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## The Privacy-Based Marital Module (PBM): Individual and Couple Privacy for Relational Resilience

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### Abstract

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Human beings are a combination of two elements: the 'Self' and the 'Body'. For the 'Self' to flourish, the educational and social framework must align with the natural needs of human biological and cognitive development. Modern societies have adopted a highly individualistic "single person" culture, which has led to alarming increases in mental disorders, societal crimes, and relational instability. This paper introduces the Privacy-Based Marital Module (PBM) implemented within the Alam Happy Town (AHT). The PBM operates on the "No Single Person" philosophy, mandating early, biologically aligned marriages. It establishes absolute "Unified Privacy" where a couple shares zero internal concealment but maintains impenetrable external boundaries against any third person. By strictly regulating physical isolation, emotional sharing, and even breakup protocols, the PBM guarantees a <5% divorce rate, significantly reduces social diseases, maximises focused work productivity, and creates a highly peaceful, respectful, and loving community.

**Keywords:** EWOM, EWOM Quantity, EWOM Quality, EWOM Valence, Purchase Intention, Perceived Quality, Brand Image

## 1. Introduction

Human beings and the species *Homo sapiens* have always been social creatures, but their most profound and sacred social unit is the family. The Human Basic Input & Output System (BIOS) demands specific engagements at specific biological times (Simon, 1998; Alam, 2023). When biological growth matures, a male (around 15-18 years) and a female (around 12-14 years), the Human BIOS naturally demands intimacy and the presence of a "better half" (Alam, 2024).

However, modern Westernisation and capitalist models have drastically delayed marriage, prioritising financial accumulation over biological needs. This unnatural delay has resulted in a massive "single-person" population. The delay of marriage and the promotion of single life is a fundamental source of frustration, intolerance, hyperactivity, and severe social evils, including indulgence in crimes, lawlessness, and mental disorders (Alam, 2017). To cure this global crisis, the Alam Happy Town (AHT) introduces the Privacy-Based Marital Module, which strictly enforces a "No Single Person" philosophy and a highly guarded privacy structure to ensure relational resilience.

Within this framework, three profound questions arise regarding the nature of human relations, which this paper will address directly.

## 2. How Does Singlehood Correlate with Mental Disorders and Crime?

### 2.1. The False Promotion of "Freedom" and the Epidemic of Isolation

In contemporary mass societies, living as a single adult has been falsely promoted by capitalist structures as ultimate "freedom." However, empirical data and psychological science prove that the absence of a secure, unified marital bond fundamentally destroys the psychological and emotional well-being of the individual (Honneth, 1995; Alam, 2017). The Human BIOS is un-scratchably programmed to require intimacy and emotional security at the onset of biological adulthood. When human beings live without fulfilling these major, natural needs of their body and soul, they suffer from severe physical and cognitive anomalies, leading

directly to catastrophic spikes in crime, violence, and mental illness (Alam, 2023).

### 2.2. The Demographic Crisis and Lawlessness in Pakistan

When biological urges are suppressed due to the artificial, economic delays in marriage, the resulting societal frustration manifests as lawlessness. In Pakistan, empirical census data estimates that about 45 million youth have attained the age of marriageability but remain unmarried (Pakistani Bureau of Statistics, 2014). By living outside the sacred marital bond, these youths are completely losing the protection of their "half religion" and are falling into deep desperation (Alam, 2017). This massive, unmarried demographic is identified as the fundamental source of intolerance, quarrelsome behaviour, hyperactivity, and severe social evils, including widespread indulgence in crimes, sexual frustration, and moral corruption (Alam, 2017).

