

# Psychological Determinants of Marital Conflict in Women

Amira Iftekhhar<sup>1</sup>, Iram Fatima<sup>2</sup>

<sup>1</sup>PhD Scholar, Institute of Applied Psychology, University of the Punjab Lahore, Pakistan.

<sup>2</sup>Professor, Institute of Applied Psychology, University of the Punjab Lahore, Pakistan.

Correspondence: [amirachanda@gmail.com](mailto:amirachanda@gmail.com)<sup>1</sup>

## ABSTRACT

**Aim of the Study:** Marriage is a wonderful relationship of respect and love. This relationship could be stabilized by the contribution of love and care by both partners. In the absence of this contribution the relationship of love and care can lose the stability and may create conflict in the marital relationship. Marriage conflicts are commonly discords, unconcordance and wrangles between the spouses. The study took place to identify the psychological antecedents of marital conflict among women.

**Methodology:** Purposive sampling technique was used to select twelve married women. Only women in the current study were chosen who are at a place where they stay with their husband. The semi structured interviews were applied; the participants and their stories studied inductively to find out common themes.

**Findings:** Themes that came after thematic analysis are: emotional detachment, sexual dissatisfaction, loss of autonomy and personal identity, age gap and psychological compatibility and physical and psychological abuse.

**Conclusion:** The current research indicates that in married women, some of the key determinants of conflict in marriage are emotional detachment, sexual dissatisfaction, loss of autonomy and personal identity, age gap and psychological incompatibility, and physical and psychological abuse was one of the major themes. These not only influence the marital life of a women but these are highly disrupting their mental and physical health, their home life, their productivity and socialization even to their children.

**Keywords:** Marital Conflict, Psychological Factors, Social Factors, Married Women.

## Article History

Received:  
July 10, 2025

Revised:  
September 07, 2025

Accepted:  
September 12, 2025

Online:  
September 16, 2025

## 1. INTRODUCTION

Marriage is an important event in human life. That has a significant effect on couple's life. When a couple got married, they come in this relationship with different fears and expectations. Marriage creates family units which allow natural growth. Satisfactory marriage has a significant positive effect on society, person's physical and mental health, life satisfaction and productivity of individuals (Williams, 2003; Umberson et al., 2006; Madathil & Benshoff, 2008). If a person facing problem in his marriage, conflict or any trouble it may lead him toward poor physical and mental health and low productivity (Coon &

Mitterer, 2011). After marriage two individuals try to manage the way of their life together (Coltrane & Adams, 2003).

Conflict in marriage should be not misunderstood as an ill matched or unsatisfied marriage (Gager & Sanchez, 2003) or as domestic violence and anger. Marital conflicts are disagreements, dislikes and tension in intimate interaction. It can be an argue about everything as perceived inequity, behaviors, personal characteristics and division of labor. Many couple repeatedly report facing conflict over financial issues, power and how time has spent (Olson & Olson, 2000).

According to Ogungbemi et al., 2024 there are some prominent factors that are causing marital conflict include: infertility (Onat & Beji, 2012; Luk & Loke, 2015; Samadaee-Gelehkolae et al., 2015), gender of children (Snyder, 1998; Osborne & Fincham, 1996), lack of sexual satisfaction (Soleimani et al., 2015; Tavakol et al., 2017; Girma, 2020), communication gap (Tavakolizadeh et al., 2015), in-law influence (Bryant, et al., 2001) and financial problems (Papp et al., 2009; Copur & Eker, 2014) that generate crises and conflicts in marriage.

It has been discovered that marital conflict in women is leading by many individual or in combination factors, in these factors prominent are lack of love and infidelity (Rokach & Chan, 2023; Boekhout, Hendrick & Hendrick, 2021). Going into marriage with unrealistic expectations creates problem in the married life (Segrin & Nabi, 2002; Ali, McGarry & Maqsood, 2022).

There are many factors that can create marital conflict, family dynamics is one of them. In Kenya, marital and family dynamics have evolved rapidly over the past two decades. According to reports from organizations such as FIDA-Kenya, Maendeleo ya Wanaume, and other NGOs and media outlets, serious marital conflicts are on the rise. Odhiambo et al., 2021 noted that many Kenyan couples struggle with marital discord and often fail to address their individual rights and needs within the relationship. This neglect has sometimes led to both physical and psychological violence. Typically, men resort to physical means as an expression of dominance, while women more often engage in emotional or psychological forms of abuse. These behaviors are deeply influenced by traditional gender roles, where men are viewed as financial providers and women as caregivers. Consequently, some women use a man's financial capacity as the primary metric for evaluating his effectiveness as a husband.

