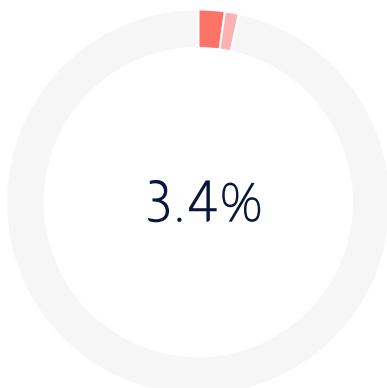


Analysis Report

Plagiarism Detection and AI Detection Report

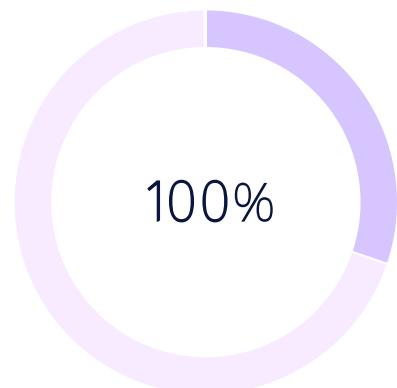
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Identical	2.2%	115
Minor Changes	1.2%	61
Paraphrased	0%	0
Excluded		
Omitted Words		47

AI Detection



	Text Coverage	Words
AI Text	100%	5,197
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Plagiarism

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Plagiarism Types	Text Coverage	Words
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INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH

Research Projects Division

Proposal Format – ICSSR Call for Research Projects on “Family and Family Systems in India” - (2025-26)

Note: Applicants must adhere to the word limit specified in each section, and any deviation from the prescribed ICSSR proposal format will result in the cancellation of the application.

Application number (To be noted down from the online application)		
Theme		Family and Family Systems in India
Sub-theme		Mental Health, Loneliness, and the Need for Strong Families
1.	Title of the Research Proposal	Understanding the Emerging DINK (Dual Income No Kids) Lifestyle in India: A Comparative Study Across Generations and Family Systems
2.	Abstract (approx. 500 words) (Brief overview including objectives, significance, methodology, and expected outcomes)	<p>India's traditional family system has historically revolved around collectivism, kinship solidarity, and intergenerational continuity. Within this structure, marriage and parenthood were central to identity and social legitimacy. However, the last two decades have witnessed rapid socio-economic transformation driven by globalization, urban migration, education, and women's participation in the workforce. These forces are reshaping the meaning of marriage, partnership, and family life in India. A notable outcome of this transition is the rise of Dual Income No Kids (DINK) households—married or cohabiting couples who consciously choose not to have children while focusing on careers, autonomy, and shared economic stability.</p> <p>While such lifestyles have been documented in Western and East Asian contexts, empirical evidence from India remains scarce. The few existing studies are primarily descriptive, confined to urban settings, and often overlook psychological and relational dimensions. In a society still rooted in pronatalist expectations, the DINK choice raises important questions about social acceptance, relationship satisfaction, and cultural negotiation within evolving Indian family</p>

systems. This research aims to examine how Indian DINK couples experience and construct their lives amidst changing values, and how **Generation Z** and **Millennial** cohorts differ in motivations, stigma perceptions, and life satisfaction.

The study is guided by three major frameworks: **Social Exchange Theory** (to understand cost-benefit reasoning in family decisions), **Attachment and Relationship Maintenance Theory** (to explore intimacy and satisfaction in childfree partnerships), and **Intersectionality** (to analyze the combined effects of caste, religion, gender, and sexual orientation). Together, these frameworks help reveal the psychological, social, and cultural processes shaping India's emerging childfree households.

Methodologically, the study employs a **mixed-methods design** combining quantitative and qualitative approaches. The quantitative phase will include **800 participants** (400 couples) representing diverse regions—urban, semi-urban, and rural India—ensuring variation in socio-economic background and cultural setting. Standardized psychological instruments, such as the **Relationship Assessment Scale**, **Life Satisfaction Scale**, and **Perceived Stigma Scale**, will be culturally adapted and validated for Indian samples. The qualitative phase will involve **60–80 semi-structured interviews**, exploring lived experiences of choice, negotiation with parents and kin, and perceptions of fulfilment. Data will be analyzed using **SPSS** (for descriptive and inferential statistics) and **NVivo** (for thematic narrative analysis).

The **objectives** are: (1) to investigate socio-psychological motivations behind adopting the DINK lifestyle in India; (2) to compare generational differences in life satisfaction and relationship quality; (3) to explore the role of caste, religion, and gender in shaping DINK experiences; and (4) to provide culturally validated tools and policy insights relevant to modern Indian family systems.

The study is **significant** because it addresses a major **research gap** in understanding evolving Indian family structures beyond traditional nuclear and joint models. Its **expected outcomes** include (a) a conceptual framework for analyzing childfree families in India, (b) empirical data on intergenerational patterns and social acceptance, (c) culturally adapted instruments for future Indian research, and (d) evidence-based recommendations for **family counselling, marital therapy, and social awareness programs**.

		Ultimately, the research redefines DINK households not as deviations from tradition, but as reflective of India's adaptive, plural, and evolving family system.
3.	<p>Introduction, Theoretical Framework and Scope of the Proposed Study (approx. 500 words)</p> <p>(Outline theoretical foundations and the scope of the study in Indian context)</p>	<p>India's family system has long been characterized by collectivism, interdependence, and the joint-family ethos that emphasizes lineage continuation and filial duty. However, the nation's rapid urbanization, educational expansion, and economic liberalization have redefined household structures and personal choices. In contemporary metropolitan and semi-urban India, a new lifestyle category is emerging — the Dual Income No Kids (DINK) households. These couples consciously choose to remain childfree while pursuing careers, economic security, and personal fulfillment.</p> <p>Although childfree lifestyles have been documented in Western literature for decades, their occurrence in India represents a significant cultural shift. In a society historically grounded in pronatalist expectations and extended kinship obligations, the DINK phenomenon challenges traditional definitions of family, marriage, and success. Early Indian media portrayals often frame such couples as symbols of modern aspiration, yet sociological realities reveal continuing stigma and intergenerational tensions.</p> <p>While economic motivations (cost of child-rearing, work-life priorities, and urban living expenses) partly explain this choice, there is limited understanding of the psychological, relational, and cultural dynamics that sustain such lifestyles within India's unique social framework. The transformation from joint to nuclear and now “childfree nuclear” families calls for an in-depth inquiry into how DINK couples negotiate familial expectations, manage relationships, and construct meanings of intimacy and satisfaction in the Indian sociocultural milieu.</p> <p>The study is theoretically anchored in Social Exchange Theory, which explains how couples assess emotional, economic, and social rewards when choosing to remain childfree, and in Attachment and Relationship Maintenance Theory, which explores how marital satisfaction and intimacy are maintained in partnerships without children. Additionally,</p>

	<p>an intersectional framework guides the study to recognize how caste, gender, religion, and sexual orientation intersect to shape the experiences, challenges, and acceptance of DINK couples within diverse Indian communities. These frameworks together offer a comprehensive lens to understand both micro-level relationship dynamics and macro-level sociocultural influences.</p> <p>Situated at the crossroads of psychology, sociology, and cultural studies, this study focuses on understanding how evolving aspirations, career orientations, and social transformations influence family life in India. It specifically examines how two generational cohorts — Millennials and Generation Z — conceptualize marriage, partnership, and fulfillment without parenthood, and how their lived experiences vary across urban, semi-urban, and rural settings. By situating the DINK lifestyle within the changing Indian family system, the research highlights how traditional expectations coexist and at times conflict with modern individualistic values.</p> <p>Through this inquiry, the study contributes to a deeper understanding of emerging family forms in India, addressing a critical gap in family research that has often focused solely on nuclear or joint families. It emphasizes that the rise of DINK households is not merely a lifestyle trend but a reflection of broader transformations in values, gender roles, and economic priorities within Indian society.</p>
4.	<p>Critical Review of Key Research Works for the Proposed Study (Avoid listing bibliographic references) (approx. 1000 words)</p> <p>India's family system has long been characterized by collectivism, interdependence, and the joint-family ethos that emphasizes lineage continuation and filial duty. However, the nation's rapid urbanization, educational expansion, and economic liberalization have redefined household structures and personal choices. In contemporary metropolitan and semi-urban India, a new lifestyle category is emerging — the Dual Income No Kids (DINK) households. These couples consciously choose to remain childfree while pursuing careers, economic security, and personal fulfilment.</p> <p>Although childfree lifestyles have been documented in Western literature for decades, their occurrence in India</p>

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While economic motivations (cost of child-rearing, work-life priorities, and urban living expenses) partly explain this choice, there is limited understanding of the **psychological, relational, and cultural dynamics** that sustain such lifestyles within India's unique social framework. The transformation from joint to nuclear and now “childfree nuclear” families calls for an in-depth inquiry into how DINK couples negotiate familial expectations, manage relationships, and construct meanings of intimacy and satisfaction in the Indian sociocultural milieu.

The study is theoretically anchored in **Social Exchange Theory**, which explains how couples assess emotional, economic, and social rewards when choosing to remain childfree, and in **Attachment and Relationship Maintenance Theory**, which explores how marital satisfaction and intimacy are maintained in partnerships without children. Additionally, an **intersectional framework** guides the study to recognize how caste, gender, religion, and sexual orientation intersect to shape the experiences, challenges, and acceptance of DINK couples within diverse Indian communities. These frameworks together offer a comprehensive lens to understand both micro-level relationship dynamics and macro-level sociocultural influences.

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5.	<p>Identification of Research Gaps (Clearly identify the gaps in the existing research literature, unexplored areas, and explain how your proposed study addresses these gaps) (approx. 500 words)</p>	<p>Although preliminary Indian studies have begun documenting the presence of Dual Income No Kids (DINK) households and their economic and lifestyle patterns, the available literature remains limited in depth, scope, and theoretical integration. The phenomenon is emerging rapidly in India, yet scholarship continues to focus largely on descriptive or consumption-oriented analyses. As a result, several critical and actionable research gaps remain to be addressed.</p> <p>1. Intergenerational Comparative Evidence (Gen Z vs Millennials): Existing Indian research has not systematically compared DINK lifestyles across generational cohorts. Millennials and Generation Z differ substantially in socialization, exposure to global media, work culture, and relationship expectations. While Millennials were shaped by early liberalization and career mobility, Generation Z is more digitally native and individualistic. No Indian study has examined whether these generational differences influence motivations for childfree living, relationship satisfaction, or acceptance within extended families. This study fills the gap by conducting a comparative analysis across the two cohorts, enabling insights into how evolving generational values shape family decisions in contemporary India.</p> <p>2. Psychological and Relational Mechanisms: Most Indian studies have emphasized sociological and economic factors but have neglected psychological constructs that explain how DINK couples maintain relationship quality, cope with stigma, and negotiate family expectations. Constructs such as attachment styles, relationship maintenance strategies, and life satisfaction remain underexplored within Indian samples. This research directly addresses this gap by integrating validated psychological measures into the study design, thereby linking</p>

emotional processes with socio-cultural dynamics.

3. Intersectionality — Caste, Religion, and LGBTQ+ Status:

The interplay of caste hierarchy, religious norms, gender expectations, and sexual orientation remains virtually unexamined in Indian DINK research. These intersections profoundly influence social sanction, kinship obligations, and marital autonomy. For instance, a DINK couple from an upper-caste urban background may experience more acceptance than one from a conservative or marginalized group. Similarly, LGBTQ+ couples' experiences of voluntary childlessness intersect with broader struggles for recognition.

The proposed study adopts an intersectional lens, purposively sampling participants from diverse caste, religious, and gender identities to examine how privilege and marginalization shape DINK experiences.

4. Rural–Urban and Family Structure Moderators:

Most existing work is metropolitan-centric, overlooking semi-urban and rural regions where traditional norms remain stronger. Little is known about whether DINK lifestyles exist in smaller towns, how they are perceived, or how they negotiate family obligations in joint or extended households.

This study includes urban, semi-urban, and rural samples across India, thereby capturing regional and structural variation. This approach will illuminate whether the DINK phenomenon is confined to elite urban enclaves or spreading more broadly.

5. Methodological Robustness and Cultural Validity:

Current Indian research is limited by small, convenience samples and unvalidated Western instruments. Constructs like perceived stigma or relationship quality often rely on scales not adapted for local cultural meanings.

This research overcomes these limitations through a **mixed-methods design**, combining quantitative surveys with qualitative narratives and culturally adapting tools through translation, back-translation, and pilot testing.

In summary, the existing literature lacks comprehensive, psychologically grounded, and culturally sensitive analysis of the DINK phenomenon in India. By integrating generational comparison, intersectionality, and methodological rigor, **the proposed study will bridge these gaps**, contributing both empirical data and theoretical insights to the understanding of changing Indian family systems.

6.	Uniqueness and Originality of the Study (approx. 300 words)	<p>The proposed study is distinguished by its conceptual, methodological, and contextual innovation within the field of Indian family research. It represents the first India-wide investigation focusing exclusively on the Dual Income No Kids (DINK) lifestyle — a phenomenon that has received limited empirical attention in India despite its increasing visibility in metropolitan and semi-urban societies. While international research has examined voluntary childlessness through economic or feminist lenses, the proposed study goes beyond replication by embedding this lifestyle within India's unique sociocultural framework, where family, kinship, and filial obligations hold central importance.</p> <p>The study's original contribution lies in its comparative generational analysis, exploring how Millennials and Generation Z conceptualize marriage, intimacy, and fulfilment in childfree unions. By situating these generational experiences within the broader transformation of Indian family systems, the project captures how shifting aspirations and globalization intersect with indigenous values. This generational lens has rarely been applied in Indian family research and provides critical insights into the evolution of relationship norms among younger cohorts.</p> <p>Methodologically, the study is innovative in its mixed-methods design that integrates quantitative surveys with qualitative interviews to generate both breadth and depth. The inclusion of intersectional sampling across caste, religion, gender, and region introduces a level of diversity and representativeness seldom achieved in prior research. Additionally, the cultural adaptation and validation of psychological instruments — such as measures of stigma, life satisfaction, and relationship quality — mark a significant advancement for future Indian studies.</p> <p>Beyond academic originality, the research carries practical significance by offering policy-relevant insights for marital counselling, family welfare programs, and social awareness initiatives. It redefines emerging family forms not as deviations but as evolving expressions of partnership within India's dynamic social structure.</p>
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7.	<p>Objectives of the Proposed Study (approx. 300 words)</p> <p><u>(List main and specific objectives of the research)</u></p>	<p>Main Goal 1: Understand socio-psychological and cultural factors shaping DINK adoption in India</p> <ul style="list-style-type: none"> • Examine personal, relational, and cultural determinants: Investigate the individual motivations, couple dynamics, and cultural norms that influence the decision to adopt a child-free lifestyle. This includes aspirations, career priorities, personal values, and societal expectations surrounding marriage and parenthood. • Analyze caste, religion, and gender influences: Explore how identity-based and structural factors shape couples' choices, highlighting the intersectional impacts of social hierarchies and cultural beliefs on lifestyle decisions. • Explore negotiation of intergenerational expectations: Study how couples manage pressures and expectations from parents and extended families, including strategies to maintain autonomy while sustaining familial harmony and social acceptance. <p>Main Goal 2: Assess generational differences and develop culturally valid research tools</p> <ul style="list-style-type: none"> • Compare Millennials and Gen Z: Examine variations in relationship quality, life satisfaction, and attitudes toward marriage, family, and career across generational cohorts, identifying emerging trends and shifts in perceptions of childlessness in Indian society. • Develop culturally valid research instruments: Adapt and refine existing Western constructs to create reliable tools tailored to the Indian context, capable of capturing the nuanced experiences of DINK couples, including relationship dynamics, satisfaction, and societal interactions. • Generate policy-relevant insights: Provide empirical evidence that informs social, workplace, and public policy, promoting awareness of diverse family structures and guiding interventions that support
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		<p>informed decision-making, gender equity, and acceptance of non-traditional lifestyles.</p> <p>Through these objectives, the study aims to fill a critical gap in Indian family research by integrating psychological, sociological, and intersectional perspectives, offering a comprehensive understanding of contemporary child-free lifestyles and their implications for individuals, families, and society.</p>
8.	<p>Proposed Methodology, Sampling Design, and Research Design (approx. 800 words)</p>	<p>The proposed study adopts a mixed-methods research design, integrating quantitative surveys with qualitative interviews. This approach is particularly suitable for exploring DINK (Dual Income, No Kids) lifestyles in India, as it allows the investigation of both measurable outcomes (e.g., relationship quality, life satisfaction) and rich, contextualized narratives surrounding socio-cultural influences and intergenerational negotiations. Quantitative methods will provide statistically robust findings regarding generational differences, socio-demographic predictors, and patterns of child-free decision-making, while qualitative methods will offer in-depth insights into couples' lived experiences, coping strategies, and cultural negotiation processes. This combination ensures a comprehensive understanding of the phenomenon, addressing the study's dual focus on structural and subjective dimensions.</p> <p>Population and Sampling Design</p> <p>The target population includes adult Indian couples across urban, semi-urban, and rural areas who have consciously chosen a child-free lifestyle. For the quantitative component, a sample of 800 participants (400 couples) will be recruited using stratified purposive sampling, ensuring representation across generational cohorts (<u>Millennials and Gen Z</u>), gender, caste, religion, and geographic location. Stratification by urban, semi-urban, and rural areas will capture variations in socio-cultural contexts and lifestyle constraints. For the qualitative component, 60–80 semi-structured interviews will be conducted with purposively selected couples who can provide rich narratives on decision-making processes, familial interactions, and socio-cultural negotiations. Inclusion criteria</p>