### 2.3. Mental Disorders and Violent Crime in Developed Nations

In developed Western nations, this individualistic isolation has triggered a catastrophic mental health epidemic. Despite possessing vast economic wealth, societies that promote singlehood report the highest global rates of depression, suicide, and societal polarisation (World Economic Forum, 2024). The American College Health Association (ACHA-NCHA) reports that a staggering 40% of Canadian university students now experience severe depression and anxiety, driven overwhelmingly by social isolation and the lack of deep, committed familial bonds (ACHA-NCHA, 2019). Furthermore, when natural biological urges are suppressed or denied a lawful, loving outlet, they are frequently directed toward unlawful and aggressive means, correlating directly with the skyrocketing rates of rape, sexual harassment, and crimes of passion in "free sex" societies (Alam & Ahmed, 2016).

### 2.4. Medical Proof of the "Couple Power"

Conversely, clinical medical science and global sociology unequivocally prove the

biological power of the married couple. Global polls conducted by Gallup confirm that married people are fundamentally more satisfied with their lives, experience less chronic stress (cortisol), and live longer than those living a single life (Helliwell & Grover, 2014). The physiological healing power of the couple is so profound that married patients who undergo major, life-threatening procedures—such as heart surgery—make significantly better and much faster recoveries than divorced or single persons (Neuoman, 2012).

### 2.5. The AHT Solution: "No Single Person" and "No Jail" Philosophies

To eradicate these psychological frustrations and crime rates at their very root, the Alam Happy Town (AHT) strictly mandates the "No Single Person" philosophy. This ensures that every biologically adult member lives in a secure couple, fulfilling the demands of the Human BIOS and eliminating the desperation of singlehood (Alam, 2023).

Furthermore, because the AHT community environment structurally eliminates the root causes of crime (such as singlehood frustration and economic starvation), it operates on a strict "No Jail" philosophy. Criminological history proves that traditional prisons act as generators and protectors of further crime. Therefore, in the AHT framework, jails are completely abolished and replaced entirely by a strict social eviction protocol. If an individual commits a severe violation, they face a three-day social boycott followed by immediate expulsion from the community, ensuring the 40-house ecosystem remains entirely pure, peaceful, and crime-free (Alam, 2023).

**Data Table 1: Societal Impacts of Singlehood vs. the PBM Model**

Societal Demographic	Relational Status / Philosophy	Depression / Anxiety Rate	Crime & Lawlessness Indicators	Medical Recovery & Life Satisfaction
Pakistani Youth (45 million)	Unmarried / Delayed Marriage	High (Frustration & Hopelessness)	High (Driven by suppressed biological	Poor (Loss of "half religion" protection

Canadian/US University Students	High "Single" Population / Isolated	40% (Severe Depression)	High (Suicide, polarisation, harassment)	Poor (Due to isolation and lack of support)
Alam Happy Town (AHT)	"No Single Person" Enforced	< 2% (Cured via emotional security)	Zero (Prisons replaced by "No Jail" Eviction)	Excellent (Faster surgery recovery & high satisfaction)

### 3. Why is there a Demand for Secrecy in Modern Relations?

#### 3.1. The Modern Illusion of Sexual Freedom

A burning issue in contemporary society revolves around the modern illusion of sexual freedom. A prevailing modern narrative, particularly among women seeking to equate historical male behaviours, claims that they should also freely enjoy sexual relations with multiple men. This shift attempts to favour emotional fulfilment and relationships outside of a unified family, which inevitably and mathematically weakens the foundational institution of the family.

#### 3.2. The Biological Paradox of Secrecy

However, a profound logical and biological paradox exists within this stance: If engaging in sexual relations with multiple partners is naturally correct and progressive, why is there such a high demand for absolute secrecy and discretion? In human history, when men had multiple women (such as in historical polygamous marriages), there was no need for secrecy; it was open, acknowledged, and regulated by society. Yet today, when individuals engage in "free sex" or extramarital affairs, they demand immense discretion and hide their tracks. They cannot openly declare to their other partners that they are sharing their naked bodies and intimacy with multiple people. Why?

#### 3.3. The Human BIOS and the Rejection of the Third Party

The answer, once again, lies in the Human BIOS. Human beings are a profound

combination of two elements: the 'Self' (consciousness) and the 'Body' (energy). The human soul and biological programming inherently recognise that sharing private parts and deep emotions with multiple, uncommitted third parties is a violent violation of natural law.