In many cases marital conflicts in women become so severe to lead the relationship in to divorce (Kelly, 1998). In Pakistan there is a family oriented culture divorce rate is increasing day by day. These divorces depict conflicted relationship ratio is seeming to be higher (Khan, Sikander & Akhlaq, 2019; Ramzan et al., 2018). There is a need to work on marital conflict to save marital relationship, families and children to face dangerous results of martial conflict in their parents.

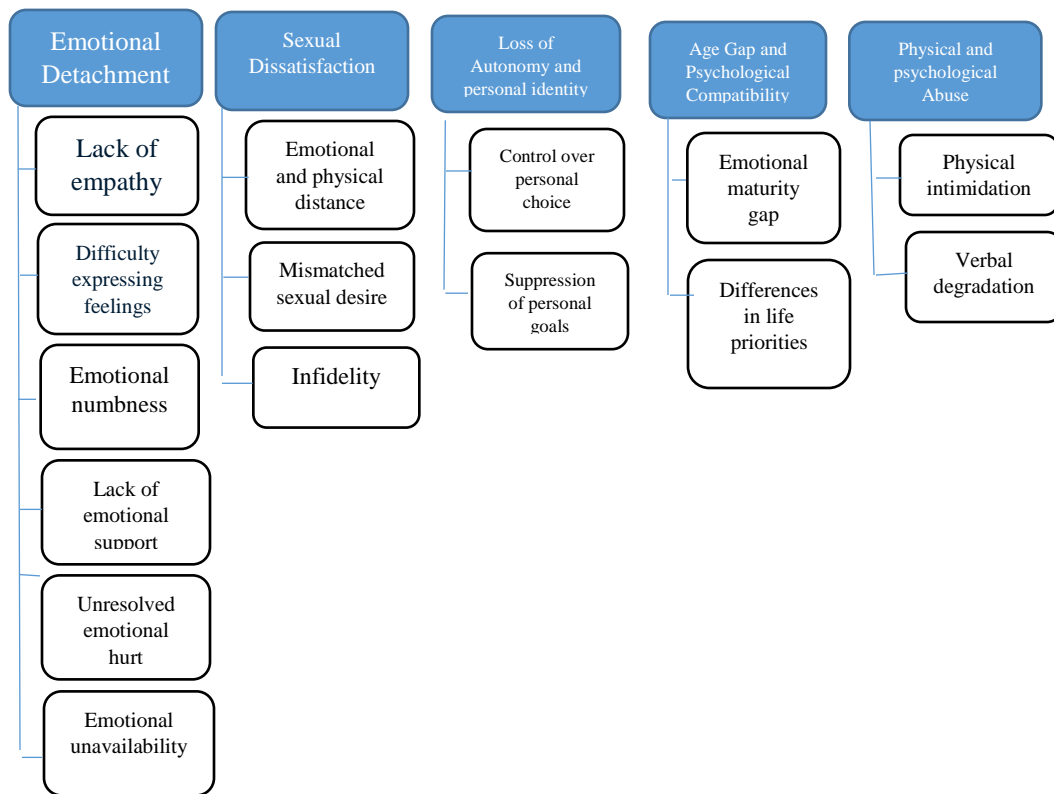
## **2. METHODOLOGY AND ANALYSIS**

Thematic Analysis (TA) was used in this research using Braun and Clarke's six-phase approach: familiarization, coding, theme identification, review, definition, and report. Data collection occurred through semi-structured interviews with voluntary participants that were tape-recorded for reliability. All interviews were transcribed verbatim. Semi-structured interviewing was adopted as it is the most widely used approach within TA research (Braun & Clarke, 2006, 2014, 2019), enabling flexibility without being directive. Rapport was established with the participants using empathy, open-mindedness, and nonjudgmental acceptance. The interview guide was drawn up in accordance with Braun and Clarke's (2006) guidelines and guided by an initial review of relevant literature. To ascertain clarity and dependability, the protocol was pretested with three married women. Feedback from these pilot interviews resulted in slight revisions before the final guide was utilized to collect data. Participants were given an information sheet and signed an informed consent prior to participation. They were informed about the research objectives, process, and the ethical measures in place to assure confidentiality and anonymity. Interviews were done at participants' convenient times and locations.

Transcripts were also read by both the supervisor and the researcher to minimize subjectivity and enhance questions where necessary by making them more precise (Kuzmanic, 2009). The analysis was conducted according to the conventional TA method with the development of analysis moving in a cyclic orientation starting with raw transcripts to meaningful codes, sub-themes, and overarching themes. They were treated using thematic analysis to come up with themes that depict psychological causes of marital conflict in women. Those were emotional detachment, sexual dissatisfaction, loss of autonomy, as well as personal identity, age gap, and psychological compatibility, physical and psychological abuse. All these themes indicate how structural imbalances, inter-personal relationships and individual problems interplay to disrupt marriages.

