their narratives challenge the dominant cultural belief that marriage is essential for personal fulfilment and demonstrate that well-being can be achieved through multiple life pathways.

Despite expressing high levels of life satisfaction, participants also reported encountering persistent social stigma. Many experienced intrusive questions, unsolicited advice, social exclusion, and assumptions regarding loneliness, selfishness, or personal inadequacy. Such experiences indicate that traditional cultural expectations regarding women's marital roles continue to shape public attitudes. The findings therefore underscore the need for greater societal awareness and acceptance of diverse life choices.

Overall, the study contributes to the growing body of literature suggesting that lifelong singlehood among women is increasingly becoming an active and autonomous lifestyle choice rather than a consequence of personal failure or social disadvantage. Understanding these experiences is particularly important for professionals working in social work, psychology, counselling, women's studies, and public policy.



Implications for Social Work Practice

The findings of this study have important implications for social work education, practice, advocacy, and policy development.

Firstly, social workers should actively challenge stereotypes and discriminatory attitudes toward unmarried women. Through awareness programmes, community education, and advocacy initiatives, professionals can help promote the understanding that marriage is a personal decision rather than a universal obligation.

Secondly, counsellors and social workers should adopt strengths-based and person-centred approaches when working with unmarried women. Instead of assuming loneliness or psychological distress, practitioners should recognise their resilience, independence, and diverse sources of fulfilment.

Thirdly, social workers can facilitate peer support groups and social networks for unmarried women, creating safe spaces where they can share experiences, discuss challenges, and develop supportive relationships. Such groups may reduce social isolation and reinforce positive self-identity.

Fourthly, educational institutions and community organisations should incorporate discussions on diverse family structures, changing gender roles, and alternative life choices into awareness programmes and counselling services. This may help reduce stigma and foster greater social acceptance.

Finally, social workers should advocate for equal access to social welfare schemes, healthcare, housing, insurance, inheritance rights, employment benefits, and retirement planning, irrespective of marital status. Policies should recognise that unmarried women constitute an important and growing demographic with unique social and economic needs.

RECOMMENDATIONS:

Based on the findings of this study, the following recommendations are proposed:

- Conduct comparative qualitative studies examining the experiences of unmarried women in rural and urban settings to understand the influence of cultural and geographical contexts.
- Explore psychological resilience, coping strategies, life satisfaction, and mental well-being among lifelong single women using mixed-methods research designs.
- Investigate the perspectives of parents, siblings, and extended family members regarding women who remain unmarried to understand family dynamics and expectations.
- Examine how socioeconomic status, religion, caste, ethnicity, education, and occupation shape women's decisions regarding marriage and singlehood.
- Study the experiences of unmarried women during later adulthood, particularly regarding ageing, caregiving, retirement, healthcare access, and social support systems.
- Conduct cross-cultural studies comparing the experiences of unmarried women across different countries to understand similarities and differences in societal attitudes.



- Develop and evaluate intervention programmes aimed at reducing stigma and promoting acceptance of diverse family forms and life choices.
- Encourage policymakers to recognise the needs of unmarried women while designing welfare programmes and social protection policies.

LIMITATIONS OF THE STUDY:

Although the study provides valuable insights into the experiences of women who choose to remain unmarried after the age of 40, several limitations should be acknowledged.

Firstly, the study involved a relatively small number of participants selected through purposive sampling from a single geographical region. Therefore, the findings reflect the experiences of this particular group and should not be interpreted as representative of all unmarried women.

Secondly, qualitative research seeks depth of understanding rather than statistical generalisation. The findings provide rich descriptions of participants' lived experiences but are not intended to be generalised to larger populations.

Thirdly, participation was voluntary. Women who agreed to participate may have been more comfortable discussing their experiences than those who declined, introducing the possibility of self-selection bias.

Fourthly, participants' narratives were based on personal recollections and subjective interpretations of their life experiences, which may be influenced by memory, emotions, or changing perspectives over time.

Finally, the study focused exclusively on women who had never married. Future research could compare their experiences with those of divorced, widowed, or separated women to gain a broader understanding of singlehood across different life circumstances.

CONCLUSION:

The present study provides valuable insights into the lived experiences of women aged 40 years and above who have chosen to remain unmarried. The findings demonstrate that singlehood is often a thoughtful, intentional, and empowering life choice shaped by personal values, educational opportunities, career aspirations, family responsibilities, emotional well-being, and changing social norms. Rather than representing social failure or personal inadequacy, remaining unmarried reflects women's agency in making decisions that align with their aspirations, beliefs, and life goals.

The participants consistently challenged traditional assumptions that marriage is the only pathway to happiness and fulfilment. Their narratives revealed rich and meaningful lives characterised by independence, professional achievement, supportive friendships, family relationships, spirituality, community involvement, and continuous personal growth. At the same time, their experiences highlight the persistence of social stigma, gendered expectations, and cultural pressures that continue to influence women's life choices.

The study underscores the importance of recognising diverse life trajectories and respecting women's autonomy in making decisions regarding marriage. Social institutions, policymakers, educators, and helping professionals have an important role in promoting inclusive attitudes that



value women regardless of their marital status. By acknowledging singlehood as a legitimate and fulfilling way of life, society can move towards greater gender equality, respect for individual choice, and social inclusion.

Ultimately, the voices of the participants remind us that fulfilment, happiness, and personal success are not determined by marital status but by the ability to live authentically, pursue meaningful goals, maintain supportive relationships, and exercise the freedom to shape one's own life.

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