	<p>include being married or cohabiting, aged 22–40, and voluntarily child-free for at least one year.</p> <p>Data Collection Tools and Procedures</p> <p>Quantitative data will be collected using standardized and validated instruments:</p> <ul style="list-style-type: none"> • Relationship Assessment Scale (RAS): Measures relationship satisfaction and quality. • Perceived Stigma Scale (adapted for child-free couples): Captures social pressures, judgment, and internalized stigma. • Satisfaction with Life Scale (SWLS): Evaluates subjective well-being and life satisfaction. <p>All tools will be culturally adapted and pilot-tested for comprehension, relevance, and reliability in the Indian context. Qualitative data will be collected through semi-structured interviews, guided by open-ended questions exploring personal motivations, intergenerational negotiations, societal pressures, and coping strategies. Interviews will be audio-recorded (with consent), transcribed verbatim, and anonymized. Field notes will supplement transcripts to capture contextual details and non-verbal cues.</p> <p>Data Analysis Plan</p> <p>Quantitative data will be analyzed using SPSS. Descriptive statistics will summarize demographic and socio-cultural characteristics, while inferential analyses (t-tests, ANOVA, and regression) will assess generational differences, predictors of relationship quality and life satisfaction, and the influence of caste, religion, and gender. Correlational analyses will examine relationships between perceived stigma, life satisfaction, and relationship outcomes.</p> <p>Qualitative data will be analyzed using NVivo for thematic analysis. A coding framework will be developed iteratively, combining deductive codes based on literature and inductive codes emerging from the interviews. Themes will be organized to capture socio-cultural negotiation patterns,</p>
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	<p>generational perspectives, and subjective experiences of DINK couples. Triangulation between quantitative and qualitative findings will strengthen validity and provide a holistic interpretation of results.</p> <p>Ethical Considerations</p> <p>Ethical approval will be obtained prior to data collection. Informed consent will be secured from all participants, ensuring voluntary participation and the right to withdraw at any time. Confidentiality and anonymity will be maintained, with data stored securely and identifiers removed from transcripts. Cultural sensitivity will be maintained during data collection, with careful attention to potentially stigmatizing topics.</p> <p>Rationale and Relevance</p> <p>This methodology ensures both rigor and contextual sensitivity. The mixed-methods design allows for generalizable quantitative insights while capturing the nuanced lived experiences of Indian DINK couples. Stratified purposive sampling ensures demographic, generational, and regional diversity, enhancing representativeness. Culturally adapted tools and thematic qualitative analysis will generate empirically robust and socially relevant findings, contributing to theory, practice, and policy on contemporary family structures in India.</p>
9.	<p>Innovation/path-breaking aspects of the Proposed Research (500 words)</p> <p>The proposed study on DINK (Dual Income, No Kids) couples in India is path-breaking in multiple dimensions—conceptually, methodologically, and practically—addressing a critical gap in Indian family research. Conceptually, this research is the first India-wide generational comparison of child-free couples, integrating psychological, sociological, and intersectional perspectives. While Western literature has extensively explored the DINK phenomenon, Indian studies remain limited, mostly descriptive, and rarely address the complex interplay of cultural norms, caste, religion, and gender in lifestyle choices. By examining generational differences between Millennials and Gen Z, this study will reveal how attitudes toward marriage, family, and career</p>

	<p>evolve in response to societal, economic, and cultural transformations in India.</p> <p>Methodologically, the research employs a mixed-methods design, combining quantitative surveys with qualitative interviews, providing both statistical robustness and narrative depth. The quantitative component will allow for generalizable findings regarding socio-demographic predictors, relationship quality, life satisfaction, and perceived stigma, while the qualitative component will explore the nuanced lived experiences of couples navigating familial expectations and societal pressures. Importantly, the study will develop culturally validated research tools, adapting Western constructs to the Indian context. These instruments will capture relationship dynamics, subjective well-being, and social pressures in ways that are both culturally sensitive and empirically reliable, marking a significant methodological innovation.</p> <p>Another path-breaking aspect is the stratified purposive sampling across urban, semi-urban, and rural India, ensuring representativeness across regions, caste groups, religions, genders, and socio-economic strata. This approach recognizes the diversity of Indian society and allows the study to explore variations in DINK adoption across different socio-cultural environments.</p> <p>Practically, the study's findings have the potential to influence policy and social interventions. By generating insights into the challenges, aspirations, and coping strategies of child-free couples, it can inform workplace policies, public health initiatives, and programs aimed at reducing stigma and promoting awareness of non-traditional family structures.</p> <p>The study also contributes theoretically by integrating Indian socio-cultural realities into frameworks often dominated by Western research. It challenges existing assumptions about family, parenthood, and marital satisfaction, offering an intersectional and culturally grounded understanding of contemporary Indian lifestyles.</p> <p>In sum, the proposed research is innovative because it</p>
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		combines theoretical novelty, methodological rigor, cultural adaptation, and policy relevance , making it a first-of-its-kind, comprehensive exploration of DINK couples in India.
10.	Expected Contribution of the Research Project to the Knowledge Repository (approx. 500 words)	<p>The proposed study on DINK (Dual Income, No Kids) couples in India is expected to make significant contributions to the academic knowledge repository, addressing several gaps in family research, psychological studies, and sociological scholarship. First, at the theoretical level, it will expand understanding of child-free lifestyles in India—a largely under-researched population. Existing literature on family structures, marital satisfaction, and life-course decisions in India predominantly assumes parenthood as a central life goal. By examining couples who consciously choose not to have children, this research will challenge conventional assumptions and provide empirical evidence on alternative family models. It will illuminate the intersection of relationship quality, life satisfaction, generational perspectives, and socio-cultural factors such as caste, religion, and gender, thereby enriching Indian family and social psychology literature.</p> <p>Second, the study will contribute methodologically to the knowledge repository. The development of culturally validated research instruments, adapted from Western constructs for the Indian context, will provide reliable and contextually relevant tools for future research. These scales, including assessments of relationship satisfaction, perceived stigma, and life satisfaction, can be utilized in subsequent studies on non-traditional family structures, child-free lifestyles, or marital well-being in India. Additionally, the mixed-methods approach will serve as a model for combining quantitative and qualitative research to investigate sensitive socio-cultural topics, demonstrating methodological rigor while capturing the lived experiences of participants.</p> <p>Third, the research will contribute empirically by generating rich data on generational differences between Millennials and Gen Z, urban-rural variations, and the influence of social identity factors on lifestyle decisions. By analyzing patterns in decision-making, coping strategies, and negotiation of</p>

		<p>intergenerational expectations, the study will provide nuanced insights that were previously unavailable in the Indian context. These findings will serve as a reference point for scholars, educators, and policymakers seeking evidence-based understanding of contemporary family dynamics.</p> <p>Fourth, the study has significant policy and practice relevance. Its findings can inform social policy, workplace practices, and public health initiatives by highlighting the needs, challenges, and aspirations of child-free couples. Insights from this research can guide awareness campaigns, anti-stigma programs, and interventions promoting inclusivity of non-traditional family models in urban and rural India. In addition, it will provide practical guidance for counselors, therapists, and social workers working with couples navigating societal pressures or stigma associated with childlessness.</p> <p>Finally, the study is expected to have a broader academic and societal impact. By integrating psychological, sociological, and intersectional perspectives, it will offer a comprehensive, culturally grounded understanding of Indian DINK couples. This knowledge will pave the way for further studies on diverse family structures, generational change, and autonomy in life choices, enriching both the academic literature and public discourse.</p> <p>In summary, the project will significantly advance knowledge on contemporary Indian family lifestyles, contribute validated methodological tools, inform policy and practice, and establish a foundational evidence base for future research on non-traditional families in India.</p>
11.	Expected Output (300 words)	The proposed study is expected to generate multiple concrete outputs that contribute to academic knowledge, practical tools, and policy insights regarding DINK (<u>Dual Income, No Kids</u>) couples in India. First, it will produce a comprehensive empirical dataset covering 800 participants (400 couples) across urban, semi-urban, and rural regions, capturing generational, socio-cultural, and regional differences in family decisions, relationship quality, life satisfaction, and experiences of social stigma. This dataset will provide a

	<p>robust foundation for understanding the socio-psychological and cultural dynamics of child-free lifestyles in India.</p> <p>Second, the research will result in the development and cultural validation of measurement instruments tailored to Indian DINK couples. These include adapted scales for relationship satisfaction, perceived stigma, and life satisfaction, ensuring reliability, contextual relevance, and usability in future research or applied settings such as counselling or mental health assessments.</p> <p>Third, through qualitative interviews, the study will produce rich narratives elucidating how couples navigate familial and societal pressures, manage stigma, and maintain autonomy and relational harmony. These insights will deepen understanding of coping strategies and intergenerational negotiations, offering context-sensitive perspectives that cannot be captured through quantitative data alone.</p> <p>Fourth, the project will generate academic outputs, including peer-reviewed journal articles, conference presentations, and policy briefs that disseminate findings to scholars, practitioners, and policymakers.</p> <p>Finally, the research will provide policy-relevant recommendations for counselling practices, social awareness programs, and workplace policies targeting child-free couples, while contributing to the broader discourse on family structures, mental health, and well-being in contemporary India.</p> <p>In sum, the expected outputs include empirical data, validated research instruments, qualitative insights, publications, and actionable recommendations, establishing a foundation for future research, policy interventions, and social initiatives focused on non-traditional family forms.</p>
12.	<p>Relevance of the proposed study for policy making (approx. 500 words)</p> <p>The proposed study holds significant relevance for policy making in India, addressing the needs of a growing population of child-free couples while informing social, workplace, and public health interventions. First, the study's empirical insights on relationship satisfaction, life satisfaction, and coping strategies among DINK couples will provide evidence-</p>

based guidance for family counselling services. Mental health professionals and social workers can use these findings to design culturally sensitive interventions that reduce stigma, enhance relational well-being, and support autonomous lifestyle choices.

Second, the development of **validated measurement tools** tailored to Indian contexts allows policymakers to assess social pressures, perceived stigma, and family satisfaction among child-free couples in different regions and social strata. These instruments can inform the evaluation of programs aimed at promoting inclusivity and understanding of diverse family structures.

Third, the study provides actionable recommendations for **workplace policies**. Organizations can utilize insights on challenges faced by child-free couples—such as social expectations, family-related pressures, and work-life balance—to design inclusive HR practices, flexible benefits, and employee wellness initiatives that recognize and support non-traditional families.

Fourth, findings can inform **public awareness campaigns** that challenge stereotypes associated with childlessness, particularly in traditional or rural communities. By highlighting the legitimacy, well-being, and life satisfaction of DINK couples, the research can foster social acceptance, reduce stigma, and encourage dialogue on contemporary lifestyle choices.

Fifth, the study's analysis of generational differences and socio-cultural factors such as caste, religion, and gender provides **policy-relevant insights for government programs** addressing family welfare, gender equity, and social cohesion. For instance, family welfare initiatives can incorporate guidance on supporting child-free couples without imposing normative expectations, while social programs can recognize diverse marital and familial arrangements.

Finally, the research contributes to the broader **policy discourse on family and mental health**, offering evidence to guide future interventions, academic scholarship, and cross-

		<p>sector collaborations. By integrating psychological, sociological, and intersectional perspectives, the study equips policymakers with actionable knowledge to accommodate evolving family structures in India.</p> <p>In conclusion, the proposed research is not only academically rigorous but also directly relevant to policy planning and implementation, supporting inclusive, culturally sensitive, and evidence-based approaches to family, workplace, and social welfare policies in India.</p>																					
13.	Total Grant Amount expected for this study	<p>Amount (in figures): _____ (in ₹)</p> <p>Amount (in words): _____</p>																					
14.	Head-wise Justification for the Expected Grant (approx. 300 words) (Manpower, travel, fieldwork, equipment, contingency, etc.)																						
15.	Milestones set for	<table border="1"> <thead> <tr> <th>Timeline</th> <th>Milestones / Activities</th> <th>Deliverables</th> </tr> </thead> <tbody> <tr> <td>1–3 months</td> <td>Literature review and adaptation of research tools</td> <td>Literature synthesis report; culturally adapted measurement instruments</td> </tr> <tr> <td>4–5 months</td> <td>Pilot testing of quantitative and qualitative tools</td> <td>Pilot data; revised and validated tools</td> </tr> <tr> <td>6–11 months</td> <td>Quantitative data collection across urban, semi-urban, and rural sites</td> <td>Complete survey dataset of 800 participants (400 couples)</td> </tr> <tr> <td>12–17 months</td> <td>Qualitative data collection through semi-structured interviews</td> <td>Transcribed and anonymized interviews (60–80 couples); field notes</td> </tr> <tr> <td>18–21 months</td> <td>Data analysis (quantitative with SPSS, qualitative with NVivo)</td> <td>Statistical analysis reports; thematic analysis outputs; integrated findings</td> </tr> <tr> <td>22–24 months</td> <td>Report writing, dissemination of findings, and final</td> <td>Draft and final project report; research papers; policy briefs;</td> </tr> </tbody> </table>	Timeline	Milestones / Activities	Deliverables	1–3 months	Literature review and adaptation of research tools	Literature synthesis report; culturally adapted measurement instruments	4–5 months	Pilot testing of quantitative and qualitative tools	Pilot data; revised and validated tools	6–11 months	Quantitative data collection across urban, semi-urban, and rural sites	Complete survey dataset of 800 participants (400 couples)	12–17 months	Qualitative data collection through semi-structured interviews	Transcribed and anonymized interviews (60–80 couples); field notes	18–21 months	Data analysis (quantitative with SPSS, qualitative with NVivo)	Statistical analysis reports; thematic analysis outputs; integrated findings	22–24 months	Report writing, dissemination of findings, and final	Draft and final project report; research papers; policy briefs;
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			submission	presentations	
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Category	Sub-Category	Estimated Cost (INR)	Notes
Personnel Costs	Research Coordinator (Full-time, 3 years)	4,500,000	Salary and benefits for managing the project.
	Research Assistants (Part-time, per country)	6,000,000	Stipends/salaries for local research assistants in each of the 7 countries (India, China, South Korea, Thailand, Vietnam, Malaysia, Philippines).
	Translators/Transcribers (per country)	1,400,000	For translating survey instruments and transcribing qualitative interviews in different languages.
Travel & Accommodation	International Travel (Researchers)	2,800,000	Multiple trips for researchers to oversee data collection, conduct interviews/focus groups in each country.
	Local Travel (Research Assistants)	700,000	In-country travel expenses for research assistants for data collection in urban, semi-urban, and rural areas.
	Accommodation (Researchers)	1,400,000	Lodging costs for researchers during fieldwork in each country.
Data Collection	Survey Instrument Design & Translation	300,000	Costs for expert consultation on survey design and professional translation into relevant languages.
	Survey Distribution (Online & Offline)	1,000,000	Costs for online survey platforms, printing (if needed for specific regions), and potential incentives for participants.
Equipment Supplies	Qualitative Data Collection (Focus Groups/Interviews)	800,000	Costs for venue rentals, participant incentives, and recording equipment.
	DSLR Camera & Accessories	100,000	For capturing visual documentation during fieldwork (e.g., research environments, non-identifying contextual shots).
	Audio Recorders & Transcription Software	50,000	High-quality audio recorders for interviews and focus groups, along with transcription software licenses.
Data Analysis & Dissemination	Office Supplies & Communication	150,000	Printing, stationery, internet, phone calls, etc.
	Statistical Software Licenses	100,000	Licenses for software like SPSS or R for quantitative data analysis.
	Qualitative Analysis Software	50,000	Licenses for software like NVivo or ATLAS.ti for qualitative data analysis.