### 3. RESULTS

The qualitative analysis of the current study gives the description of the results obtained after the thematic analysis of the data. The research was intended to examine the psychological aspects of marital conflict among women. Thematic analysis revealed key themes that highlight psychological factors contributing to marital conflict I women: (1) Emotional Detachment, (2) Sexual Dissatisfaction, (3) Loss of Autonomy and Personal Identity, (4) Age Gap and Psychological Compatibility and (5) Physical and Psychological Abuse. These themes show how systemic inequalities and personal struggles combine to disrupt marital harmony.



**Figure 1:** Major Themes and Subthemes

#### 3.1 Emotional Detachment

The Emotional detachment refers to the absence of emotional connection within marital relationships, which weakens intimacy and mutual understanding. Participants expressed experiencing a lack of empathy, an inability to share or receive emotional support, and feelings of numbness or emotional

neglect. They also describe difficulties in expressing emotions. The participants shared the following verbatim regarding the subordinate themes. The theme of Emotional detachment shows how a lack of empathy and emotional unavailability erode marital ties, leaving women deeply lonely.

First sub theme emerged as lack of empathy. Sub-theme was supported by the following verbatim as;

*“I feel that my husband rarely understands my emotional state. I get tired, sometimes I cry but his face remains expressionless as he doesn’t care”.*

Other participant also supported the subordinate theme of lack of empathy by stating the following verbatim

*“Even if I am ill he dismissed it by saying its nothing. I have never felt that he truly felt my pain”.*

Second sub theme emerged as difficulty expressing feelings. Sub-theme was supported by the following verbatim as under:

*“My husband never expressed his feelings openly. If he gets angry, he stays silent and even if he is happy, he still says nothing. His silence always confuses me”.*

Other participant also supported the sub theme of difficulty expressing feelings by stating the following verbatim

*“We never had an open conversation; I try but he just changes the subject. This silence has become a wall between us”.*

Third sub theme emerged as emotional numbness. Sub-theme was supported by the following verbatim as under:

*“Whenever I try to get close to my husband, he physically distances himself. It feels like he cut off himself from me”.*

Other participant also supported the sub theme of emotional numbness by stating the following verbatim

*“I want to share my happiness with him but he stays like he doesn’t care at all. This coldness breaks something inside”.*

Fourth sub theme emerged as a lack of emotional support. Sub-theme was supported by the following verbatim as;

*“My husband doesn’t support me in times of joy or sorrow. He just says everything will be fine when I am in trouble. He never becomes my support”.*

Other participant also supported the subordinate theme of lack of emotional support by stating the following verbatim;

*“I bear every problem on my own, I never felt that my husband is on my side”.*

Fifth subordinate theme emerged as unresolved emotional hurt. Sub-theme was supported by the following verbatim as under;

*“My husband does not forget his anger for a long time. I want us to talk and resolve it, but he remains upset for weeks”.*

Sixth subordinate theme emerged as emotional unavailability. Sub-theme was supported by the following verbatim as;

*“Whenever I want to talk, my husband does not considerate. He is busy with his phone or other things. I feel as if I am not important to him”.*

The theme of Emotional detachment shows how a lack of empathy and emotional unavailability erode marital ties, leaving women deeply lonely.

### **3.2 Sexual Dissatisfaction**

The Lack of contentment in marital intercourse is known as sexual dissatisfaction, and it leads to difficulties and a lower quality of life. Sexual unhappiness is a reflection of how marital relationships are impacted by lack of intimacy, unfulfilled needs, and betrayals of trust. Incompatibility in sexual demands, restricted physical intimacy, a lack of emotional connection, and feelings of betrayal as a result of infidelity were all reported by the participants. Whether proven or only suspected infidelity eroded confidence and increased discontent. Despite the formal continuation of the marriage, women reported feeling supplanted and abandoned.

