

Extramarital Affairs and Family Disruption

(Extramarital Affairs: Manifestations, causes and impacts on Family)

Ambreen Fatima

ABSTRACT

Marriage is sacred bond and covenantal commitment. Unfaithfulness and perversity to it are unpardonable sins according to Islamic orthodoxy and jurisprudence. The extramarital relationship is proving devastating to this legitimate and committed relation. The researcher was inquisitive: why do married people fall a prey to extramarital affairs? Could it not be that spouses are deficient in some concomitant and compelling urges in the marital relationship, they seek to appease from external sources, transgressing the marital boundaries? Are such pernicious activities in vogue in our Islamic Society? Are these practices not a blatant renunciation to God's commandments? Keeping in view all these staggering matters of concern, this study was conducted.

The main objectives of this study were to explore the manifestations of extramarital affairs, the factors accounting for extramarital affairs and their influences on the family. For this purpose, a correlational study design was selected and followed; since, for the investigation of the influences of extramarital affairs on the family functionality, the determination of relationship between these two variables was considered a necessity. The sample of the study consisted of 120 well educated respondents of both sexes belonging to three different professions.

The data were collected by administering five points Likert Scale questionnaire; titled: Extramarital Affairs and Family Disruption Questionnaire (EAFDQ). It was face validated by two experts. To check its internal consistency Cronbach Alpha reliability test was utilized and the value of the coefficient obtained was 0.831. To achieve the objectives of the study, three questions and three null hypotheses were formulated. The questions were analyzed comparing the means and standard deviations and using Pearson Correlation Analysis. The null hypotheses were examined through ANOVA and two stages Least Squares Regression Analysis. The major findings of the study showed that various types of extramarital affairs might occur among married couples. The study construed that EMA exerted diverse disruptive effects on the matrimonial relations and family set up, since there was a straight positive relationship between the independent variable of the types of EMA and the dependent variable of family disruption. The study also proved that sinful activities of EMA were being performed even in Islamic republic of Pakistan where such practices were considered a flagrant disobedience to God's commandments and established bounds of permissible sexual behavior.

Key words: Covenantal commitment, Committed, Concomitant, Disruption, Extramarital affairs, Family functionality, Legitimate relations, Orthodoxy, Perversity, Transgressing.

1: INTRODUCTION

Explication of Extramarital Affairs

Illicit relationship of one of the spouses outside the marriage without any regard of societal norms, cultural boundaries and religious sanctions is called extra material affair. Extra material affairs may be defined as emotional, romantic or sexual relationship between a married person and someone else other than the person's spouse. Simply a lustful, emotional or romantic attachment of wedded couples out of the martial boundaries is called extra material affair(Martin, 1989).Marriage is religiously, socially and legally accepted and endorsed relationship between men and women. Each marriage partner is placed under a social constraint so that he or she may not go beyond the normative boundaries of acceptable sexual, emotional or romantic behavior .Indulgence of married person in extramarital affairs is said to be the extreme type of infidelity to his or her legal partner and this infidelity may prove destructive to matrimony and may cause to break the relationship(Chang, 1999).

Background of the study

From the very beginning every society has its traditions and conventions to practice. More or less every society follows a certain religion and abides by its laws and principles. In Pakistani perspective moral standards, norms and values have their structures based on universal Islamic principles and commandments. According to Islamic jurisprudence which has its roots embedded in two sources of knowledge, i.e. The Quran and Hadith; any kind of sexual relationship of man and woman out of Islamic marriage is strictly prohibited and considered an unpardonable sin. Therefore married couples have their rights, responsibilities and marital sanctions and are not allowed at all, to transgress the boundaries established in accordance with the ruling of Islam(Ali, 2015). The extramarital affairs cause family disruption, social deterioration and termagancy on the earth. Notwithstanding, contemporary society is plagued and disrupted with marital problems and one of the major causes of these problems is extramarital involvement or unfaithfulness to one's spouse. A considerable number of marriage partners deviate from established religious norms and cross the bounds of marriages for their sexual appeasement. The outcomes of the extramarital affairs are oftentimes devastating. Extramarital affairs or infidelity proves damaging to blissful matrimonial union and disruptive to family set up. It can also impact the children negatively and impedes their learning progress putting them

into mental distress(Chachula, Kucharski, Lubaś, Małachowska, & Martinovski, 2009).

