

Advantages of extra-marital relationship in Indian community

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ABSTRACT

Extra-marital relations are relations to be made and nourished outside the marriage. Extra-marital relations are related to or being sexual intercourse between a married person and someone other than his/her spouse. Extra-marital relation is a pattern of behaviour that seeks satisfactions at the expense of commitment to another. It strikes at the core defining characteristics of marriage. Two people determine to share themselves with each other in a way that is unique to them and not shared by others in a way that is unique to them and not shared by others. They agree that the levels of trust and accountability, expected of each other will be greater than found in any other of their relationships. They share physical, emotional, mental and spiritual intimacy not found in other relationship. Their relationship is permanent and unconditional.

Key words : Relationship, Community

There is a multitude of reasons that operate in the development of extra-marital relations. The trigger may be an attraction generally physical in nature but camouflaged by other overt manifestations. The fundamental reason, of course, is sex. The driving force is either unsaturated sexual desire or carving for a variety in sex life. To say that one can have 'platonic extra-marital relations is a façade. It doesn't happen in everyday life. Sometimes extra-marital relations are beneficial for people. The fact is that there have been as many advantages such as reduce loneliness, fulfill emotional emptiness, new sexual opportunity, more alive etc.

METHODOLOGY

The study was conducted in Kanpur district. Four zones were selected in this study. Area selected from four zones such as Civil lines, Shyam Nagar, Ratanlal Nagar, Kakadeo, Vishnupuri, Arya Nagar, Mall Road, Govind Nagar. Total sample size 160 were selected 95 male and 65 female. Dependent and independent variables were used such as age, sex, caste, economic status, religion, occupation and constraint, psychological stress, gender, community opinion. The statistical tools were used weighted mean, percentage, chi-square test, correlation coefficient.

RESULTS AND DISCUSSION

Table 1 reveals that maximum extra-marital relations have been found in males at the age of 40-50 years age group (44.2 %). And minimum extra-marital relations have been shown in above 50 years age group males (11.6 %). In females maximum extra-marital relations have been found in 30-40 years age group (43.1 %) and minimum extra-marital relations have been found in 50 onwards

age group of females (10.8 %).

Age is an important factor in having extra-marital relationship. According to psychologists after 40 years, there is a psychological change occur in males which attract males towards extra-marital relations.

Table 2 reveals that maximum extra-marital relations have been found in high economic status of males and females. In males 45.3 per cent and in females 50.8 per cent.

Economic status is an important factor in having extra-marital relations. Extra-marital have more commonly shown in high and low economic status people. Because in high economic status, people have lots of money so their mind divert toward pleasure, enjoy and fashion. For pleasure people engage in wife-swapping e.g., doctor, businessman, politician etc. In low economic status due

Table 1 : Age-wise distribution of respondents

Age group (years)	Male	Female	Total
20 – 30	14 (14.7)	16 (24.6)	30 (18.7)
30 – 40	28 (29.5)	28 (43.1)	56 (35.0)
40 – 50	42 (44.2)	14 (21.5)	56 (35.0)
50 onwards	11 (11.6)	7 (10.8)	18 (11.3)
Total	95 (100.0)	65 (100.0)	160 (100.0)

(Figures in parenthesis indicate percentage of respective values)

Table 2 : Distribution of respondents according to economic status

Economic status	Male	Female	Total
Low	15 (15.8)	7 (10.8)	22 (13.7)
Medium	37 (38.9)	25 (38.4)	62 (38.7)
High	43 (45.3)	33 (50.8)	76 (47.6)
Total	95 (100.0)	65 (100.0)	160 (100.0)

(Figures in parenthesis indicate percentage of respective values)

to crisis of money their full enjoyment depends around family. So for money, husband involves her wives in promiscuity that is the reason of extra-marital relation in low economic status. Only in medium economic status due to pressure of family and fear people have few extra-marital relations.

Table 3 shows that main cause of extra-marital relations is disharmony in married life. 84.2 per cent males have been found extra-marital relations due to disharmony in married life and 95.4 per cent female have been found extra-marital relations due to disharmony in married life. The other cause of extra-marital relations in males for

sexual fantasy (80.0 %) and in females the other cause of extra-marital relations is loneliness and depress (75.4 %).

