

Perceptions of Married Adults Regarding Extramarital Affairs in Lahore, Pakistan

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ABSTRACT

Aim of the Study: An extramarital affair is related to a kind of sex problem and has been identified as one of the major problems in marital relationship. The current study aim is to explore the perceptions of married adults regarding extramarital affairs and social factors that contributed to develop these perceptions about extramarital affairs.

Methodology: Purposive sampling technique was used and researchers conducted twenty in-depth interviews from married adults (ten=females, ten=males) using semi-structured interview guide. The thematic analysis used to qualitatively analyze the data. Five key themes were identified: (cyber/emotional/sexual) Conflicts (marital/family), Media (social/electronic) Lack of values (Islamic/moral) and Impacts (psychological/ environmental/work).

Findings: Under the theme of marital conflicts the key subthemes are sexual incompatibility, not giving time and attention, childlessness and not maintaining his/her self, findings revealed that males indulge in extramarital affairs when they are not sexually satisfied with their spouse and also when their spouse no longer attractive. Electronic media play negative role as by negative aspects of marriage.

Conclusion: Study concluded that social media give easily approach to access the other person and started compromising the Islamic and moral value and adopted western culture. It impact on the children's development as well as the mental health of both partners. Counsellor need to educate youths on family, sex and marital counselling so as to get their minds prepared on the functions they are expected to perform when they get into marriage and how marriage could be sustained and satisfied.

Keywords: Married Adults, Semi-structured Interviews, Thematic Analysis, Perceptions, Social Factors, Extramarital Affairs.

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Introduction

Marriage is the legalization of a man and woman's relationship as one that has the society's approval. Each spouse to a marriage is subject to social and legal obligations to both themselves and to society. According to Nwoye (1991), marriage is the union of two individuals who consent to live as husband and wife. Marriage is viewed as a social institution that gives a person the kind of framework that enables him or her to express his or her life as making sense. It is a man and woman relationship that has received societal approval, and in it, the married spouse of the other sex is allowed to involve in sexual intercourse. Dreyer (1992) considered marriage as an escape clause from a partnership relationship.

Marriage entails commitment, and someone in love frequently seeks affirmation from their partner. Contrarily, extramarital affairs are one of the issues that an unhappy marriage expresses. The notion of a "extra-marital" affair is understood as an outside substance being introduced into a marriage to weaken or destabilize it. And Bassard (1995) characterized a marital problem as a breakdown in couples' willingness to communicate, which results in persistent conflict in the forms of verbal arguments, physical violence, psychological, emotional, and physical separation, all of which may cause and ultimately result in divorce.

Thus, an extramarital affair is defined as emotional infidelity that leads to physical sex or a committed relationship. It is an illicit relationship that a spouse maintains while still married. One of the problems in marital relationships has been recognized as extramarital affair that is related to sex issues. An extramarital affair may originate from something the pair did or from something they ought to do but fail to do them.

Extramarital affairs can be caused by a number of things, such as financial and emotional hardship, a communication breakdown, sexual incompatibility, childlessness, divergent interests, older age at marriage, and others. Without adequate communication, a marriage is more likely to sputter and have adulterous affairs. According to Olayinka (2000), a problematic marriage may result from inadequate communication between the husband and wife. Another reason for having an extramarital affair is sexual incompatibility, which tends to make marriages unstable. The negative effects of extramarital relationships cannot be overlooked since they have an impact on all family members, including the children and the adult who cheated. Man may be unable to make ends meet for his family due to his exorbitant spending on his outside girlfriends. A spouse who engages in extramarital relationships will spend less time with their partner, which might make them feel lonely (Sexton, 1993).

When Betzig (1989) studied 160 cultures, she discovered that the most often mentioned reason for divorce was infidelity. According to estimates, between 25 and 50% of divorcees in Western nations claimed their spouse's infidelity as the main reason for the separation. The most significant risks to the spousal relationship, among others, is extramarital affairs.

Theoretical Framework

In a Theory of Extramarital Affairs, Ray C. Fair (1987) contributed through a utility model that divided a person's time among three pursuits: employment, time with a spouse, and time with a paramour. However, this model did not account for the sample's socioeconomic status or race. The notion that people appreciate having variety in their lives serves as the model's main motivation. At the time of the survey, 27.2 percent of first-time married working males and 22.9 percent of first-time married working women were involved in an extramarital affair.