Extramarital affairs and marriage

Extramarital affairs impacts adversely the legitimate relationship functioning and the stability of marriages. The involvement of any marriage partner beyond matrimonial relation is called a heinous type of unfaithfulness and it cannot only affect the family and the faithful spouse but also the cheater. Extramarital affairs is synonymous to infidelity which may be categorized as sexual, emotional infidelity .To avoid infidelity and to achieve success in spousal relations for the wellbeing of the individuals concerned and the society is much more difficult task than it seems. Therefore marriage persistently needs for adjustment and compromise as the relationships may either exert positive or negative impacts on the mental and social wellbeing of husband and wife .Society and culture determine the duties and rights associated with the institution of marriage to make sure that the children born into the family are well fed, brought up and protected .The discovery or disclosure of extramarital affairs often leads to emotional havoc, problematic matrimonial affinity and create cataclysmic situation for the spouses' children and family .Reports of extramarital affairs and divorces are on the increase. Extramarital affairs have been linked with increased risk of divorces, mental health problem including depression and anxiety. There are so many reprehensible factors which may trigger extramarital affairs of various types. Likewise there are numerous causes' related factors and sexuality related factors. The consequences of extramarital affairs are more heinous than may deem. Not only the betrayer, but also the betrayed,

Statement of the problem

This study is meant to explore the factors accounting for extramarital affairs, their manifestations and their impacts on matrimonial life and family. There may be various causes, manifestations and impacts of extramarital involvement of spouses. The main motive behind the study is to determine the relationship between the extramarital affairs and disruption of the family where such pernicious types of relationship exist.

It is harrowing to know about that married people's involvement in extra marital affairs even when they are aware of its deteriorating impacts on their mental and physical health and on their children's behavior and on their families and on their image in the society at large. The researcher was inquisitive: why do married people fall a prey to extramarital affairs? Could it not be that spouses are deficient in some concomitant and compelling urges in the marital relationship, they solicit to pacify from external sources, transgressing the marital boundaries? Keeping in view all these matters of concern this study was conducted.

Objectives of the Study

This study consists in the flowing objectives which are to be obtained to prove the proposition:

- 1: To find out the types of EMA prevailing among the married people study area of the city Multan.
- 2: To explore the factors that may trigger EMA among the married people of the study area.
- 3: To examine the impacts of EMA on the family as a whole by determining relationship between the two.

children and the whole family have to experiences destructive impacts of extramarital affairs such as rising domestic violence crooked social image, vulnerability to STI'S vengeance, children's distrust and segregation. The extramarital affair is a sensitive topic and as such, may be influenced by sociocultural contexts and specific factors as mentioned above. There is need to pay attention to the forms, causes and impacts of extramarital affairs and their subsequent damaging consequences for the individuals as well as for the society(Fan & Lui, 2004).

Perspective of extramarital affairs in Pakistani Society

In Pakistan is one of the countries where conservative and (Islamic) religious society is existing, infidelity in men specifically in women is not tolerate and accepted even then EMA Is on the increases mostly due to the modern social media night clubs, strip clubs and brothels are being run by modern pimps in big and small cities and are visited by married and unmarried people alike EMA in Pakistani society. IN Islamic society the sacred book the Holy Quran is frequently recited. Many a sacred text has prohibited premarital and extramarital sexual involvements. For the Muslims religiosity and social functionality with the true Muslims must enhanced exposition to religiously motivated rules that dismay premarital and extramarital sexuality. But in Pakistani contemporary society, religious participation and informal interaction with other Muslims have decreased tremendously and exposure to liberal gathering has increased remarkably. There for obnoxious behaviors such as extramarital and premarital sexuality are penetrating into the Pakistani society almost at every level (Suhail, 2003)

Research Questions

The following research questions were structured for the orientation of the study

Q-1: What types and manifestations of extra martial affairs do occur among married couples?

Q-2: what are the factors responsible for extramarital affairs among the spouses?

Q-3: what are the impacts of extra martial affairs of spouses on them, children and family as a whole?

Hypotheses

The following null hypotheses were formulated to guide the study

H01: There are no significant differences between the main ratings of male and female respondents on the types or manifestations of extramarital affairs happen among the spouses.

H02: There are no significant differences between the mean ratings of respondents on the manifestations of EMA by spouses on the base of the span of married life

H03: There is no significant relationship between EMA and family disruption i.e. (Extramarital affairs and their impacts on spouses, children and family)

Significance of the study

The study is of theoretical as well as of practical significance. In regard to theoretical significance, this study is guided by Abraham Maslow's theory of hierarchy of needs structure. Every member of family needs security shelter, provision love and recognition. Maslow places sex as one of the basic physiological needs. It follows that sex is direly need by man and women and sexual desire must be met. Most of the married people turn to sexual variety for their sexual need and get involved in extramarital affairs as regard the practical significance the finding of the study would be beneficial to spouses, religious exponents the new researcher, syllabus designers, social worker NGOS, and social scholars. The result of the study would be a valuable addition to the body of knowledge.

