

**INFIDELITY: ITS CAUSES, FORMS AND IMPACTS ON MARRIED
PARTNERS: A CASE OF FOUR MARRIED PARTNERS
WITH ADULTERY GROUND PENDING DIVORCE
CASES IN ADDIS ABABA**

**A Thesis Presented to the School of Graduate Studies of
Addis Ababa University in Partial Fulfillment of the
Requirements for the Degree of Master of Arts in
Counseling psychology**



**BY
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**JUNE, 2009
ADDIS ABABA**

ADDIS ABABA UNIVERSITY
SCHOOL OF GRADUATE STUDIES

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Acknowledgments

First and foremost my special thanks go to my advisor, Ato Dame Abera, for his valuable comments, constructive suggestions and fruitful corrections. This paper would have not been completed without his unreserved support, encouragement, and direction.

I am deeply indebted to my dear friend, Yigermal Nigussie, for his ceaseless moral and financial support throughout the study.

I would also like to thank to staff members of Lideta Federal First Instance Court for their great efforts in providing me with the information.

My heartfelt gratitude also goes to my family members who assisted me in whatever form necessary for the accomplishment of my study.

Profound thanks to all my friends who provide me their support and encouragement to get this study done.

Finally, my sincere thanks extend to W/o Tigist Melake for her unreserved effort in typing the thesis.

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Acronyms

AIDS- Acquired immune deficiency syndrome

EMS- Extramarital sex

HIV- Human immune virus

STD- Sexually transmitted disease

Abstract

This study has made an effort to determine the causes and forms of infidelity and its impacts on married partners.

To this effect data were collected from four unfaithful married persons and their partners using interview guide and properly analyzed qualitatively.

Consequently, sexual dissatisfaction, emotional dissatisfaction, higher negative communication patterns, premarital sexual experience, lower religiosity level and considerable age differences were found to be the major causes of infidelity. The study also identified sexual and a combination of sexual and emotional forms of infidelity. Moreover, the study showed no definite sex difference regarding the causes and forms of practicing infidelity. Finally, findings showed many psychological, social, health and religious problems as major consequences of infidelity on both partners and termination of their relationships as a result of infidelity. Possible preventive and intervention actions are suggested.

Chapter One

I. Introduction

1.1 Background of the study

Marriage is believed to be the basis that forms a family, which is the foundation of a society. Healthy marriages will grow to strong loving families and society which will eventually play a vital role in the development of a nation.

In marriage two human beings enter in to a complete physical, mental and spiritual union with each other. Marriage is more than a sexual union, it is a sacred trust and involves a commitment in which both parties agree to belong to each other and to share their lives in a loving relationship (Bowman and Spanier, 1978). Rosenzweig (1992, p.112) supported the centrality of trust in marriage that trust in marriage is the foundation of the relationship and trust is one of the most fragile of human relationship. Once a trust relationship is broken, it can damage the relationship beyond repair.

Whether stated or not, most married couples have a set of primary rules or agreements that form the basis for their relationship. Fidelity is one of the basic premises of marriage, whether or not it is carried out in practice (Kammeyer, 1981; 334). However, once the pledge of marital fidelity is broken, it can shake the relationship to the core. Infidelity plays a very important role in putting marriage into disruption, severe tension, and then leading to divorce (Pocs, 1989; Kinsey, Pomeroy and Martin, 1948; Bowman and Spanier, 1978; Halwani, 2007; Tsegaye, 2006; Wodajeneh, 2006)

Infidelity is a betrayal of the martial agreement that the couple would keep their sexual activities within the relationship (Pocs, 1989). Infidelity can take various forms. It can be emotional, sexual or both emotional

and sexual (Thompson, 1984). This indicated that any type of sexual relations outside of a spouse is harmful to a marriage.

Statistics on adultery vary so widely that they do not seem reliable (Bowman and Spanier, 1978; p. 276). Although extramarital sex may be the marital activity most often cloaked in secrecy, empirical estimates of affairs over the course of marriage range from 30% to 60% for men and from 20% to 50% for women (Glass and Wright, 1992; Kinséy, Pomeroy, Martin, and Gebhard, 1953; Hunt, 1974). However, there is almost no local study found that focused on infidelity. It is important that we also focus on this grave marital problem.

There are different causes of infidelity suggested by different studies. Some of these factors include lack of personal accountability, relationship dissatisfaction, lack of attention from partners, sexual dissatisfaction, revenge on partner, being exposed to infidelity in one's group of friends, peers or media and alcohol consumption (Pocs, 1989; Glass and Wright 1977, 1992). There are also demographic factors that make the couple vulnerable to infidelity like academic status, gender, age and religion (Pocs, 1989; Glass & Wright 1977; Thompson, 1984).

Infidelity can have multidimensional adverse impacts on both marital partners and their relationship. Some of the negative effects of infidelity include psychological damage, social embarrassment, unwanted pregnancy and sexually transmitted diseases (Amato and Rogers, 1997). Religiously, adulterers suffer greatly by guilty feeling for their sinful behavior (Gabel, 2005). Adultery may still have legal consequences, particularly in divorce cases. For example, the 1960 Civil Code of Ethiopia, enumerated adultery as one of the serious grounds for divorce (Article. 669-671). It may also be a factor in property settlement, alimony, the status and custody of children. (The Revised Family Code, Article. 86, 90, 113,173; 2000). However the effects of adultery can be overcome and

healing is possible (Gordon, Baucom, & Snyder, 1998). Infidelity is one of the most striking and dominant themes of modern literature. However, in Ethiopia, the study of infidelity is almost, new. Hence, the aim of this study is to investigate the causes and forms of infidelity and its impacts on married partners.

1.2 Statement of the problem

Infidelity, an important social phenomenon, has received much attention by psychologists, sociologists and family specialists. Stories of adultery hold fascination for many people. Infidelity is the central topic of many great novels and films, of gossip passed at kitchen tables and news paper headlines.

Actually, there are many other factors, other than adultery that appear to challenge marital life. Criminal conviction of felony, insanity and excessive cruelty are some to mention from many. Nevertheless, adultery is significantly identified from other variables in its intensity to lead marriage into more critical situation.

Extramarital affair is the most cited cause of divorce cross-culturally (Betzig, 1989; Wiederman, 1997). The study conducted by Tsegaye (2006) and Serkalem (2006) also showed that this fact is true in Ethiopian context.

A matter concerning adultery is quite intimate, personal, and sentimental. In Ethiopia, marital relationship problems like adultery and sexual incompatibility are very delicate and emotional. Outside inquiries in such phenomenon are unwelcome in our society. Due to this reason seems that research studies conducted in the area are almost nil.

Infidelity usually occurs in a relationship context that includes various factors that make the couple vulnerable, including marital satisfaction, communication patterns and relationship adjustment. A couple's

vulnerability may also involve individual factors like age, mental health, physical well-being, attitudes about infidelity, religiosity and gender. This study also inquires if some of the major causes suggested by other researches have indeed any association with infidelity in Addis Ababa.

Sporadic reports and personal observations over many years clearly reveal that some members of the family engage in infidelity practices within the general population.

Many couples seem happy in their marriage when they talk in public but they speak differently to their intimate friends. The men and women who admit privately to infidelity often proclaim their faithfulness and marital satisfaction in public. This observation prompted me to think about a systematic study of why husbands and wives commit infidelity, what else do they want and the impact of this practice on themselves.

Infidelity constitutes a serious betrayal. Consequences can include mental or emotional suffering as well as termination of the relationship. In this paper, the terms extramarital affairs, infidelity, adultery and unfaithfulness are used interchangeably.

Generally, infidelity is a betrayal of the marital agreement that the couple would keep their sexual activities within the relationship (Pocs, 1989). The term adultery carries the religious and legal concern, which certain acts are sinful or unlawful in them. Unfaithfulness is a violation of commitment to sexual loyalty by one or both members of a committed romantic relationship (Harrison and Marsden, 2004).

Extramarital affairs are normally constructed as triadic relationships a couple and the lover of one of the partners (Hunt, 1974). It involves significant depth of feeling and is based on emotional intimacy, sexual chemistry and a third party being unaware of the affair for some time (Hunt 1974).

It is obvious that the foundation of a nation is rested on a healthy marriage and strong family unit. This reality clearly reveals that marriage at any time is very valuable and needs great protection. Any crisis to the existence of marriage may equally mean crisis to the existence of a country.

Infidelity may be the most destructive source of conflict inflicted on a marriage. Despite its destructive impact, infidelity is estimated conservatively to occur in about 20-25% of all marriages (Greeley, 1994, Wiederman, 1997). This study will focus on investigating the causes and forms of infidelity and its impact on both married partners. More specifically, the study will address the following basic research questions:

- ❖ What are the major causes and forms of infidelity?
- ❖ Are there sex differences in the causes and forms of practicing infidelity?
- ❖ What are the major impacts of committing infidelity on both married partners?

1.3 Objectives of the study

The major purpose of this study is to investigate the causes and forms of infidelity and its impact on marital partners in Addis Ababa. The study intends to:

- Investigate the major causes and forms of infidelity.
- Find out whether or not there are sex differences in the causes and forms of infidelity.
- Assess the impacts of infidelity on both the unfaithful and betrayed partners.

1.4 Significance of the study

This study is believed to have the following importance:

- Gives insight to couples who are vulnerable to infidelity to control or reverse predisposing factors
- Provide intervention mechanisms to couples who are struggling with infidelity to salvage their marriage from dissolution
- Counselors, family practitioners, marriage and family therapists can use the result by applying it to marriages ,committed dating relationships, and for their own knowledge and understanding of this issue
- Useful for law makers to support or revise the existing family law
- Gives insight to governmental and non-governmental organizations on the importance of designing possible prevention and intervention program to addressing the problem
- To the knowledge of the present researcher there has not been a focused research endeavor under taken on the causes, forms and impacts of infidelity in Ethiopia. Hence, it will help to break the silence in the issue and serve as an initiative ground for others to conduct further research regarding the issue.

1.5 Delimitation of the study

This study is delimited to Addis Ababa because, for one thing, for the sake of manageability, time and financial factors. The other reason is that spouses who are on pending divorce case files, on the grounds of adultery in Addis Ababa are generally believed to be more open to share the damage of infidelity than those living outside as the former are exposed to urban influences .

The study is also focused on only those marital partners who have been affected by infidelity just to get first-hand information. Because of the secret and sentimental nature of infidelity, marriage experts (psychologists, family practitioners and clergy men) and familiar reports are deliberately ignored. It is found to be some how unethical and not practical to involve these people for the sake of getting additional information.

1.6 Limitations of the study

The researcher encountered many difficulties while conducting this study, which may affect the study outcomes. The study had a small sample size to compare, contrast and generalize to a larger population of male and female married partners involved in and affected by infidelity.

The study was conducted while the respondents divorce case was pending. It appeared that the respondents had a fear that the researcher was sent by the other spouse to collect information and calls trouble to them in the legal proceeding. Although the researcher made it clear that, information was needed purely for research purposes and the personal and other information would be kept confidential, the respondents were at first reluctant to work with the researcher. Therefore, the establishment of rapport and collection of data were indeed very difficult to acquire.

1.7 Operational Definition of Terms

Infidelity - a secret sexual and/or emotional involvement that violates the commitment to an exclusive marital relationship.