In a patriarchal country like Pakistan, having extramarital affairs is unacceptable and unwelcome. It is seen as a serious sin, and the perpetrator is not welcome in Muslim community. Infidelity is universal in all communities, happens often and takes place among both sexes. In Pakistan, the percentage of divorce, violence, suicide and other forms of family conflicts is rising. Extramarital affairs may have a role in these kinds of activities. We need to identify the factors that lead to this sort of activities, because there is

no problem without a solution. When the fundamental causes of a problem are identified and properly dealt with, the problem could be resolved most effectively.

The aim of this study is to explore the perceptions of married adults regarding extramarital affairs and social factors that contribute to develop these perceptions about extramarital affairs. Also find out the marriage related problems which may increase the chances of having extramarital affairs. The study addressed the following research questions;

1. What are the perceptions of married adults regarding extramarital affairs in Pakistan?
2. What are the social factors that contributed to develop these perceptions about extramarital affairs among married adults?
3. How the perceptions about extramarital affairs effect the quality of married life among married Pakistani adults?

Method

Research Design

Thematic Analysis

The basic goal of a thematic analysis is to find themes or meaningful or interesting trends in the data, and then utilize those themes to address the research or make a point regarding an issue. A strong thematic analysis does more than just summarize the data; it explains and clarifies it (Braun & Clarke, 2006). Thematic analysis was applied in this research. The various social factors that contribute to develop these perceptions about extramarital affairs explored through in depth interviews using semi structured interview guide.

Sample

A sample of twenty participants, were recruited for the present study. In addition, married adults (10=females, 10=males), from Lahore, were participated as research participants. The age range of the participants were (30-50 years) as in this age range people are more likely to be married in Pakistan. The criteria for the selection was, who have been married for at least 2 years and having at least 1 child was included because after becoming parents their attention divert to the child. Those who were recently married were excluded from the study. The participants were selected using non-probability purposive sampling technique. The sample recruited in the current study was homogeneous.

Table I. *Summary of the key participant characteristics.*

Participant Pseudonyms	Age	Family System	Number of Children	Years Of Marriage	Academic Level	SES
Amna	32	Joint	3	7 Years	Master	Middle
Ayesha	35	Joint	2	5 Years	Bachelor	Middle
Fatima	32	Nuclear	1	3 Years	MPhil	Upper
Sadaf	37	Nuclear	2	13 Years	Master	Middle
Bushra	31	Joint	2	4 Year	Master	Upper
Saira	40	Joint	5	20 years	Matric	Lower
Saman	29	Nuclear	1	4 years	Masters	Middle
Sobia	36	Joint	3	8 years	Bachelor	Middle
Faiza	50	Nuclear	5	25 years	Bachelor	Upper
Zoya	30	Nuclear	1	5 years	Bachelor	Middle
Farhan	35	Joint	3	6 years	Bachelor	Middle
Fahem	40	Nuclear	3	12 years	masters	Upper
Mahmod	37	Nuclear	4	12 years	Masters	Upper
Arslan	35	Joint	2	5 years	Masters	Upper

Ahmad	45	Nuclear	4	10 years	Bachelor	Middle
Faizan	36	Joint	3	8 years	Bachelor	Middle
Hamad	40	joint	3	8 years	Matric	Middle
Sarim	34	Joint	1	4 years	Matric	Middle
Zain	28	Joint	2	4 years	Bachelor	Lower
Shahid	39	Nuclear	5	11 years	Bachelor	Middle

Participants were asked to self-report their socio-economic status (SES) as upper, middle, or lower. Matric=10 years of education; intermediate=12 years; bachelors=14 years, Master=16 years; MPhil=18 years

Procedure

After the permission was taken for data collection from the Institutional Review Board (IRB), face to face interviews were conducted. Each participant interviewed separately. The respondents were informed about the research's objectives, and they agreed that any information they shared would be kept private and used solely for this study. After all of their concerns were addressed, the participants' verbal consent form was obtained. It was made clear to participants that they might end the interview at any moment.

Following pilot interviews with four married adults, two were males and two were females, who met the inclusion criteria, the final interview guide was developed. After the pilot, some more questions were added, and the twenty respondents were then interviewed for the last time. The participants were given comfortable, quiet, and noise-free environments for the interview. Each interview began with an introduction, which was followed by the major, broad questions and additional clarifying questions. Probing questions were asked when needed. Finally the wrapping up section was included thanking the participants for their time and their responses. All interviews were audio-recorded with the participants' permission. In order to prevent participants from being recognized in any manner, participants' pseudonyms were given acronyms. Each interview took between 45 to 60 minutes. To maintain the originality of the information gathered, the interviews were recorded and all conversation was documented and transcribed. Themes were developed, and those with similar ideas were combined.