First subordinate theme emerged as emotional and physical distance. Sub-theme was supported by the following verbatim as;

*“There were no major arguments between me and my husband but lies and interference from the family created distance between us. We would often remain silent for days”.*

Other participant also supported the subordinate theme of emotional and physical distance by stating the verbatim;

*“In the beginning, there was trust and closeness, but gradually it faded away. It has been two years now that he has neither returned nor communicated. Now it feels like just a relationship in name”*

Marital distance was not merely physical but profoundly emotional, often reinforced by neglect, silence and disregard for women's needs. Second superordinate theme emerged as mismatched sexual desire. Sub-theme was supported by the following verbatim as;

*“Marital conflict can be of two types, one of which is sexual. Both husband and wife have their own needs. Sometimes, the wife may not feel like being intimate when the husband desires it, and vice versa. Such situations often lead to conflict”.*

One participant also supported the subordinate theme of mismatched sexual desire by stating the verbatim

*“Sometimes, I wasn't in the mood and felt too exhausted but he would take it negatively saying that I wasn't interested. This would cause tension for days”.*

Other participant also supported the subordinate theme of mismatched sexual desire by stating the verbatim;

*“Men often expect women to always be available, but she is human too and gets tired. Whenever I said I needed rest, he refused to accept it”.*

Several participants indicated that mismatched sexual desire led to ongoing dissatisfaction. Women frequently expressed feelings of fatigue and a need for personal space, whereas men often interrupted this withdrawal as a form of rejection. Third superordinate theme emerged as infidelity. Sub-theme was supported by the following verbatim as;

*“he had girlfriend during university but never told me. I only came to know after the birth of my son. Later, he openly admitted that he had always been with someone else”.*

Other participants also supported the subordinate theme of infidelity by stating the verbatim

*“I often felt he was more engaged with his phone. Even when I was sitting right in front of him, he ignored me, which made me suspect he might be interested in someone else”.*

Infidelity, whether certain or merely suspected, undermined trust and deepened dissatisfaction. Women reported feeling abandoned and replaced even when the marriage formally continued.

### ***3.3 Loss of Autonomy and Personal Identity***

Under the superordinate theme of loss of Autonomy and Personal Identity, the identified subordinate themes are control over personal choice and suppression of personal goals. Loss of autonomy refers to the restriction of women's independence and decision-making power, which weakens their sense of self and contributes to strained marital relationships. Participants expressed feeling controlled in everyday matters, silenced in household and family decisions. Many participants also supported the subordinate theme Suppression of Personal Goals. Many participants also supported the subordinate theme Control over Personal. In some cases, Women's autonomy and identity were suppressed in marriage as they were forced to conform to patriarchal control. This loss of autonomy burdened them creating marital conflicts. First superordinate theme emerged as control over personal choice. Sub-theme was supported by the following verbatim as;

*"My husband dictated to me what I wore and to whom I spoke to. He completely controls my choices".*

Other participant also supported the subordinate theme control over personal choice by stating the verbatim;

*"I even had to ask for necessities. Once, when I requested for food to eat, it turned into a conflict at home. After that incident, I stopped asking".*

Other participant also supported the subordinate theme control over personal choice by stating the verbatim;

*"The land was transferred to my name but my husband made a demand that I should return it or he would never come back. This was a clear coercion of my personal choice".*

Second subordinate theme emerged as suppression of personal goals. Sub-theme was supported by the following verbatim as;

*"I was a lecturer but my in-laws demanded that quit the job. To them, a woman's education and ambitions were considered unnecessary".*

Other participant also supported the subordinate theme suppression of personal goals by stating the verbatim;

*I enjoyed social life and wanted to attend events but he dismissed it as useless. I felt though, that my individuality was being suppressed".*

Other participant also supported the subordinate theme suppression of personal goals by stating the verbatim;

*"I had a job but my brother-in-law insisted I leave it to focus only on raising the children. It made me feel that my efforts carried no value".*

Women's autonomy and identity were suppressed in marriage as they were forced to conform to patriarchal control. This loss of autonomy burdened them creating marital conflicts.

### ***3.4 Age Gap and Psychological Stability***

Under the theme of age gap and psychological compatibility, the identified subordinate themes included emotional maturity gap and differences in life priorities. This theme highlights how disparities in age and mindset can create challenges in marital relationships, affecting understanding, adjustment and overall harmony. Participants expressed that emotional maturity gaps often led to miscommunication, lack of mutual understanding and feelings of imbalance within the relationships. The rift was because of

differences as regards age and emotional maturity. Other sub-themes include emotional immaturity or difference in priority in life that a woman married to a younger or less mature husband tends to experience as frequent misunderstanding, immaturity in conflict handling, and a lack of shared responsibility. There are also conflicting priorities-an example being women's education, careers, and leisure activities and men's domestic routines-causing conflict within the relationship. Eventually, the distance would increase such gaps that diminished intimacy and built up emotional distance, causing long-term incompatibility.