2: LITERATURE REVIEW

Extramarital affairs

A relationship of married men and women out of the marriage, involving emotional and sexual activities in any relationship beyond marriage that includes social, emotional and sexual intimacy is said to be extra martial affair. The individual are to be considered engaging in extramarital affairs, when they transgresses the martial bounds and cheat their spouses for the appeasement of sexual desires. For the individual involving in EMA there should be evidence of sexual and emotional engagements there should be recognizable sexual chemistry accompanied by convert behavior of sexual liking that are unknown to the partners of the Individual involved in EMA (Atwood & Seifer, 1997). In every culture, whether it is western, eastern, or Islamic sexuality is a central element in the martial relationship. In most cases it is sex drive that makes the wedded couples stray. The sexual drive is enhanced by the desire of sexual variety, socioeconomic status and spousal detachments. In the modern social environment reports of increasing incidents of EMA affecting marriages in every society has to be considered in the context of social, psychological,

personal and intra- marital factors contributing to this trend (Thompson, 1983).

There are three persons involved in the EMA and they are cheater, the cuckold and the betrayed .The sexual relationship outside marriage or extramarital behavior exerts disruptive impacts on the level of intimacy, emotional attachment, sense of acceptance and overall marital balance.(Zitzman & Butler, 2009)

A large number of researches done with American samples proved that men are more likely to involve in sexual infidelity .Men have extra- dyadic sexual relationship. Women on the other hand; have more emotional relationships with other than marriage partners. However they are more concerned about passing negative judgment of other people who are disloyal to their spouses(Fisher et al., 2009)

Various Types and Manifestations of Extramarital Affairs

Fife and weeks 2006 defined EMA as the violation of committed relationship of marriage by involving in sexual and emotional attachment to someone else than spouse. There are many types or manifestations of EMA which includes spending times for emotional satisfaction, one night stand, romantic love, erotic infatuation and seeking attention from the persons other than the wedded partner. Moreover, extra dyadic sexual activities, oral sex, deep kissing, flirting, prolonged hugging and seducing of the person other marriage partner are also called manifestations of EMA (Anthony Peter Thompson, 1984). Emotional outburst usually takes place in the case of problematic marriage. During this time one of the spouses craves for friendship or warm companionship of opposite sex for emotional satiation and sexual gratification. The manifestation or exhibition of such emotional behavior causes many a heart break and mental disorders. One night stand is the form of EMA, which is considered the most survivable of all forms of EMA for the spouses. The cheated one ignores the incidents (of one night stand) and reconciles to his/her partner (Elbaum, 1981). Some others types manifestations of EMA exhibited by married men are fondling breasts with persons other than spouses, dancing closely, touching sensitive parts of body to arouse people other than marriage partners and having eye contact to share the deep feeling with other than spouse (Glass & Wright, 1992). Change in attitude, change in routine sleep timing, seeking privacy, lying, personality change, lack of interest in spousal sex and decline in invest ability in martial relation or signs of involvement of extramarital (Glass & Wright, 1977)

Factors Accounting for Extramarital Affairs

There are numerous factors which may trigger EMA. The married couples tend to be infidel to their spouses because of matrimonial dissatisfaction. There may be lack of emotional attachment between the spouses, or one or the both may not be sexuality appeased by each other. The factors that increase the possibility of occurrence of EMA among the married men and women can be described and categorized as; psychological, socioeconomic, intra marital, gender and age related factors (Glass & Wright, 1985). Social environment may Condon EMA. One's identity may be associated with one's work place relationship and one's coworkers think EMA is normal affair and it is right to stray. It is ill luck that the rate of EMA is incredibly increasing in almost every society of the world. Even in Pakistan where purely Islamic society exists, the EMA's are on the increase. In the imitation of western culture, we have accepted the extraneous elements fatal to our familiar and social set up. These elements include: wearing succinct dresses for attention oral sex, visiting of strip clubs, interest in pornographic videos, cyber-sex, exchange of sexual self-images, online dating and mix social gatherings (Moller &

Vossler, 2015). All these manifestations are flagrant a defiance to God's commandments. The individuals who are unhappy in their marital relationship are more likely to involve in extra martial affairs and they suspect that their spouses do the same. Dissatisfaction with marital relationship is also associated with the number of extra-dyadic partners. Sexual dissatisfaction in the committed relationship also correlates with the degree of emotional and sexual engagements with one's extramarital partner (Glass & Wright, 1985).