Interviews

This interviewing strategy aims to use inductive epistemology as much as achievable. The participant further defines the interaction that results. The method used in this study involves constructing a schedule to help prepare for possible semi-structured interviews, anticipating how the interview would execution, and anticipating how the interviewer might respond to the responses from the participants. A semi-structured interview protocol had been developed based on the objectives of the current study and previously relevant available literature. It consisted of open-ended questions that went from the main, broad questions to more clarifying and additional questions.

Data Analysis

The data were analyzed and interpreted using thematic analysis, a technique for recognizing patterns in qualitative data (Braun & Clarke, 2006). Following six procedures was done: The following steps were taken to generate the themes: (a) the transcripts were read repeatedly to become familiar with the data; (b) the key aspects of the data were presented via generating codes; (c) appropriate themes were constructed; (d) the proper matching of potential themes in relation to the coded extracts and data was checked; (e) each theme was given clear definitions and names; (f) and a review of the links between the themes, research questions, and literature review.

Ethical Considerations

Researchers took informed consent form the participants, and ensured that participants fully

understand the purpose of the study. Measures were taken to protect participants' identities and sensitive information by pseudonyms and password protected folders. Voluntariness upheld, with participants freely choosing to participate without coercion or undue influence. Data was collected in settings where participants feel safe and comfortable. Researchers also minimized harm by providing support and resources to participants when needed. Maintaining professional boundaries, secure data handling, and transparency in the research process ensured.

Results

The analysis resulted in five superordinate themes, 12 themes, and 63 subthemes. The five superordinate themes are: Types (cyber /emotional/sexual), Conflicts (marital/ family), Media (social/electronic), Lack of values (Islamic/moral) and Impacts (psychological/ environmental/work). (Table II). The superordinate themes and themes provide rich information about various types of extramarital affairs, their major causes and impact on life if someone indulging in extramarital affairs.

Table 2: *Master Table of Themes.*

Superordinate themes	Themes	Subthemes/subordinate
Types (one night/emotional/sexual)	Cyber affair	Sending inappropriate photos
		Sexting
		Texting/chatting
Conflicts (marital/family)	Emotional affair	Calling with others
		Attachment
		Having feelings for someone else
	Sexual affairs	Sharing personal information
		Spending nights
		Intimate relationship
	Marital conflicts	Break in communication
		Sexual incompatibility
		Lack of attention
		Giving no time
		Childlessness
		Not maintaining his/her self
		Lack of care
		Long distance relationship
		Unnecessary demands
		Difference in interest
Media (social/electronic)	Family conflicts	Trust deficiency
		Lack of sincerity
		Showing no interest in spouse
		Taunting
		Always Busy in work
		Getting no appreciation
		Fights with in-laws
		Complaining about each other
		Verbal attacks
		Giving no privacy to couples
	Social media usage	Comparison with other's people
		filtered life
		Freedom of doing anything
		Give exposure to both males and

	Influence of electronic media	females Showing romantic relationship only before marriage Negative aspects of marriage Set beauty standards Glamorize of having multiple affair Teaching people how to cover up Having affair is normal Showing western culture
Lack of values (Islamic/moral)	Lack of Islamic values	Believe it is out dated Less follow it Modify it Wear revealing dresses Attract toward Modernism
	Lack of moral values	Going to night parties Having girlfriend/boyfriend Adopt western culture
Impacts (psychological/ environmental/work)	Psychological impacts	Stress
	Environmental impacts	Overthinking Aggression Blaming Suicidal ideation Depression Fights Giving no attention to children Children's academic problems Financial problems.
	Impact on work related tasks	Distracted Low work proficiency Lack of concentration

Types (one night/emotional/sexual)

Most of the participant reported extramarital affairs as physical behaviors, most specified as sexual behaviors and/or with some sort of sexual intention. Whereas, other participants choose to incorporate both emotional and sexual affairs. Emotional attachment, connection, flirting, and intimacy were recurring themes that were quite prevalent. This generally happens when the marriage is experiencing problems and during those times, one partner turn towards a friend or companion of the opposite sex.