First sub theme emerged as emotional maturity gap. Sub-theme was supported by the following verbatim as;

*“He would stay upset for days over small issues and I felt he reacted emotionally like a child”.*

Other participant also supported the subordinate theme of emotional maturity gap by stating the verbatim;

*“My husband never took responsibility when it came about expenses of raising children. He always insisted on following his own way showing his emotional immaturity”.*

Other participant also supported the subordinate theme of emotional maturity gap by stating the verbatim

*“I always tried to settle conflicts calmly but he reached every time and made issues worse. I felt he lacked emotional stability”.*

Second subordinate theme emerged as differences in life priorities. Sub-theme was supported by the following verbatim as;

*“I enjoyed outings and wanted us to go out but he dismissed it as pointless. His focus remained only on home and routine”.*

Other participant also supported the subordinate theme of differences in life priorities by stating the verbatim

*“I wanted the children to have choice, but he believed discipline meant firmness, which became a persistent cause of conflict”.*

Other participant also supported the subordinate theme of differences in life priorities by stating the verbatim

*“I wished to continue my teaching career but he insisted a wife's only priority should be the household”.*

This theme shows how age gaps, life priorities and maturity differences contributed to marital dissatisfaction. Participants shared that their goals, education, or emotional needs often clashed with their husbands' limited outlook or immaturity. For some, being older or more qualified caused resentment, while for others, differing priorities, career, travel, or child-rearing led to feeling unsupported. Over time, these incompatibilities weakened intimacy and cooperation, replacing partnership with distance and frustration.

### **3.5 Physical and Psychological Abuse**

Under the superordinate theme of physical and psychological abuse, the identified subordinate theme included physical intimidation and verbal degradation. Physical and psychological abuse refers to the use of controlling, harmful and coercive behaviors that affect victim's self-worth, emotional stability and physical safety. One of the most harmful motifs that surfaced was abuse, which included verbal and physical humiliation. Women reported all threats, coercive control, and violence. Degrading comparisons, accusations, and verbal abuse damaged dignity and caused suffering that persisted for a long time. On her wedding night, one participant said that she had been accused of being "impure," a recollection that has

persisted to this day. First sub theme emerged as physical intimidation. Sub-theme was supported by the following verbatim as;

*“Whenever I asked for money, my husband would get angry and hit me, especially when I demanded children’s need”.*

Other participant also supported the subordinate theme physical and psychological abuse by stating the verbatim;

*“My brother-in-law exposed his private part to my husband and said this is the place from where children are born. His wife and children were also there. For me this was unexpected”.*

Second sub theme emerged as verbal degradation. Sub-theme was supported by the following verbatim as

*“On the wedding night, he said there is no blood. This sentence still feels like torture to me. Those words alone shattered my self-respect”.*

Other participant also supported the subordinate theme verbal degradation by stating the verbatim;

*“My sister-in-law stand outside the door and say that I could not be able to bear children because I am transgender. I would go inside and cry”.*

Abuse in these marriages appeared through verbal humiliation, psychological manipulation, and physical intimidation. Insults and comparisons eroded women’s dignity, while lies, blame, and gas lighting made them doubt their worth. Even infrequent physical threats instilled constant fear. Together, these abuses functioned as tools of power and control, reinforcing patriarchy and silencing women.

#### **4. DISCUSSION**

Marital relationships play a central role in shaping women’s lives. For many married women, marriage can be both a source of support and fulfillment as well as a setting where conflict and psychological distress arise. These conflicts often demand emotional resilience and coping strategies, but when unresolved, they may have long-term psychological, consequences that affect overall well-being (Lam et al, 2017). The first theme was Emotional detachment, which refers to the absence of emotional connection within marital relationships (Parsakia, Rostami & Saadati, 2023). Couples with a high level of emotional disengagement, such as withdrawal or lack of empathy, are more likely to experience marital conflicts (Gottman & Levenson, 2000).

The second major theme was Sexual Dissatisfaction. It is defined as the lack of fulfillment in marital intimacy lack of sexual health services, and insufficient sexual knowledge as major contributors of marital conflict (Yousefzai et al., 2024). According to Khazaei, Rostami and Zaryabi (2011), people have more sexual dissatisfaction and marital conflicts with erectile disorder in men and desire disorder in women, being the most common. Tolorunleke, Bahago and Giwa (2021) conducted a study on 1200 married individuals to explore the role of sexual dissatisfaction in marital conflicts that is positive.

The third major theme was Loss of Autonomy, refers to the restriction of women’s independence and decision-making power, which weakens their sense of self and contributes to strained marital relationships. Delshad et al. (2023), a study on married exploring identity gaps among married women. This study found that married women experience couple identity gaps rooted in communication. Identity crises are largely influenced by relationship issues and individual factors (Merrill & Afifi, 2017). The study showed the results that unmet expectations of husband and wife often contribute to conflict (McGarry, 2020). women with low autonomy in the family and household decision-making experienced more emotional suffering, stressed marital ties and higher conflict (Allendorf, 2012).