Marital Dissatisfaction

Dissatisfaction with marriage may stems from marriages made on wrong reasons, gap in the age of spouses, sense of monotony in the marital relation, incomplete appeasement of sexual desire of either of the spouses and inclination to sexual variety. The individuals whose spouses have low degree of agreeability and consensus are more likely to be indulged in trans marriage illicit relations. The people who have more mental stress related to marriage are more likely to entangle in EMA (Glass & Wright, 1985).

Psychological Factors

With regard to psychological factors, the individuals having high level of psychopathy, men and women who are more narcissists are more likely to involve in various types or form of EMA. The individuals particularly the women, who were sexually abused in their childhood, might prone to extreme sexual behavior and get involved in EMA, because childhood sexual and physical abuse is usually related to sexual dissatisfaction and sexual problems in adult relations (Fan & Lui, 2004)

Socioeconomic Factors

Differences in socioeconomic and educational status and imbalance of influence or power in marital relationship are also linked to unfaithfulness. Married men and women who think of themselves more socially sought after and desired than their spouses have more possibility of involving in EMA (Fan & Lui, 2004)

Age related Factors

Many a researcher has found that underage Youngers wedded partners are more inclined to EMA. A study of the effects of infidelity on contemporary couples noted that younger spouses experience higher rate of marital unfaithfulness. In the 7th year of martial life women have more likelihood of being perverts than men and in 8th year of married life men are at the peak of their extra martial sexuality and the divorce rate is also higher in the 8th year of wedded life (Blow & Hartnett, 2005). Economic status or

income is also to extramarital sex than those who have lower income per annum .In the social context, the sexual opportunities increase at work place specifically for those individuals who travel out of town for the job requirements .The individuals (married) who live in urban areas at higher risk of involving in EMA than those who live in rural areas since the urban social environment is more condoning and provide greater opportunities. Moreover lesser frequency of sexual activity in marriage and overall inequity in marriage are also strongly linked with greater incidents of EMA(Kuroki, 2013).

Gender and Extramarital Affairs. In this study only dichotomous concept of gender is being taken into consideration or that is to say only anatomically straight men and women are included in the study. The other constructs of gender namely social constructs psychological construct and medical construct of gender are excluded from the study. The reasons behind the selection of straight male and female is that in our country,; Pakistan only straight men and women are allowed to marry in accordance with Islamic jurisprudence and culture. No other kind of marriage is permissible in the Islamic Republic of Pakistan. However obnoxious practices like extramarital sexuality, sodomy and homosexuality are in vogue though illicitly, covertly and clandestinely. That is why the exact rate of spreading of EMA in every (faction) class of our society is very hard to measure. Likewise foretelling of EMA and sexual satisfaction is multifarious because of gender differences. Due to gender social interactions, each gender entertains diverse hopes concerning fitting sexual behavior with in marriage. According to several socio cultural theorists each gender is educated and then urged to trail customary gender rules and roles.(Friedman, Weinberg, & Pines, 1998)Almost in every society including ours, men are supposed to be stronger than women and so they are trained to be incompatible both in physique and sexuality. Sexual indulgence whether legally and religiously are not endorsed or not is strengthened in men and in many societies men are abused and sullied for being emotionally weak or out-bursting. Women on the other hand are admired for being sexually constricted and composed in establishing relationship(Hackathorn, 2011) Women are usually censured for being sexually entangled in a relationship without first being legally, morally and emotionally associated (Paul, Foss, & Baenninger, 1996). So to say, men are thought to be sexual being and are frequently allowed to be involved in legitimate or illegitimate sexual activities and on the other hand women are anticipated to be more abstinent and generally unblemished and ravished. However, it does not follow that women are not voluptuous and sexual human being but instead are expected to be more sexually restricted than men. Accordingly these social prospects and perceptions become the reasons for gender

variances in sexuality and sexual satisfaction(Carpenter, Nathanson, & Kim, 2009) .Many a former study on gender based sexual behavior has proved that women show lesser curiosity and inclination in oral sex, masturbation and extramarital involvement than men do .Men express more desire for self - sexual gratification, sexual illusions and more prolong intercourse than women. Men like prolonged coitus to prove sexual dominance over the partners and they mostly have ardent urge to ejaculate after the sexual consummation of legal women partners(Rotundo, Nguyen, & Sackett, 2001).