Marriage- is the legal unity between a man and a woman for the purpose of living together as a husband and a wife.

Pending divorce cases- cases waiting decision on the legal termination of marriage.

Monogamy- The custom of having a sexual relationship to only one legal spouse.

Forgiveness- is a process by which an individual replaces destructive responses towards one's partner, such as violence or revenge, with constructive behavior (McCullough, Worthington, and Rachal, 1997).

Chapter Two

2. Review of Related Literature

2.1 Definition of Infidelity

Infidelity is a phenomenon that has existed in most cultures through out history. It refers to sexual relations outside of marriage, in one form or another.

The issue of infidelity is a controversial one. Some societies allow and even expect extramarital sex (EMS), while others ban it. (Pocs, 1989). Even though many societies hold that monogamous marriages are the ideal, statistics show that many married peoples in different countries have had at least one extramarital sexual encounter (Halwani, 2007).

Infidelity conjures up different images for different people. Much depends on the observers values. For some it may seem a lark, an adventure, a threat- with little or no bearing on the primary relationship. To others, it may sound the death knell of a relationship; the end of trust, love, commitment and loyalty (Spanier and Margolis, 1983).

Researchers indicated that infidelity involves many defining features and components. For instance O'Neill and O'Neill (1972) explained that when exploring infidelity, we encounter issues related to trust, secrecy, deception, commitment, intimacy and the "enterprise of love".

In North America, as well as in other western countries, emotional intimacy, companionship, and sexual exclusivity are the predominate ideals which the institution of marriage provides (Ellwood-Clayton, 2005).

According to Hunt (1974) extramarital affair involves significant "depth of feeling" and is based on emotional intimacy, sexual chemistry and the third party being unaware of the affair for some duration. Since this

affair type is lied about or kept secret, or done over the partner's objection, it may threaten the primary relationship.

Beach, Jouriles and O'Leary (1985) argue that secrecy and lies are more likely to end a partnership than sexual acts. Thus, maintaining secrecy is a central component in the structuring of extramarital affairs.

People view adultery differently depending on their cultural background. Buss and Shackelford (1997) contend that partners gender, religion, political positioning, or whether they have more libertine view points have an effect on the attitudes of the individual towards adultery.

Nevertheless, many researches consider adultery to be wrong because it typically involves the breaking of a promise and deception. Regarding this view, Jakowiak and Hardgrave (2007) pointed out that despite the "sexual revolution" of the 1970s and high accounts of infidelity in many cultural settings, extramarital affairs are often conceptualized in terms of morality and receive negative evaluation by way of disapproval (and gossip).

Adultery is the primary disrupter of families and the most universally accepted reason for divorce (Betzig, 1989; Pocs, 1992). Infidelity impacts personal relationships, with partners of adulterers often experiencing depression, jealousy, anger and humiliation (Hall, Buffalo and Fincham, 2004)

In Ethiopia, as in many countries of the world, such kind of behavior is considered wrong and unacceptable. In line with this, the law (Art. 693) clearly indicated that adultery is illegal and hence the act is subjected to punishment.

2.2 Prevalence of Infidelity

Researchers have struggled to accurately assess the occurrence of infidelity among married couples. Research result on life time incidence rates of extramarital sex have shown great inconsistency, with findings

and estimates ranging from rates as low as 1.5% to as high as 50% (Buss and Shackelford, 1997; Thompson, 1984; Pocs, 1989)

Data gathered in 1940s and 50s (Kinsey, Pomeroy, Martin, 1948; Kinsey, Pomeroy, Martin & Gebhard, 1953) showed that half the married men and a quarter of married women admitted to some EMS experience. Conservative estimates from recent surveys indicated that infidelity occurs in 20% to 25% of all marriages (Greeley, 1994, Wiederman, 1997)

Researches across cultures show that married men more likely than women to report ever engaging in extramarital sex. For example, a study by Betzig (1989) found that in Hong Kong 8% of the men and 1% of women had extradyadic sex and in Guinea Bissau 38% of men and 19% of women did. American research suggests that 30% to 60% of American men and 20% to 50% of American women will have extramarital sex (Glass and Wright 1992; Thompson, 1984).

Despite these discrepancies in research result, most scholars agree that infidelity is a common phenomenon in marriage. In spite of its universal nature of the problem among all human races, however, no empirical local research has been conducted to test these speculations in Ethiopia.

2.3 Forms of Infidelity

Many researchers suggested that there are three types of extramarital affairs. These are sexual, emotional and composite (both sexual and emotional) (Thompson, 1984; Ashrndt, 2004; Buss, Buffalo and Shackelford, 2004, Glass and Wright, 1985).

2.3.1 Sexual Infidelity

Sexual infidelity refers to any sexual contact with some one other than one's relationship partner and can involve such behaviors as kissing, intimate touching, oral sex, or sexual intercourse (Shackelford, LeBlanc, and Drass, 2000).

Individuals who are engaged in sexual infidelity might not become emotionally involved. Glass and Wright (1992) assert that it is possible to have a sexual affair and never be emotionally intimate with the affair partner. This shows that sexual infidelity does not always include emotional attachment with the affair partner.

However, the loss of trust and the hurt of being deceived can be more difficult for some partners to endure than dealing with the sexual aspects of the affair (Shackelford et al., 2000). Furthermore, they suggested that the effect of sexual infidelity can be powerful and more likely to result in hostile /vengeful, shocked, nauseated/ repulsed, humiliated, sexually aroused, or homicidal /suicidal feelings than is emotional infidelity.

2.3.2 Emotional Infidelity

Emotional infidelity occurs when one's partner channels resources such as romantic love, time and attention to some one else, and can involve such behaviors as flirting, dating, intimate conversations, or falling in love (Shackelford, LeBlanc and Drass ,2000; Drigotas and Barta, 2001).

Emotional infidelity could cause adverse effects on marital partners. Shackelford et al., (2000) supported this view that emotional infidelity is more likely to result in undesirable, insecure, depressed, helpless/abandoned, and blameworthy or forgiving emotions than is sexual infidelity.

Technological advances in the recent times have facilitated other forms of emotional infidelity, such as phone /cyber sex and internet infidelity. Ellwood-Clayton (2005) and Shaw (1997) explained that the cell phone/ texting and internet /email provide a unique communication conduit, which lends well to secrecy and deception and thus to the maintenance of extradyadic relationships.

Texting and email could also be ways that expose the infidel partners. In relation to this, Ellwood-Clayton (2005) stated that although texting and email enables infidelity, it too provides a main means by which the infidels are exposed.

2.3.3 Composite Infidelity

Composite infidelity is the combination of both sexual and emotional infidelity. According to Thompson (1984) extramarital relationship that was both emotional and sexual was the most wrong and the most likely to detract from the quality of the primary relationship.

The severity of infidelity behaviors might vary depending on the degree of extradyadic involvement. Buss and Shackelford (1997) found that infidelity behaviors ranged in severity on a continuum include flirting, passionately kissing, going on a romantic date, having a one-night stand, and having a brief affair and having a serious affair. Further more, they discovered that no significant gender differences and likelihoods varied in accordance with the severity of the infidelity behavior.

Researches suggest that there exist sex differences in response to a partner's infidelity, depending on the type of infidelity. Relative to women, men find it more difficult to forgive a partner's sexual infidelity and are more likely to terminate a relationship as a result of a partner's sexual infidelity. Relative to men, women find it more difficult to forgive a partner's emotional infidelity and are more likely to terminate a relationship as a result of a partner's emotional infidelity. (Shackelford, Buss and Bennett, 2002; Ashrndt, 2004, Hall & Fincham, 2006)

One theoretical avenue for exploring these sex differences in reactions to a partner's infidelity pertains to evolutionary theory. The evolutionary perspective specifies that men and women differ in their responses to infidelity in ways that have resulted from different adaptations to different reproductive problems (Buss, et al., 1992).

The evolutionary perspective argues that men and women put different “emotional weighting” on the different aspects of infidelity (Buss et al., 1992; Jakowiak and Hardgrave, 2000; Ashrndt, 2004). From the men perspective, a single instance of sexual infidelity could jeopardize a man’s certainty paternity, with the attendant reproductive risk of investing resources in a rival man’s child rather than his own. From the woman’s perspective, a single sexual infidelity committed by her husband would not have carried this magnitude of risk, since her genetic maternity is not thereby compromised and hence her investments would still have been channeled toward her own genetic children. If her husband became emotionally involved with another woman, on the other hand, such affective infidelity would signal the long term diversion to that other woman of her husband’s energy, commitments, and investments, and hence would be more reproductively costly. According to evolutionary theory, this is reason why sexual infidelity is more upsetting to a man and emotional infidelity is more upsetting for a woman.

2.4 Causes of Infidelity

Researchers have enumerated long lists of causes, motives or correlates of infidelity. Buss and Shackelford (1997) and Allen et al. (2008) divide the causes or factors of infidelity into individual factors and relational factors.

2.4.1 Individual factors

Studies have found links between a history of infidelity and individual characteristics such as gender, age, religiosity, attitudes toward infidelity, mate value and/or attractiveness, personality, and mental health condition (Thompson, 1984; Kinsey, Pomeroy and Martin, 1948; Mair, 1969; Buss and Shackelford, 1997; Allen et al., 2008; Lee and Koss, 2006).

Gender- Gender is the most consistent previously established predictor of marital infidelity (Wiederman, 1997). As statistics indicated in the prevalence part, more men than women engage in adulterous behavior. Men who have affairs are more likely to do so without emotional involvement, whereas women affairs are often accompanied by emotional involvement (Thompson, 1984; Glass and Wright, 1985).

Gender is also linked with the sequel of infidelity. A woman's infidelity is more likely to lead to divorce than is a man's infidelity across a variety of cultures (Betzig, 1989; Kinsey et al., 1953). However, other researches have found that the likelihood of divorce does not vary according to gender (Miller, 2003; Spanier and Margolis, 1983). Yet, overall men are less likely to forgive and more likely to break up with a sexually unfaithful partner than an emotionally unfaithful partner and women find it more difficult to forgive and more likely to break up a partner's emotional infidelity than sexual infidelity (Hall and Fincham, 2006; Shackelford, Buss and Bennett, 2002).

Men and women generally engage in infidelity for different reasons. A desire for emotional connection is often the most important aspect for women (Glass and Wright, 1992). Other factors include an unhappy marriage, the need for personal growth and self fulfillment and a desire for sexual fulfillment (Dodini and McCollum, 2000; Buss and Shackelford, 1997). In contrast, men report that sexual factors, rather than a need for greater emotional intimacy are most important (Glass and Wright, 1992). In cases when infidelity includes both sexual and emotional intimacy, men typically begin with sexual involvement and move to include emotional, while the opposite is found with women (Shackelford, Buss and Bennett, 2002). Furthermore, men are more likely than women to see their own extramarital sex as justified and experience less guilt when they engage in it (Johnson, 1970; Athanasiou et al., 1970; Spanier and Margolis, 1983).

dissatisfaction with marriage was linked with infidelity likelihood but men's infidelity likelihood was related to sexual dissatisfaction.

Higher negative communication patterns- Negative communication pattern can also be associated with infidelity. Stanley (2003) found that partners with worse communication behaviors would be more likely to experience adultery.