This theme highlights how disparities in age and mindset can create challenges in marital relationships, affecting understanding, adjustment and overall harmony. Individuals marrying later in life (older age at

marriage) found that emotional maturity and attachment styles correlate with marital satisfaction. For example, anxious attachment was negatively correlated with emotional maturity and satisfaction. This relates to maturity gaps and compatibility issues (Naz, & Naqvi, 2021). Another study found that younger age at marriage, along with lower emotional maturity and certain negative attitudes toward marriage, predict greater marital instability. This supports the idea that when one partner is significantly younger or less mature, there may be more conflict and dissatisfaction (Ghahremani & Khosravi, 2018). In the national survey of the U.S, the study showed that greater age differences between partners often lowered women's marital satisfaction, with mismatched maturity contributing to conflict and reduced intimacy (South, 1995).

The other theme is Physical and psychological abuse, which refers to the use of controlling, harmful and coercive behaviors that impact the victim's self-worth, emotional stability and physical safety. Abuse is strongly linked with marital conflict, emotional trauma, and fear within marriages (Ali et al., 2011). Rakovec-Felser (2014) explored domestic violence and abuse in male-female stigma and its harmful effects on individuals, families and especially children. The study found that physical and psychological consequences are the result of societal stigmas, which directly create marital conflicts. Cascardi et al. (1995) investigated the difference between physically abused women and non-abused women with high marital satisfaction. Pakistani women accept physical, psychological and economic violence due to social taboos, financial dependence, fear of divorce and concern for children, highlighting the need for legal awareness and socio-cultural reforms (Habib, Naveed & Akhtar 2024).

## **5. CONCLUSION AND RECOMMENDATIONS**

The current paper underscores the key predictors of marital strife among married women, whereby emotional disconnection, sexual dissatisfaction, loss of independence and individual identity, age difference and psychological incompatibility, and physical and psychological abuse were key issues. These do not only impact the marital life of a women but they are seriously disrupting their mental and physical health, their home life, their productivity and socialization including their interaction with their children. It is necessary to create marital counseling centers where couples trainings should be introduced, and the marital conflict resolution strategies. It should have awareness programs capable of highlighting the marital issues and emotional and psychological welfare of a woman who has been married. The premarital counseling sessions and workshops on realistic expectations, mutual decision-making and other matters are also necessary to minimize marital difficulties of women following marriages.

### **Acknowledgements**

None.

### **Conflict of Interest**


Authors declared NO conflict of interest.

### **Funding Source**

The authors received NO funding to conduct this study.

