

Marital distress in present society

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■ **ABSTRACT :** Marital distress is a few problems as frequently encountered or as pervasive in their impact. Any person who has experienced significant marital distress, or witnessed the feelings of a friend or relative in the midst of such distress, easily recognizes that marital distress is among the most stressful and upsetting of human problems. Powerful feelings of sadness, anger, rage, disbelief, shock, and depression typically accompany high levels of marital distress. Marital distress is often a major factor in the genesis of diagnosable individual psychopathology. And for many, marital distress ultimately results in divorce with its myriad of additional difficulties and risk factors. Statistics regarding distressed marriages in our society point to how omnipresent and insidious a problem this is. Epidemiological studies typically find 20 per cent of the population to be maritally distressed at any moment in time (Gurman and Fraenkel, 2002). The divorce rate has stabilized, with approximately half of all marriages ending in divorce. Ten to fifteen percent of couples separate in the first four years of marriage and only 70 per cent make it through the first decade of marriage.

■ **KEY WORDS:** Marital, Distress, Therapists

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