Other sets of variables related to adultery from survey of other researchers include peers, friends or media influence, revenge on partner, alcohol consumption and being exposed to opportunity (Pocs, 1989, Buss and Shackelford, 1997; Kinsey, Pomeroy and Martin, 1948; Kinsey, Pomeroy, Martin and Gebhard, 1953).

Over all, however, researchers have not been particularly successful in isolating variables that will accurately predict infidelity. This is partly because there are many reasons for adultery and each case seems to be different. Another reason is the problem of measurement due to the personal nature of the subject.

2.5 Impacts of Infidelity

The impact of infidelity on marital partners can be quite complex and multidimensional. In this regard this part of the review literature will consider psychological, physical health, social, religious and legal impacts of infidelity.

2.5.1 Psychological impacts of Infidelity

A marital partner's discovery of infidelity can be devastating to both sexes. The betrayed partner is likely to feel a landslide of unpleasant emotions including depression, anger, self-reproach and jealousy (Beach, Jouriles, O'Leary, 1985; Buss, Larsen, Westen, and Semmelroth, 1992; Buunk, and Van Driel, 1989; Shackelford, LeBlanc, and Drass, 2000). A spouse involved in infidelity will usually feel self-pity, lack of self-worth

and a sudden loss of interest in normal family activities usually caused by guilt (Kinsey, Pomeroy and Martin, 1948, Shackelford et al., 2000)

2.5.2 Physical health impacts of Infidelity

With the rapid spread of sexually transmitted diseases (STDs), infidelity has become a significant public health problem. Not only are individuals who engage in unprotected sex outside of marriage at direct risk of exposure to STDs, there is also emerging evidence that the primary partners and children of these individuals are at indirect risk of exposure to diseases such as HIV (Facs-Stewart, 2003; Wardlow, 2007). STDs could cause blindness, insanity and death (Wardlow, 2007).

It is a fact that the largest population being affected by HIV/AIDS is young people of the third world nations. Ethiopia as part of this world is also a victim of this problem.

2.5.3 Social impacts of Infidelity

Regardless of which partner is involved in extramarital affair, the public nature of adultery is bound to bring social embarrassment and humiliation to both partners. Jakowiak and Hardgrave (2007) suggested that individuals involved in extramarital affairs are subjected to stigma and societal harsher judgments.

For many, sexual attitudes and practices shifted during the “sexual revolution” of the 1970’s (Hunt, 1974; Jakowiak and Hardgrave, 2007). Although attitudes in many countries during these periods became more liberal regarding certain sexual behaviors, societal views regarding extramarital sex remained stable, with the vast majority of persons disapproving of it (Pocs, 1989; Jakowiak and Hardgrave, 2007).

A study of 24 nations found that only 4 percent of individuals surveyed report that marital infidelity is “not wrong at all.” A 1998 cross-national comparison showed that 82-94 percent of respondents from Britain,

united States, Ireland, West Germany, East Germany, Sweden, and Poland condemn Adultery, with West Germany the most liberal (82 percent disapproving) and the united States being the most conservative (94 percent disapproving) (Scott, 1998).

In spite of cultural standards forbidding extramarital sexual affairs, actual behaviors may vary. Kinsey et al. (1948) found that most people would be unfaithful if they guaranteed their acts would not be discovered.

2.5.4 Religious impacts of Infidelity

Adultery is considered to be immoral and a sin by many religions including Judaism, Christianity, Islam and Hinduism (Gabel, 2005).

The Bible prohibits adultery in the seventh of the Ten Commandments that says, "You shall not commit adultery" (Exodus 20: 14). However, when God's law concerning adultery is violated, harsh consequences will be forthcoming. According to Deuteronomy (22: 22), if a man commits adultery with another man's wife-both the adulterer and adulteress must be put to death.

Under Muslim religion, adultery is considered as a violation of marital contract and one of the major sins and is condemned by God in the Quran. Quranic verses prohibiting adultery include:

"Do not go near to adultery surely it is a shameful deed and evil, opening roads (to other evils)" (Quran 17: 32).

"Say, verily, my Lord has prohibited the shameful deeds, be it open or secret, sins and trespasses against the truth and reason" (Quran 7:33).

2.5.5 Legal impacts of Infidelity

Adultery is considered to be one of the gravest matrimonial offences that are committed by a married person during the existence of a valid marriage.

understanding the meaning of the infidelity, creating good will/hope, and deciding whether to stay married or separate (Glass, 2002). Therapy provides an opportunity for clients to express their thoughts and feelings about the affair in a constructive way, with an emphasis on active listening and empathic understanding (Thompson, 1984). Gordon, Baucom, and Snyder (1998) have developed a three-stage model of forgiveness and intervention program to assist couples who are struggling with a relationship trauma, such as infidelity. Infidelity is traumatic in that it shakes an individual's fundamental assumption about the self, relationships and the world (Glass, 2002).

Gordon, Baucom, and Snyder (1998) suggest that to overcome this normal reaction to trauma the therapist must assist the couple to move through stages of dealing with the impact of the infidelity, searching for meaning and recovery or moving forward. In the first stage (dealing with the impact of infidelity), the goal is to focus on the immediate problems caused by the infidelity, such as emotional dysregulation and the expression of anger and hurt. After the exploring the immediate emotional impact of infidelity, the next stage involves contextualizing the infidelity by identifying the factors that may have contributed to the affair and increasing each partner's empathic understanding of the other's position. The decision of whether to end the relationship or stay together is not faced until the third stage, in which the couples also encouraged to explore forgiveness, consider what they have learned from experience and reexamines their marriage. If they decide to reconcile, the remainder of the therapy is devoted to "trouble-shooting", or exploring what issues are still problematic or may arise in the future. Alternatively, a decision to terminate the relationship is followed by efforts to help the couple separate as peacefully as possible, ideally with respect, empathy, and forgiveness.

Marital therapy generally facilitates communication between partners, and couples who are able to discuss the infidelity are less likely to separate or divorce. (Glass, 2002)

2.6.2 The role of forgiveness

Forgiveness as a process in marital relationship has received increased attention in recent years in relation to infidelity (Gordon, Baucom and Snyder, 1998). Forgiveness might be a very important outcome to measure in interventions designed to address the needs of couples who are struggling with the trauma of infidelity (McCullough, Worthington and Rachal, 1997).

In the context of infidelity, forgiveness does not require an individual to excuse or condone a partner's extradyadic behavior, nor doesn't it mean that a couple must reconcile. Rather, forgiveness is a process by which an individual replaces destructive responses to wards one's partners, such as avoidance or revenge, with constructive behavior (McCullough Worthington, and Rachal, 1997). Forgiveness is an instrumental component of Gordon, Baucom and Snyder's (1998) intervention for recovery from extramarital affairs. Within this intervention, the goal of forgiveness is for the injured spouse to gain a more balanced view of the offender and the infidelity while decreasing negative affect toward the offender (including the right to punish him/her) and increasing empathy towards the partner. The cultivation of empathy may be especially important, given its key role in promoting forgiveness (McCullough et al., 1997).

Forgiveness is the necessary part of the healing process, and is equally important for couples who reconcile as it is for those who divorce (McCullough et al., 1997). Gordon, Baucom and snyder (1998) argue that both partners- the one who engaged in infidelity and the one who did not, must seek forgiveness for letting their marriage decline. However, it

is important to recognize that forgiveness is a process, and thus may be a long and slow transformation (McCullough et al., 1997). This shows that couples are not expected to forgive one another overnight. While forgiveness does not require a couple to stay together, it may make reconciliation more likely (Hall and Fincham, 2006).

Thus, marital therapists treating infidelity can use forgiveness as a tool to salvage relationship, or at least to end them amicably. Yet, despite a couple's decision to break up or remain together, forgiveness can have significant emotional and physical health benefits (McCullough et al., 1997).

This shows that forgiveness would counteract the betrayed partners' negative emotion and act as a buffer against such negative post-relationship adjustment.

Chapter Three

3. Methodology

3.1 Research Design

The major objective of this study is to investigate the causes and forms of infidelity and its impacts on married partners. In the study of marital problems, like infidelity, qualitative research approach is considered to be appropriate. As Gall et al. (1996) stated, one of the main characteristics of qualitative research is its focus on the intensive study of specific instances, that is, cases of phenomena. Merriam (1988) also explained that in qualitative research multiple case studies involve collecting and analyzing data from several cases. Since qualitative research designed as multiple case study is found to be extremely useful to study the intricate problem of infidelity in the marital relationship, it has been used in this study.

3.2 participants of the study

Participants of the present study are four married persons who involved in infidelity and their partners. They were selected from Lideta Federal First Instance Court while their divorce cases on the grounds of adultery were pending. Of the participants that practiced adultery, two were husbands and two were wives.

3.3 Sampling technique

Purposive sampling method was used to select the participants of the study. Regarding this, Merriam (1988) explained that one needs to select a sample based on the assumption that one wants to discover, understand, and gain insight from which one can learn the most. Thus, the researcher considered those that provide fresh and rich information. Based on the above consideration, the following factors were taken to select married persons that engaged in adultery and their partners.

- ❖ One party should be unfaithful and the other party should be faithful to their partners
- ❖ Both married partners must be willing to provide their information
- ❖ Their divorce cases must be pending. This is because there is a need to understand the overall effects of infidelity including advices from significant others and on going reconciliations in addition to the accessibility of the respondents.

Having considered the above criteria except in the cases of (2A and B) all the cases were hardly found. Thus, cases with common and strange features were taken from the only available respondents. Therefore, case (1A) was identified as strange and hard to believe since the person who committed adultery is a Bible preacher.

Two male and two female infidelity cases were considered for the sake of balancing and understanding of the diverse nature of the problem from both sexes.

3.4 Data collection tools

Interview guide was prepared to collect data from the unfaithful spouses and their innocent partners (see appendix A and B, respectively). The interview guide questions were selected from the review of infidelity literature.

3.5 Procedure of data collection

The data collection was made in two stages: pilot and main study.

Primary both the unfaithful spouses and betrayed partners interview guides were adopted in English language and then translated into Amharic to conduct the interview. The translated copies were first given to language experts for checking the translation. Subsequently, correction was made with the discussion between the language expert

and the researcher to avoid conceptual lay-off or missing and linguistic hardship and then checked by family counselors for amendment and finally submitted to the researcher's academic advisor for approval. After amendment the interview guide was tried out in pilot study.

3.5.1 Pilot study

The pilot study was done through the researcher on an infidelity engaged husband and his wife. The husband was a 38- years- old governmental employee and his wife, a 34 -years- old private agency employee. They have stayed together in marriage for 10 years and have got two children from their marriage.

Prior relationship was established with the respondent while the researcher was working in a non-governmental organization with the husband which prompted the selection of the respondents for the pilot study

Though the rapport was already established, the maximum precaution was taken not to abuse the friendship of the adulterous husband. This is to say that all ethical considerations that applied to the participants of the actual study were considered even if the respondents were willing.

The pilot study was conducted with the following objectives:

- ❖ To ensure whether or not the relevant lines of questions are held
- ❖ To ensure the appropriateness of data collection plan, and
- ❖ To ensure the instrument is applicable and relevant to the purpose of the study.