“You are in a relationship with someone else during marriage, in a very personal romantic relationship... You share your time, and personal information with that person and builds a physical relationship with him or her. (Farhan)”

A female participant said;

“Having feelings for someone else and also having a relationship with him. Some people just talk and some people go so far as to become physical. (Sadaf)”

Cyber affairs, or the use of technology to facilitate an extramarital relationship, were another prevalent theme among the various types of infidelity. Discussing cyber-sex, using the Internet, sending improper images to someone who isn't in a relationship, sexting, and texting are a few examples, but they're not the

only ones.

A Female said:

“You call another person while you are living with your wife/husband..... Or you call or chat, you send nasty pictures, it means you know this kind of relationship, if your husband came to know he will be angry on you, it will be worse. (Fatima)”

Conflicts (marital/family)

Conflicts was the central superordinate theme which was expressed in both marital and family themes such as break in communication, sexual incompatibility, lack of attention, giving no time, childlessness, not maintaining his/her self, lack of care, long distance relationship, unnecessary demands, difference in interest, trust deficiency, lack of sincerity, showing no interest in spouse, taunting, always busy in work, getting no appreciation, fights with in-laws, complaining about each other, verbal attacks and giving no privacy to couples. Many participants said that if the partners do not pay attention to each other or do not give time to each other or there is little communication between them, then the relationship begins to weaken and conflicts arise. One of the participants reported:

“If the husband does not pay attention to the wife and the wife does not pay attention to the husband because she is busy taking care of her children, due to which she is not able to give time to her husband. (Sarim)”

Another participant also added;

“When the husband and wife are not talking to each other and not giving each other time, the interaction between them also starts to end. (Saira)”

Spouses who frequently fight within the home, who does not receive emotional support from their partners, who do not have trust on each other, whose partner deny them sex for whatever reason, or who have problematic marital life would seek intimacy and comfort outside the marriage and this would likely result in extramarital affairs.

“When there is a lack of trust in a relationship and your relationship is deficient in trust, do not share things with each other. It does not have to be one sided, must be both sided. So one may be more sincere and the other may not be sincere. (Amna)”

Everyone said that it is very important to must fulfill the sexual needs of spouse in married life. If these needs are not fulfilled then many problems arise.

“When a wife cannot fulfill his sexual needs properly, he is looking for other ways, as I said before, some people associate emotions and feelings with others and some people become physical. (Arslan)”

All of the participants further raised concerns regarding imperfect wives, which they believed encourage husbands to seek out extramarital partners. Imperfect wife was defined as someone who stays ugly and is overweight, impolite, has no time for her husband because of overwork, whose beauty has faded after giving birth, or is ill and aged. On the other hand, if a woman is not praised, then she starts moving towards other men. One noted:

“It is the responsibility of both of them to take care of each other. At the beginning of marriage wives are more ready and after some time they give up on their own. Tired, if husband sees you in disgusting shape, he will become more and more frustrated. (Mahmood)”

Two women have said that not having children after marriage or your husband lived far away from you than it causes serious problems in married life. As one said;

“Nowadays the trend is very much to send the husband abroad to earn and the poor wife is left alone, neither love is found nor she can express her grief which you have to share with your husband.....they both go toward having affair. (Fatima)”

In family conflicts, Pakistani women have faced many challenges in living with in-laws. Women have domestic responsibilities and if they do not fulfill them there are conflicts arise. Besides this, Spouses have no privacy in a joint family.

“That even if the husband and wife are sitting together in the house, our in-laws consider it so bad. (Sobia)”

She also added

“In-laws come to them if your mother-in-law or sister-in-law is not well with you and they have more interference in your life.”

Media (social/electronic)

All of the respondents reported the influence of electronic media as media is showing romantic love only before marriage, showing physically appealing models and also showing negative aspects of marriage like financial problems, unnecessary fights etc. On the other hand, social media is giving ease to people to easily approach the other person. There are many dating apps which facilitate people online dating.

“Media is normalizing it. If one likes the other then it is his or her right to be with the other by cheating his/her spouse. Media is showing how to hide the affair and how to carry it out. (Zain)”

Electronic media has been normalized extramarital affairs by Pakistani Drama. Every other story is related to a man or a woman who dissatisfied with his or her spouse and went back to his premarital love or in some cases they fell in love with other person. On the other hand social media gives ease to availability. One of the respondents said that

“You are only one click away to any appealing man or woman (Sadaf)”.

Accessibility to appealing men or women has been drastically increasing extramarital affairs.

Lack of values (Islamic/moral)

Lack of Values was expressed in both Islamic and moral themes such as following western culture, having girlfriend/boyfriend, going to night parties, wear revealing dresses.