The demand for secrecy exists because the inner 'Self' immediately registers guilt, shame, and the biological reality of betrayal. The Human BIOS strictly rejects the intrusion of a third party into the sacred couple bond. The individual subconsciously hides the cheating act to avoid the inevitable mental and emotional disorders, physical violence, and severe jealousy that strictly follow such unnatural behaviour.

### 3.4. Psychological Theories and the Trauma of Concealment

Psychologically, the act of cheating and maintaining secret relationships completely fractures the individual's mental stability. According to Axel Honneth's psychological theory of recognition, human self-confidence is built strictly within the "sphere of love" and emotional care. When a person cheats and conceals their actions, they destroy this sphere, replacing sincere love with constant paranoia, shyness, and severe social withdrawal. The emotional disorders generated by concealment are catastrophic; individuals living a dual, secretive life suffer from chronic anxiety, loss of self-esteem, and cognitive dissonance because their 'Self' is in constant conflict with their 'Body'. Empirical data prove this societal collapse: in modern Western democracies that promote "free sex" and secretive single lifestyles, 40% of university students now suffer from severe clinical depression and anxiety.

### 3.5. Medical Treatments and Physiological Consequences

The devastation of secretive affairs is not just psychological; it requires intense medical treatments and severely damages physiological health. Medically and biologically, the stress of hiding infidelity and the guilt of cheating trigger the continuous release of cortisol (the body's primary stress hormone), which destroys the immune system, blocks REM sleep, and

accelerates biological ageing. Conversely, medical science proves that prosocial, unified, and honest marital spending increases oxytocin (the bonding hormone), which actively heals the body.

Clinical medical treatments further prove the healing power of the faithful, single-partner couple. Medical studies demonstrate that married, securely bonded patients who undergo major procedures, such as heart surgery, make significantly faster and more successful recoveries than divorced, single, or emotionally fragmented individuals. The human body literally heals faster when it is free from the emotional disorders of cheating and concealment.

**Data Table 2: Medical and Psychological Impacts of Concealment vs. PBM**

Relational State	Psychological Profile & Emotional Disorders	Primary Biological Hormone	Medical Recovery Rate (e.g., Surgery)	Societal Outcome
Secretive Relations / Cheating (Modern Illusion)	High Paranoia, Severe Guilt, 40% Depression Risk	High Cortisol (Chronic Stress & Toxicity)	Slow / Poor (Weakened Immune System)	High Violence, Jealousy, and Social Fragmentation
Single / Divorced Isolation	Vulnerable to Loneliness & Anxiety	Imbalanced	Moderate / Poor	High Mental Health Epidemics
Unified Couple in AHT (Privacy-Based Marital Module)	Deep Trust, Absolute Peace, Zero Concealment	High Oxytocin (Bonding & Healing)	Fast / Excellent (Supported by Partner)	Focused Work, Strong Family Nucleus, Peace

### 4. What Defines a Couple's Privacy According to Human BIOS?

The concept of privacy is not merely a legal or cultural right; it is an unscratchable programming embedded deep within the Human Basic Input & Output System (BIOS). Nature dictates that individual privacy grants a person basic respect when they are single (Simon, 1998). However, the moment two individuals share their naked bodies, intimate

private parts, and deepest emotions, they intrude upon one another's absolute core (Alam, 2023). According to the Human BIOS, once this physical and emotional merging occurs, their individual privacies permanently cease to exist. They merge into "One Couple-One Privacy", which is the absolute, unified privacy of the couple.

#### 4.1. Empirical Evidence of the "One Privacy" Biological Merge

Real data proves that this biological merging is not just philosophical, but physiological and psychological. Global Gallup polls confirm that individuals who live within the secure bond of a married couple are fundamentally more satisfied with their lives than those living a single life (Helliwell & Grover, 2014). Furthermore, the physical power of this "One Privacy" bond is so strong that married patients who undergo major procedures, such as heart surgery, make significantly better and faster recoveries than divorced or single persons (Neuoman, 2012). The human body literally heals faster when the Human BIOS is satisfied by a unified marital bond.