### **ORCID iDs**

Amira Iftekhar<sup>1</sup>  <https://orcid.org/0009-0000-8451-6677>

Iram Fatima<sup>2</sup>  <https://orcid.org/0000-0001-9517-5062>

## REFERENCES

- Ali, P. A., McGarry, J., & Maqsood, A. (2022). Spousal role expectations and marital conflict: perspectives of men and women. *Journal of interpersonal violence*, 37(9-10), NP7082-NP7108. <https://doi.org/10.1177/0886260520966667>
- Askari, M., Noah, S. B. M., Hassan, S. A. B., & Baba, M. B. (2012). Comparison the effects of communication and conflict resolution skills training on marital satisfaction. *International Journal of Psychological Studies*, 4(1), 182. <https://doi.org/10.5539/ijps.v4n1p182>
- Boekhout, B., Hendrick, S. S., & Hendrick, C. (2021). The loss of loved ones: The impact of relationship infidelity. In *Loss and Trauma* (pp. 358-374). Routledge.
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative research in psychology*, 3(2), 77-101. <https://doi.org/10.1191/1478088706qp063oa>
- Braun, V., & Clarke, V. (2014). What can “thematic analysis” offer health and wellbeing researchers?. *International journal of qualitative studies on health and well-being*, 9(1), 26152. <https://doi.org/10.3402/qhw.v9.26152>
- Braun, V., & Clarke, V. (2019). Reflecting on reflexive thematic analysis. *Qualitative research in sport, exercise and health*, 11(4), 589-597. <https://doi.org/10.1080/2159676X.2019.1628806>
- Bryant, C. M., Conger, R. D., & Meehan, J. M. (2001). The influence of in-laws on change in marital success. *Journal of marriage and family*, 63(3), 614-626. <https://doi.org/10.1111/j.1741-3737.2001.00614.x>
- Coltrane, S., & Adams, M. (2003). The social construction of the divorce “problem”: Morality, child victims, and the politics of gender. *Family Relations*, 52(4), 363-372. <https://doi.org/10.1111/j.1741-3729.2003.00363.x>
- Coon, D., & Mitterer, J. (2011). *Psychology: Modules for active learning*. Nelson Education.
- Copur, Z., & Eker, I. (2014). The relationship between financial issues and marital relationship. *International Journal of Arts & Sciences*, 7(5), 683.
- Gager, C. T., & Sanchez, L. (2003). Two as one? Couples’ perceptions of time spent together, marital quality, and the risk of divorce. *Journal of Family issues*, 24(1), 21-50. <https://doi.org/10.1177/0192513X02238519>
- Girma, Z. (2020). The role of socio-demographic variables, sexual relationship, marital stability, marital communication and conflict resolution in marital satisfaction among married individuals in Addis Ababa, Ethiopia. *Sciences*, 9(6), 87-98. <https://doi.org/10.11648/j.pbs.20200906.11>
- Gottman, J. M., & Levenson, R. W. (2000). The timing of divorce: Predicting when a couple will divorce over a 14-year period. *Journal of Marriage and family*, 62(3), 737-745. <https://doi.org/10.1111/j.1741-3737.2000.00737.x>
- Hill, E. J., Allsop, D. B., LeBaron, A. B., & Bean, R. A. (2017). How do money, sex, and stress influence marital instability?. *Journal of Financial Therapy*, 8(1), 3. <https://doi.org/10.4148/1944-9771.1135>
- Kelly, J. B. (1998). Marital conflict, divorce, and children's adjustment. *Child and Adolescent Psychiatric Clinics*, 7(2), 259-271. [https://doi.org/10.1016/S1056-4993\(18\)30240-2](https://doi.org/10.1016/S1056-4993(18)30240-2)
- Khan, G., Sikander, P., & Akhlaq, A. (2019). Factors pertaining to rising divorce rate and its consequences on the family culture of Pakistan: A qualitative study. *IBT Journal of Business Studies (JBS)*, 2(2), 199-210. <http://dx.doi.org/10.46745/ilma.jbs.2019.15.02.13>

- Khazaei, M., Rostami, R., & Zaryabi, A. (2011). The relationship between sexual dysfunctions and marital satisfaction in Iranian married students. *Procedia-Social and Behavioral Sciences*, 30, 783-785. <https://doi.org/10.1016/j.sbspro.2011.10.152>
- Kuzmanić, M. (2009). Validity in qualitative research: Interview and the appearance of truth through dialogue. *Horizons of Psychology*, 18(2), 39-50. <https://doi.org/10.20419/34.1>
- Luk, B. H. K., & Loke, A. Y. (2015). The impact of infertility on the psychological well-being, marital relationships, sexual relationships, and quality of life of couples: A systematic review. *Journal of sex & marital therapy*, 41(6), 610-625. <https://doi.org/10.1080/0092623X.2014.958789>
- Madathil, J., & Benshoff, J. M. (2008). Importance of marital characteristics and marital satisfaction: A comparison of Asian Indians in arranged marriages and Americans in marriages of choice. *The family journal*, 16(3), 222-230. <https://doi.org/10.1177/1066480708317504>
- McGarry, K. (2020). *Perceptions of Mortality: Individual Assessment of Longevity Risk*. Oxford Press. <https://doi.org/10.1093/oso/9780192859808.003.0002>
- Merrill, A. F., & Afifi, T. D. (2017). Couple identity gaps, the management of conflict, and biological and self-reported stress in romantic relationships. *Human Communication Research*, 43(3), 363-396. <https://doi.org/10.1111/hcre.12110>
- Odhiambo, R. J. A., Mumiukha, C., & Makori, G. (2021). Level of Seeking Marital Counseling Among Married in Siaya County (Kenya). *American Journal of Applied Psychology*, 10(5), 120-127. <https://doi.org/10.11648/j.ajap.20211005.13>
- Ogungbemi, I. R., Ajiboye, S. A., Ogungbemi, A. B., & Adegboyega, L. O. (2024). Factors Responsible for Marital Conflicts among Newly Married Couples in Ilorin, Kwara State Nigeria. *Trends in Social Sciences and Humanities Research*, 26.
- Olson, G. M., & Olson, J. S. (2000). Distance matters. *Human-computer interaction*, 15(2-3), 139-178. [https://doi.org/10.1207/S15327051HCI1523\\_4](https://doi.org/10.1207/S15327051HCI1523_4)
- Onat, G., & Beji, N. K. (2012). Marital relationship and quality of life among couples with infertility. *Sexuality and Disability*, 30(1), 39-52. <https://doi.org/10.1007/s11195-011-9233-5>
- Osborne, L. N., & Fincham, F. D. (1996). Marital conflict, parent-child relationships, and child adjustment: Does gender matter?. *Merrill-Palmer Quarterly (1982-)*, 48-75.
- Papp, L. M., Cummings, E. M., & Goeke-Morey, M. C. (2009). For richer, for poorer: Money as a topic of marital conflict in the home. *Family relations*, 58(1), 91-103. <https://doi.org/10.1111/j.1741-3729.2008.00537.x>
- Parsakia, K., Rostami, M., & Saadati, S. M. (2023). The Relationship between Emotional Intelligence and Marital Conflicts Using Actor-Partner Interdependence Model. *Journal of Psychosociological Research in Family and Culture*, 1(1), 1-6. <https://doi.org/10.61838/kman.jprfc.1.1.6>
- Ramzan, S., Akhtar, S., Ahmad, S., Zafar, M. U., & Yousaf, H. (2018). Divorce status and its major reasons in Pakistan. *Sociology & Anthropology*, 6(4), 386-391. <https://doi.org/10.13189/sa.2018.060405>
- Rokach, A., & Chan, S. H. (2023). Love and infidelity: Causes and consequences. *International journal of environmental research and public health*, 20(5), 3904. <https://doi.org/10.3390/ijerph20053904>
- Samadaee-Gelehkolaee, K., McCarthy, B. W., Khalilian, A., Hamzehgardeshi, Z., Peyvandi, S., Elyasi, F., & Shahidi, M. (2015). Factors associated with marital satisfaction in infertile couple: A comprehensive literature review. *Global journal of health science*, 8(5), 96. <https://doi.org/10.5539/gjhs.v8n5p96>