Lessons learned

Accordingly, the lessons obtained from the pilot study include:

- ❖ The initial interview for unfaithful partner question was focused on issues directly related to extramarital affair. Though this question was intended to be raised after establishing rapport, still it was found to be causing discomfort. Hence, asking about causes of infidelity was found to be important as this particular question leads itself to disclosure of the affair.
- ❖ Questions related to the causes of infidelity were rejected from the betrayed partner interview guide because the study was not concerned with opinions of betrayed partners towards the causes of their spouses' infidelity. Plausible information could not be obtained when they report what they think about the causes of their partners' unfaithfulness. Instead, the interview guide focused on the impacts of infidelity on themselves.
- ❖ The pilot study finding also helped the researcher to refine the data collection plan. Initially, it was intended to carry out the interview primarily with adulterous spouses and after completing the entire sessions to start interviewing their partners. However, it was found that, it is important to interview them separately over the same period of time. This enabled the researcher to cross check and clear controversial ideas presented by either of them in subsequent sessions
- ❖ The relationship of the couples was damaged some how by the disclosure of the incidence. Hence, the researcher learned to take extreme precaution while cross checking ideas, beliefs raised by one of them so as to avoid anything that further damage their relationship.

After such try out, the final interview guide has been developed. But the interview guide was used in a very flexible manner, as the nature of the study itself demanded modification through out the interview:

3.5.2 Main study

Since the participants of the study were inaccessible, the researcher used his personal networks to obtain those individuals who were in the types of relationship. Hence, participants were selected through the researcher's social networks. This ensured the respondents were in the types of relationships needed for the test. The researcher contacted participants via phone, in person and worked out a time that worked best for them to take part in the study. Then, the selected respondents were asked their willingness to participate in the study. Fortunately, all volunteered as long as their identity would not be disclosed.

As they volunteered to meet the researcher to further discuss on the issue, the researcher fixed appointment and met with the respondents. They were briefed about the purpose of the study, before the interview begun.

Having received the couples consent, the interview was made with both unfaithful and faithful patterns in places and time they preferred separately.

Since the central theme of the research is sensitive, establishing rapport has been found to be essential. Accordingly, before the interview, rapport has been established.

3.6 Ethical considerations

Since the focus of the study dealt with very sensitive and personal issues, it was worth mentioning to take in to account ethical considerations while collecting data from the respondents. Above all, first

the research objectives were articulated verbally to the concerned social bodies (networks) in order for them to be able to give informed consent.

The research objectives were articulated verbally and in written form to the participants of the study after gaining the previous consent.

Tape-recording was carried out taking in to consideration the willingness of each participant. Thus, participants that showed disinterest to be recorded, their wishes were respected. Due to this, respondents of case 1A, 2B, 3B, 4A were not tape recorded.

Pseudonyms were used for all cases as a protection and respecting of their privacy.

The name of the organization in which participants were working is kept secret, since it is found to be so easy to reveal as to who they are.

3.7 Method of data analysis

The data collected through an in-depth interview were tape recorded and hence, they were transcribed after repeated listening. In the case where tape recording could not be done, short note was taken during the interview and then the full account of the story was written immediately after the interview session was closed.

The collected data were then categorized in a way they could give a meaningful link with the research questions. Following this, the case stories were written up and then interpreted in a thick and detailed way so as to give a solid framework for any one interested to compare the findings. In order to ensure the true value of the data, on going dialogue regarding the researcher's interpretation of the participant's reality and meaning was considered. Phrases and important quotes were used in the narratives to create categories and to develop interest in its readability. Finally, the researcher made a comprehensive cross case analysis within each of the cases.

Chapter Four

4. Case presentation, interpretation and discussion of results

This part covers the presentation, interpretation and discussion of the case histories of the participants in the study. The purpose of this study is to investigate the causes and forms of infidelity and its impacts on married partners. To make the report reader friendly, each presentation is followed by its interpretation. In other words, the interpretation is made in a case-by-case manner. However, while interpreting the cases, information were utilized from the case histories of both the unfaithful persons and their partners to develop interest in its readability. Finally, the researcher made a comprehensive discussion with in each of the cases to make the study meaningful and coherent to the readers. The presentation is made using first person pronoun (I/we) with the intention of bringing the cases alive to the reader.

4.1 Case presentation and interpretation

Case presentation (IA)

(Mamo)

Introduction

Mamo, thirty, was a preacher in a protestant church before he was involved in infidelity. He was brought up with an orthodox religion follower maternal grand mother. He has completed grade 12 and has taken some training in key-boarding. He has served as key board player and preacher in a church. He was earning 900 birr per month when he was banned from his job. He was very sociable and outgoing.

Mamo and his wife, Tenaye, met while they attended church services seven years ago. Then after they stayed in courtship and got married in

After my wife's departure, the girl in my neighborhood began to tempt me very much. Then I began dreaming to sleep with her. Within two weeks, I fell in bed with a twenty- three- year- old hair dresser, named Mestawot. Mestawot was single and used to live alone in one room. Her sexual behavior was the exact opposite of Tanaye's. She was the most sexually satisfying creature I had ever met.

After I entered Mestawot's living room, we would shut the door very gently, and then savagely tore off of our clothes; being alone with her meant one thing- making love. We did it on her sofa, in her floor, on her bed. I did not love Mestawot, but every time I was with her, I was hungry for making love.

About disclosure

One day at lunch time, I and Mestawot were making love in her home. Unexpectedly, some one banged the door violently. I put on my trouser and opened the door angrily. I was eager to know who knocked the door - -- it was my wife. I felt shocked and I began sweating. At first I denied to her about the affair. Later on, I admitted to the affair, but promised to end it and asked her for her forgiveness. I vowed never to stray from our relationship again, pledging my love and commitment to Tanaye. She agreed to give me another chance. Then, we moved to another house and started to live together. After a month, Mestawot left for Beirut, Lebanon.

About the second incidence

Once the affair became disclosed, there came large gap in our mutual understating. Love and peace were absent from our home. She started to show me contempt and hatred. Quarrels continued and increased in intensity day after day. Abuses became a daily affair.

Mean while, Mestawot, came back from Beirut. One night, I told Tenaye that I was going to church but went to Mestawot's home. The next day, my wife left for her parent's.

Psychological effects

Suddenly, the consequences of what I have done rushed to my mind and terrified me. How could I, a church service giver end up in this situation? I suffered with guilt and remorse over the incident.

I was so depressed after she left the house. I wished to finish my life I would have actually done that also, but for the sake of my three years daughter. Everything happened so unaware and all that I got was frustration and worry about the future of this child and mine.

Social impacts

I was fired from work because of my involvement in adultery. I was afraid of facing people for several days. They treated me as if I have committed a crime. I quarreled with Mestawot. Because I felt she was the source of my entire life crisis. I was left in the middle of nowhere; feeling lonely and isolated. I faced severe economic hardship. I had no job and money. I started living on small amount of money which I earned by teaching key board.

Sexual precautions

I was very careful about taking the necessary precaution, although she insisted that condom is uncomfortable to her. Whenever we plan to make love, I used to put on condom. I was very scared of HIV/AIDS and her pregnancy.

Religious impacts

The Bible clearly forbids adultery. It is the first and foremost sin. Satan played in my life. Satan's evil spirit deceived my bodily pleasure and destroyed my marriage (in regret).

I have great faith in God. In the midst of all turmoil, I felt the forgivable power of God.

I never expected that my wife would sue for divorce. But when I receive the letter of the court, I was shocked.

Later on, I admitted the affair in front of the judge of the court. The judge had given us a month time for me and my wife to be reconciled through our mutual arbitrators.

But, an effort of reconciliation by my arbitrators was failed because of my wife's refusal of cooperation.

Besides, the court arbitration, I am still trying to make reconciliation through my relatives and church leaders but she still insisted on her refusal.

Coping strategies

Only God can help

As far as I can, I do not want to think about what I have done to my wife. I want to forget all about it. I have begun repenting. God promises that if we confess our sins, he welcomes us and just forgives us our sins and cleans us from all unrighteousness.

Interpretation

Causes of infidelity

The unfaithful partner in this case had satisfying emotional relationship with his wife. He had also a profound love and attachment to her. But there was one thing about her that turned him off. Though he had a wonderful three years emotional relationship with her before marriage, he could not find a satisfying sexual relationship with his wife. He said, 'I

had a sex restriction by my wife.' In relation to this, Pocs (1989) stated that satisfactory sexual life is an essential factor for a happy married life. Though he spent three happy years with her as a romantic partner, he never had sexual contact with her before marriage. He indicated, 'She was virgin when I married her; but I had satisfying sexual experience with other women who were sexier than my wife.' This led him to compare his wife's sexual performance with his previous lovers. This has aggravated their problem.

This case study clearly illustrated that premarital sexual experience and sexual dissatisfaction was the main factors that led the husband to engage in infidelity.

Form of infidelity

After two years of marriage to his wife, he got a bit bored. He had a very warm love towards his wife. One time he said, 'I doubt I could find a better emotional partner than Tenaye.' This shows that he had satisfying emotional relationship with his wife.

With such an active emotional understanding, how did he engage in extramarital affair?

He explained that behavioral match is good in marriage, but there are other important elements like sexual adjustment. This shows that Mamo's main interest outside marriage was sexual satisfaction.

Mamo was basically unhappy with his sexual relationship with his wife. Then, he began to fantasize about making love to another woman.

Once his infidelity is disclosed, he reconciled with his wife through the arbitration church leaders and started to live together. He promised to behave better and stop his adulterous relationship and they started living together. Again to his great misery, he found no improvement in

her attitude. Then he went back to his former extramarital partner to fulfill his demand.

He further stated that he has got complete sexual satisfaction with his extramarital partner but in other aspects like religion the unfaithful partner was not satisfied with her. This indicates that he was not emotionally satisfied with his sexual partner. In addition, he had expressed, 'I did not love Mestawot.'

Thus, this case history revealed that Momo was engaged only in sexual infidelity.

Impacts of infidelity

The discovery of all forms of infidelity has many damaging effects on both the relationship and the individuals involved.

Infidelity may cause heavy emotional and psychological toll on the individual who is engaged in it. For example, the husband in this case, felt depression, suicidal thoughts, worry and frustration about the future as a result of engaging in infidelity. This shows how the unfaithful husband undergone severe psychological problems as a result of his involvement in extramarital affairs.

After the incidence, the husband hid himself at home in order to avoid meeting people. He felt embarrassed and ashamed by what he did. To make things worse, he lost his job from the church because of his sinful action. This brought to him financial difficulties and made his life miserable.

This clearly shows that infidelity is highly disapproved by the society and causes public shame towards the guilty spouse.

Adultery is condemned in almost every religion. The protestant churches have historically maintained a clear ban on infidelity. Adultery is forbidden by one of Ten Commandments (Exodus. 20:14) .According to

(Gen 2:34) Christians have been admonished by god to forsake all others and cleave to their husband or wife.

The adultery in this case is a preacher whose soul is outweighed by his passions and he went to bed with another woman. How can he confidently speak 'thou shall not commit adultery in front of the public'?

Infidelity also impacts on martial relationships. As the unfaithful man explained that he did not expect that his wife will file for divorce. Since, she has forgiven him on the first incidence, he was again expected her to forgive him.