If disharmony in married life either it is due to financial problems, social problems like the "In-law" syndrome or unsatisfactory sex life ultimately the frustrated people look for an outlet. This outlet is often found in a colleague or a close relative.

Table 4 shows the main advantage of extra-marital relationship have been found in males and females is increase liveliness. In males 85.3 per cent and in females 84.6 per cent. Second advantage of extra-marital relationship has been found is to look younger in males 80.0 per cent and in females 58.5 per cent.

Due to extra-marital relations there is advantage also. Whenever any person attracts towards other there is feeling of looking better or smarter, which increases liveliness. Due to enthusiasm feeling of affection, health hazards reduces.

Table 5 shows the main disadvantage of extra-marital relationship have been found in males is ripple effect in life (74.7 %). In females the main disadvantage have been found is fear of conceiving (75.4 %).

In females there is greater chance of disadvantages. Females feel mentally insecure if their partner is married because they know very well that there is no chance of marriage without divorce. In males they have fear of their

Table 3 : Distribution of respondents as per causes of extra-marital life

Causes	Male	Female
Disharmony in married life	80 (84.2)	62 (95.4)
Proximity at the workplace	56 (58.9)	40 (61.5)
High expectations from marriage	44 (46.3)	21 (32.3)
Change in circumstances	50 (52.6)	38 (58.5)
Loss of passion	42 (44.2)	28 (43.1)
Extended periods away from home	40 (42.1)	46 (70.8)
Loneliness and depression	42 (44.2)	49 (75.4)
Fulfilling a sexual fantasy	76 (80.0)	45 (69.2)
Revival of an old flame	64 (67.4)	8 (12.3)
Physical attraction	69 (72.6)	32 (49.2)
t	2.852*	P < 0.05

Table 4 : Advantages of extra-marital relationship

Advantages	Male		Female		2
	Yes	No	Yes	No	
To become more attractive	66 (69.5)	29 (30.5)	30 (46.2)	35 (53.8)	8.745*
Enthusiasm towards work	42 (44.2)	53 (55.8)	18 (27.7)	47 (72.3)	4.493*
To look younger	76 (80.0)	19 (20.0)	38 (58.5)	27 (41.5)	8.740*
Increase liveliness	81 (85.3)	14 (14.7)	55 (84.6)	10 (15.4)	0.013
Decreasing stress	59 (62.1)	36 (37.9)	29 (44.6)	36 (55.4)	4.770*
More sincere towards family	55 (57.9)	40 (42.1)	27 (41.5)	38 (58.5)	4.132*
Isolation decreases	80 (84.2)	15 (15.8)	42 (64.6)	23 (35.4)	8.183
Reduce health hazard	42 (44.2)	53 (55.8)	29 (44.6)	36 (55.4)	0.003

(Figures in parenthesis indicate percentage of respective values)

Table 5 : Disadvantages of extra-marital relationship

Advantages	Male		Female		2
	Yes	No	Yes	No	
Feeling of insecurity in women	25 (26.3)	70 (73.7)	23 (35.4)	42 (64.6)	1.511
Fear of venereal diseases	64 (67.4)	31 (32.6)	38 (58.5)	27 (41.5)	1.325
Ripple effect in life	71 (74.7)	24 (25.3)	32 (49.2)	33 (50.8)	10.948*
Social fear	18 (18.9)	77 (81.1)	21 (32.3)	44 (67.7)	3.737*
Mental insecurity in women	-	-	39 (60.0)	26 (40.0)	2.600
Fear of conceiving	-	-	49 (75.4)	16 (24.6)	16.754*

(Figures in parenthesis indicate percentage of respective values)

family pressures, social pressure also.

Conclusion:

At last we conclude that there is a multitude of reasons that operate in the development of extra-marital relations. The fundamental reason of course is sex. Different factors which leads people towards extra-marital relations are age, economic status, disharmony in marriage life, extended period away from home etc. Sometimes these relations are beneficial such as people who have extra-marital relations to look younger, more sincere towards family, increase liveliness, reduce health hazards.

Recommendation:

– Extra-marital relations is one of the major factor which strengthen the relation between husband and wife, because they have a fear of cheating and insecurity.

– It also said that the person who is having extra-marital relations is less likely to have heart disease.

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