“Men do not recite Sunnah in prayer, but remember the Sunnah of four marriages (Faiza)”.

Another respondent added that,

“Having a girlfriend or having a boyfriend is not a problem. Most of the friends are putting this thing into their mind that having a girlfriend is a sign of a macho man. (Shahid)”

All of the respondents reported that people forget their Islamic roots and moral values. They think according to their society and peer groups. They want to look cool and appreciated by their society. They has nothing to do with Islamic values or moral ethics.

Impacts (psychological/ environmental/work)

All of the participants reported the impacts of having extramarital affairs in terms of psychological and environmental impacts as well as the impact on work related behaviors. The person who are engaging in extramarital affairs or facing that his/her spouse cheating on

him/her, the quality of life of both the partners has been affected badly. The psychological impacts are overthinking, stress and aggression. The self-blaming and suicidal thoughts are common for women whose husband is cheating on her. On the other hand, environmental impacts are financial problems, fights among partners and giving no attention to the children. One participant said that;

"It is being arguing in front of the children. The children are noticing everything. Their minds are not strong enough to think about it. They do what they see. (Fahem)"

Another participant said;

"Too much stress leads to too much aggression in women..... thinking of committing suicide because she could not handle it. I have seen some housewives working at home so they take more stress but those who work outside take less stress and strengthen themselves but their work proficiency is disturbed. (Sanam)"

It has devastating impact on the children's development as well as the mental health of both partners.

Discussion

This study shed light on the perceptions of married adults regarding extramarital affairs and the contributing social factor which increase the chances of having extramarital affairs. The five super ordinate themes are: Types (cyber/emotional/sexual), Conflicts (marital/family), Media (social/ electronic), Lack of values (Islamic/moral) and Impacts (psychological/ environmental/ work). (Table II). The superordinate themes and themes provide rich information about various types of extramarital affairs, their major causes and impact on life if someone indulging in extramarital affairs.

The recurrent theme of the subjective nature of extramarital affairs played a significant role in the qualitative analysis. Many of the respondents mentioned that extramarital affairs can be emotional, sexual, or cyber affairs. However, the majority of participants said that certain behaviors, like sexting, chatting, calling, having feelings for someone other than your spouse, or spending nights with someone else, are indicative of extramarital affairs. The number of behaviors that might potentially damage a relationship is increasing each day. Expectations that are not being met or discussed in a relationship are one of the numerous driving causes for infidelity that Fife et al. (2008) explore. Due to the number of new technological communication mediums, couples should think about holding regular discussions regarding the expectations and boundaries of their particular relationship.

Hertlein (2012) proposed that "Those couples who do not reconsider their relationships rules, and if they use technology in their home time, they might think of their spouse as functioning in detrimental ways, which could create tension between the partners and intervening with daily functionality,".

The second most important superordinate theme was conflicts which included both marital and family conflicts. Under the theme of marital conflicts many subthemes were described but the major subthemes; sexual incompatibility, not giving time and attention, childlessness and not maintaining his/her self, were discussed by almost every participant. In line with participants' opinions from prior studies, the participants contended that male infidelity was influenced by sexual incompatibility (Rada, 2012). The wives were primarily responsible, according to the husbands. They contend that any spouse whose wife is a workaholic, unattractive, or rejects having sex may be compelled to get involved in extramarital affairs. Physical attractiveness is extensively weighed, as it is with males

from other nations, as has been pointed out in other research, whereas women place less importance on it (Yang et al., 2018).

Many participants asserted that if spouses do not pay attention to one another, do not make time for one another, or communicate infrequently, their connection gradually weakens and problems arise with time. Extramarital affairs are likely to occur between men and women who frequently fight at home, lack emotional support from their spouse, lack trust in one another, have stressful marriages, or whose partner refuses them sex for whatever reason. These factors all contribute to the desire for intimacy and comfort outside of marriage. On the other side, because the majority of couples in Pakistan live in joint families, numerous conflicts between families have arisen. The important family relatives in a couple's life are their in-laws. In-laws can aggravate and cause stress between couple (Golberman, 2008). For married couples, the absence of privacy may be quite disturbing. In addition, women are responsible for looking after their in-laws; failing to do so can lead to problems that have an impact on the relationship of married couples. Married people rarely have time to themselves since they spend so much time on their kids.