The husband who is involved in infidelity did not want to get divorce. He did not want to lose his marriage that was built through long years.

The most dreadful experience for the husband was his wife's legal petition for divorce.

The husband did not expect that his wife will apply for divorce. So he felt very bad about divorce application.

Mamo did not want to lose his wife and child. He is still praying to his God and begging her to reconcile with him. He confessed that even to day, he loves his wife with all his heart and he hoped that she would not decide to leave him. The thought of separation from his child was particularly painful to him. One time he said, 'separation from my child forever will make me mad.' After his wife applied for divorce, he blamed his partner for the mess and quarreled with her. It seemed that he felt more frustrated after she applied for divorce.

Regarding this, Kinsey et al (1948) explained that infidelity helps some individuals, males in particular, to recognize that their primary relationships are more valuable and fulfilling than they had previously thought. This may be due in part to his effort to minimize his own guilt.

This case study clearly shows that depression, suicidal thoughts, frustration and worry are the psychological problems faced by the unfaithful husband. Social embarrassment is the result of the societal impacts of infidelity. His sinful feeling reveals the religious impacts of infidelity.

Case presentation (IB)

(Tenaye)

Introduction

Tenaye, twenty eight, is a protestant by religion. She has completed her high school and could not study further because of her inclination to engage in a private business. She was the owner of factory workers cafeteria and earned around 1500 birr per month.

Initially, her parents refused the marriage, because they thought that his low monthly income could not enable him to take care of her very well. However, since she had fallen in love with him, she resisted them and married him against their wishes.

Tenaye is active, frank, strict, slim and athletic. She describes her husband as sweet, but restless who perpetually needs to bring him back in to the right track. Tenaye narrates history as:

Their relationship before the affair

Mamo was a nice man with a delightful sense of humor. I never felt tense or strained around him. We had never exchanged strong words. Our marriage was based on mutual respect and emotional understanding. Our interests and temperaments were almost similar. There was no significant friction and disagreement in our marital life.

Disclosure

The affair first started two years ago, when I left for my parents' because of my brother death.

Reason for suspicion

When I gave birth to my daughter, I stayed three months in my parents' home. But, we used to spend significant amount of time together.

He was the one who pushed me to go to my parents and console my mother. Then, I failed to meet him for a long period of time. When I asked him about the problem, he started to fabricate excuses and pretexts of workload. His cell phone was switched off of most of the time. I thought he did not want to meet me.

After two months, my suspicion grew up and I went home unexpectedly to check what he was doing.

When I reached our compound, there was no one around. Our room was not locked. I went to the neighboring room and knocked at the door. The person who opened it was wearing black trouser, unbuttoned white shirt and no belt... it was my husband. I saw intense shock from his face. At the moment he denied the case but if he was not making love, why they locked the door? Why he unbuttoned his shirt? Why he untied his belt?

Moreover, his face reassured the occurrence of the incidence. I told him, 'I am not your wife any more' and left the compound. Later on, he admitted his fault, and then he begged me and promised me never to stray away from me again. He vowed not to do it again in front of religious leader and I forgave him and we were reconciled.

The relationship continued

Once his infidelity is discovered, I stopped to share my warm love to make him happy as before. My big respect for him declined. I did not give

a damn to a rotten husband. Why should I? I guess that this might led him to continue his relationship with her after our reconciliations.

One night out of my permission, he went to give night long services to church. I called to the church Pastor and confirmed his presence. On another day, he went for the same purpose even though I refused. But on that night, the church Pastor called my cell phone and asked me the whereabouts of my husband. I told him that he has informed me that he has gone to spend the night at the church. I and the pastor were sure that his unfaithfulness had continued again. The next day, I packed my suitcase, carried my daughter and left the house.

Psychological effect

I initially agreed to give Mamo another chance and reconciled. But I found that I was unable to put the incident out of my mind. I stayed with my husband hardly for one year.

I could say I never enjoyed my relationship with him after I came to know his relationship with other woman; I could not persuade my self to have sex with him. He was always in a proud and disrespectful state; I could not experience the love and company of him after that incidence. When I confirmed his stray for the second time, I decided to break off the relationship legally.

Familial impacts

My parents were not happy when I married him to begin with. Because of my pressure, they spent a lot of money and arranged a good wedding party for me. But when he strayed away from me, they were totally shocked, and hence the problem was considered to be my responsibility. Their words and speech were more painful than the problem I faced. Then, I put my child with them and rented a house.

After few meetings, I understood that Tigist was also looking for more than simple talking.

With in four months, I was in bed with Tigist, a twenty- seven -year -old secretary whose behavior was the opposite of my wife.

I began serious affair with Tigist .I started to spend all my rest time with her. We usually made love by renting a room in a Hotel. Tigist was a good lover and she made me feel needed and cared.

Mean while, Tigist started to pressurize me to get out of my marriage and live with her. One Sunday night, we were both invited by one of out staff member for his wedding party. After the party was over, we stayed late in a restaurant drinking and playing together. The effect of the alcohol together with her pressure to spend the night with her forced me to stay there. I switched off my cell phone and slept there.

After that night, Melkam took our child and left out. Then she sued for divorce two months later.

Impacts on him

After four years, I found my marital life dull and unpromising. I felt almost imprisoned. I get bored of living in persistent nagging and criticism and I wished to get relieved from her.

When she left the house, I felt relieved from my lover's pressure to leave my wife and my wife's constant nagging and criticism. But I suffered badly when my son separated from me.

Gossip of his workmates

My workmates had a suspicion that something was going on between me and Tigist, and wanted to known all the details. Some

staff members giggled on me, gossiping about my affair with Tigist through out the compound. I isolated myself from that staff member and began to lead my own life. They all seemed to think they had a right to probe in to my private life. That made me angry.

At present, I am living with my lover happily as a husband and a wife. We have complete understanding among us. However, I am planning to change my place of work and start life in a new work place and social environment. I do not want to think about the unpleasant past incidents and make life miserable. But, I will claim my son's custody legally, which was the only benefit from my marriage.

Interpretation

Causes of infidelity

As Gebre indicated the main reason for their hasty marriage was her pregnancy.

After her pregnancy, he tried to persuade her to abort the child. But she strongly refused him. Her discomfort at her aunt's home, her aunt's pressure on him to marry her and his feeling of loneliness because of the loss of his mother forced him to be engaged in marriage. This seems that Gebre was pressurized by external factors to marry his wife instead of his deep interest.

Gebre at first expected that his relationship with his wife would become more attractive once they started to live together in one house. However, he discovered that marital life requires constant negotiations and compromises. He said, 'adjusting yourself to the mood of another person is a traumatic experience.' This shows that

Gebre entered in to marriage with out understanding what it means to live with his partner every day. According to Hunt (1974) one of the causes of marital dissatisfaction is hasty and poorly planned marriages.

Moreover, her frequent phone calls and request to spend every spare of his time with her made him to feel over possessed and harassed.

This caused him to feel uneasy in his marital life. He said, 'If I ate dinner outside with my friends, she used to nag me so much that my life became a continuous misery.'

Another source of quarrel between the husband and the wife was their over familiarity. The couples knew each other from their very childhood. They have every little information about each other. He said. "Over familiarity breeds contempt." Hence, his feeling of disrespected might have urged him to look to other woman to fulfill his demand.

Generally, as Glass and Wright (1992) said believing that something is wrong with marriage because the romance has died often sends people searching outside the marriage to feel the void. This indicates absence of positive communication pattern in their interaction. According to Rosenzweig (1992) male infidelity is significantly predicted by lower female positive communication. This proved that less female positive communication can engage a partner in infidelity.

When his relationship with his wife began to shatter, she started to mistreat his little sister who lived with them. He said, 'I vowed to my mother to take care of my little sister when she was in the verge

of death.' This created another means of quarrel between the husband and wife.

From the above discussion, it could be seen that hasty marriage due to his partners pregnancy, husband's and wife's over contempt, wife's mistreatment of husband's younger sister, and wife's nagging and criticism of the husband were the main causes that led the husband to engage in infidelity.

Form of infidelity

Gebre was unhappy with his wife constant nagging and criticism. Due to this, he sought a woman who can fulfill what he missed from his marriage. After four years of his marital life, he found a coworker who needed him very badly. Then he developed intimate relationship with her and began to spend every spare of his time with her. This indicated that what he basically lost from his marriage was emotional satisfaction. This implies his engagement in emotional infidelity. According to Hall et al (2002) emotional infidelity occurs when one's partner channels resources such as romantic love, time and attention to some one else.

Gradually he started to make love with Tigist. This proved his sexual unfaithfulness. As it is revealed in the case history, Gebre was first engaged in emotional infidelity which then turned in to sexual infidelity.

Social impacts

Gossip from his can workers

Gebre did not feel comfortable to work in his current organization. They were all talking behind him. Most staff members showed him a disapproving look. He did not totally like to work in the same organization. After his extramarital affair involvement, he is planning to change his organization. Gebre who totally felt unease in his social life with his work mates said, 'I want to change my place of work.'

This case study clearly showed that the infidel husband was subjected to gossip and criticism by his workmates because of his extramarital relationship.

Case presentation (2B)

(Melkam)

Introduction

Melkam is a 25-years-old-accountant in a private company. She was a second year college student when she married Gebre. By the time of her marriage she was pregnant and gave birth to a male child after 5 months. Melkam is medium sized and has distressed facial expression. She is very much reserved when she shared her information. She narrates her story as:

About their interaction before the affair

I was a student when I got married. I was dependent financially on my husband. He was my first real lover whom I first made real love. We had a wonderful relationship. He was a tender and warm lover. I still loved him very much. But soon after a few months from our wedding day, troubles began to appear in our marriage. Gebre's behavior changed. He developed some bad habits like drinking, eating outside home, coming home very late etc. Conflicts started on this issue. Even when he came home, he appeared busy and not prepared to give any time for me. Notwithstanding this, our marital life stayed for four years and the trouble get worse when he came in contact with another woman. I think I was the one probably more in love with him than he was with me.

Disclosure

I really loved Gebre and I really wanted him to be happy. But he became so restless, so distant on our last few months. I detected some difference on him and became suspicious.

One day while we were making love, he wrongly called me 'Tijo'. On another night, he called the same name in his sleep. My suspicion grew.

Then he began to come late in the night and leave early in the morning. For several days, I never saw him, because he came in after I had slept and went off before I got up. I was very upset at these things.

I remained silent, hoping that he would be improved. This sort of relationship continued for two weeks.

To make things worse, one day he slept outside home without my permission and awareness and I decided to leave the house.

Aftermath's of the disclosure

After the revelation of his relationship, I wept bitterly and I wished to commit suicide. I did not expect that he would betray me.

I had lost my parents and my grand mother and again my husband betrayed me. A sense of loneliness gripped my mind. Moreover, I did not have a closer friend to share my secret.

Psychological impacts

I felt traumatized, betrayed and angered by Gebre's behavior. When I confronted him about the case, he would ridicule at me.

Social impacts

I was very much hurt since he exposed me to be ridiculed by my relatives and friends in my failure to keep my marriage.

Legal impacts

I was bored of our marriage and wanted to terminate it at any cost. I went to the court and applied for divorce on the basis of adultery and custody of my son.