	Publication Fees & Conference Presentations	400,000	Costs associated with publishing research findings in academic journals and presenting at international conferences.
Ethical Approval & Administration	Institutional Review Board (IRB) Fees	50,000	Fees for ethical review and approval in relevant institutions.
	Project Management & Administration	800,000	Miscellaneous administrative costs, project management software, and contingency fund.
Total Budget	Estimated	20,600,000	

AI Content



	Text Coverage	Words
AI Text	100%	5,197
Low Frequency		1,570
Medium Frequency		0
High Frequency		6
Human Text	0%	0
<hr/>		
Excluded		
Omitted Words		47

About AI Detection

Our AI Detector is the only enterprise-level solution that can verify if the content was written by a human or generated by AI, including source code and text that has been plagiarized or modified. [Learn more](#)

AI Text

A body of text that has been generated or altered by AI technology.

[Learn more](#)

Human Text

Any text that has been fully written by a human and has not been altered or generated by AI. [Learn more](#)

Copyleaks AI Detector Effectiveness

Credible data at scale, coupled with machine learning and widespread adoption, allows us to continually refine and improve our ability to understand complex text patterns, resulting in over 99% accuracy—far higher than any other AI detector—and improving daily. [Learn more](#)

Ideal Text Length

The higher the character count, the easier for our technology to determine irregular patterns, which results in a higher confidence rating for AI detection. [Learn more](#)

Reasons It Might Be AI When You Think It's Not

The AI Detector can detect a variety of AI-generated text, including tools that use AI technology to paraphrase content, auto-complete sentences, and more. [Learn more](#)

User AI Alert History

Historical data of how many times a user has been flagged for potentially having AI text within their content. [Learn more](#)

AI Logic

The number of times a phrase was found more frequently in AI vs human text is shown according to low, medium, and high frequency. [Learn more](#)

AI Logic

Shows you the “why” behind AI detection with sources you can see and verify.

AI Phrases

Detects phrases that appear with higher frequency in AI-written text than in human writing.

The frequency of a phrase in AI vs. human text.

3 x  9844x

9844x contributing to the broader discourse on

How frequently the phrase was found in our dataset:

AI Text	12.6 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

2943x generate multiple concrete

How frequently the phrase was found in our dataset:

AI Text	11.31 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

1868x the research contributes to the broader

How frequently the phrase was found in our dataset:

AI Text	9.57 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

1789x aimed at promoting inclusivity and

How frequently the phrase was found in our dataset:

AI Text	6.87 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

1325x addressing a critical gap in

How frequently the phrase was found in our dataset:

AI Text	105.16 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

1325x addressing a critical gap in

How frequently the phrase was found in our dataset:

AI Text	105.16 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

1282x combining quantitative surveys with

How frequently the phrase was found in our dataset:

AI Text	1.64 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

995x but a reflection of broader

How frequently the phrase was found in our dataset:

AI Text	6.37 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

995x but a reflection of broader

How frequently the phrase was found in our dataset:

AI Text	6.37 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

913x the study provides actionable

How frequently the phrase was found in our dataset:

AI Text	17.54 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

891x familial expectations and societal

How frequently the phrase was found in our dataset:

AI Text	2.28 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

819x navigating societal pressures

How frequently the phrase was found in our dataset:

AI Text	3.15 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

800x from all participants, ensuring

How frequently the phrase was found in our dataset:

AI Text	8.19 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

783x public discourse. In summary,

How frequently the phrase was found in our dataset:

AI Text	1 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

694x ensures a comprehensive understanding of the

How frequently the phrase was found in our dataset:

AI Text 7.11 / 1,000,000 Documents

Human Text 0.01 / 1,000,000 Documents

645x personal values, and societal expectations

How frequently the phrase was found in our dataset:

AI Text 1.65 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

614x aimed at reducing stigma and promoting

How frequently the phrase was found in our dataset:

AI Text 1.57 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

587x of capturing the nuanced

How frequently the phrase was found in our dataset:

AI Text 1.5 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

542x directly addresses this gap by

How frequently the phrase was found in our dataset:

AI Text 5.55 / 1,000,000 Documents

Human Text 0.01 / 1,000,000 Documents

522x insights relevant to modern

How frequently the phrase was found in our dataset:

AI Text 1.34 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

518x software like NVivo or

How frequently the phrase was found in our dataset:

AI Text 1.33 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

514x capturing the nuanced

How frequently the phrase was found in our dataset:

AI Text 32.88 / 1,000,000 Documents

Human Text 0.06 / 1,000,000 Documents

491x provide a robust foundation for understanding the

How frequently the phrase was found in our dataset:

AI Text 1.26 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

468x quantitative surveys with qualitative interviews

How frequently the phrase was found in our dataset:

AI Text 1.8 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

468x quantitative surveys with qualitative interviews.

How frequently the phrase was found in our dataset:

AI Text 1.8 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

468x quantitative surveys with qualitative interviews,

How frequently the phrase was found in our dataset:

AI Text 1.8 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

448x dynamics, and cultural norms

How frequently the phrase was found in our dataset:

AI Text 10.33 / 1,000,000 Documents

Human Text 0.02 / 1,000,000 Documents

427x intersect to shape the experiences,

How frequently the phrase was found in our dataset:

AI Text 1.64 / 1,000,000 Documents

Human Text 0 / 1,000,000 Documents

427x intersect to shape the experiences,

How frequently the phrase was found in our dataset:

AI Text	1.64 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

403x enabling insights into how

How frequently the phrase was found in our dataset:

AI Text	1.03 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

369x contribution lies in its

How frequently the phrase was found in our dataset:

AI Text	80.84 / 1,000,000 Documents
Human Text	0.22 / 1,000,000 Documents

357x social hierarchies and cultural

How frequently the phrase was found in our dataset:

AI Text	9.14 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

299x influences: Explore how

How frequently the phrase was found in our dataset:

AI Text	1.15 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

279x (approx. 300 words) The

How frequently the phrase was found in our dataset:

AI Text	1.07 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

266x campaigns that challenge stereotypes

How frequently the phrase was found in our dataset:

AI Text	1.02 / 1,000,000 Documents
Human Text	0 / 1,000,000 Documents

266x and narrative depth. The

How frequently the phrase was found in our dataset:

AI Text	1.7 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

253x overcomes these limitations through

How frequently the phrase was found in our dataset:

AI Text	10.38 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

246x and public health initiatives by

How frequently the phrase was found in our dataset:

AI Text	1.26 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

228x interventions. By generating

How frequently the phrase was found in our dataset:

AI Text	4.68 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

218x challenges existing assumptions about

How frequently the phrase was found in our dataset:

AI Text	7.83 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

218x will explore the nuanced

How frequently the phrase was found in our dataset:

AI Text	5.02 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

214x emerging trends and shifts in

How frequently the phrase was found in our dataset:

AI Text	3.28 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

198x establishing a foundation for future research,

How frequently the phrase was found in our dataset:

AI Text	1.01 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

194x offering a comprehensive understanding of

How frequently the phrase was found in our dataset:

AI Text	20.36 / 1,000,000 Documents
Human Text	0.1 / 1,000,000 Documents

194x ensuring representation across

How frequently the phrase was found in our dataset:

AI Text	5.46 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

193x structures beyond traditional

How frequently the phrase was found in our dataset:

AI Text	1.98 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

184x and social cohesion. For instance,

How frequently the phrase was found in our dataset:

AI Text	1.65 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

183x is not only academically rigorous but also

How frequently the phrase was found in our dataset:

AI Text	1.64 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

175x By analyzing patterns in

How frequently the phrase was found in our dataset:

AI Text	38.24 / 1,000,000 Documents
Human Text	0.22 / 1,000,000 Documents

139x inclusive, culturally sensitive, and

How frequently the phrase was found in our dataset:

AI Text	2.32 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

138x study focuses on understanding how

How frequently the phrase was found in our dataset:

AI Text	12.58 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

138x study focuses on understanding how

How frequently the phrase was found in our dataset:

AI Text	12.58 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

137x integration. The phenomenon

How frequently the phrase was found in our dataset:

AI Text	3.68 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

136x the complex interplay of cultural

How frequently the phrase was found in our dataset:

AI Text	7.14 / 1,000,000 Documents
Human Text	0.05 / 1,000,000 Documents

123x it a first-of-its-kind, comprehensive exploration of

How frequently the phrase was found in our dataset:

AI Text	1.26 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

120x methodological rigor while

How frequently the phrase was found in our dataset:

AI Text	4.61 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

120x methodology, and expected outcomes)

How frequently the phrase was found in our dataset:

AI Text	8.12 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

119x educators, and policymakers seeking

How frequently the phrase was found in our dataset:

AI Text	1.67 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

117x challenges traditional definitions of

How frequently the phrase was found in our dataset:

AI Text	8.11 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

117x challenges traditional definitions of

How frequently the phrase was found in our dataset:

AI Text	8.11 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

109x by integrating psychological,

How frequently the phrase was found in our dataset:

AI Text	7.66 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

106x insights into couples' lived experiences,

How frequently the phrase was found in our dataset:

AI Text	2.3 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

97x holds significant relevance for

How frequently the phrase was found in our dataset:

AI Text	1.12 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

97x of diverse family structures.

How frequently the phrase was found in our dataset:

AI Text	9.2 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

97x tools for future research.

How frequently the phrase was found in our dataset:

AI Text	18.4 / 1,000,000 Documents
Human Text	0.19 / 1,000,000 Documents

94x words) (Brief overview

How frequently the phrase was found in our dataset:

AI Text	1.32 / 1,000,000 Documents
Human Text	0.01 / 1,000,000 Documents

89x evolve in response to societal,

How frequently the phrase was found in our dataset:

AI Text	2.28 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

87x provide rich narratives

How frequently the phrase was found in our dataset:

AI Text	2.12 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

81x Proposal Understanding the

How frequently the phrase was found in our dataset:

AI Text	5.8 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

80x scholars, practitioners, and policymakers.

How frequently the phrase was found in our dataset:

AI Text	22.79 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

79x is significant because it addresses

How frequently the phrase was found in our dataset:

AI Text	9.22 / 1,000,000 Documents
Human Text	0.12 / 1,000,000 Documents

79x can foster social

How frequently the phrase was found in our dataset:

AI Text	48.09 / 1,000,000 Documents
Human Text	0.61 / 1,000,000 Documents

77x of diverse family structures and

How frequently the phrase was found in our dataset:

AI Text	1.88 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

77x software like SPSS or

How frequently the phrase was found in our dataset:

AI Text	4.84 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

72x reduce stigma, and encourage

How frequently the phrase was found in our dataset:

AI Text	18.68 / 1,000,000 Documents
Human Text	0.26 / 1,000,000 Documents

71x and societal impact By

How frequently the phrase was found in our dataset:

AI Text	4.01 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

69x challenge conventional assumptions

How frequently the phrase was found in our dataset:

AI Text	14.03 / 1,000,000 Documents
Human Text	0.2 / 1,000,000 Documents

67x addresses these gaps)

How frequently the phrase was found in our dataset:

AI Text	55.52 / 1,000,000 Documents
Human Text	0.83 / 1,000,000 Documents

66x and mental health, offering

How frequently the phrase was found in our dataset:

AI Text	2.55 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

64x choices, highlighting the

How frequently the phrase was found in our dataset:

AI Text	4.47 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

62x media portrayals often

How frequently the phrase was found in our dataset:

AI Text	4.47 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

62x media portrayals often

How frequently the phrase was found in our dataset:

AI Text	4.47 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

62x often dominated by Western

How frequently the phrase was found in our dataset:

AI Text	1.03 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

60x contemporary family dynamics.

How frequently the phrase was found in our dataset:

AI Text	1.83 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

59x psychology, sociology, and cultural studies,

How frequently the phrase was found in our dataset:

AI Text	2.11 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

59x psychology, sociology, and cultural studies,

How frequently the phrase was found in our dataset:

AI Text	2.11 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

59x initiatives that recognize and

How frequently the phrase was found in our dataset:

AI Text	1.2 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

54x data collection, conduct

How frequently the phrase was found in our dataset:

AI Text	8.47 / 1,000,000 Documents
Human Text	0.16 / 1,000,000 Documents

53x Adapt and refine

How frequently the phrase was found in our dataset:

AI Text	53.08 / 1,000,000 Documents
Human Text	0.99 / 1,000,000 Documents

53x contextual sensitivity. The

How frequently the phrase was found in our dataset:

AI Text	1.09 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

52x diverse family structures,

How frequently the phrase was found in our dataset:

AI Text	37.43 / 1,000,000 Documents
Human Text	0.71 / 1,000,000 Documents

52x of results. Ethical Considerations

How frequently the phrase was found in our dataset:

AI Text	1.13 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

51x and allows the study to

How frequently the phrase was found in our dataset:

AI Text	1.1 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

49x and methodological rigor, the

How frequently the phrase was found in our dataset:

AI Text	3.17 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

49x to maintain autonomy while

How frequently the phrase was found in our dataset:

AI Text	1.82 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

49x structures. The study also

How frequently the phrase was found in our dataset:

AI Text	4.04 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

48x choices. By examining

How frequently the phrase was found in our dataset:

AI Text	6.22 / 1,000,000 Documents
Human Text	0.13 / 1,000,000 Documents

48x evolving family structures

How frequently the phrase was found in our dataset:

AI Text	3.76 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

48x gender roles, and economic

How frequently the phrase was found in our dataset:

AI Text	4 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

47x how couples navigate

How frequently the phrase was found in our dataset:

AI Text	1.82 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

46x experiences within the broader

How frequently the phrase was found in our dataset:

AI Text	4.27 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

46x This approach recognizes the

How frequently the phrase was found in our dataset:

AI Text	34.35 / 1,000,000 Documents
Human Text	0.75 / 1,000,000 Documents

44x the study contributes to a deeper understanding of

How frequently the phrase was found in our dataset:

AI Text	1.08 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

44x regions where traditional

How frequently the phrase was found in our dataset:

AI Text	14.67 / 1,000,000 Documents
Human Text	0.33 / 1,000,000 Documents

43x enriching both the

How frequently the phrase was found in our dataset:

AI Text	11.81 / 1,000,000 Documents
Human Text	0.27 / 1,000,000 Documents

48x gender roles, and economic

How frequently the phrase was found in our dataset:

AI Text	4 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

47x contexts, empirical evidence

How frequently the phrase was found in our dataset:

AI Text	1.26 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

46x the study's dual focus on

How frequently the phrase was found in our dataset:

AI Text	12.05 / 1,000,000 Documents
Human Text	0.26 / 1,000,000 Documents

44x the study contributes to a deeper understanding of

How frequently the phrase was found in our dataset:

AI Text	1.08 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

44x with broader struggles for

How frequently the phrase was found in our dataset:

AI Text	1.31 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

44x critical insights into the evolution of

How frequently the phrase was found in our dataset:

AI Text	1.07 / 1,000,000 Documents
Human Text	0.02 / 1,000,000 Documents

43x intersect with indigenous

How frequently the phrase was found in our dataset:

AI Text	1.28 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

42x significant methodological innovation.