Span of Marriage and Extramarital Affairs

The length marriage also plays remarkable role in increasing the tendency to EMA or infidelity. The longer is the marital relationship the more likelihood of engaging of spouses in infidelity(Previti & Amato, 2004). Among the married women the possibility of involving in EMA is at the peak in the seventh years of marriage, then declines but among married men the likelihood of getting involved in EMA decreases overtime, but after eighteen years of married life, chances of EMA increases .Age related factors make great differences in the tendency of spouses towards infidelity(Fisher et al., 2009). Cultural factors also play vital role in increasing or decreasing the rate of EMA in a society. In most cultures sex in marriage is considered as sacred and sex other than or beyond marriage is thought of as breach of scared bond and unfaithfulness of a spouses

One of the reasons of extramarital and risky sexual activities was the span of married life or the length of married life and men were more vulnerable to sexual drives than the women. The chances to be involved in EMA were more from 5 to10 years of marital life .Ill luck it is that existing EMA rate infidelity may occur at any point in a legitimate relationship from new to solid obviously pleasant statistic about EMA suggests that affairs are mostly happen during first two years of marriage .According to other study on infidelity shows that there is more likelihood of unfaithfulness between six and ten years of marital relations women mostly betray during this periods. On the other hand men mostly cheat from the number of years of marriage should be inversely linked to the risk of EMA on the account of two reasons. Firstly, his investment of time in martial life is of vital importance. The greater the span of marriage, the bigger the married couples investment of precious time in marriage Secondly, in regard to strong linkage of unfaithfulness with, the faithfulness couple select marriages of long standing. Most of the recent researchers found that the risk of EMA increase with the greater span of marital life (Humphrey, 1987). However, the risk of involvement in EMA decreases for women with increasing martial duration

Men showed a periodical pattern of involving in EMA. Their risk of EMA decreases a lot from 10 to 20th anniversary to the marriage and then begin to increased (Glass & Wright, 1977).

Marriage: Form of legitimate relationship Marriage is a personal relationship between a man and women for mating and reproducing in order to perpetuate and maintain society. This unique kind of sexual relationship is admitted and approved in almost every culture of the world since it has social, religious, and legal seal of recognition. The institution of marriage is universal just like that of the family which is rather impossible without the marriage. Marriage is indispensable for the survival of human beings. Marriage is biological as well as moral association of a man and a woman recognized and accepted by society as the base of family (Wiesner-Hanks, 2014). It may be sacrament and thus it would be indissoluble union for this life and the hereafter as in the case of Roman Catholic (Welch & Cahall, 2018). It may be temporary civil contract for an agreed period of time in the case of Mutta marriages. Whether it is a sacrament or a civil contract, the relationship is to join the individual of opposite sexes for the reproduction of legitimate progeny. In recent time the institution of marriage is free from many customs, ceremonies and additional expenditure of older times in the scenario of Christian time

T.H. Eriksen (2010), Found out, in his ethnographic atlas of the world communities, that wedding couples are selected between groups, tribes and communities rather than by individuals. His data show that polyandry happened four times. It is a rare case of marriage same is true to polygamy, romantic love was seldom seen as important prerequisite for a good and successful marriage. According to Western mark, marriage is a relation of one or more men and women which is permissible by custom or law and necessitates certain rights and duties, whether the groups enter the union or the individuals sign the deed. Marriage is not just a personal affair. It is not just an institution for sexual needs. It is a social organization of par excellence. It not only provides legitimacy to sexual desires and needs but also proves a sound grounding to the institution of family (Eriksen, Bal, & Salemink, 2010).

Islamic concept of marriage:

Marriage is a deed or contract between a man and a woman with the purpose of establishing (initiating) mutually confluence life and procreation. In the Holy Quran, the term *Zwaj* is used implying a pair or a mate (Muhammad, 2012). The term 'Nikah' marriage which is defined as "purposeful committed and persistent conjugal life for obtaining and possessing an enjoyment" The term *Nikah* has been mentioned at many places in the Holy Quran; such; in surah

Al-Baqarah verse 221, 230, 232 and Surah Nisa verses 322, 325 "Verily marriage and coupling are the laws that God has approved". Marriage in Islam is entirely religious sacred pledge which makes the sexual intercourse lawful for the procreation of the off springs. No otherwise kind of sexual relationship is allowed in Islam. (Al-Hibri, 2005)

Islam forcefully advocates marriage (*Nikah*) and celibacy of any form in strictly prohibited in Islamic social order. Quran says, we have created all the things by pairs that haply ye may contemplate (51:49).