To day, I am convinced that I should never be married. I like my privacy and my solitude. The affair hastened my decision to get out of marriage and influenced me not to marry a second time. I do not want to see his face again.

Interpretation

Even though Melkam did not prove his infidelity; she had clearly understood the difference in his behavior after his affair. She had enough evidence such as lipstick marks, different perfume Odors, calling her with his lovers name while sleeping and making love and disinterest to make love. In addition, she has heard some rumors about his relationship.

In spite all this evidence she kept quiet hoping that he would be improved.

She proved her suspicion when he spent the night out without her awareness. When she confronted him about his disappearance, he ridiculed on her.

As she said, 'I felt traumatized, betrayed and angered by his behavior.'

This shows that Melkam was seriously hurt by the incidence

When he slept outside, she felt she could do nothing to save her marriage and left their house.

She did everything to save her marriage. But after that night she got tired and despaired and left the house. After two months, she went to the court for divorce and custody of their son.

Because of her husband's adulterous relationship, Melkam became insanely furious with Gebre for having exposed her to be ridiculed among her relatives and friends.

This case study indicated that infidelity causes social embarrassment and humiliation on the betrayed wife in addition to the psychological impacts like feelings of anger and trauma.

Case presentation (3A)

(Zewditu)

Introduction

Zewditu is thirty-one-years-old now. she lost her father when she was only eight years old. She has one elder brother who was born from another father. Her mother brought her up by selling 'Injera' and bread.

After she completed her secondary education, she continued to live with her mother's kebele rental house. She grew up working with her mother and getting money at an early age. In 2002, she got married to her current husband and left her mother's house.

The couple liked each other before their marriage. They had acquaintance for a period of a year. They used to meet each other during that time. The couple stayed together for 7 years and has got a 5 years - old daughter from their marriage. Zewditu narrates her story as:

About the causes of infidelity

Soon after marriage, I discovered that my husband's salary was not sufficient for all household expenses, and I started to look for a job. My husband did not mind because he could see that I was getting bored and also the money could supplement his salary for house hold expenses. I was lucky; I got a job as a waitress in a Kebele restaurant near my mother's house. It took me only 15 minutes walk to go to my mother's house and breast fed my child. Then, I would take my child home at night.

My husband had a lot of friends and liked going out with them. He could not give sufficient money and time at home.

There was economic problem at home. But he used to spend in drinking and gambling (billiards). This was very irritating because he used to blame me for spending money.

You cannot guess what type of person my husband was, he can quarrel for a silly reason like that I forgot to give water that he had ordered for. He was always irritated and angry for minor reasons.

Now, I realized that my marriage with him was a mistake. His endless nagging and blame made me to feel bored.

I was brought up involving in smaller trades with my mother. So I used to get and spend money at my early age. I enjoyed complete freedom to spend the money as I wanted. When I came to my husband's house, I found entirely different set up. Thought I was earning as much as him, he nagged me for every penny that I spent for my personal items. The situation was very much frustrating for me.

About her adulterous relationship

In the meantime, I found myself emotionally attached to a man whose wife had died when she gave birth to her second child, leaving a six years old boy to him. Abinet, my partner, was 42 years-old and had his own private house and trade.

Abinet led an excellent living and very generously supplied me gifts and enough money to fulfill in all my needs. He did not yell and nag with everything like wondimu. He had a good respect for me. My love towards my husband diminished daily while his qualities as a husband get worse and worse. And then when everything I wanted was not right, I dipped in to fantasy with Abinet who cared for and liked me profoundly. Abinet was a widower and kept talking about to leave my husband and to marry him.

Then we started to meet frequently at his house after work and made love. We remained fond of each other and he pressurized me to get out of my marriage soon.

One night, I returned home at 1:00 P.m. after a satisfying stay with Abinet.

When I reached home, I found my husband very angry and he beat me mercilessly. At that moment, I decided to join my lover permanently. I was rescued by a neighbor from his beating. Then, I run away from home leaving my husband and my child. Then, I stayed in my mother's house for a week and joined my lover permanently.

Impacts on her

I was more determined to continue with my husband in spite of all these hardships. I did nothing wrong to destroy my marriage. He is the one who pushed me away from my marriage and my daughter. I did not feel any guilt by our marital separation. But the thought that I am separated from my child was painful.

After my escape, I kept my self busy at home with home activities. I stopped going out from home and meeting people.

I heard from peoples that he is disseminating information to peoples whom I know, saying that she left me demanding money from another man.

When I went out and met our mutual friends, they showed me a disapproving and degrading look. I avoided meeting people except my close friends who understood my problem.

Efforts of reconciliation

After 3 days, he sent his mother and his mother's friends to take me back home. But I strongly refused to go back home.

Now, I have got peace of my mind more than any thing. I changed my phone number so that he could not access me via the phone. I did not want to live with him any more.

Interpretation

Causes of infidelity

In marriage tensions and conflicts may arise if both spouses have different attitudes towards spending money. As the unfaithful wife in this case said, 'It is not like we were starving, but my husband always acted as though we were.' From her perspective, things were just fine; from his they were in a state of emergency.

She said, 'I was earning as much as him.' But her husband always blamed and pointed his finger for every penny she spend for personal items like clothes and makeup. This shows that these couple did not know how to communicate on the touching issue of money.

In relation to this, Poc (1989) stated that absolute statements such as "You always..." or "you never..." will put up all the blame on a partner, who will then retaliate by denying it, arguing with you, accusing you of something else, or perhaps, just with drawing into sullen silence.

Zewditu and wondimu had the misfortune of being the opposite ends of the money-personality spectrum with out the skills or knowledge to communicate their thought and feelings about it. They wanted the good life but their ideas about what constituted a comfortable fulfilling life style and how to get were very different.

This case study showed that negative communication pattern of the husband and the wife about money and the blame and finger pointing nature of the husband led the wife to engage in infidelity.

Forms of infidelity

Zewditu was dissatisfied with her husband's attitude on money and was totally frustrated with her marital life. Meanwhile, she found the support and attention she needed from another man and started to make love

with him. This shows that Zewditu was involved in both emotional and sexual infidelity.

Impacts of infidelity

After seven years of marital life, Zewditu left her husband and child. She stayed in her mother's house for a week. The husband parent begged her to comeback, but she strongly refused it. Then she went to her lover's house and started living with him. Her partner was rich and had no problem in supporting her mother. Though she was happy by her present life, the thought of separation from her child was particularly painful to her.

On the other hand, her lover was a rich widower, and he was supporting and fulfilling what ever she needed. He gave her gifts and money. They met each other every day and talked about life. Three months later, she began making love to him in his own house. Once after her husband physically assaulted her, she left her husband and decided to live with her lover.

After her separation from him, her and her mother's name was spoiled in their village.

Her husband disseminated the information to every person she knew that she left him for the sake of money. This news upset Zewditu very much. As a result she designed to stay at home and keep her busy by domestic activities to avoid meeting people.

This case study showed that the unfaithful spouse was subjected to criticism and neglect by the society.

Case presentation (3B)

(Wondimu)

Introduction

Wondimu is an employee of a private household furniture company. He is learned up to secondary education and has two sisters and one brother. He is very sociable and loves to move around with people as much as possible.

Wondimu and Zewditu met each other when they lived in the same village. They were married and started to live with a monthly salary of 600 birr. Shortly after marriage, Zewditu found a job as a waitress in one governmental kebele restaurant to support their living. He narrates his story as:

My wife was extravagant. She used to spend money carelessly. She was interested in buying less important personal items like expensive clothes and make-up. Due to this our economy was affected considerably. She did not know how to run the house within the limit of our income. I always told her to save some money for our future but she used to spend the whole money lavishly.

Zewditu spent more than our monthly income and we engaged every month in loans every month, which kept me up at night worrying about how we would ever get out of debt. I do not think she lost a moment sleep over our debt. I have tried to talk about our finances but her reply was, 'Do not worry; it will work out.' Many times she spent the money for non-essential items and I was forced to borrow money in order to meet our basic needs. She did

not bother about it. By that time, I started drinking alcohol and coming late home.

This caused bitter quarrels between us and our relationship became perpetually strained.

Illicit relations

Things become worse after rumors reaching my ears, about her immoral acts with a rich old man. Her behavior changed. She started to wear expensive clothes and use costly make-up. When I asked her about her source of money, she was not very mindful of me. She continued life in her own ways. I became totally frustrated with life when my suspicion about her grew stronger and stronger. He would call her frequently and when I picked up the phone, he would hang up the phone on my ears. But she denied the case that he was simply a customer. Finally when I confirmed her affair, I became very emotional and beat her. Then she left out leaving me and my child behind.

Effects on him

I did not expect my wife to leave me permanently. After every separation, she used to come back at least for the sake of our child. But this time, she did not.

I stopped my job for three months. I wandered like a mad man, because, on the one hand I was very much in love with her, on the other hand, I felt undermined because of her relations with a rich man. Because of her distrust, I lost all my money by drinking and felt desperate.

But thanks to my cousins and my intimate friends, they rescued me. They gave me considerable financial and moral support. I then decided to forget what she has done to me and started a job in a new furniture

company. I kept myself busy on the job and I decided to make money and start a small business of my own.

I wanted to be a rich man. Because of money I lost my wife. I seek harm to come to her as she did it to me.

Legal impact

After one and half years, I filed for divorce alleging that she was leading an adulterous affair elsewhere in the compound and her mother was helping her to continue that way.

Revenge

After I confirmed her infidelity, the first idea that came to my mind was to kill her and her mother. But due to my friends and relatives advice, I changed my mind.

Interpretation

Impacts of infidelity

After he confirmed her infidelity, Wondimu became violent, outraged and suicidal. He never thought his wife could betray him, when he realized that her lover was a rich man, he felt inferior because of his low monthly income. After the day she left home, his life became miserable. He quit his job. He had no sleep and started to drink day and night. He also said, 'I talked alone often loudly, inviting the attention passer by.'

Her betrayal has irritated him very much, and life became miserable to him. This indicates that how much he was hurt by his cheating wife's action.

At last revengeful ideas came to his mind. He reported, 'At first I thought to kill her and her mother but the fate of my daughter gripped my mind.'

After 1 year and 6 months, he went to the court and applied for a judicial separation on the basis that his wife was living in adultery.

In summary, this case study revealed that the betrayed partner faced mental and emotional trauma, a sense of inferiority, suicidal and revengeful thoughts, loss of sleep, loss appetite and subsequent gastritis problem.

Case presentation (4A)

(Husnia)

Introduction

Husnia is a twenty-years-old Muslim pretty young woman. She was born from her tailor father and her house wife mother. She has two elder sisters who are happily married and a younger brother.

She is very sociable and likes to move around with her friends as much as possible. When she was with her parents, she had sufficient freedom to meet people and move around. She begins her story as:

Conflict with her parents

My parents were religious and they used to nag me always to follow strictly the Muslim religion. They were scared of my future fate. They believed that, if I did not get married at my early age, she might bring shame to our family. Thus, they decided to let me get married.

Finally, they arranged a marriage for me with a man who is 17 years elder than me. I was eighteen years-old and my husband was thirty five years old. I was a preparatory college student where as he has reached only grade nine.

Marriage against her wishes

I was not keen on this marriage, because I did not like him the first time I saw him.