How frequently the phrase was found in our dataset:

AI Text	1.24 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

42x diversity and representativeness

How frequently the phrase was found in our dataset:

AI Text	15.54 / 1,000,000 Documents
Human Text	0.37 / 1,000,000 Documents

41x and relational harmony.

How frequently the phrase was found in our dataset:

AI Text	2.38 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

41x these frameworks help

How frequently the phrase was found in our dataset:

AI Text	9.2 / 1,000,000 Documents
Human Text	0.23 / 1,000,000 Documents

40x adoption across different

How frequently the phrase was found in our dataset:

AI Text	7.13 / 1,000,000 Documents
Human Text	0.18 / 1,000,000 Documents

39x By situating these

How frequently the phrase was found in our dataset:

AI Text	9.69 / 1,000,000 Documents
Human Text	0.25 / 1,000,000 Documents

39x (approx. 300 words)

How frequently the phrase was found in our dataset:

AI Text	10.85 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

39x (approx. 300 words)

How frequently the phrase was found in our dataset:

AI Text	10.85 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

39x and cultural factors shaping

How frequently the phrase was found in our dataset:

AI Text	3.66 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

39x evolving expressions of

How frequently the phrase was found in our dataset:

AI Text	2.13 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

38x such as attachment styles,

How frequently the phrase was found in our dataset:

AI Text	1.43 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

38x Costs for venue

How frequently the phrase was found in our dataset:

AI Text	2.97 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

37x objectives, the study aims to

How frequently the phrase was found in our dataset:

AI Text	21.15 / 1,000,000 Documents
Human Text	0.57 / 1,000,000 Documents

36x literature has extensively explored

How frequently the phrase was found in our dataset:

AI Text	1.12 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

36x motivations behind adopting

How frequently the phrase was found in our dataset:

AI Text	1.52 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

36x India. In conclusion, the

How frequently the phrase was found in our dataset:

AI Text	1.89 / 1,000,000 Documents
Human Text	0.05 / 1,000,000 Documents

35x exposure to global media,

How frequently the phrase was found in our dataset:

AI Text	1.18 / 1,000,000 Documents
Human Text	0.03 / 1,000,000 Documents

35x and lifestyle constraints.

How frequently the phrase was found in our dataset:

AI Text	2.28 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

35x strategies, and cultural

How frequently the phrase was found in our dataset:

AI Text	24.08 / 1,000,000 Documents
Human Text	0.69 / 1,000,000 Documents

34x Theory, which explores how

How frequently the phrase was found in our dataset:

AI Text	2.04 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

34x Theory, which explores how

How frequently the phrase was found in our dataset:

AI Text	2.04 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

33x and establish a foundational

How frequently the phrase was found in our dataset:

AI Text	1.49 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

33x needs, challenges, and aspirations

How frequently the phrase was found in our dataset:

AI Text	2.66 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

33x represents a significant cultural shift

How frequently the phrase was found in our dataset:

AI Text	1.18 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

33x represents a significant cultural shift

How frequently the phrase was found in our dataset:

AI Text	1.18 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

32x testing. In summary, the

How frequently the phrase was found in our dataset:

AI Text	3.9 / 1,000,000 Documents
Human Text	0.12 / 1,000,000 Documents

31x and gender in shaping

How frequently the phrase was found in our dataset:

AI Text	2.95 / 1,000,000 Documents
Human Text	0.1 / 1,000,000 Documents

31x and cultural negotiation

How frequently the phrase was found in our dataset:

AI Text	3.8 / 1,000,000 Documents
Human Text	0.12 / 1,000,000 Documents

31x an intersectional lens,

How frequently the phrase was found in our dataset:

AI Text	58.62 / 1,000,000 Documents
Human Text	1.92 / 1,000,000 Documents

29x different regions and social

How frequently the phrase was found in our dataset:

AI Text	4.74 / 1,000,000 Documents
Human Text	0.16 / 1,000,000 Documents

29x specifically examines how

How frequently the phrase was found in our dataset:

AI Text	8.79 / 1,000,000 Documents
Human Text	0.3 / 1,000,000 Documents

28x Millennials and Gen Z, this

How frequently the phrase was found in our dataset:

AI Text	1.2 / 1,000,000 Documents
Human Text	0.04 / 1,000,000 Documents

28x tools tailored to

How frequently the phrase was found in our dataset:

AI Text	55.5 / 1,000,000 Documents
Human Text	2 / 1,000,000 Documents

28x and relationship expectations.

How frequently the phrase was found in our dataset:

AI Text	4.33 / 1,000,000 Documents
Human Text	0.16 / 1,000,000 Documents

27x and fulfillment without

How frequently the phrase was found in our dataset:

AI Text	5.25 / 1,000,000 Documents
Human Text	0.2 / 1,000,000 Documents

26x communities. By highlighting the

How frequently the phrase was found in our dataset:

AI Text	1.29 / 1,000,000 Documents
Human Text	0.05 / 1,000,000 Documents

29x different regions and social

How frequently the phrase was found in our dataset:

AI Text	4.74 / 1,000,000 Documents
Human Text	0.16 / 1,000,000 Documents

29x specifically examines how

How frequently the phrase was found in our dataset:

AI Text	8.79 / 1,000,000 Documents
Human Text	0.3 / 1,000,000 Documents

28x Millennials and Gen Z, this

28x familial harmony and

How frequently the phrase was found in our dataset:

AI Text	2.1 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

28x tools tailored to

28x innovation within the field of

AI Text	7.13 / 1,000,000 Documents
Human Text	0.26 / 1,000,000 Documents

28x and relationship expectations.

27x and fulfillment without

How frequently the phrase was found in our dataset:

AI Text	5.25 / 1,000,000 Documents
Human Text	0.2 / 1,000,000 Documents

27x and fulfillment without

27x Additionally, the cultural

How frequently the phrase was found in our dataset:

AI Text	6.48 / 1,000,000 Documents
Human Text	0.24 / 1,000,000 Documents

26x communities. By highlighting the

26x sum, the expected

How frequently the phrase was found in our dataset:

AI Text	4.67 / 1,000,000 Documents
Human Text	0.18 / 1,000,000 Documents

26x Quantitative data will be analyzed using

How frequently the phrase was found in our dataset:

AI Text	2.84 / 1,000,000 Documents
Human Text	0.11 / 1,000,000 Documents

26x privilege and marginalization

How frequently the phrase was found in our dataset:

AI Text	8.94 / 1,000,000 Documents
Human Text	0.34 / 1,000,000 Documents

26x challenges, aspirations, and

How frequently the phrase was found in our dataset:

AI Text	4.06 / 1,000,000 Documents
Human Text	0.16 / 1,000,000 Documents

26x culturally sensitive interventions that

How frequently the phrase was found in our dataset:

AI Text	2.75 / 1,000,000 Documents
Human Text	0.11 / 1,000,000 Documents

26x the rise of Dual Income

How frequently the phrase was found in our dataset:

AI Text	1.95 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

26x transformation driven by

How frequently the phrase was found in our dataset:

AI Text	51.9 / 1,000,000 Documents
Human Text	2.03 / 1,000,000 Documents

25x depth. The inclusion of

How frequently the phrase was found in our dataset:

AI Text	1.49 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

25x to capture contextual

How frequently the phrase was found in our dataset:

AI Text	24.61 / 1,000,000 Documents
Human Text	1 / 1,000,000 Documents

25x review and adaptation of

How frequently the phrase was found in our dataset:

AI Text	4.72 / 1,000,000 Documents
Human Text	0.19 / 1,000,000 Documents

24x It emphasizes that the

How frequently the phrase was found in our dataset:

AI Text	56.55 / 1,000,000 Documents
Human Text	2.31 / 1,000,000 Documents

24x It emphasizes that the

How frequently the phrase was found in our dataset:

AI Text	56.55 / 1,000,000 Documents
Human Text	2.31 / 1,000,000 Documents

24x mark a significant advancement

How frequently the phrase was found in our dataset:

AI Text	1.46 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

24x the study's empirical insights

How frequently the phrase was found in our dataset:

AI Text	6.74 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

24x allows policymakers to

How frequently the phrase was found in our dataset:

AI Text	19.31 / 1,000,000 Documents
Human Text	0.81 / 1,000,000 Documents

24x implications for individuals, families, and society.

How frequently the phrase was found in our dataset:

AI Text	1.45 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

23x non-traditional family structures,

How frequently the phrase was found in our dataset:

AI Text	5.46 / 1,000,000 Documents
Human Text	0.24 / 1,000,000 Documents

23x the influence of social identity

How frequently the phrase was found in our dataset:

AI Text	1.84 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

23x This methodology ensures

How frequently the phrase was found in our dataset:

AI Text	11.11 / 1,000,000 Documents
Human Text	0.49 / 1,000,000 Documents

23x relationship dynamics and

How frequently the phrase was found in our dataset:

AI Text	53.1 / 1,000,000 Documents
Human Text	2.32 / 1,000,000 Documents

23x relationship dynamics and

How frequently the phrase was found in our dataset:

AI Text	53.1 / 1,000,000 Documents
Human Text	2.32 / 1,000,000 Documents

23x and evolving family

How frequently the phrase was found in our dataset:

AI Text	2.31 / 1,000,000 Documents
Human Text	0.1 / 1,000,000 Documents

22x surrounding marriage and

How frequently the phrase was found in our dataset:

AI Text	9.64 / 1,000,000 Documents
Human Text	0.43 / 1,000,000 Documents

22x structures, mental health,

How frequently the phrase was found in our dataset:

AI Text	1.05 / 1,000,000 Documents
Human Text	0.05 / 1,000,000 Documents

22x of intimacy and satisfaction

How frequently the phrase was found in our dataset:

AI Text	1.53 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

22x of intimacy and satisfaction

How frequently the phrase was found in our dataset:

AI Text	1.53 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

22x Methodological Robustness and

How frequently the phrase was found in our dataset:

AI Text	1.91 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

21x and Intersectionality (to

How frequently the phrase was found in our dataset:

AI Text	3.28 / 1,000,000 Documents
Human Text	0.15 / 1,000,000 Documents

21x contemporary family structures

How frequently the phrase was found in our dataset:

AI Text	1.66 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

21x or stigma associated with

How frequently the phrase was found in our dataset:

AI Text	5.91 / 1,000,000 Documents
Human Text	0.29 / 1,000,000 Documents

21x findings in academic journals and

How frequently the phrase was found in our dataset:

AI Text	1.32 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

20x their lives amidst

How frequently the phrase was found in our dataset:

AI Text	10.61 / 1,000,000 Documents
Human Text	0.52 / 1,000,000 Documents

20x often focused solely on

How frequently the phrase was found in our dataset:

AI Text	3.01 / 1,000,000 Documents
Human Text	0.15 / 1,000,000 Documents

20x often focused solely on

How frequently the phrase was found in our dataset:

AI Text	3.01 / 1,000,000 Documents
Human Text	0.15 / 1,000,000 Documents

20x This approach is particularly suitable for

How frequently the phrase was found in our dataset:

AI Text	5.14 / 1,000,000 Documents
Human Text	0.26 / 1,000,000 Documents

20x analysis, exploring how

How frequently the phrase was found in our dataset:

AI Text	2.73 / 1,000,000 Documents
Human Text	0.14 / 1,000,000 Documents

20x satisfaction, and societal

How frequently the phrase was found in our dataset:

AI Text	1.58 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

19x introduces a level of

How frequently the phrase was found in our dataset:

AI Text	23.27 / 1,000,000 Documents
Human Text	1.21 / 1,000,000 Documents

19x can inform the evaluation of

How frequently the phrase was found in our dataset:

AI Text	1.05 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

19x on family structures.

How frequently the phrase was found in our dataset:

AI Text	7.93 / 1,000,000 Documents
Human Text	0.42 / 1,000,000 Documents

19x autonomy. For instance,

How frequently the phrase was found in our dataset:

AI Text	7.99 / 1,000,000 Documents
Human Text	0.43 / 1,000,000 Documents

19x (approx. 800 words)

How frequently the phrase was found in our dataset:

AI Text	1.47 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

19x lens to understand

How frequently the phrase was found in our dataset:

AI Text	45.64 / 1,000,000 Documents
Human Text	2.46 / 1,000,000 Documents

19x lens to understand

How frequently the phrase was found in our dataset:

AI Text	45.64 / 1,000,000 Documents
Human Text	2.46 / 1,000,000 Documents

18x contextual relevance, and

How frequently the phrase was found in our dataset:

AI Text	9.1 / 1,000,000 Documents
Human Text	0.49 / 1,000,000 Documents

18x both empirical data and theoretical

How frequently the phrase was found in our dataset:

AI Text	1.17 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

18x Total Estimated Budget

How frequently the phrase was found in our dataset:

AI Text	8.62 / 1,000,000 Documents
Human Text	0.49 / 1,000,000 Documents

18x and maintain autonomy

How frequently the phrase was found in our dataset:

AI Text	2.5 / 1,000,000 Documents
Human Text	0.14 / 1,000,000 Documents

17x (approx. 500 words)

How frequently the phrase was found in our dataset:

AI Text	7.95 / 1,000,000 Documents
Human Text	0.46 / 1,000,000 Documents

17x (approx. 500 words)

How frequently the phrase was found in our dataset:

AI Text	7.95 / 1,000,000 Documents
Human Text	0.46 / 1,000,000 Documents

17x (approx. 500 words)

How frequently the phrase was found in our dataset:

AI Text	7.95 / 1,000,000 Documents
Human Text	0.46 / 1,000,000 Documents

17x acceptance of non-traditional

How frequently the phrase was found in our dataset:

AI Text	1.36 / 1,000,000 Documents
Human Text	0.08 / 1,000,000 Documents

17x religion, and geographic location.

How frequently the phrase was found in our dataset:

AI Text	1 / 1,000,000 Documents
Human Text	0.06 / 1,000,000 Documents

17x contribute to academic knowledge,

How frequently the phrase was found in our dataset:

AI Text	1.09 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

16x instruments tailored to

How frequently the phrase was found in our dataset:

AI Text	5.79 / 1,000,000 Documents
Human Text	0.35 / 1,000,000 Documents

16x thematic analysis. A coding

How frequently the phrase was found in our dataset:

AI Text	1.97 / 1,000,000 Documents
Human Text	0.12 / 1,000,000 Documents

16x background and cultural

How frequently the phrase was found in our dataset:

AI Text	24.69 / 1,000,000 Documents
Human Text	1.55 / 1,000,000 Documents

16x project management software, and

How frequently the phrase was found in our dataset:

AI Text	31.92 / 1,000,000 Documents
Human Text	2.02 / 1,000,000 Documents

15x the research employs

How frequently the phrase was found in our dataset:

AI Text	13.16 / 1,000,000 Documents
Human Text	0.85 / 1,000,000 Documents

15x that cannot be captured through

How frequently the phrase was found in our dataset:

AI Text	2.2 / 1,000,000 Documents
Human Text	0.15 / 1,000,000 Documents

15x future research or

How frequently the phrase was found in our dataset:

AI Text	22.96 / 1,000,000 Documents
Human Text	1.55 / 1,000,000 Documents

15x quantitative data alone.

How frequently the phrase was found in our dataset:

AI Text	4.05 / 1,000,000 Documents
Human Text	0.27 / 1,000,000 Documents

15x both culturally sensitive and

How frequently the phrase was found in our dataset:

AI Text	1.76 / 1,000,000 Documents
Human Text	0.12 / 1,000,000 Documents

15x and potential incentives

How frequently the phrase was found in our dataset:

AI Text	3.57 / 1,000,000 Documents
Human Text	0.25 / 1,000,000 Documents

15x confined to elite

How frequently the phrase was found in our dataset:

AI Text	2.03 / 1,000,000 Documents
Human Text	0.14 / 1,000,000 Documents

14x with actionable knowledge

How frequently the phrase was found in our dataset:

AI Text	3.1 / 1,000,000 Documents
Human Text	0.22 / 1,000,000 Documents

14x combining quantitative and qualitative approaches.