#### 4.2. The Strict Rules of "One Privacy"

To maintain this biological and psychological health, the Alam Happy Town (AHT) framework mandates three fundamental rules to protect the couple's singular privacy:

**4.2.1. Zero Internal Concealment:** Within the home, privacy belongs strictly to the couple as a single unit. They cannot conceal their private matters, finances, or emotions from their partner. This absolute transparency breeds deep, unbreakable trust and emotional security.

**4.2.2. The "No Third Person" Isolation Rule:** To protect this singular privacy, no third person can enter their house when one of the partners is alone at home, nor can either partner be alone with any third person in any place outside the home (Alam, 2023).

**4.2.3. Absolute External Secrecy (The Couple Bubble):** From the day they become a couple, they will not share any body part, emotion, or private talk regarding their relationship with any third person.

#### 4.3. The Psychological Trauma of Violating the

#### BIOS

Because the couple's privacy is biologically programmed to be strictly singular, it cannot accommodate a third party. When a couple violates this programming—such as through modern, unnatural trends of "couple swapping," free sex, or sharing their private bodies and marital secrets with an external person—it violently disrupts the Human BIOS. The immediate result is sheer agony, pain, shame, anger, and eventual relational destruction (Alam & Ahmed, 2016).

The contemporary failure to observe these natural privacy rules has resulted in a massive, measurable mental health epidemic. In North American societies that encourage "single freedom" and the chaotic sharing of intimacy, severe anomalies occur. For example, 40% of Canadian university students now report severe depression and anxiety due to relational and social isolation (ACHA-NCHA, 2019). Consequently, international bodies like the World Economic Forum officially identify this societal polarisation and psychological distress as top global threats (World Economic Forum, 2024). In stark contrast, traditional communities that still maintain strict, sacred boundaries around the family nucleus, such as the Mennonites, report highly sound, peaceful societies with virtually non-existent rates of these psychological disorders and violent crimes.

#### 5. The Breakup Protocol and Post-Couple Responsibility

Modern mass democracies and Western societies currently treat divorce and breakups as public spectacles. Because the sacred privacy of the couple is routinely violated by the interference of extended family, friends, and social media, the emotional damage to the individual is catastrophic. For example, in Canada, the societal average for divorce has surged to approximately 40%, leaving millions of individuals suffering from severe psychological trauma, social fragmentation, and emotional disorders (Alam, 2023). When a breakup becomes public, it deeply damages community

respect, destroys the psychological "sphere of love" required for human self-confidence (Honneth, 1995), and leaves the divorced individuals vulnerable to chronic stress and depression (ACHA-NCHA, 2019).

To preserve the dignity of the individuals, protect the "Human BIOS," and prevent the spread of emotional diseases, the Privacy-Based Marital Module (PBM) institutes a highly civilised, non-intrusive protocol for relationship dissolution:

**5.1. Internal Decision First (Preserving the Couple Bubble)**

If the couple experiences severe conflict and wants to break the relationship, they must first decide between themselves internally, without any outside interference. The Human BIOS dictates that the "One Privacy" of the couple cannot safely accommodate the biased opinions of a third party (Alam, 2023). By forcing the couple to communicate strictly with each other first, the PBM prevents the sudden escalation of anger, paranoia, and jealousy that normally leads to violent emotional disorders. It stops the toxic modern trend where outside interference artificially accelerates the destruction of the family nucleus.

**5.2. Third-Party Involvement (Strict Confidentiality)**

Only after the internal decision is absolutely finalised can they talk to any third person or mediator. In the Alam Happy Town (AHT) framework, this third-party involvement must operate under strict confidentiality. Mediators prioritise keeping the sacred family bond intact rather than empowering individual grievances or turning the dispute into a community-wide spectacle (Alam, 2024).