But, I agreed to the marriage because of the persuasion of my parents and relatives. My parents wanted him on account of his wealth. He had one supermarket, one boutique, a private car and a house.

About his age

I was ashamed to go out with my husband, because he was 17 years older than I was and he looked like my father rather than my husband.

About marriage outlook

His idea of marriage was one of traditional and strict relationship, with me staying at home, bearing children and taking care of them, cooking food and cleaning the house while he worked at the 'office'.

About religion

He was strict and extremely religious. He always wanted me to cover my hair fully with '[hijab]' scarf]. But I did not want to do that; I liked my hair very much.

Hobby difference

I was very much interested in music, movie, visiting new areas and so on. But in my present way of life I felt almost imprisoned. But he did not like this.

About her affair

I was in love with Yonas, a young man of my age, when I got married. He also loved me very much and wanted to marry me after employment. So I was not happy at all about this marriage but I gave my consent because of the pressure of my parents. After six months of our marriage, I met once again Yonas in college. So we resumed our love and engaged in serious affairs. Finally, I left to my elder sister's home.

Impacts on her

I could not come back to my parent's house. I knew what they could say. They were convinced that the fault was mine. My parents admit, as it is their own fault and they fear the social stigma and rejection. And they felt bad by my action.

Interpretation

Causes of infidelity

In the first place Husnia was forced to marry her husband, Hassen. She was not interested to marry him. But her parents agreed with the husband regardless of their daughter's interest.

Secondly, the marriage took place after three months of the parents' initial agreement. The spouses did not get sufficient time and opportunity to see and express their views.

Thirdly, Husnia was in love with a boy friend, who was studying in school with her. So, she did not want to marry another person.

Moreover, her husband was 17 years older than her. She described him, 'He looked like her father rather than her husband.'

In addition, she was interested in music and movie. But her husband did not like her interests.

Generally, one can refer from this case history that there were many differences between Husnia and her husband. Researches indicate that women's emotional dissatisfaction might increase her likelihood of engaging in infidelity (Thompson, 1984; Glass and Wright, 1985).

Thus, marriage against the wishes of a spouse, considerable age differences, marital outlook and hobby differences, low religiousness etc resulted in the involvement of the wife in infidelity.

Form of infidelity

Though Husnia loved Yonas, she did not have sexual contact with him before her marriage. Hence, she made her first sexual contact to Hassen on her wedding day.

After she got married, Husnia continued her serious relationship with Yonas. They met and made intimate conversations. This shows her emotional infidelity. Five months after her marriage, she made her first love with Yonas.

After that moment, she hated her sexual relationship with her husband. This is sexual infidelity.

Husnia was emotionally compatible with Yonas. She said, 'I felt relaxed with Yonas something which I did not really feel with Hassen.' This shows her emotional infidelity.

Husnia who first look outside her marriage for emotional needs find herself caught up in sexual involvement.

Form this one can conclude that Husnia form of infidelity is both emotional and sexual.

Impacts of infidelity

After she broke away from her husband her parents tried their best to send her back to him.

They were afraid of the criticism and stigma of the society but she strongly refused them. She reported, 'I threatened them that I prefer to commit suicide than to go back to him.'

Her sister has two children and medium income. She promised her to cover her educational cost and live with her. At last, she got what she needed. She said, 'All I wanted was peace of mind and rest.' She did not want to worry about by her past events.

But she got the support from her sister for her refusal. Her parents felt bad by her decision. She reported, 'my sister objected the marriage from the very first day.' Eventually, what she predicted became a reality.

This case study showed that Husnia's infidelity and marital failure was considered as the responsibility of her parents rather than her and hence, she was severely criticized by her parents.

Case presentation (4B)

(Hassen)

Introduction

Hassen is a 36-years-old man. He has his own, private boutique, supermarket, a house, and a car. He came to Addis from Gurage Zone to live with his uncle when he was a grade 9 student. He is quiet and withdrawn. His entire life is limited between workplace and home.

The girl was extremely beautiful and he liked her instantly. I met the girl through my relatives. I have never seen her before. The marriage was arranged within 3 months of the initial meeting with the girl.

He narrates his story as:

About his wife's infidelity

I run my own private business. I left the house early in the morning and used to return only very late in the night.

She was a college student and I did not know when she will come home.

Though we stayed married for 10 months, she did not want to make love.

I spent restless nights and was unable to bear the willful refusal of my wife to make love. I tried many times to find out why she was not interested in sex, but she was not ready to discuss the problem.

Soon after marriage, the girl was not interested to make love with him. Whenever he attempted to persuade her to make love with him, she would be annoyed and misbehaved with him. There upon, she decided to end cohabitation and stayed with her parents.

Through time, he realized that his wife was leading adulterous relationship elsewhere and he was very much shocked and distressed by revelation of the incidence. He lost his consciousness for some minutes. His showed high blood pressure and admitted to a hospital for three days.

When he recovered, he called and informed her never to come back to his house again. He said, 'I had decided not have anything with her.' The next day, he informed his relatives about his decision. Finally, he applied for divorce. In his petition for divorce, he mentioned, 'My wife is leading an adulterous life elsewhere.'

This case study showed that shock and distress was experienced by the betrayed partner that resulted in ill-health such as high blood pressure.

4.2 Discussion of the results

Although the reasons for engaging in infidelity are countless, it usually occurs when one married person is attempting to replace needs they have lost from marriage. In most cases infidelity is a need fulfillment. The gratification which people expect from marriage are so varied that the absence or denial of lost needs can send the deprived partner to engage in infidelity. In this study, many major and minor causes of infidelity were reflected by the unfaithful spouses. These several causes worked together leading to infidelity. The study indicated individual causes of infidelity such as lower like religiousness and considerable age differences (case 4A) and premarital sexual experience (case 1A). There

were also relational factors like sexual dissatisfaction (case 1A), emotional dissatisfaction (case 2A) and negative communication patterns (case 3A).

Hence, all married persons were unfaithful for essentially the same reasons. Each married person is trying to fulfill a need unmet in marriage. There may be many reasons for married men to practice infidelity. For instance, in the case of Mamo, sexual dissatisfaction was the main reason as in the case of Gebre, emotional dissatisfaction was the major cause. Thus, from a very limited sample of unfaithful husbands, it was found difficult to conclude about the main causes of married men infidelity.

The only conclusion that can be drawn from this study of men who practiced infidelity was that they were looking for either emotional or sexual fulfillment that was lost from their spouses.

Although Zewditu and Husnia involved in infidelity for the same reason, i.e. emotional dissatisfaction, it also appeared very unsound to conclude about the causes of women's infidelity based on a very limited sample of respondents.

Regarding the forms of men infidelity, the unfaithful husband in case 1A (Mamo) engaged in sexual infidelity only. He did not have close emotional attachment with his partner. He was looking only for sexual gratification. Mamo and his partner were incompatible in things other than sex. The unfaithful husband in case 2A (Gebre) was involved in a combination of sexual and emotional infidelity. The patterns of Gebre's infidelity indicated that emotional infidelity came long before sexual infidelity.

On the basis of the findings of this study it appeared that married women (both Zewditu and Husina) engaged in infidelity in both sexual and emotional forms. Although they took longer time to admit their

In cases where children were present, the partners who retained the children temporarily experience less of a crisis than those who were separated from their children.

Not all betrayed partners who are separated react in the same way. Some find it an extremely disorganizing experience (Tenaye and Wondimu), others are only mildly disturbed (Hassen), still others feel a pleasant release (Melkam).

The forgiveness response of the victim partners was found to be negative. As indicated in the study Tenaye (case 1B) and Melkam (case 2B) avoid personal contact with the offender (avoidance) and Wondimu and Hassen (case 4B) seek harm to come to their partners (revenge).

All the respondents in the study did not get marital therapy after the incidence. This has contributed to the negative affect of the victims towards the offenders. According to Gordon et al (1998), marital therapy provides the injured spouse to gain a more balanced view of the offender and the infidelity while decreasing negative affect towards the offender.

In general, infidelity is a major threat today that can cause damage and disaster to marriage, marital partners, family and society. Hence, since it is unhealthy and unnecessary, infidelity should not occur in marital relationship.

Chapter Five

Summary, Conclusions and Recommendations

This part primarily deals with a brief summary about the over all thesis. Next, conclusions that are drawn in light of the findings are presented. Finally, some recommendations are forwarded as to how individuals and married couples deal with infidelity as well as how to prevent the problem.

5.1 Summary

The objective of this study was to investigate the causes and forms of infidelity and its impact on married partners.

Even though infidelity is a problem in Ethiopia today associated with instability in relationships and the high divorce rates, sufficient attention seems has not been given to the problem. Hence, preventive and intervention activities are still in their initial stage. The lack of awareness of the society for these services makes the problem more severe in Ethiopia. Married partners affected by infidelity are left without any support and hence are forced to suffer from this trauma and terminate their relationship. This study was aimed at addressing the following basic research questions:

- i. What are the major causes and forms of infidelity?
- ii. Are there sex differences in the causes and forms of practicing infidelity?
- iii. What are the major impacts of infidelity on both married partners?

Data were collected from four unfaithful spouses and their partners residing in Addis Ababa. In depth interviews were conducted with the spouse using interview guides and data were then analyzed qualitatively.

The qualitative findings from this study showed that the married partners were engaged in infidelity for different reasons such as sexual dissatisfaction, emotional dissatisfaction, negative communication patterns, low religiousness and considerable age differences.

Two types of infidelity are found in the study. These are sexual infidelity and a combination of emotional and sexual infidelity.

The study also found that there are no definite sex differences regarding the causes and forms of practicing infidelity. This finding is contrary to the numerous literatures that supported the idea that males often engage in infidelity for sexual fulfillment while females engage in infidelity for emotional fulfillment (Hall and Fincham, 2006; Lee and Koss, 2006, Amato and Rogers, 1997).

The variation for this finding appears to be the small sample size of the respondents and the absence of statistical analysis that could exactly indicate the causes of infidelity for both sexes.

The study showed that infidelity brings about many psychological, social and religious, negative effects on the married partners that were involved in infidelity. Guilt, shame and depression are the psychological impacts of infidelity. Criticism, gossip, and social disapproval, isolation are the social effects of infidelity on the unfaithful partners. Sinful feelings and excommunication from church are religious consequences of engaging in infidelity.

The study found that infidelity results in many grave psychological, social, and health consequences on the partners of unfaithful spouses. Problems like shock, anger, depression, hostility, sense of inferiority, suicidal and revengeful thoughts, feelings of helplessness and betrayed etc are manifestations of psychological impacts of infidelity. Humiliation, isolation, public shame and sense of stigmatization are also the results of

social impacts. Loss of appetite, lack of sleep, gastritis and high blood pressure problems are the health impacts on the victims of infidelity.

In general, it is found that the impact of infidelity is not limited only to the marital partners but also threatens the general function of the entire family. Besides, infidelity could be identified as a problem that has an adverse impact on the extended family and society in general.

5.2 Conclusions

Based on the major findings of the study, the researcher draws the following conclusions.

The result of this study indicated that the major causes of infidelity are sexual dissatisfaction, emotional dissatisfaction, higher negative communication patterns between spouses, low level of religiosity and considerable age differences. These factors show that infidelity is the product of individual and relational causes that work together simultaneously.