How frequently the phrase was found in our dataset:

AI Text	3.42 / 1,000,000 Documents
Human Text	0.24 / 1,000,000 Documents

14x capturing the lived experiences

How frequently the phrase was found in our dataset:

AI Text	1.04 / 1,000,000 Documents
Human Text	0.07 / 1,000,000 Documents

14x economic stability. While

How frequently the phrase was found in our dataset:

AI Text	7.49 / 1,000,000 Documents
Human Text	0.52 / 1,000,000 Documents

14x gaps in the existing research

How frequently the phrase was found in our dataset:

AI Text	4.9 / 1,000,000 Documents
Human Text	0.35 / 1,000,000 Documents

14x intimacy and satisfaction in

How frequently the phrase was found in our dataset:

AI Text	1.24 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

14x and actionable recommendations,

How frequently the phrase was found in our dataset:

AI Text	29.31 / 1,000,000 Documents
Human Text	2.11 / 1,000,000 Documents

13x genders, and socio-economic

How frequently the phrase was found in our dataset:

AI Text	4.38 / 1,000,000 Documents
Human Text	0.33 / 1,000,000 Documents

13x Qualitative data will be collected through

How frequently the phrase was found in our dataset:

AI Text	1.31 / 1,000,000 Documents
Human Text	0.1 / 1,000,000 Documents

13x has long been characterized by

How frequently the phrase was found in our dataset:

AI Text	8.01 / 1,000,000 Documents
Human Text	0.61 / 1,000,000 Documents

13x has long been characterized by

How frequently the phrase was found in our dataset:

AI Text	8.01 / 1,000,000 Documents
Human Text	0.61 / 1,000,000 Documents

13x factors such as caste,

How frequently the phrase was found in our dataset:

AI Text	2.19 / 1,000,000 Documents
Human Text	0.17 / 1,000,000 Documents

13x factors such as caste,

How frequently the phrase was found in our dataset:

AI Text	2.19 / 1,000,000 Documents
Human Text	0.17 / 1,000,000 Documents

13x together offer a comprehensive

How frequently the phrase was found in our dataset:

AI Text	1.14 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

13x together offer a comprehensive

How frequently the phrase was found in our dataset:

AI Text	1.14 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

13x Qualitative data will be analyzed using

How frequently the phrase was found in our dataset:

AI Text	1.74 / 1,000,000 Documents
Human Text	0.14 / 1,000,000 Documents

13x while qualitative methods

How frequently the phrase was found in our dataset:

AI Text	3.88 / 1,000,000 Documents
Human Text	0.3 / 1,000,000 Documents

12x within Indian society.

How frequently the phrase was found in our dataset:

AI Text	8.19 / 1,000,000 Documents
Human Text	0.66 / 1,000,000 Documents

12x within Indian society.

How frequently the phrase was found in our dataset:

AI Text	8.19 / 1,000,000 Documents
Human Text	0.66 / 1,000,000 Documents

12x satisfaction and intimacy

How frequently the phrase was found in our dataset:

AI Text	3.92 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

12x satisfaction and intimacy

How frequently the phrase was found in our dataset:

AI Text	3.92 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

12x (if needed for specific

How frequently the phrase was found in our dataset:

AI Text	2.49 / 1,000,000 Documents
Human Text	0.21 / 1,000,000 Documents

12x explain how your proposed

How frequently the phrase was found in our dataset:

AI Text	1.4 / 1,000,000 Documents
Human Text	0.12 / 1,000,000 Documents

12x programs. Ultimately, the

How frequently the phrase was found in our dataset:

AI Text	4.24 / 1,000,000 Documents
Human Text	0.36 / 1,000,000 Documents

12x the research highlights how

How frequently the phrase was found in our dataset:

AI Text	3.78 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

12x the research highlights how

How frequently the phrase was found in our dataset:

AI Text	3.78 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

12x autonomy, and shared

How frequently the phrase was found in our dataset:

AI Text	3.8 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

12x and social welfare policies

How frequently the phrase was found in our dataset:

AI Text	9.06 / 1,000,000 Documents
Human Text	0.77 / 1,000,000 Documents

12x and intersectional perspectives,

How frequently the phrase was found in our dataset:

AI Text	2.11 / 1,000,000 Documents
Human Text	0.18 / 1,000,000 Documents

12x and intersectional perspectives.

How frequently the phrase was found in our dataset:

AI Text	2.11 / 1,000,000 Documents
Human Text	0.18 / 1,000,000 Documents

12x and intersectional perspectives,

How frequently the phrase was found in our dataset:

AI Text	2.11 / 1,000,000 Documents
Human Text	0.18 / 1,000,000 Documents

12x and intersectional perspectives,

How frequently the phrase was found in our dataset:

AI Text	2.11 / 1,000,000 Documents
Human Text	0.18 / 1,000,000 Documents

11x structural factors shape

How frequently the phrase was found in our dataset:

AI Text	1.02 / 1,000,000 Documents
Human Text	0.09 / 1,000,000 Documents

11x of non-traditional family

How frequently the phrase was found in our dataset:

AI Text	1.87 / 1,000,000 Documents
Human Text	0.17 / 1,000,000 Documents

11x findings, contributing to

How frequently the phrase was found in our dataset:

AI Text	3.32 / 1,000,000 Documents
Human Text	0.29 / 1,000,000 Documents

11x and cross- sector collaborations. By

How frequently the phrase was found in our dataset:

AI Text	6.65 / 1,000,000 Documents
Human Text	0.6 / 1,000,000 Documents

11x robust and socially

How frequently the phrase was found in our dataset:

AI Text	1.4 / 1,000,000 Documents
Human Text	0.13 / 1,000,000 Documents

11x relationships, and construct

How frequently the phrase was found in our dataset:

AI Text	1.95 / 1,000,000 Documents
Human Text	0.18 / 1,000,000 Documents

11x relationships, and construct

How frequently the phrase was found in our dataset:

AI Text	1.95 / 1,000,000 Documents
Human Text	0.18 / 1,000,000 Documents

11x important questions about social

How frequently the phrase was found in our dataset:

AI Text	1.47 / 1,000,000 Documents
Human Text	0.13 / 1,000,000 Documents

11x Cultural sensitivity will

How frequently the phrase was found in our dataset:

AI Text	1.69 / 1,000,000 Documents
Human Text	0.15 / 1,000,000 Documents

11x social programs can

How frequently the phrase was found in our dataset:

AI Text	6.87 / 1,000,000 Documents
Human Text	0.62 / 1,000,000 Documents

11x familial interactions, and

How frequently the phrase was found in our dataset:

AI Text	1.07 / 1,000,000 Documents
Human Text	0.1 / 1,000,000 Documents

11x particularly in traditional

How frequently the phrase was found in our dataset:

AI Text	8.16 / 1,000,000 Documents
Human Text	0.76 / 1,000,000 Documents

11x tailored to the Indian

How frequently the phrase was found in our dataset:

AI Text	1.18 / 1,000,000 Documents
Human Text	0.11 / 1,000,000 Documents

11x the psychological, social, and cultural

How frequently the phrase was found in our dataset:

AI Text	4.32 / 1,000,000 Documents
Human Text	0.41 / 1,000,000 Documents

10x rural settings. By

How frequently the phrase was found in our dataset:

AI Text	1.61 / 1,000,000 Documents
Human Text	0.15 / 1,000,000 Documents

10x rural settings. By

How frequently the phrase was found in our dataset:

AI Text	1.61 / 1,000,000 Documents
Human Text	0.15 / 1,000,000 Documents

10x and personal choices. In

How frequently the phrase was found in our dataset:

AI Text	1.66 / 1,000,000 Documents
Human Text	0.16 / 1,000,000 Documents

10x and personal choices. In

How frequently the phrase was found in our dataset:

AI Text	1.66 / 1,000,000 Documents
Human Text	0.16 / 1,000,000 Documents

10x scholarship continues to

How frequently the phrase was found in our dataset:

AI Text	7.57 / 1,000,000 Documents
Human Text	0.73 / 1,000,000 Documents

10x and develop culturally

How frequently the phrase was found in our dataset:

AI Text	4.75 / 1,000,000 Documents
Human Text	0.46 / 1,000,000 Documents

10x policies. Organizations can

How frequently the phrase was found in our dataset:

AI Text	7.76 / 1,000,000 Documents
Human Text	0.76 / 1,000,000 Documents

10x framework guides the

How frequently the phrase was found in our dataset:

AI Text	5.46 / 1,000,000 Documents
Human Text	0.54 / 1,000,000 Documents

10x framework guides the

How frequently the phrase was found in our dataset:

AI Text	5.46 / 1,000,000 Documents
Human Text	0.54 / 1,000,000 Documents

10x data collection. Informed consent

How frequently the phrase was found in our dataset:

AI Text	4.97 / 1,000,000 Documents
Human Text	0.5 / 1,000,000 Documents

10x and cultural dynamics of

How frequently the phrase was found in our dataset:

AI Text	11.74 / 1,000,000 Documents
Human Text	1.18 / 1,000,000 Documents

10x strategies, and negotiation

How frequently the phrase was found in our dataset:

AI Text	3.1 / 1,000,000 Documents
Human Text	0.31 / 1,000,000 Documents

10x while pursuing careers,

How frequently the phrase was found in our dataset:

AI Text	1.33 / 1,000,000 Documents
Human Text	0.13 / 1,000,000 Documents

10x while pursuing careers,

How frequently the phrase was found in our dataset:

AI Text	1.33 / 1,000,000 Documents
Human Text	0.13 / 1,000,000 Documents

10x and the right to withdraw at any time.

How frequently the phrase was found in our dataset:

AI Text	1.38 / 1,000,000 Documents
Human Text	0.14 / 1,000,000 Documents

11. Expected Output

How frequently the phrase was found in our dataset:

AI Text	1.27 / 1,000,000 Documents
Human Text	0.13 / 1,000,000 Documents

9x Mental health professionals and social workers

How frequently the phrase was found in our dataset:

AI Text	1.84 / 1,000,000 Documents
Human Text	0.2 / 1,000,000 Documents

9x changing values, and

How frequently the phrase was found in our dataset:

AI Text	23.22 / 1,000,000 Documents
Human Text	2.48 / 1,000,000 Documents

9x and the Need for Strong

How frequently the phrase was found in our dataset:

AI Text	13.86 / 1,000,000 Documents
Human Text	1.49 / 1,000,000 Documents

9x Insights from this research

How frequently the phrase was found in our dataset:

AI Text	5.43 / 1,000,000 Documents
Human Text	0.59 / 1,000,000 Documents

9x generational, and regional

How frequently the phrase was found in our dataset:

AI Text	1.32 / 1,000,000 Documents
Human Text	0.14 / 1,000,000 Documents

9x and cultural dynamics that

How frequently the phrase was found in our dataset:

AI Text	4.59 / 1,000,000 Documents
Human Text	0.5 / 1,000,000 Documents

9x and cultural dynamics that

How frequently the phrase was found in our dataset:

AI Text	4.59 / 1,000,000 Documents
Human Text	0.5 / 1,000,000 Documents

9x participants from diverse

How frequently the phrase was found in our dataset:

AI Text	20.74 / 1,000,000 Documents
Human Text	2.3 / 1,000,000 Documents

9x expectations, the study

How frequently the phrase was found in our dataset:

AI Text	7.07 / 1,000,000 Documents
Human Text	0.81 / 1,000,000 Documents

9x design that integrates

How frequently the phrase was found in our dataset:

AI Text	17.5 / 1,000,000 Documents
Human Text	2.03 / 1,000,000 Documents

9x economic, and cultural transformations

How frequently the phrase was found in our dataset:

AI Text	3.57 / 1,000,000 Documents
Human Text	0.42 / 1,000,000 Documents

9x will provide practical guidance for

How frequently the phrase was found in our dataset:

AI Text	1.01 / 1,000,000 Documents
Human Text	0.12 / 1,000,000 Documents

8x family obligations in

How frequently the phrase was found in our dataset:

AI Text	6.58 / 1,000,000 Documents
Human Text	0.8 / 1,000,000 Documents

8x values. Through this

How frequently the phrase was found in our dataset:

AI Text	5.75 / 1,000,000 Documents
Human Text	0.71 / 1,000,000 Documents

8x values. Through this

How frequently the phrase was found in our dataset:

AI Text	5.75 / 1,000,000 Documents
Human Text	0.71 / 1,000,000 Documents

8x practical significance by

How frequently the phrase was found in our dataset:

AI Text	1.49 / 1,000,000 Documents
Human Text	0.19 / 1,000,000 Documents

8x and Relationship Maintenance

How frequently the phrase was found in our dataset:

AI Text	3.73 / 1,000,000 Documents
Human Text	0.47 / 1,000,000 Documents

8x and Relationship Maintenance

How frequently the phrase was found in our dataset:

AI Text	3.73 / 1,000,000 Documents
Human Text	0.47 / 1,000,000 Documents

8x and Relationship Maintenance

How frequently the phrase was found in our dataset:

AI Text	3.73 / 1,000,000 Documents
Human Text	0.47 / 1,000,000 Documents

8x provide statistically robust

How frequently the phrase was found in our dataset:

AI Text	2.54 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

8x In a society historically

How frequently the phrase was found in our dataset:

AI Text	1.9 / 1,000,000 Documents
Human Text	0.24 / 1,000,000 Documents

8x In a society historically

How frequently the phrase was found in our dataset:

AI Text	1.9 / 1,000,000 Documents
Human Text	0.24 / 1,000,000 Documents

8x Quantitative methods will

How frequently the phrase was found in our dataset:

AI Text	4.74 / 1,000,000 Documents
Human Text	0.61 / 1,000,000 Documents

8x For capturing visual

How frequently the phrase was found in our dataset:

AI Text	1.44 / 1,000,000 Documents
Human Text	0.19 / 1,000,000 Documents

8x and provide empirical evidence

How frequently the phrase was found in our dataset:

AI Text	7.33 / 1,000,000 Documents
Human Text	0.97 / 1,000,000 Documents

8x validated tools and

How frequently the phrase was found in our dataset:

AI Text	5.63 / 1,000,000 Documents
Human Text	0.74 / 1,000,000 Documents

8x and culturally grounded

How frequently the phrase was found in our dataset:

AI Text	2.62 / 1,000,000 Documents
Human Text	0.35 / 1,000,000 Documents

7x Theory, which explains how

How frequently the phrase was found in our dataset:

AI Text	4.53 / 1,000,000 Documents
Human Text	0.62 / 1,000,000 Documents

7x Theory, which explains how

How frequently the phrase was found in our dataset:

AI Text	4.53 / 1,000,000 Documents
Human Text	0.62 / 1,000,000 Documents

7x Methodologically, the study

How frequently the phrase was found in our dataset:

AI Text	4.02 / 1,000,000 Documents
Human Text	0.56 / 1,000,000 Documents

7x Methodologically, the study

How frequently the phrase was found in our dataset:

AI Text	4.02 / 1,000,000 Documents
Human Text	0.56 / 1,000,000 Documents

7x that support informed

How frequently the phrase was found in our dataset:

AI Text	1.65 / 1,000,000 Documents
Human Text	0.23 / 1,000,000 Documents

7x expected outcomes include

How frequently the phrase was found in our dataset:

AI Text	4.42 / 1,000,000 Documents
Human Text	0.62 / 1,000,000 Documents

7x for Research Projects on

How frequently the phrase was found in our dataset:

AI Text	4.32 / 1,000,000 Documents
Human Text	0.62 / 1,000,000 Documents

7x etc. Data Analysis

How frequently the phrase was found in our dataset:

AI Text	4.24 / 1,000,000 Documents
Human Text	0.62 / 1,000,000 Documents

6x socio-cultural influences and

How frequently the phrase was found in our dataset:

AI Text	1.94 / 1,000,000 Documents
Human Text	0.3 / 1,000,000 Documents

6x evidence to guide future

How frequently the phrase was found in our dataset:

AI Text	1.19 / 1,000,000 Documents
Human Text	0.19 / 1,000,000 Documents

6x Situated at the crossroads of

How frequently the phrase was found in our dataset:

AI Text	14.32 / 1,000,000 Documents
Human Text	2.26 / 1,000,000 Documents

6x Situated at the crossroads of

How frequently the phrase was found in our dataset:

AI Text	14.32 / 1,000,000 Documents
Human Text	2.26 / 1,000,000 Documents

6x the individual motivations,

How frequently the phrase was found in our dataset:

AI Text	3.79 / 1,000,000 Documents
Human Text	0.6 / 1,000,000 Documents

6x and subjective experiences of

How frequently the phrase was found in our dataset:

AI Text	3.51 / 1,000,000 Documents
Human Text	0.56 / 1,000,000 Documents

6x Data will be analyzed using

How frequently the phrase was found in our dataset:

AI Text	14.81 / 1,000,000 Documents
Human Text	2.43 / 1,000,000 Documents

6x months Data analysis

How frequently the phrase was found in our dataset:

AI Text	3.94 / 1,000,000 Documents
Human Text	0.65 / 1,000,000 Documents

6x methodological, and contextual

How frequently the phrase was found in our dataset:

AI Text	1.81 / 1,000,000 Documents
Human Text	0.31 / 1,000,000 Documents

6x familial and societal

How frequently the phrase was found in our dataset:

AI Text	10.16 / 1,000,000 Documents
Human Text	1.74 / 1,000,000 Documents

6x programs, and workplace

How frequently the phrase was found in our dataset:

AI Text	2.29 / 1,000,000 Documents
Human Text	0.4 / 1,000,000 Documents

6x policy briefs that

How frequently the phrase was found in our dataset:

AI Text	2.57 / 1,000,000 Documents
Human Text	0.46 / 1,000,000 Documents

6x maintenance strategies, and

How frequently the phrase was found in our dataset:

AI Text	10.67 / 1,000,000 Documents
Human Text	1.91 / 1,000,000 Documents

6x capture variations in

How frequently the phrase was found in our dataset:

AI Text	6.97 / 1,000,000 Documents
Human Text	1.26 / 1,000,000 Documents

6x diversity of Indian

How frequently the phrase was found in our dataset:

AI Text	9.24 / 1,000,000 Documents
Human Text	1.67 / 1,000,000 Documents

6x will serve as a reference point for

How frequently the phrase was found in our dataset:

AI Text	1.78 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

6x conducting a comparative analysis

How frequently the phrase was found in our dataset:

AI Text	5.1 / 1,000,000 Documents
Human Text	0.93 / 1,000,000 Documents

5x to urban settings,

How frequently the phrase was found in our dataset:

AI Text	13.61 / 1,000,000 Documents
Human Text	2.48 / 1,000,000 Documents

5x data analysis. Qualitative Data Analysis

How frequently the phrase was found in our dataset:

AI Text	1.7 / 1,000,000 Documents
Human Text	0.31 / 1,000,000 Documents

5x experiences of Indian

How frequently the phrase was found in our dataset:

AI Text	2.68 / 1,000,000 Documents
Human Text	0.5 / 1,000,000 Documents

5x these generational differences

How frequently the phrase was found in our dataset:

AI Text	2.28 / 1,000,000 Documents
Human Text	0.42 / 1,000,000 Documents

5x generational differences and

How frequently the phrase was found in our dataset:

AI Text	10.85 / 1,000,000 Documents
Human Text	2.05 / 1,000,000 Documents

5x conflict with modern

How frequently the phrase was found in our dataset:

AI Text	4.18 / 1,000,000 Documents
Human Text	0.79 / 1,000,000 Documents

5x conflict with modern

How frequently the phrase was found in our dataset:

AI Text	4.18 / 1,000,000 Documents
Human Text	0.79 / 1,000,000 Documents

5x will provide reliable and

How frequently the phrase was found in our dataset:

AI Text	4.37 / 1,000,000 Documents
Human Text	0.83 / 1,000,000 Documents

5x the potential to influence policy

How frequently the phrase was found in our dataset:

AI Text	1.08 / 1,000,000 Documents
Human Text	0.21 / 1,000,000 Documents

5x gender expectations, and

How frequently the phrase was found in our dataset:

AI Text	8.41 / 1,000,000 Documents
Human Text	1.62 / 1,000,000 Documents

5x theoretical foundations and the

How frequently the phrase was found in our dataset:

AI Text	3.37 / 1,000,000 Documents
Human Text	0.66 / 1,000,000 Documents

5x shaped by early

How frequently the phrase was found in our dataset:

AI Text	4.61 / 1,000,000 Documents
Human Text	0.9 / 1,000,000 Documents

5x life satisfaction. The study

How frequently the phrase was found in our dataset:

AI Text	1.57 / 1,000,000 Documents
Human Text	0.31 / 1,000,000 Documents

5x The target population includes

How frequently the phrase was found in our dataset:

AI Text	2.3 / 1,000,000 Documents
Human Text	0.45 / 1,000,000 Documents

5x experiences. 4. Rural-Urban and Family

How frequently the phrase was found in our dataset:

AI Text	8.37 / 1,000,000 Documents
Human Text	1.65 / 1,000,000 Documents

5x criteria include being

How frequently the phrase was found in our dataset:

AI Text	1.69 / 1,000,000 Documents
Human Text	0.33 / 1,000,000 Documents

5x **data stored securely**

How frequently the phrase was found in our dataset:

AI Text	1.27 / 1,000,000 Documents
Human Text	0.25 / 1,000,000 Documents

5x **that has received limited**

How frequently the phrase was found in our dataset:

AI Text	2.46 / 1,000,000 Documents
Human Text	0.5 / 1,000,000 Documents

5x **within extended families.**

How frequently the phrase was found in our dataset:

AI Text	2.2 / 1,000,000 Documents
Human Text	0.46 / 1,000,000 Documents

5x **by embedding this**

How frequently the phrase was found in our dataset:

AI Text	4.56 / 1,000,000 Documents
Human Text	0.96 / 1,000,000 Documents

5x **contributions to the academic**

How frequently the phrase was found in our dataset:

AI Text	3.73 / 1,000,000 Documents
Human Text	0.79 / 1,000,000 Documents

5x **increasing visibility in**

How frequently the phrase was found in our dataset:

AI Text	3.84 / 1,000,000 Documents
Human Text	0.82 / 1,000,000 Documents

5x **or marginalized group.**

How frequently the phrase was found in our dataset:

AI Text	1.14 / 1,000,000 Documents
Human Text	0.25 / 1,000,000 Documents

5x **is expected to make significant**

How frequently the phrase was found in our dataset:

AI Text	4.93 / 1,000,000 Documents
Human Text	1.08 / 1,000,000 Documents

5x **combining quantitative and qualitative research**

How frequently the phrase was found in our dataset:

AI Text	1.13 / 1,000,000 Documents
Human Text	0.25 / 1,000,000 Documents

5x **explore variations in**

How frequently the phrase was found in our dataset:

AI Text	5.36 / 1,000,000 Documents
Human Text	1.19 / 1,000,000 Documents

4x **inferential statistics) and**

How frequently the phrase was found in our dataset:

AI Text	11.02 / 1,000,000 Documents
Human Text	2.47 / 1,000,000 Documents

4x **is innovative because it**

How frequently the phrase was found in our dataset:

AI Text	7.76 / 1,000,000 Documents
Human Text	1.76 / 1,000,000 Documents

4x **the study has significant**

How frequently the phrase was found in our dataset:

AI Text	2.05 / 1,000,000 Documents
Human Text	0.47 / 1,000,000 Documents

4x **workplace, and public**

How frequently the phrase was found in our dataset:

AI Text	7.39 / 1,000,000 Documents
Human Text	1.74 / 1,000,000 Documents

4x workplace, and public

How frequently the phrase was found in our dataset:

AI Text	7.39 / 1,000,000 Documents
Human Text	1.74 / 1,000,000 Documents

4x system has historically

How frequently the phrase was found in our dataset:

AI Text	4.92 / 1,000,000 Documents
Human Text	1.17 / 1,000,000 Documents

4x component will allow

How frequently the phrase was found in our dataset:

AI Text	3.15 / 1,000,000 Documents
Human Text	0.75 / 1,000,000 Documents

4x that were previously unavailable in

How frequently the phrase was found in our dataset:

AI Text	1.04 / 1,000,000 Documents
Human Text	0.25 / 1,000,000 Documents

4x research papers; policy

How frequently the phrase was found in our dataset:

AI Text	1.18 / 1,000,000 Documents
Human Text	0.29 / 1,000,000 Documents

4x can inform social

How frequently the phrase was found in our dataset:

AI Text	1.47 / 1,000,000 Documents
Human Text	0.37 / 1,000,000 Documents

4x India. Additionally, the

How frequently the phrase was found in our dataset:

AI Text	2.05 / 1,000,000 Documents
Human Text	0.52 / 1,000,000 Documents

4x social stigma. This

How frequently the phrase was found in our dataset:

AI Text	1.7 / 1,000,000 Documents
Human Text	0.43 / 1,000,000 Documents

4x interventions, and social

How frequently the phrase was found in our dataset:

AI Text	4.84 / 1,000,000 Documents
Human Text	1.22 / 1,000,000 Documents

4x gender, religion, and sexual orientation

How frequently the phrase was found in our dataset:

AI Text	1.2 / 1,000,000 Documents
Human Text	0.3 / 1,000,000 Documents

4x gender, religion, and sexual orientation

How frequently the phrase was found in our dataset:

AI Text	1.2 / 1,000,000 Documents
Human Text	0.3 / 1,000,000 Documents

4x and relational dimensions.

How frequently the phrase was found in our dataset:

AI Text	3.14 / 1,000,000 Documents
Human Text	0.79 / 1,000,000 Documents

4x illuminate the intersection

How frequently the phrase was found in our dataset:

AI Text	1.08 / 1,000,000 Documents
Human Text	0.27 / 1,000,000 Documents

4x caste, religion, gender,

How frequently the phrase was found in our dataset:

AI Text	1.27 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

4x caste, religion, gender,

How frequently the phrase was found in our dataset:

AI Text	1.27 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

4x and provide a holistic

How frequently the phrase was found in our dataset:

AI Text	5.8 / 1,000,000 Documents
Human Text	1.48 / 1,000,000 Documents

4x data collection through semi- structured interviews

How frequently the phrase was found in our dataset:

AI Text	1.37 / 1,000,000 Documents
Human Text	0.35 / 1,000,000 Documents

4x and social pressures in

How frequently the phrase was found in our dataset:

AI Text	1.33 / 1,000,000 Documents
Human Text	0.34 / 1,000,000 Documents

4x for local cultural

How frequently the phrase was found in our dataset:

AI Text	3.55 / 1,000,000 Documents
Human Text	0.92 / 1,000,000 Documents

4x well-being and life satisfaction.

How frequently the phrase was found in our dataset:

AI Text	2.1 / 1,000,000 Documents
Human Text	0.54 / 1,000,000 Documents

4x well-being, and life satisfaction

How frequently the phrase was found in our dataset:

AI Text	2.1 / 1,000,000 Documents
Human Text	0.54 / 1,000,000 Documents

4x central to identity

How frequently the phrase was found in our dataset:

AI Text	2.24 / 1,000,000 Documents
Human Text	0.58 / 1,000,000 Documents

4x Quantitative data will be collected

How frequently the phrase was found in our dataset:

AI Text	1.64 / 1,000,000 Documents
Human Text	0.43 / 1,000,000 Documents

4x expectations from parents

How frequently the phrase was found in our dataset:

AI Text	3.31 / 1,000,000 Documents
Human Text	0.87 / 1,000,000 Documents

4x and subjective dimensions.

How frequently the phrase was found in our dataset:

AI Text	3.02 / 1,000,000 Documents
Human Text	0.8 / 1,000,000 Documents

4x Psychological and Relational

How frequently the phrase was found in our dataset:

AI Text	4.35 / 1,000,000 Documents
Human Text	1.18 / 1,000,000 Documents

4x constructs to create

How frequently the phrase was found in our dataset:

AI Text	1.75 / 1,000,000 Documents
Human Text	0.48 / 1,000,000 Documents

4x and gender identities to

How frequently the phrase was found in our dataset:

AI Text	1.13 / 1,000,000 Documents
Human Text	0.31 / 1,000,000 Documents

4x grounded understanding of

How frequently the phrase was found in our dataset:

AI Text	8.2 / 1,000,000 Documents
Human Text	2.28 / 1,000,000 Documents

4x and women's participation in the workforce.

How frequently the phrase was found in our dataset:

AI Text	1.01 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

4x articles, conference presentations,

How frequently the phrase was found in our dataset:

AI Text	1.86 / 1,000,000 Documents
Human Text	0.52 / 1,000,000 Documents

4x sexual orientation remains

How frequently the phrase was found in our dataset:

AI Text	1.22 / 1,000,000 Documents
Human Text	0.34 / 1,000,000 Documents

4x to remain childfree

How frequently the phrase was found in our dataset:

AI Text	0.99 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

4x to remain childfree,

How frequently the phrase was found in our dataset:

AI Text	0.99 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

4x to remain childfree

How frequently the phrase was found in our dataset:

AI Text	0.99 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

4x to remain childfree,

How frequently the phrase was found in our dataset:

AI Text	0.99 / 1,000,000 Documents
Human Text	0.28 / 1,000,000 Documents

3x on challenges faced by

How frequently the phrase was found in our dataset:

AI Text	3.92 / 1,000,000 Documents
Human Text	1.13 / 1,000,000 Documents

3x and career mobility,

How frequently the phrase was found in our dataset:

AI Text	2.76 / 1,000,000 Documents
Human Text	0.8 / 1,000,000 Documents

3x on relationship satisfaction,

How frequently the phrase was found in our dataset:

AI Text	3.38 / 1,000,000 Documents
Human Text	0.98 / 1,000,000 Documents

3x Applicants must adhere to

How frequently the phrase was found in our dataset:

AI Text	1.03 / 1,000,000 Documents
Human Text	0.3 / 1,000,000 Documents

3x among younger cohorts.

How frequently the phrase was found in our dataset:

AI Text	1.92 / 1,000,000 Documents
Human Text	0.55 / 1,000,000 Documents

3x recommendations for family

How frequently the phrase was found in our dataset:

AI Text	2.41 / 1,000,000 Documents
Human Text	0.71 / 1,000,000 Documents

3x the role of caste,

How frequently the phrase was found in our dataset:

AI Text	1.31 / 1,000,000 Documents
Human Text	0.39 / 1,000,000 Documents

3x lifestyle. This includes

How frequently the phrase was found in our dataset:

AI Text	4.59 / 1,000,000 Documents
Human Text	1.39 / 1,000,000 Documents

3x on contemporary Indian

How frequently the phrase was found in our dataset:

AI Text	1.69 / 1,000,000 Documents
Human Text	0.53 / 1,000,000 Documents

3x disseminate findings to

How frequently the phrase was found in our dataset:

AI Text	1.88 / 1,000,000 Documents
Human Text	0.59 / 1,000,000 Documents

3x dissemination of findings, and

How frequently the phrase was found in our dataset:

AI Text	1.46 / 1,000,000 Documents
Human Text	0.46 / 1,000,000 Documents

3x and actionable research

How frequently the phrase was found in our dataset:

AI Text	1.11 / 1,000,000 Documents
Human Text	0.35 / 1,000,000 Documents

3x the way for further studies

How frequently the phrase was found in our dataset:

AI Text	3.91 / 1,000,000 Documents
Human Text	1.25 / 1,000,000 Documents

3x narrative analysis). The

How frequently the phrase was found in our dataset:

AI Text	1.98 / 1,000,000 Documents
Human Text	0.63 / 1,000,000 Documents

3x in India, addressing

How frequently the phrase was found in our dataset:

AI Text	0.99 / 1,000,000 Documents
Human Text	0.32 / 1,000,000 Documents

3x is innovative in its

How frequently the phrase was found in our dataset:

AI Text	3.82 / 1,000,000 Documents
Human Text	1.24 / 1,000,000 Documents

3x fill a critical gap in

How frequently the phrase was found in our dataset:

AI Text	3.41 / 1,000,000 Documents
Human Text	1.1 / 1,000,000 Documents

3x tools, and policy

How frequently the phrase was found in our dataset:

AI Text	3.26 / 1,000,000 Documents
Human Text	1.06 / 1,000,000 Documents

3x evidence that informs

How frequently the phrase was found in our dataset:

AI Text	2.52 / 1,000,000 Documents
Human Text	0.82 / 1,000,000 Documents

3x guidance on supporting

How frequently the phrase was found in our dataset:

AI Text	2.42 / 1,000,000 Documents
Human Text	0.8 / 1,000,000 Documents

3x for managing the project

How frequently the phrase was found in our dataset:

AI Text	4.25 / 1,000,000 Documents
Human Text	1.41 / 1,000,000 Documents



INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH

Research Projects Division

Proposal Format –ICSSR Call for Research Projects on “Family and Family Systems in India” -(2025-26)

Note: Applicants must adhere to the word limit specified in each section, and any deviation from the prescribed ICSSR proposal format will result in the cancellation of the application.

