



## MARITAL DISTRESS

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### **ABSTRACT:**

Marital distress is a prevalent issue affecting many couples worldwide, with approximately half of first marriages ending in divorce and a significant portion of remaining marriages experiencing unhappiness or conflict. This distress can stem from various factors, including infidelity, sexual differences, conflicting values and beliefs, stress, boredom, jealousy, communication problems, lack of attention, financial issues, and trust issues. Resolving marital distress requires a multifaceted approach involving open communication, identification of underlying issues, seeking understanding, developing conflict resolution skills, and prioritizing the relationship. Professional help from marriage counselors or therapists may be necessary for couples unable to navigate challenges independently. Rebuilding emotional connection, improving communication patterns, fostering empathy, and prioritizing self-care are essential components of the resolution process.

### **INTRODUCTION:**

According to recent census data, roughly half of first marriages end in divorce, which is one of life's most stressful events. Even in marriages that do not end in divorce, many are unhappy. For example, it is estimated that approximately 20% of all married couples are experiencing marital distress at any time. Despite the risks associated with marriage, nearly 90% of the population chooses to marry at least once, and nearly 75% of divorced people decide to remarry. Individuals in the field of mental health have focused heavily on understanding marital distress and its consequences, as well as developing effective marital therapy treatment programmes.



**What Is Marital Distress:** Marital discord is one of the most common and distressing human issues. Everyone who is married experiences difficulties. For some, these difficulties lead to deep disappointment and doubts about staying married. Even seemingly healthy marriages can suffer when a single traumatic event, such as an extramarital affair, takes place. Marital distress has a strong impact on the partners, frequently resulting in great sadness, worry, high levels of tension, anxiety, and depression. And, if prolonged, it can be harmful to one's physical health.

**CAUSES:**

- ❖ **Infidelity:** A common issue in marriages. According to recent data, approximately 20% of interviewed men admitted to cheating on their partner, compared to 10% for women. It encompasses cheating and having emotional affairs.
- ❖ **Sexual differences:** Physical intimacy is essential in long-term relationships, but it can also lead to sexual problems, which are a common issue in marriages. According to studies, couples' relationship satisfaction is primarily determined by sexual compatibility and satisfaction.
- ❖ **Values and beliefs:** While there may be disagreements in a marriage, some differences, such as core values and beliefs, cannot be ignored. One spouse may practice one religion while the other adheres to another.
- ❖ **Stress:** Stress is a common issue in marriages, with most couples experiencing it at some point. Financial, family, mental, and illness issues can all contribute to stress in relationships and situations.
- ❖ **Boredom:** Boredom is a serious but often overlooked issue in marriage. Over time, some couples become dissatisfied with their relationship. They may tire of the events that occur in the relationship. In this case, it boils down to being bored with the relationship because it has become predictable.



- ❖ **Jealousy:** Jealousy is a common source of conflict in marriages. If you have an overly jealous partner, it can be difficult to be with and around. Jealousy is acceptable in any relationship to some extent, as long as it is not excessive.
- ❖ **Attempting to change each other:** This common relationship issue occurs when couples overstep their partner's boundaries to shape their beliefs. It is possible that such disregard for your partner's boundaries occurred by mistake; however, the extent of retaliation from the spouse being attacked is usually mitigated over time.
- ❖ **Poor communication** is a common issue in marriages. Communication includes both verbal and nonverbal cues, which is why even if you've known someone for a long time, a subtle change in facial expression or other form of body language can be misinterpreted.
- ❖ **Lack of attention:** Humans are social creatures who seek attention from others, especially those close to them. Every marriage eventually suffers from a common relationship problem known as 'lack of attention,' in which a couple, either intentionally or unintentionally, diverts their attention to other aspects of their lives.
- ❖ **Financial issues:** Financial issues are a major source of conflict in marriages. Opening a joint account or managing finances separately can lead to financial problems in a marriage. Any financial issues that arise as a couple must be discussed openly.
- ❖ **Trust issues:** This common marriage trouble can rot your marriage from the inside, leaving no chance of restoring your relationship. The idea of trust in a marriage is still very conventional and, at times, puts too much strain on a marriage when the doubt starts to seep into a relationship.

## **RESOLVING REMEDIES:**



Resolving marital distress can be a complex process that often requires open communication, patience, understanding, and sometimes professional help. Here are some steps you can take to work through marital distress:

- ❖ **Communication:** Open, honest communication is crucial. Set aside time to talk without distractions and express your feelings and concerns calmly and respectfully. Listen actively to your partner's perspective without interrupting or getting defensive.
- ❖ **Identify the Issues:** Take time to identify the specific issues causing distress in your marriage. This could be related to finances, intimacy, communication, parenting, or other areas. Understanding the root causes can help you address them effectively.
- ❖ **Seek Understanding:** Try to understand your partner's perspective and feelings. Empathy and compassion can go a long way in resolving conflicts and rebuilding trust.
- ❖ **Seek Professional Help:** If you're unable to resolve issues on your own, consider seeking the help of a marriage counselor or therapist. A trained professional can provide guidance, facilitate communication, and offer tools and strategies to improve your relationship.
- ❖ **Invest in Your Relationship:** Make time for each other and prioritize your relationship. Schedule regular date nights or activities you both enjoy to strengthen your bond.
- ❖ **Address Individual Needs:** Take care of your own emotional and mental well-being, and encourage your partner to do the same. Sometimes, individual therapy or self-care practices can help alleviate stress and improve overall relationship dynamics.
- ❖ **Be Patient and Persistent:** Healing takes time, and it's normal to encounter setbacks along the way. Stay committed to working through difficulties together and celebrate small victories along the journey.
- ❖ **Rebuild Trust:** If trust has been damaged, focus on rebuilding it gradually through consistent actions and communication. Be trustworthy and demonstrate your commitment to the relationship.
- ❖ **Consider Your Options:** In some cases, despite best efforts, couples may find that they're unable to resolve their differences and decide to pursue separation or divorce. If this



becomes a consideration, seek legal advice and counseling to navigate the process with as much understanding and respect as possible.

Remember that every marriage is unique, and what works for one couple may not work for another. It's important to find approaches and strategies that resonate with both partners and align with your shared goals for the relationship.

## **CONCLUSION**

Marital distress is a usual and distressing problem that affects nearly 90% of the population at large, with nearly 75% of divorcees remarrying. Infidelity, sexual differences, values and beliefs, stress, boredom, jealousy, attempts to change each other, poor communication, a lack of attention, financial problems, and trust issues are all potential causes. Marital distress demands open communication, patience, understanding, and professional assistance. Set up time for open communication so that you can express your emotions and concerns without interruption. Determine which issues are causing distress, such as finances, intimacy, communication, or parenting. Empathy and compassion can help you resolve conflicts and rebuild trust. Take care of your own emotional and mental health, and inspire your partner to do the same.

## **REFERENCES:**

[https://www.aamft.org/Consumer\\_Updates/Marital\\_Distress.aspx](https://www.aamft.org/Consumer_Updates/Marital_Distress.aspx)

<https://www.marriage.com/advice/relationship/8-common-problems-in-married-life/>