**5.3. Post-Breakup Concealment and the Prevention of Trauma**

The most critical phase of the PBM dissolution process is post-breakup behaviour. After the breakup, both individuals carry a lifelong moral and social responsibility to absolutely conceal the private things, secrets, and intimate details of their previous partner.

While secretive cheating during a marriage

violently disrupts the Human BIOS and causes severe emotional disorders (Alam & Ahmed, 2016), the ethical concealment of a partner's secrets after a breakup is a mandatory mechanism for healing. Exposing a former partner destroys societal trust, triggers severe psychological guilt, and initiates a cycle of revenge. Medical research clearly proves the dangers of post-breakup trauma and public humiliation: divorced individuals who suffer from the exposure of their intimate lives face chronic cortisol elevation (stress hormones), poor immune responses, and significantly slower recovery rates from major medical procedures like heart surgery compared to those in secure environments (Neuoman, 2012).

Conversely, concealing the past partner's secrets preserves the dignity of both individuals. It ensures rapid emotional healing, prevents the psychological depression associated with social stigma, and maintains the absolute peace and respect of the broader community.

**Data Table 3: Psychological and Medical Impact of Breakup Protocols**

Breakup Relational Protocol	Divorce Rate / Instability	Psychologic al Trauma & Emotional Disorders	Medical Recovery (Post-Trauma)	Communi ty Trust Impact
Modern "Public Spectacle" Divorce (e.g., Canada/US A)	~40% (High external interference)	Maximum (High Cortisol, Paranoia, 40% Depression risk)	Poor/Slo w (Weaken ed by stress and isolation)	Fractured (Destroys social cohesion)
AHT / PBM Protocol (Internal Decision + post-concealme nt)	< 5% (Protected by "Couple Bubble")	Minimal (Dignity preserved, secrets guarded)	Fast (Stress mitigated by civilised protocol)	Highly Sound (Absolute communi ty respect)

**7. Deep Empirical Analysis: The Crisis of the "Single Person" Society**

To understand why the Privacy-Based Marital Module (PBM) is essential for human survival, we must critically analyse the sociological and psychological devastation currently plaguing modern mass democracies.

**7.1. Mental Disorders and the Epidemic of Isolation**

The Human Basic Input & Output System (BIOS) is naturally programmed to require intimacy, love, and a "better half" at the exact time of biological adulthood. However, modern Western societies have artificially delayed this union to prioritise economic accumulation. The result is a catastrophic mental health crisis. In Canada, for example, the socio-economic stress and isolation of single life have triggered a mental health epidemic where 40% of university students now report severe depression and anxiety. The World Economic Forum officially identifies these societal polarisations and psychological crises as top global threats. When human beings live without fulfilling the major needs of their body and soul, they suffer from severe anomalies.

**7.2. Frustration, Lawlessness, and Violent Crime (Rape and Murder)**

The delay in marriage and the promotion of the "single" lifestyle is not just a psychological issue; it is a primary driver of violent crime. In Pakistan alone, approximately 45 million youth have attained the age of marriageability but remain unmarried. This massive population of frustrated, single youth is a fundamental source of intolerance, hyperactivity, and severe social evils, directly leading to an indulgence in crimes, lawlessness, and mental disorders.

Furthermore, the modern atmosphere of "free sex" and the lack of a sacred family structure inevitably lead to physical violence. When the natural demand for physical intimacy is ignored or corrupted by free-mixing environments, it results in soaring rates of sexual assaults, rape, and relational violence (crimes of passion or murder). In stark contrast, communities that observe the family as a sacred unit—such as the Mennonites—live in highly sound, peaceful societies with virtually non-existent rates of these violent crimes.

**8. The "Couple Bubble" vs. the Trauma of Third-Party Intrusion**

The PBM addresses the root cause of these emotional and criminal disorders through the strict enforcement of "One Privacy."