Application number (To be noted down from the online application)	
Theme Family and Family Systems in India	
Sub-theme Mental Health, Loneliness, and the Need for Strong Families	
1.	Title of the Research Proposal Understanding the Emerging DINK (Dual Income No Kids) Lifestyle in India: A Comparative Study Across Generations and Family Systems
2.	Abstract (approx. 500 words) (Brief overview including objectives, significance, methodology, and expected outcomes) India's traditional family system has historically revolved around collectivism, kinship solidarity, and intergenerational continuity. Within this structure, marriage and parenthood were central to identity and social legitimacy. However, the last two decades have witnessed rapid socio-economic transformation driven by globalization, urban migration, education, and women's participation in the workforce. These forces are reshaping the meaning of marriage, partnership, and family life in India. A notable outcome of this transition is the rise of Dual Income No Kids (DINK) households—married or cohabiting couples who consciously choose not to have children while focusing on careers, autonomy, and shared economic stability. While such lifestyles have been documented in Western and East Asian contexts, empirical evidence from India remains scarce. The few existing studies are primarily descriptive, confined to urban settings, and often overlook psychological and relational dimensions. In a society still rooted in pronatalist expectations, the DINK choice raises important questions about social acceptance, relationship satisfaction, and cultural negotiation within evolving Indian family

systems. This research aims to examine how Indian DINK couples experience and construct their lives amidst changing values, and how **Generation Z** and **Millennial** cohorts differ in motivations, stigma perceptions, and life satisfaction.

The study is guided by three major frameworks: **Social Exchange Theory** (to understand cost-benefit reasoning in family decisions), **Attachment and Relationship Maintenance Theory** (to explore intimacy and satisfaction in childfree partnerships), and **Intersectionality** (to analyze the combined effects of caste, religion, gender, and sexual orientation). Together, these frameworks help reveal the psychological, social, and cultural processes shaping India's emerging childfree households.

Methodologically, the study employs a **mixed-methods design** combining quantitative and qualitative approaches. The quantitative phase will include **800 participants** (400 couples) representing diverse regions—urban, semi-urban, and rural India—ensuring variation in socio-economic background and cultural setting. Standardized psychological instruments, such as the **Relationship Assessment Scale**, **Life Satisfaction Scale**, and **Perceived Stigma Scale**, will be culturally adapted and validated for Indian samples. The qualitative phase will involve **60–80 semi-structured interviews**, exploring lived experiences of choice, negotiation with parents and kin, and perceptions of fulfilment. Data will be analyzed using **SPSS** (for descriptive and inferential statistics) and **NVivo** (for thematic narrative analysis).

The **objectives** are: (1) to investigate socio-psychological motivations behind adopting the DINK lifestyle in India; (2) to compare generational differences in life satisfaction and relationship quality; (3) to explore the role of caste, religion, and gender in shaping DINK experiences; and (4) to provide culturally validated tools and policy insights relevant to modern Indian family systems.

The study is **significant** because it addresses a major **research gap** in understanding evolving Indian family structures beyond traditional nuclear and joint models. Its **expected outcomes** include (a) a conceptual framework for analyzing childfree families in India, (b) empirical data on intergenerational patterns and social acceptance, (c) culturally adapted instruments for future Indian research, and (d) evidence-based recommendations for **family counselling**, **marital therapy**, and **social awareness programs**.

		<p>Ultimately, the research redefines DINK households not as deviations from tradition, but as reflective of India's adaptive, plural, and evolving family system.</p>
3.	<p>Introduction, Theoretical Framework and Scope of the Proposed Study (approx. 500 words)</p> <p>(Outline theoretical foundations and the scope of the study in Indian context)</p>	<p>India's family system has long been characterized by collectivism, interdependence, and the joint-family ethos that emphasizes lineage continuation and filial duty. However, the nation's rapid urbanization, educational expansion, and economic liberalization have redefined household structures and personal choices. In contemporary metropolitan and semi-urban India, a new lifestyle category is emerging — the Dual Income No Kids (DINK) households. These couples consciously choose to remain childfree while pursuing careers, economic security, and personal fulfillment.</p> <p>Although childfree lifestyles have been documented in Western literature for decades, their occurrence in India represents a significant cultural shift. In a society historically grounded in pronatalist expectations and extended kinship obligations, the DINK phenomenon challenges traditional definitions of family, marriage, and success. Early Indian media portrayals often frame such couples as symbols of modern aspiration, yet sociological realities reveal continuing stigma and intergenerational tensions.</p> <p>While economic motivations (cost of child-rearing, work-life priorities, and urban living expenses) partly explain this choice, there is limited understanding of the psychological, relational, and cultural dynamics that sustain such lifestyles within India's unique social framework. The transformation from joint to nuclear and now "childfree nuclear" families calls for an in-depth inquiry into how DINK couples negotiate familial expectations, manage relationships, and construct meanings of intimacy and satisfaction in the Indian sociocultural milieu.</p> <p>The study is theoretically anchored in Social Exchange Theory, which explains how couples assess emotional, economic, and social rewards when choosing to remain childfree, and in Attachment and Relationship Maintenance Theory, which explores how marital satisfaction and intimacy are maintained in partnerships without children. Additionally,</p>

	<p>an intersectional framework guides the study to recognize how caste, gender, religion, and sexual orientation intersect to shape the experiences, challenges, and acceptance of DINK couples within diverse Indian communities. These frameworks together offer a comprehensive lens to understand both micro-level relationship dynamics and macro-level sociocultural influences.</p> <p>Situated at the crossroads of psychology, sociology, and cultural studies, this study focuses on understanding how evolving aspirations, career orientations, and social transformations influence family life in India. It specifically examines how two generational cohorts — Millennials and Generation Z — conceptualize marriage, partnership, and fulfillment without parenthood, and how their lived experiences vary across urban, semi-urban, and rural settings. By situating the DINK lifestyle within the changing Indian family system, the research highlights how traditional expectations coexist and at times conflict with modern individualistic values.</p> <p>Through this inquiry, the study contributes to a deeper understanding of emerging family forms in India, addressing a critical gap in family research that has often focused solely on nuclear or joint families. It emphasizes that the rise of DINK households is not merely a lifestyle trend but a reflection of broader transformations in values, gender roles, and economic priorities within Indian society.</p>
4.	<p>Critical Review of Key Research Works for the Proposed Study (Avoid listing bibliographic references) (approx. 1000 words)</p> <p>India's family system has long been characterized by collectivism, interdependence, and the joint-family ethos that emphasizes lineage continuation and filial duty. However, the nation's rapid urbanization, educational expansion, and economic liberalization have redefined household structures and personal choices. In contemporary metropolitan and semi-urban India, a new lifestyle category is emerging — the Dual Income No Kids (DINK) households. These couples consciously choose to remain childfree while pursuing careers, economic security, and personal fulfilment.</p> <p>Although childfree lifestyles have been documented in Western literature for decades, their occurrence in India</p>

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5.	<p>Identification of Research Gaps (Clearly identify the gaps in the existing research literature, unexplored areas, and explain how your proposed study addresses these gaps) (approx. 500 words)</p> <p>Although preliminary Indian studies have begun documenting the presence of Dual Income No Kids (DINK) households and their economic and lifestyle patterns, the available literature remains limited in depth, scope, and theoretical integration. The phenomenon is emerging rapidly in India, yet scholarship continues to focus largely on descriptive or consumption-oriented analyses. As a result, several critical and actionable research gaps remain to be addressed.</p> <p>1. Intergenerational Comparative Evidence (Gen Z vs Millennials): Existing Indian research has not systematically compared DINK lifestyles across generational cohorts. Millennials and Generation Z differ substantially in socialization, exposure to global media, work culture, and relationship expectations. While Millennials were shaped by early liberalization and career mobility, Generation Z is more digitally native and individualistic. No Indian study has examined whether these generational differences influence motivations for childfree living, relationship satisfaction, or acceptance within extended families. This study fills the gap by conducting a comparative analysis across the two cohorts, enabling insights into how evolving generational values shape family decisions in contemporary India.</p> <p>2. Psychological and Relational Mechanisms: Most Indian studies have emphasized sociological and economic factors but have neglected psychological constructs that explain how DINK couples maintain relationship quality, cope with stigma, and negotiate family expectations. Constructs such as attachment styles, relationship maintenance strategies, and life satisfaction remain underexplored within Indian samples. This research directly addresses this gap by integrating validated psychological measures into the study design, thereby linking</p>

	<p>emotional processes with socio-cultural dynamics.</p> <p>3. Intersectionality — Caste, Religion, and LGBTQ+ Status: The interplay of caste hierarchy, religious norms, gender expectations, and sexual orientation remains virtually unexamined in Indian DINK research. These intersections profoundly influence social sanction, kinship obligations, and marital autonomy. For instance, a DINK couple from an upper-caste urban background may experience more acceptance than one from a conservative or marginalized group. Similarly, LGBTQ+ couples' experiences of voluntary childlessness intersect with broader struggles for recognition.</p> <p>The proposed study adopts an intersectional lens, purposively sampling participants from diverse caste, religious, and gender identities to examine how privilege and marginalization shape DINK experiences.</p> <p>4. Rural–Urban and Family Structure Moderators: Most existing work is metropolitan-centric, overlooking semi-urban and rural regions where traditional norms remain stronger. Little is known about whether DINK lifestyles exist in smaller towns, how they are perceived, or how they negotiate family obligations in joint or extended households.</p> <p>This study includes urban, semi-urban, and rural samples across India, thereby capturing regional and structural variation. This approach will illuminate whether the DINK phenomenon is confined to elite urban enclaves or spreading more broadly.</p> <p>5. Methodological Robustness and Cultural Validity: Current Indian research is limited by small, convenience samples and unvalidated Western instruments. Constructs like perceived stigma or relationship quality often rely on scales not adapted for local cultural meanings.</p> <p>This research overcomes these limitations through a mixed-methods design, combining quantitative surveys with qualitative narratives and culturally adapting tools through translation, back-translation, and pilot testing.</p> <p>In summary, the existing literature lacks comprehensive, psychologically grounded, and culturally sensitive analysis of the DINK phenomenon in India. By integrating generational comparison, intersectionality, and methodological rigor, the proposed study will bridge these gaps, contributing both empirical data and theoretical insights to the understanding of changing Indian family systems.</p>
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6. Uniqueness and Originality of the Study (approx. 300 words)	<p>The proposed study is distinguished by its conceptual, methodological, and contextual innovation within the field of Indian family research. It represents the first India-wide investigation focusing exclusively on the Dual Income No Kids (DINK) lifestyle — a phenomenon that has received limited empirical attention in India despite its increasing visibility in metropolitan and semi-urban societies. While international research has examined voluntary childlessness through economic or feminist lenses, the proposed study goes beyond replication by embedding this lifestyle within India's unique sociocultural framework, where family, kinship, and filial obligations hold central importance.</p> <p>The study's original contribution lies in its comparative generational analysis, exploring how Millennials and Generation Z conceptualize marriage, intimacy, and fulfilment in childfree unions. By situating these generational experiences within the broader transformation of Indian family systems, the project captures how shifting aspirations and globalization intersect with indigenous values. This generational lens has rarely been applied in Indian family research and provides critical insights into the evolution of relationship norms among younger cohorts.</p> <p>Methodologically, the study is innovative in its mixed-methods design that integrates quantitative surveys with qualitative interviews to generate both breadth and depth. The inclusion of intersectional sampling across caste, religion, gender, and region introduces a level of diversity and representativeness seldom achieved in prior research. Additionally, the cultural adaptation and validation of psychological instruments — such as measures of stigma, life satisfaction, and relationship quality — mark a significant advancement for future Indian studies.</p> <p>Beyond academic originality, the research carries practical significance by offering policy-relevant insights for marital counselling, family welfare programs, and social awareness initiatives. It redefines emerging family forms not as deviations but as evolving expressions of partnership within India's dynamic social structure.</p>
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7.	<p>Objectives of the Proposed Study (approx. 300 words)</p> <p>(List main and specific objectives of the research)</p>	<p>Main Goal 1: Understand socio-psychological and cultural factors shaping DINK adoption in India</p> <ul style="list-style-type: none"> • Examine personal, relational, and cultural determinants: Investigate the individual motivations, couple dynamics, and cultural norms that influence the decision to adopt a child-free lifestyle. This includes aspirations, career priorities, personal values, and societal expectations surrounding marriage and parenthood. • Analyze caste, religion, and gender influences: Explore how identity-based and structural factors shape couples' choices, highlighting the intersectional impacts of social hierarchies and cultural beliefs on lifestyle decisions. • Explore negotiation of intergenerational expectations: Study how couples manage pressures and expectations from parents and extended families, including strategies to maintain autonomy while sustaining familial harmony and social acceptance. <p>Main Goal 2: Assess generational differences and develop culturally valid research tools</p> <ul style="list-style-type: none"> • Compare Millennials and Gen Z: Examine variations in relationship quality, life satisfaction, and attitudes toward marriage, family, and career across generational cohorts, identifying emerging trends and shifts in perceptions of childlessness in Indian society. • Develop culturally valid research instruments: Adapt and refine existing Western constructs to create reliable tools tailored to the Indian context, capable of capturing the nuanced experiences of DINK couples, including relationship dynamics, satisfaction, and societal interactions. • Generate policy-relevant insights: Provide empirical evidence that informs social, workplace, and public policy, promoting awareness of diverse family structures and guiding interventions that support
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		<p>informed decision-making, gender equity, and acceptance of non-traditional lifestyles.</p> <p>Through these objectives, the study aims to fill a critical gap in Indian family research by integrating psychological, sociological, and intersectional perspectives, offering a comprehensive understanding of contemporary child-free lifestyles and their implications for individuals, families, and society.</p>
8.	Proposed Methodology, Sampling Design, and Research Design (approx. 800 words)	<p>The proposed study adopts a mixed-methods research design, integrating quantitative surveys with qualitative interviews. This approach is particularly suitable for exploring DINK (Dual Income, No Kids) lifestyles in India, as it allows the investigation of both measurable outcomes (e.g., relationship quality, life satisfaction) and rich, contextualized narratives surrounding socio-cultural influences and intergenerational negotiations. Quantitative methods will provide statistically robust findings regarding generational differences, socio-demographic predictors, and patterns of child-free decision-making, while qualitative methods will offer in-depth insights into couples' lived experiences, coping strategies, and cultural negotiation processes. This combination ensures a comprehensive understanding of the phenomenon, addressing the study's dual focus on structural and subjective dimensions.</p> <p>Population and Sampling Design</p> <p>The target population includes adult Indian couples across urban, semi-urban, and rural areas who have consciously chosen a child-free lifestyle. For the quantitative component, a sample of 800 participants (400 couples) will be recruited using stratified purposive sampling, ensuring representation across generational cohorts (Millennials and Gen Z), gender, caste, religion, and geographic location. Stratification by urban, semi-urban, and rural areas will capture variations in socio-cultural contexts and lifestyle constraints. For the qualitative component, 60–80 semi-structured interviews will be conducted with purposively selected couples who can provide rich narratives on decision-making processes, familial interactions, and socio-cultural negotiations. Inclusion criteria</p>

include being married or cohabiting, aged 22–40, and voluntarily child-free for at least one year.

