

Abstract

Matchmaking is a centuries-old custom that is still practiced in many cultures. It allows suitors to meet, get to know one another, and, if possible, pair up (Monger, 2004). Many women in Pakistan go through the matchmaking process as well. Meeting families and seated in front of them so that they can ask questions and make comments about women's appearances causes a lot of psychological issues. There is a scarcity of knowledge and study on how this affects a woman's mental health. The goal of this research was to consider the psychosocial experiences of women who have gone through this process several times. Purposive sampling was used to choose eight women who were then interviewed utilizing a semi-structured interview schedule. Interpretative Phenomenological Analysis was used to examine the transcripts. Women's perceptions on the process, their experiences and those of their families, and how it affected their entire personality were all studied. A total of twelve themes were derived from the responses of the participants. Self-doubt, materialism, sleep disturbance, the need to display, open about emotions, family support, family pressure, mental exhaustion, anxiety, guarded emotions, transformation, and assessing physical appearance were among the themes explored. This research concludes that most women in Pakistan face many psychological and emotional problems during the process of matchmaking. Some women who are mentally strong can deal with these problems but the others who are not strong enough face psychological and emotional issues that need to be addressed. *Key Words:* Matchmaking, Psychosocial Experiences, Mental Health.