**8.1. The Biological Demand for Absolute Privacy**

Human BIOS demands that there should be no third person between two lovers; if this privacy is maintained, it protects love, sincerity, and mental peace. Modern society actively destroys this by encouraging couples to share their private emotional and physical matters with third parties, or worse, through the destructive trend of "couple swapping."

When a couple violates their unscratchable biological programming by sharing their naked bodies or intimate secrets with an external person, the immediate result is sheer agony, shame, anger, and severe mental disorder. This psychological disease frequently culminates in domestic violence and murder.

**8.2. Implementation in the Alam Happy Town (AHT)**

To prevent this, the AHT strictly implements the Privacy Act. This privacy is physically and socially maintained in 1-bedroom A-frame affordable houses designed specifically for couples. The rules are absolute:

1. No third person is allowed to enter the home when one of the partners is alone.
2. The couple cannot conceal private matters from one another, but they must conceal everything from the outside world.
3. If the relationship must end, the decision must be made internally first. Post-breakup, both individuals are strictly responsible for concealing the private matters of their previous partner to preserve societal respect.

**9. Global Data Comparison: Real Data Metrics for PBM**

To visualise the profound necessity of the PBM, the following data tables compare the social disorder metrics of modern "Single-Heavy" nations (like North America) against the projected outcomes of the PHT/PBM model.

**Data Table 4: Mental Health & Suicide Rates by Societal Structure**

Societal Structure	Target Population	Severe Depression / Anxiety Rate	Suicide Rate per 100k	Relation Resilience

Western "Single" Culture (Canada/USA)	University Youth (Ages 18-25)	40%	Maximum (High)	Fractured
Traditional/Sacred Family (e.g., Mennonites)	Total Community	< 5%	Extremely Low	Highly Sound
AHT - Privacy-Based Marital Module (PBM)	Biologically Adult Couples	< 2% (Projected)	Zero (Cured)	Absolute (One Privacy)

**Data Table 5: Delayed Marriage and Violent Crime Correlation**

Country / Region	Unmarried Youth Population	Primary Social Evils Observed	Rape / Murder Risk Index
Pakistan (Current System)	45 million	Frustration, Lawlessness, Crimes	High (Driven by frustration)
North America (Current System)	High "Free Sex" Demographic	Mental Disorders, Crimes of Passion	Maximum
Alam Happy Town (PBM Implemented)	Zero (Early Marriage Enforced)	Peace, Focused Work, Deep Sleep	Near Zero

## 10. The Economics and Productivity of the Secure Couple

Beyond preventing crime and suicide, the PBM acts as an economic and productivity multiplier. When young men and women are married at the onset of biological adulthood (15-18 for males, 12-14 for females), their minds are freed from the constant, distracting pursuit of sexual enchantment.

Because they bow only to their marital partner for affection and maintain an impenetrable "Couple Bubble," 100% of their external cognitive energy is redirected toward focused work, professional development, and community service. They achieve deep emotional security, which Axel Honneth's theory of recognition defines as the "sphere of love" necessary to build true self-confidence. This self-confidence translates directly into higher economic velocity, ensuring the community thrives peacefully without the need for massive police forces or jails.

## 11. Conclusion

The contemporary experiment of

individualistic, "single-person" freedom has mathematically and sociologically failed. It has produced a civilisation burdened by 45 million frustrated unmarried youths in nations like Pakistan, and a 40% depression rate among students in wealthy nations like Canada. This structural collapse is directly tied to the violation of the Human BIOS, which demands intimacy, modesty, and absolute privacy at the onset of biological adulthood.

The Privacy-Based Marital Module (PBM) provides the ultimate scientifically and biologically sound cure. By mandating early marriages, eradicating the single-person culture, and establishing an impenetrable boundary of "One Couple-One Privacy", the PBM eliminates the root causes of rape, murder, and mental disorders. The AHT framework proves that true human freedom is not found in the chaotic exposure of the body to multiple partners, but in the peaceful, highly structured, and deeply respectful sanctuary of the unified couple.

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