- Segrin, C., & Nabi, R. L. (2002). Does television viewing cultivate unrealistic expectations about marriage?. *Journal of Communication*, 52(2), 247-263. <https://doi.org/10.1111/j.1460-2466.2002.tb02543.x>
- Snyder, J. R. (1998). Marital conflict and child adjustment: What about gender?. *Developmental Review*, 18(3), 390-420. <https://doi.org/10.1006/drev.1998.0469>
- Soleimani, A. A., Najafi, M., Ahmadi, K., Javidi, N., Kamkar, E. H., & Mahboubi, M. (2015). The effectiveness of emotionally focused couples therapy on sexual satisfaction and marital adjustment of infertile couples with marital conflicts. *International journal of fertility & sterility*, 9(3), 393. <https://doi.org/10.22074/IJFS.2015.4556>
- South, S. J. (1995). Do you need to shop around? Age at marriage, spousal alternatives, and marital dissolution. *Journal of Family Issues*, 16(4), 432-449. <https://doi.org/10.1177/019251395016004002>
- Tavakol, Z., Moghadam, Z. B., Nasrabadi, A. N., Salehiniya, H., & Rezaei, E. (2017). A review of the factors associated with marital satisfaction. *Galen medical journal*, 6(3), e641-e641. <https://doi.org/10.31661/gmj.v6i3.641>
- Tavakolizadeh, J., Nejatian, M., & Soori, A. (2015). The effectiveness of communication skills training on marital conflicts and its different aspects in women. *Procedia-Social and Behavioral Sciences*, 171, 214-221. <https://doi.org/10.1016/j.sbspro.2015.01.112>
- Tolorunleke, C. A., Bahago, S. B., & Giwa, M. O. (2021). Sexual Dissatisfaction as a cause of Marital Conflicts amongst Couples in FCT, Abuja: Implication for Counselling. *FCT Counsellor*, 1(1), 70-83.
- Umberson, D., Williams, K., Powers, D. A., Liu, H., & Needham, B. (2006). You make me sick: Marital quality and health over the life course. *Journal of health and social behavior*, 47(1), 1-16. <https://doi.org/10.1177/002214650604700101>
- Williams, K. (2003). Has the future of marriage arrived? A contemporary examination of gender, marriage, and psychological well-being. *Journal of health and social behavior*, 44(4), 470. <https://doi.org/10.2307/1519794>
- Yousefzai, H. A., Ismail, S. I. F., Hussain, S., & Alimuddin, A. S. (2024). Unveiling intimacy: sexual dysfunction and marital satisfaction among Pakistani males in Karachi. *Sexual Medicine*, 12(6), qfae070. <https://doi.org/10.1093/sexmed/qfae070>