The study found out two type of infidelity: sexual and a combination of sexual and emotional. This shows that unfaithful spouses practice infidelity in various forms.

However, the research showed no definite sex differences to the causes and forms of practicing infidelity. This indicates that both unfaithful wives and husbands engage in infidelity for emotional need as well as sexual need fulfillment.

The study indicated the infidelity results in psychological social, religious, and health problems on both spouses. This shows that infidelity affects both spouses and disrupts their relationships.

5.3 Recommendations

Based on the findings and conclusion drawn, the following preventive and intervention actions are forwarded.

A. Preventive action

- Premarital counseling services that help couples entering into a marriage to evaluate their decision to marry each other and prepare them for marriage should be available in accessible areas such as health centers, kebeles etc.
- The researcher suggests that counselors, social workers and health professionals could be able to provide marital counseling for vulnerable couples to enhance their relationship skills and conflict management techniques.
- The governmental and private mass Media could be able to play a role in educating the public to raise their awareness on the possible causes and impacts of infidelity and to make them alert to prevent the problem.
- Sensitizing religious institutions and community based organizations to play a great role in educating their members the need to remain faithful to one another in marriage.

B. Intervention Strategies

- Marital counseling should be provided by professionals concerned in family issues such as counselors, sociologists, health professionals etc to married couples involved in and affected by infidelity to reduce their negative feeling towards their partners and promote forgiveness and reconciliation.
- Training of counselors that specialize in marital and family counseling should be started in higher learning institutions. Training should also be given to counselors who are already in the profession.

- The family courts could be able to make great efforts for reconciliation by organizing counseling teams consisting of psychologists, sociologists and lawyers.
- A large scale nation wide study should be conducted to study the causes, forms and consequences of infidelity.

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Appendix A

Addis Ababa University

School of Graduate studies

Department of psychology

Interview Guide for Married Partners who Involved in Infidelity

Background information

- Sex
- Age
- Level of education
- Type of occupation
- Monthly income
- Length of marital life
- No. of children in the family
- Religion

Causes of infidelity

❖ Individual factors

- Degree of religiosity
- Mental health condition
- Personality characteristics
- Mate value and /or attractiveness
- Attitude towards infidelity
- If any other specify

❖ Relational factors

- Relationship satisfaction

- High level of commitment
- Low level of commitment
- Marital satisfaction
 - Sexual dissatisfaction
 - Emotional dissatisfaction
 - Both sexual and emotional dissatisfaction
- Communication patterns
 - Positive communication patterns
 - Negative communication patterns

The adulterous relationship

- Age of the extramarital partner
- Marital status of the extramarital partner
- Nature of the relationship-accidental/ purposeful
- When the extramarital relationship started, its frequency and duration
- How the affair started
- The degree of understanding the sexual implication of the relationship
- The way the unfaithful partner made an effort to evoke a sexual response
- The way the infidel partner used for secrecy

Forms of infidelity

- Sexual

- Emotional
- Composite (both sexual and emotional)

Disclosure

- When and how the affair is disclosed
- Reason for reporting or not reporting the case
- Reaction of the spouse upon disclosure
- Reaction of the individual when the case is disclosed
- Reaction of significant others up on disclosure

Impacts of infidelity on the unfaithful partners

- Psychological impacts
- Health impacts
 - HIV/AIDS
 - Unwanted pregnancy
- Religious impacts
- Social impacts
- Legal action taken and its results
- Problems encountered in the process
- The effect of the adultery on marriage and family.

Coping strategies /Intervention mechanisms

- Receive personal, group, family counseling
- First time you thought about seeking help
- Feelings that promoted you for seeking help
- Persons or things that prevent you from seeking help

Appendix B

Addis Ababa University

School of Graduate studies

Department of psychology

Interview Guide for the Betrayed Partners

Background Information

- ❖ Age
- ❖ Sex
- ❖ Level of education
- ❖ Type of occupation
- ❖ Monthly income
- ❖ Religion

Reaction upon Disclosure

- ❖ Who is the cause of the problem
- ❖ How and when the affair is disclosed
- ❖ The way the unfaithful partner explained the case
- ❖ The reaction of significant others up on disclosure
- ❖ First reaction up on disclosure
- ❖ Whether or not you have got a clue about the extramarital relationship
- ❖ Measures taken after the case is disclosed

Impacts of infidelity on the betrayed partners

- Psychological impacts
- Health impacts

- HIV/AIDS
- Unwanted pregnancy
- Social impacts
- Religious impacts

Impacts of infidelity on marriage and family

- On marriage
- On family
- On occupation

Legal measures taken and its results

- Who initiated the causes of divorce
- What is your evidence to prove the affair
- Problems encountered in the process

Coping mechanisms

- Seeking help from friends, parents etc
- Receive personal, group, family counseling
- First time you thought about seeking help
- Feelings that promoted you to seek help
- Persons or things prevent you from seeking help
- Receive support services from governmental or private organization and their helpfulness

Forgiveness responses to types of infidelity by the betrayed partners

- *Sexual infidelity*
 - Negative responses
 - Avoidance

- Neglect
- Positive responses
 - Regaining a balanced view of the offenders and the event
 - Decreasing negative affect towards the offenders
- *Emotional infidelity*
 - Negative responses
 - Avoidance
 - Neglect
 - Positive responses
 - Regaining a balanced view of the offender and the event
 - Decreasing negative affect towards the offender

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- ፆታ
- ዕድሜ
- የትምህርት ደረጃ
- የሥራዎ ፃይነት
- ወራዊ ገቢዎ
- ከባሌበትዎ ጋር በትዳር የቆዩበት ጊዜ
- ስንት ልጆች አሏችሁ
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 - ዝቅተኛ የትዳር መስዋዕት መጠን
- የትዳር አስደሳችነትና አርኪነት ደረጃ
 - ደስ የማያሰኝ የወሲብ ህይወት

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- ዕድሜ
- የትምህርት ደረጃ
- የሥራዎ ዓይነት
- ወራዊ ገቢዎ
- ከባሌበትዎ ጋር በትዳር የቆዩበት ጊዜ
- ስንት ልጆች አሏችሁ
- ሀይማኖት

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- የአዕምሮ ጤንነት ሁኔታ
- የሰብዕና ሁኔታ
- በንፅፅር ከትዳር አጋር የተሻለ ተቃራኒ ፆታ የሚሰብ ገዕታ
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- ሌላ ካለ ይጠቀስ

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 - ዝቅተኛ የትዳር መስዋዕት መጠን
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- ወሲባዊ
- ጥልቅ የስሜት ትስስር
- ሁለቱም

የግንኙነቱ ይፋ መውጣት በተመለከተ

- መቼ እና እንዴት ይፋ ሆነ
- ስለ ጉዳዩ ለባለቤትዎ ለመናገር ወይም ላለመናገር ምክንያቱ ምንድን ነው

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ከትዳር ውጭ የሚፈፀም የፍቅር ግንኙነት መንስኤዎች፤
ዓይነቶችና በትዳር አጋሮችና በትዳር ላይ የሚያስከትለው ችግሮች
በተመለከተ ጥናት ለማድረግ የተዘጋጀ የቃለ መጠይቅ መምሪያ
(ከትዳር ውጭ በተደረገ የፍቅር ግንኙነት የተጐዱ ባለትዳሮች
የሚመለስ)

አጠቃላይ መረጃዎች

- ዕድሜ
- ፆታ
- የትምህርት ደረጃ
- የሥራዎ ዓይነት
- ወራዊ ገቢዎ
- ሀይማኖት

የጉዳዩ ይፋ መውጣት በተመለከተ የእርስዎ ምላሽ

- የችግሩ መነስኤ ማነው?
- መች እና እንዴት ድርጊቱ ይፋ ሆነ
- ለእርስዎ ታማኝ ያልሆነው የትዳር አጋርዎ በጉዳዩ የሰጠው ምላሽ
- ለእርስዎ ጋር ልዩ የቅርብ ግንኙነት ያለው ሰው የሰጠው ምላሽ
- ድርጊቱ ይፋ በሆነ ጊዜ መጀመሪያ የሰጡት ምላሽ
- ድርጊቱ ይፋ ከመሆኑ በፊት የትዳር አጋርዎ ከእርስዎ ውጭ የፍቅር ግንኙነት እንደነበረው/ራት ፍንጭ ነበረዎት
- ጉዳዩ ይፋ ከሆነ በኃላ የተወሰደ እርምጃ

የትዳር አጋርዎ ከሌላ ፍቅረኛ ጋር የፈፀመው የፍቅር ግንኙነት በእርስዎ ላይ ያስከተለው ችግር

- በስነ ልቦናዊ ችግር
- የጤና ችግር
- ኤች. ኤይቪ. ኤድስ
- ያልተፈለገ እርግዝና
- ማህበራዊ ችግር

- ሀይማኖታዊ ችግር

የትዳር አጋርዎ የፈፀመው የፍቅር ግንኙነት በትዳርዎ እና በቤተሰብዎ ላይ ያስከተለው ችግር

- በትዳር
- በቤተሰብ
- በስራ

የወሰዱት ህጋዊ እርምጃና ውጤቱ

- የፍቺ ጥያቄን መጀመሪያ ያቀረበው ማነው?
- የትዳር አጋርዎ ድብቅ የፍቅር ግንኙነት ለመጀመሩ (ሯ) ማስረጃዎ ምንድን ነው?
- በህጋዊ ሂደቱ ያጋጠመዎ ችግር ምንድን ነው?

ለችግሩ መፍትሄ የፈለጉባቸው መንገዶች

- ጓደኛን ወይም ወላጅን ማማከር
- ለብቻዎ፣ ከባለቤትዎ ወይም ከቤተሰብዎ ጋር መያወጥ ምክር አግኝተዋል
- ለመጀመሪያ እርዳታ ለማግኘት የፈለጉበት ጊዜ መቼ ነው
- እርዳታ ለማግኘት ያነሳሳዎት ስሜት ምንድን ነው
- እርዳታ እንዳታገኙ መሰናክል የሆነብዎ ነገር ምንድን ነው
- መንግስታዊ ወይም መንግስታዊ ካልሆኑ ድርጅቶች ያጋኙት እርዳታና ጠቀሜታ

ከትዳር ውጭ በተደረገ የፍቅር ግንኙነት ዓይነት የተጐዱ ባለትዳሮች ለትዳር አጋራቸው የይቅርታ ምላሽ ሁኔታ

ለወሲባዊ የፍቅር ግንኙነት

አሉታዊ ምላሽ

- ማግለል
- በቀል

አውንታዊ ምላሽ

- ጉዳት ላስከተሉበዎ የትዳር አጋርና ለድርጊቱ ቀና አመለካከት መኖር
- ትዳር ለፈፀመው የትዳር አጋር ያለዎትን አሉታዊ ስሜት መቀነስ

ለጥልቅ የስሜት ትስስር

አሉታዊ ምላሽ

- ማግለል
- በቀል

አውንታዊ ምላሽ

- ጉዳት ላስከተሉበዎ የትዳር አጋርና ለድርጊቱ ቀና አመለካከት መኖር
- ትዳር ለፈፀመው የትዳር አጋር ያለዎትን አሉታዊ ስሜት መቀነስ