Data Collection Tools and Procedures

Quantitative data will be collected using standardized and validated instruments:

- **Relationship Assessment Scale (RAS):** Measures relationship satisfaction and quality.
- **Perceived Stigma Scale (adapted for child-free couples):** Captures social pressures, judgment, and internalized stigma.
- **Satisfaction with Life Scale (SWLS):** Evaluates subjective well-being and life satisfaction.

All tools will be culturally adapted and pilot-tested for comprehension, relevance, and reliability in the Indian context. Qualitative data will be collected through **semi-structured interviews**, guided by open-ended questions exploring personal motivations, intergenerational negotiations, societal pressures, and coping strategies. Interviews will be audio-recorded (with consent), transcribed verbatim, and anonymized. Field notes will supplement transcripts to capture contextual details and non-verbal cues.

Data Analysis Plan

Quantitative data will be analyzed using SPSS. Descriptive statistics will summarize demographic and socio-cultural characteristics, while inferential analyses (t-tests, ANOVA, and regression) will assess generational differences, predictors of relationship quality and life satisfaction, and the influence of caste, religion, and gender. Correlational analyses will examine relationships between perceived stigma, life satisfaction, and relationship outcomes.

Qualitative data will be analyzed using NVivo for thematic analysis. A coding framework will be developed iteratively, combining deductive codes based on literature and inductive codes emerging from the interviews. Themes will be organized to capture socio-cultural negotiation patterns,

	<p>generational perspectives, and subjective experiences of DINK couples. Triangulation between quantitative and qualitative findings will strengthen validity and provide a holistic interpretation of results.</p> <p>Ethical Considerations</p> <p>Ethical approval will be obtained prior to data collection. Informed consent will be secured from all participants, ensuring voluntary participation and the right to withdraw at any time. Confidentiality and anonymity will be maintained, with data stored securely and identifiers removed from transcripts. Cultural sensitivity will be maintained during data collection, with careful attention to potentially stigmatizing topics.</p> <p>Rationale and Relevance</p> <p>This methodology ensures both rigor and contextual sensitivity. The mixed-methods design allows for generalizable quantitative insights while capturing the nuanced lived experiences of Indian DINK couples. Stratified purposive sampling ensures demographic, generational, and regional diversity, enhancing representativeness. Culturally adapted tools and thematic qualitative analysis will generate empirically robust and socially relevant findings, contributing to theory, practice, and policy on contemporary family structures in India.</p>
9. Innovation/path-breaking aspects of the Proposed Research (500 words)	The proposed study on DINK (Dual Income, No Kids) couples in India is path-breaking in multiple dimensions—conceptually, methodologically, and practically—addressing a critical gap in Indian family research. Conceptually, this research is the first India-wide generational comparison of child-free couples, integrating psychological, sociological, and intersectional perspectives. While Western literature has extensively explored the DINK phenomenon, Indian studies remain limited, mostly descriptive, and rarely address the complex interplay of cultural norms, caste, religion, and gender in lifestyle choices. By examining generational differences between Millennials and Gen Z, this study will reveal how attitudes toward marriage, family, and career

evolve in response to societal, economic, and cultural transformations in India.

Methodologically, the research employs a **mixed-methods design**, combining quantitative surveys with qualitative interviews, providing both statistical robustness and narrative depth. The quantitative component will allow for generalizable findings regarding socio-demographic predictors, relationship quality, life satisfaction, and perceived stigma, while the qualitative component will explore the nuanced lived experiences of couples navigating familial expectations and societal pressures. Importantly, the study will develop **culturally validated research tools**, adapting Western constructs to the Indian context. These instruments will capture relationship dynamics, subjective well-being, and social pressures in ways that are both culturally sensitive and empirically reliable, marking a significant methodological innovation.

Another path-breaking aspect is the **stratified purposive sampling** across urban, semi-urban, and rural India, ensuring representativeness across regions, caste groups, religions, genders, and socio-economic strata. This approach recognizes the diversity of Indian society and allows the study to explore variations in DINK adoption across different socio-cultural environments.

Practically, the study's findings have the potential to influence policy and social interventions. By generating insights into the challenges, aspirations, and coping strategies of child-free couples, it can inform workplace policies, public health initiatives, and programs aimed at reducing stigma and promoting awareness of non-traditional family structures.

The study also contributes theoretically by integrating Indian socio-cultural realities into frameworks often dominated by Western research. It challenges existing assumptions about family, parenthood, and marital satisfaction, offering an intersectional and culturally grounded understanding of contemporary Indian lifestyles.

In sum, the proposed research is innovative because it

	<p>combines theoretical novelty, methodological rigor, cultural adaptation, and policy relevance, making it a first-of-its-kind, comprehensive exploration of DINK couples in India.</p>
10.	<p>Expected Contribution of the Research Project to the Knowledge Repository (approx. 500 words)</p> <p>The proposed study on DINK (Dual Income, No Kids) couples in India is expected to make significant contributions to the academic knowledge repository, addressing several gaps in family research, psychological studies, and sociological scholarship. First, at the theoretical level, it will expand understanding of child-free lifestyles in India—a largely under-researched population. Existing literature on family structures, marital satisfaction, and life-course decisions in India predominantly assumes parenthood as a central life goal. By examining couples who consciously choose not to have children, this research will challenge conventional assumptions and provide empirical evidence on alternative family models. It will illuminate the intersection of relationship quality, life satisfaction, generational perspectives, and socio-cultural factors such as caste, religion, and gender, thereby enriching Indian family and social psychology literature.</p> <p>Second, the study will contribute methodologically to the knowledge repository. The development of culturally validated research instruments, adapted from Western constructs for the Indian context, will provide reliable and contextually relevant tools for future research. These scales, including assessments of relationship satisfaction, perceived stigma, and life satisfaction, can be utilized in subsequent studies on non-traditional family structures, child-free lifestyles, or marital well-being in India. Additionally, the mixed-methods approach will serve as a model for combining quantitative and qualitative research to investigate sensitive socio-cultural topics, demonstrating methodological rigor while capturing the lived experiences of participants.</p> <p>Third, the research will contribute empirically by generating rich data on generational differences between Millennials and Gen Z, urban-rural variations, and the influence of social identity factors on lifestyle decisions. By analyzing patterns in decision-making, coping strategies, and negotiation of</p>

	<p>intergenerational expectations, the study will provide nuanced insights that were previously unavailable in the Indian context. These findings will serve as a reference point for scholars, educators, and policymakers seeking evidence-based understanding of contemporary family dynamics.</p> <p>Fourth, the study has significant policy and practice relevance. Its findings can inform social policy, workplace practices, and public health initiatives by highlighting the needs, challenges, and aspirations of child-free couples. Insights from this research can guide awareness campaigns, anti-stigma programs, and interventions promoting inclusivity of non-traditional family models in urban and rural India. In addition, it will provide practical guidance for counselors, therapists, and social workers working with couples navigating societal pressures or stigma associated with childlessness.</p> <p>Finally, the study is expected to have a broader academic and societal impact. By integrating psychological, sociological, and intersectional perspectives, it will offer a comprehensive, culturally grounded understanding of Indian DINK couples. This knowledge will pave the way for further studies on diverse family structures, generational change, and autonomy in life choices, enriching both the academic literature and public discourse.</p> <p>In summary, the project will significantly advance knowledge on contemporary Indian family lifestyles, contribute validated methodological tools, inform policy and practice, and establish a foundational evidence base for future research on non-traditional families in India.</p>
11. Expected Output (300 words)	The proposed study is expected to generate multiple concrete outputs that contribute to academic knowledge, practical tools, and policy insights regarding DINK (Dual Income, No Kids) couples in India. First, it will produce a comprehensive empirical dataset covering 800 participants (400 couples) across urban, semi-urban, and rural regions, capturing generational, socio-cultural, and regional differences in family decisions, relationship quality, life satisfaction, and experiences of social stigma. This dataset will provide a

	<p>robust foundation for understanding the socio-psychological and cultural dynamics of child-free lifestyles in India.</p> <p>Second, the research will result in the development and cultural validation of measurement instruments tailored to Indian DINK couples. These include adapted scales for relationship satisfaction, perceived stigma, and life satisfaction, ensuring reliability, contextual relevance, and usability in future research or applied settings such as counselling or mental health assessments.</p> <p>Third, through qualitative interviews, the study will produce rich narratives elucidating how couples navigate familial and societal pressures, manage stigma, and maintain autonomy and relational harmony. These insights will deepen understanding of coping strategies and intergenerational negotiations, offering context-sensitive perspectives that cannot be captured through quantitative data alone.</p> <p>Fourth, the project will generate academic outputs, including peer-reviewed journal articles, conference presentations, and policy briefs that disseminate findings to scholars, practitioners, and policymakers.</p> <p>Finally, the research will provide policy-relevant recommendations for counselling practices, social awareness programs, and workplace policies targeting child-free couples, while contributing to the broader discourse on family structures, mental health, and well-being in contemporary India.</p> <p>In sum, the expected outputs include empirical data, validated research instruments, qualitative insights, publications, and actionable recommendations, establishing a foundation for future research, policy interventions, and social initiatives focused on non-traditional family forms.</p>
12.	<p>Relevance of the proposed study for policy making (approx. 500 words)</p> <p>The proposed study holds significant relevance for policy making in India, addressing the needs of a growing population of child-free couples while informing social, workplace, and public health interventions. First, the study's empirical insights on relationship satisfaction, life satisfaction, and coping strategies among DINK couples will provide evidence-</p>

based guidance for family counselling services. Mental health professionals and social workers can use these findings to design culturally sensitive interventions that reduce stigma, enhance relational well-being, and support autonomous lifestyle choices.

Second, the development of **validated measurement tools** tailored to Indian contexts allows policymakers to assess social pressures, perceived stigma, and family satisfaction among child-free couples in different regions and social strata. These instruments can inform the evaluation of programs aimed at promoting inclusivity and understanding of diverse family structures.

Third, the study provides actionable recommendations for **workplace policies**. Organizations can utilize insights on challenges faced by child-free couples—such as social expectations, family-related pressures, and work-life balance—to design inclusive HR practices, flexible benefits, and employee wellness initiatives that recognize and support non-traditional families.

Fourth, findings can inform **public awareness campaigns** that challenge stereotypes associated with childlessness, particularly in traditional or rural communities. By highlighting the legitimacy, well-being, and life satisfaction of DINK couples, the research can foster social acceptance, reduce stigma, and encourage dialogue on contemporary lifestyle choices.

Fifth, the study's analysis of generational differences and socio-cultural factors such as caste, religion, and gender provides **policy-relevant insights for government programs** addressing family welfare, gender equity, and social cohesion. For instance, family welfare initiatives can incorporate guidance on supporting child-free couples without imposing normative expectations, while social programs can recognize diverse marital and familial arrangements.

Finally, the research contributes to the broader **policy discourse on family and mental health**, offering evidence to guide future interventions, academic scholarship, and cross-

		<p>sector collaborations. By integrating psychological, sociological, and intersectional perspectives, the study equips policymakers with actionable knowledge to accommodate evolving family structures in India.</p> <p>In conclusion, the proposed research is not only academically rigorous but also directly relevant to policy planning and implementation, supporting inclusive, culturally sensitive, and evidence-based approaches to family, workplace, and social welfare policies in India.</p>																					
13.	Total Grant Amount expected for this study	<p>Amount (in figures): _____ (in ₹)</p> <p>Amount (in words): _____</p>																					
14.	Head-wise Justification for the Expected Grant (approx. 300 words) (Manpower, travel, fieldwork, equipment, contingency, etc.)																						
15.	Milestones set for	<table border="1"> <thead> <tr> <th>Timeline</th><th>Milestones / Activities</th><th>Deliverables</th></tr> </thead> <tbody> <tr> <td>1–3 months</td><td>Literature review and adaptation of research tools</td><td>Literature synthesis report; culturally adapted measurement instruments</td></tr> <tr> <td>4–5 months</td><td>Pilot testing of quantitative and qualitative tools</td><td>Pilot data; revised and validated tools</td></tr> <tr> <td>6–11 months</td><td>Quantitative data collection across urban, semi-urban, and rural sites</td><td>Complete survey dataset of 800 participants (400 couples)</td></tr> <tr> <td>12–17 months</td><td>Qualitative data collection through semi-structured interviews</td><td>Transcribed and anonymized interviews (60–80 couples); field notes</td></tr> <tr> <td>18–21 months</td><td>Data analysis (quantitative with SPSS, qualitative with NVivo)</td><td>Statistical analysis reports; thematic analysis outputs; integrated findings</td></tr> <tr> <td>22–24 months</td><td>Report writing, dissemination of findings, and final</td><td>Draft and final project report; research papers; policy briefs;</td></tr> </tbody> </table>	Timeline	Milestones / Activities	Deliverables	1–3 months	Literature review and adaptation of research tools	Literature synthesis report; culturally adapted measurement instruments	4–5 months	Pilot testing of quantitative and qualitative tools	Pilot data; revised and validated tools	6–11 months	Quantitative data collection across urban, semi-urban, and rural sites	Complete survey dataset of 800 participants (400 couples)	12–17 months	Qualitative data collection through semi-structured interviews	Transcribed and anonymized interviews (60–80 couples); field notes	18–21 months	Data analysis (quantitative with SPSS, qualitative with NVivo)	Statistical analysis reports; thematic analysis outputs; integrated findings	22–24 months	Report writing, dissemination of findings, and final	Draft and final project report; research papers; policy briefs;
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Category	Sub-Category	Estimated Cost (INR)	Notes
Personnel Costs	Research Coordinator (Full-time, 3 years)	4,500,000	Salary and benefits for managing the project.
	Research Assistants (Part-time, per country)	6,000,000	Stipends/salaries for local research assistants in each of the 7 countries (India, China, South Korea, Thailand, Vietnam, Malaysia, Philippines).
	Translators/Transcribers (per country)	1,400,000	For translating survey instruments and transcribing qualitative interviews in different languages.
Travel & Accommodation	International Travel (Researchers)	2,800,000	Multiple trips for researchers to oversee data collection, conduct interviews/focus groups in each country.
	Local Travel (Research Assistants)	700,000	In-country travel expenses for research assistants for data collection in urban, semi-urban, and rural areas.
	Accommodation (Researchers)	1,400,000	Lodging costs for researchers during fieldwork in each country.
Data Collection	Survey Instrument Design & Translation	300,000	Costs for expert consultation on survey design and professional translation into relevant languages.
	Survey Distribution (Online & Offline)	1,000,000	Costs for online survey platforms, printing (if needed for specific regions), and potential incentives for participants.
	Qualitative Data Collection (Focus Groups/Interviews)	800,000	Costs for venue rentals, participant incentives, and recording equipment.
Equipment & Supplies	DSLR Camera & Accessories	100,000	For capturing visual documentation during fieldwork (e.g., research environments, non-identifying contextual shots).
	Audio Recorders & Transcription Software	50,000	High-quality audio recorders for interviews and focus groups, along with transcription software licenses.
	Office Supplies & Communication	150,000	Printing, stationery, internet, phone calls, etc.
Data Analysis & Dissemination	Statistical Software Licenses	100,000	Licenses for software like SPSS or R for quantitative data analysis.
	Qualitative Data Analysis Software	50,000	Licenses for software like NVivo or ATLAS.ti for qualitative data analysis.

	Publication Fees & Conference Presentations	400,000	Costs associated with publishing research findings in academic journals and presenting at international conferences.
Ethical Approval & Institutional Review Administration	Board (IRB) Fees	50,000	Fees for ethical review and approval in relevant institutions.
	Project Management & Administration	800,000	Miscellaneous administrative costs, project management software, and contingency fund.
Total Budget		20,600,000	