"Glorious is He who has created all the sexual pairs, of which the earth grows and of themselves and of that they know not" (36:36).

Permissible sexual relationships (marriage) are mentioned in Quran and Hadith as great walls of love and intimacy. Islam lays stress on chastity and modesty with regards to any relationship between genders. Islam abhors all types of EMA (Eniola, 2013)

Family and family structure

Family is based on marriage and is the construct for perpetuation of society. Family can be defined as a consolidated and operative unit of human society. A family is a group of individuals who have common legal and genetic associations and bonds i.e. set of individuals who share legal and blood relation. A social group having common house, common economic activities and at least two of the group can have sexual relations legally approved. It may include married couple (at least one) children and other adults of both sexes (Fine man, 1993). The family is the most significant fundamental group and the smallest unit of society. It is rooted in our biological and physical nature. It is universal because human society cannot exist without some form of family construct. A social group consisting of the wedded couple, their children, brothers, sisters of the husband parents and in-laws or other dependents is said to be a family. Family members interact and communicate with each other, share their pain and pleasure as husband, wife and children. Functions of family are: legal sexuality between spouses, economic activities, educational activities, religious rites, recreation and procreation. Sexual aspect is based on the fact that marriage justifies the sexual relationship between two members (or a man and one or more women") wedded to each other. When sexual needs are not fully met it increases the possibility of EMA. Economic activities are done for the provisions of the children by the parents. Children expect that their material needs such as; house, clothing and food will be provided by the parents. Education of the children is also the responsibility of the family (Stone, 1979)

Family disruption :(Familial Pandemonium)

Married couples are bound to respect the marriage contract and thus are required to live together in peace and complete harmony. They are expected to remain faithful to each other and remain functional in every material activity. Husbands and wives should observe their rights and responsibilities associated with marriage. But most of the marriages do not run smoothly. Mutual understanding, communication, harmony and respect for their relation between husband and wife do not exist or cease to exist due to infidelity of either spouse .Consequently family unit become instable and breaks(Lundberg & Pollak, 1996). The signs of family disruption are intra-marital relation include irritation, quarrels, confusion, commotion, conflicts and disagreeableness between the spouses.

Family instability is the disruption and deterioration of family unit or fracture of social role when one or more or

3: Methodology

This chapter describes the procedure adopted in this study. It includes research design, population, sample and sampling technique, instrument for collecting data, validation (validity) and reliability of the instrument and technique of data analysis

Design of study:

The main purpose of the study was to discover the various types of EMA and their influences on the family as a whole so; there was a need to determine the nature of the linkage between these two types of variables. Namely, the independent variables of the type of extramarital affairs and dependent variables of the influences on the family (family disruption) In that the correlational survey design was considered as the suitable one.. This design establishes the relationship between two or more variable in relation to the population. This research design was also selected on base of other reason that it would provide the researcher with the opportunity of sampling the opinions of a number of respondents who would be significant among the population to decide whether a relationship exists between the types of (EMA)and family disruption or instability .Whether the forms or types of EMA stemmed from gender, age, economic and social psychological intra -marital factors and whether the cheater, the cheated and children are affected by EMA(Jane sick, 1994).

Sample and Sampling Technique

. The sample of the study consisted of 120 well educated respondents of both sexes belonging to three different professions; namely, teaching, law and medical. The sample included sixty male and female teachers of government and private colleges situated along the Boson Road Multan; thirty male and female lawyers from city courts and high court Multan and thirty male and female doctors working in different hospitals of city Multan. A random sampling technique was adopted for the selection of equal number of male and female respondents from each group of the target population. All the three types of respondents were given equal importance without any regard of their professions.

Instrument for Data collection:

The instrument used for the collection of data, was the questionnaire titled: Extra marital affairs and Family Disruption (EAFDQ). The questionnaire was formulated by the researcher personally on the basis of the background knowledge of EMA and relevant existing literature review. The EAFDQ comprises of three parts. The part A is meant to elicit information on the demography of the respondents such as; gender, age and span of marriage. The part B consists of 60 items/statements divided into three package; package 1 contained 20 (1-20) items/statements which extracted information on the types manifestation f EMA occur among married people on the base of gender, and span of marriage. The package 2 contained in 20 items/statements (21-40) which had been constructed to get information from the respondents on the basis of different factors causing EMA and

more members do not perform their familial roles or duties .Family instability is a serious issue that leads to the couples to appease their sexual desires outside the bounds of marriage. This indulgence in EMA proves fatal for the betrayer since the chances of their catching venereal diseases increase greatly and they have to spend a lot of money on treatment or in cases even their life ends up(Thornton, 1989)

Extramarital affair or behavior is one of the major causes of family instability. There have been the cultural differences, socioeconomic differences and interests, age related differences intra marital differences but EMA is at the root of family disruption .Family instability has adverse effects on the children, the cheated spouses the cheater and their kins. Everyone in instable family is vulnerable to mental stress, aggression and queer behavior. Almost all the members' exhibit negative and despicable attitude and feel rejected and debilitated.(Ackerman, 1971)

the package 3 also comprised of 20 items (41 -60) related to the family disruption. This package was to collect information about the effects of EMA on the spouses' children and the family as a whole.