The third superordinate theme was media which included both types of media, Electronic media and social media. All of the females reported the effect of electronic media since it emphasizes romantic love before marriage, features attractive models, and also highlights the drawbacks of marriage, such as money issues, pointless arguments, etc. For example, Urdu drama serials begin with a family and then a quarrel arises between spouses. At the same time, a protagonist appears on the scene and serves as a catalyst for the divorce of the married couple. The husband's unpleasant and demanding attitude seems to be sufficient justification for him to go towards extramarital relationship. When spouses' relationships are not compatible, divorce appears to be the only option. It is obvious that these dramas are actively promoting extramarital relationships in positive ways. The present barrage of similar stories in electronic media appears to be an attempt to legalize the unlawful relationship (Arafat et al., 2020).

People may now approach others more simply thanks to social media. With the press of a button, persons are quickly reachable. Online dating is made easier by a variety of dating applications. On sites like Twitter, Facebook, Instagram, and others, there are millions of users. When you can easily see the person, you had an intimate moment with, in the past, with giggle at you through their pictures the urge to connect takes over. A 2014 survey indicated that in the UK, one-third of all divorce proceedings involving infidelity or past relationships used Facebook (Mirror, 2015).

Lack of values is another superordinate theme which included Islamic values and moral values. Islam emphasizes moral discernment, strong familial values, altruism, honesty, and integrity. In general, having a girlfriend or boyfriend before and after marriage is forbidden by Islam. But today's youth just dismisses Islamic values, even they go against moral values, . Having a girlfriend or boyfriend, attending parties, and dressing extravagantly is not considered a big deal. Many participants believed that attending gatherings forces one to enter into multiple romantic partnerships after marriage.

The last superordinate theme was Impacts which include psychological and environmental impacts as well as the impact on work related behaviors. The person who is engaging in extramarital affairs or facing that his/her spouse cheating on him/her, the quality of life of both the partners has been affected badly. The psychological impact is overthinking, stress and aggression. According to Whisman (2016), marital infidelity can lead to a high divorce rate, mental health problems like depression, and adjustment problems. These detrimental effects have an impact on the present as well as the future personal and social development of both couples and their children. Women who believe their partner is cheating on them frequently experience self-blame and suicidal thoughts. On the other hand, environmental effects include financial issues, marital conflicts, and neglect of children. Children who experience parental infidelity experience worry, confusion, and distress (Lusterman, 2005). Additionally, it makes adult children more likely to engage in marital betrayal themselves. According to Sweeney and Horwitz (2006), marital infidelity has been linked to a variety of emotional reactions and behaviors, including exacerbated

anxiety and sadness, suicidal thoughts, divorce threats, and physical aggressiveness. Ben-Ami and Baker (2012) shown that infidelity in marriage causes conflict within the family and dissatisfaction. It may result in family changes including divorce, separation, and other mental health issues like anxiety in children.

Conclusion and Implementations

The study investigated the perceptions of married adults regarding extramarital affairs and social factors contribute to develop these perceptions. The findings revealed that marital conflicts, social media, electronic media and lack of values are the major causes of developing perceptions regarding extramarital affairs. The participants argued that sexual incompatibility influenced male infidelity. The person who are engaging in extramarital affairs or facing that his/her spouse cheating on him/her, the quality of life of both the partners has been effected badly. According to Olderbak and Figueredo (2010), increasing satisfaction in marriage is a way to lower the likelihood of infidelity; nevertheless, Allen et al. (2008) found that both the husband and wife's contributions improve the quality and satisfaction in marital relationship. Men should be taught early on that maintaining a good marriage is equally the responsibility of the husband and wife not only Wives are accountable to managing their relationships. Young men and women should be motivated to respect the institution of marriage and to support ethical standards such as staying faithful in married relationships, controlling feelings of attraction to people outside of marriage, and staying true to one person (Nowak et al., 2014). Counselors also need to be able to emphasize how important "sex" is in marriage. Couples need to be made aware that they need to be sexually compatible with their spouses in order to discourage them from entering the relationship.

Limitation and Suggestions

Only qualitative research approach was used to find out the perceptions of married adults regarding extramarital affairs. There were only twenty participants in this study which are not enough to provide diversified knowledge. If the sample of the study enlarges than the research would be able to generalize the findings with more confidence on the context of Lahore, Punjab. In order to prepare young people's minds for the roles they will play when they get married and how marriage can be sustained and fulfilled, counselors at higher education institutions should develop counseling curricula that educate youths on family, sex, and marital guidance. It is important to hold forums, workshops, and seminars that educate married couples on the effects extramarital affairs have on their marriage.

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