All the items/statements contained in all the three packages were placed on the five points Lickert rating scale that is; SA, A, UD, DA and SD [weighted (5, 4, 3, 2, 1)]

Reliability of the Instrument:

To ensure whether the instrument was reliable or not, it was a trial tested by distributing 25 copies of EAFDQ to 25 married people living in the Shah Rukn -e- Alam colony situated out of the selected area of the study of (population). The data collected were subjected to Cronbach's Alpha test to determine the internal consistency of the items in the EAFDQ. The reason behind the Cronbach's Alpha test was that items of the instrument were not meant to dichotomous score, i.e., right or wrong but items were placed on the 5 points rating scale of SA.A.UD.PA.SD. The analysis of data using cronbach's Alpha statistics gave the Alpha co-efficient the value for package 1-was .797, and for the package 2 equal to .789 and for the package 3 cronbach's Alpha value was .848. The overall estimated α value of the instrument was 812. This value of α ensures that the instrument was reliable to be administered for the study (Merriam, 1998).

Methods of data collection:

The data were collected by using validated (EAFDQ). The researcher personally distributed the copies of EAFDQ to the respondents with the help to research assistants. The research assistant were properly advised and trained for the distribution and collection of copies of questionnaire. They were also made known to be sensitivity of the problem of research and social context where they would have to work (Merriam, 1998).

Procedure of Analysis of the data. The data collected were analyzed by using SPSS software. To find out the answer of the question 1 and 2 means rating and standard deviations of the package 1 and 2 were compared on the base of gender and span of marriage. ANOVA analysis for the package 1 and 2 utilized to know the variance of the respondents' mean rating. To get the answer to the third questions Pearson correlation coefficient analysis was used. The null hypotheses H01, H02 and H03 were tested using ANOVA, on the base of gender, ANOVA on the base of span of marriage and to stage least squares regression analysis was done respectively.

4: Data Analysis: In this chapter of the paper result of data analysis are presented. The results are made keeping in view the research objectives and hypotheses formulated for the direction of the study. The results are shown in tables in regard to the questions and hypotheses. The major findings, discussions on the findings and conclusions are also contained in this chapter.

Q -1: What types or manifestations of extra martial affair occurred among the married couples (men and women?)

Table 1: Mean ratings and SD of respondents on the types of EMA based on Gender.

Sr/n	STATEMENTS/ITEMS(P-1)	Male(Mn) =X ₁	SD1	Dec-01	Female (Mn)=X ₂	SD2	Dec-02
1	Tendency to sexual variety & numeracy	3.72	.688	A	3.81	.647	A
2	,Weak/Vulnerable matrimonial relations	3.78	.593	A	3.74	.706	A
3	Deep emotional entanglement with the person other than spouse i	3.85	.595	A	3.66	.760	A
4	Romantic love with the person other than marriage partner	3.43	.886	DA	3.57	.773	A
5	Spending too much time with the individual other than spouse	3.61	.802	A	3.74	.570	A
6	Seeking attention in a person other than legal partner	3.59	.909	A	3.71	.706	A
7	Oral sex, deep kissing, flirting are manifestations of EMA.	3.63	.711	A	3.55	.829	A

8	Sexual play, masturbation, visits to strip clubs.	3.71	.661	A	3.51	.811	A
9	Sexual fantasies about others may initiate EMA	3.63	.826	A	3.50	.812	DA
10	Cybersex, sexual images sharing, online dating	3.52	.781	A	3.59	.832	A
11	Retaliatory infidelity or sexual revenge	3.76	.822	A	3.56	.829	A
12	To do coitus with person other than spouse is worst kind infidelity	3.56	.810	A	3.57	.801	A
13	Receiving orgasm from other than marriage partner.	3.52	.913	A	3.53	.804	A
14	Polygamous or Polyandrous behavior is ema.	3.57	.910	A	3.62	.795	A
15	To adopt Extreme sexual behavior with others than wedded partners	3.55	.810	A	3.57	.801	A
16	Assertion of sexual prowess and dominance	3.53	.869	A	3.56	.853	A
17	Craving for spice of life and dalliances	3.80	.749	A	3.53	.776	A
18	Want of love, attention, care & caresses	3.65	.822	A	3.55	.775	A
19	Nagging persons other than spouse	3.50	.836	DA	3.47	.856	DA
20	Prolonged hugging and touching protected body parts.	3.54	.862	A	3.58	.925	A
		68.90	.793		71.66	.782	
	PACKAGE MEAN	3.62			3.58		

The figures on the tables 1 indicated the means and standard deviation of the male and female respondents on the types of EMA occur among the spouses. The results determine that the items one to twenty comprise of men and women means ratings. Among men’s means ratings the items number 4 “romantic love with the persons other than spouses” and item no 19 i.e. Nagging persons other than spouse have mean values smaller than the (set) standard means of 3.50. It implies that men or male respondents disagreed upon the item no 4 and the item no 19. It means men considered that neither the item no 4 “romantic love with persons other than spouse” and nor the item no 19 “nagging persons other than spouse” were the types of EMA .Likewise in the women mean ratings the item No 9 “sexual fantasies about others” and item No 19 “Nagging persons other spouses” are not the types of EMA .Since these items got mean ratings smaller than criterion means.(C.M =3.50).Hence the women differ in opinion on these items as being types of EMA. It can be inferred that men and women are agreed upon all the other items as being the types of EMA except the items mentioned above.

H01: There is no significant difference between the main ratings of male and female respondents on the types or kinds of extra martial affairs occur among spouses.

To find out how the means of the table -1 for different types of EMA vary and the amount variance of standard deviation of coefficients ANOVA analysis of package-1 was done.

Table-2: ANOVA of package -1

Regression		Sum of Squares	D.f	Mean Squares	F	Sig.
Equation 1	Regression	50.782	20	2.539	2.481	.016
	Residual	132.431	70	1.892		
	Total	183.213	90			

Table 2: shows ANOVA results about the differences in mean ratings of the subjects on the types or manifestations of EMA happens among the spouses based on the gender. The result of the ANOVA indicated that F- ratio of 2.481 associated with significant value (sig is =.016). The critical value is $P \leq 0.05$ i.e. the established as level of significance. Here in the result significant value was equal to 0.016. Since, it is smaller than P value. Therefore the proposition of identical mean ratings of men and women

based on gender is refuted hence H01 is rejected. This does not mean that all the men and women disagreed upon all the items as being the types or manifestations of EMA occur among the spouses

Q- 2 what are the factors responsible for extra marital affairs among the spouses?

Table 3: Mean ratings and SD of respondents on the factors responsible for EMA based on span of marriage

Respondents' having span of marriage (1-10) yrs. =N1=34,(11-20)yrs.=N2=33and (21-30)yrs.=N3=2

SR	STATEMENT P2 {SPAN OF MARRIAGE}.	Mn(1-10) Years	SD1	Dec 01	Mn 2(11-20)	SD2	Dec 02	Mn3(21-30)yrs	SD3	Dec 03
1	Early marriages create non-adaptive marital behavior.	3.59	.925	A	3.36	.929	DA	3.65	.892	A
2	Under Compulsion marriages cause EMA	3.74	.666	A	3.73	.801	A	3.58	.809	A
3	Issueless marriage causes stray of any of the spouses	3.65	.950	A	3.55	.869	A	3.73	.724	A
4	Sexual Impotency of husband or infertility of wife causes EMA	3.47	.961	A	3.76	.708	A	3.62	.852	A
5	Difference of Priorities of life of married people	3.76	.654	A	3.94	.429	A	3.46	.859	A
6	Lack of Favorable Communication b/w wedded couple	3.71	.799	A	3.79	.650	A	3.62	.697	A
7	Emotionally detached married couple may develop EMA	3.76	.741	A	3.76	.614	A	3.58	.758	A
8	In complete appeasement of several desire of husband and wife	3.56	.824	A	3.45	.938	A	3.73	.827	A
9	Cultivation of ardent desire of being demanded and sought after	3.32	.878	DA	3.67	.645	A	3.73	.724	A
s10	Social, Cultural and situational condonment	3.68	.727	A	3.73	.626	A	3.73	.724	A
11	Non –participation either husband or wife in marital affairs	3.79	.641	A	3.58	.830	A	3.65	.745	A
12	Boredom from monotonous marital life.	4.21	3.236	A	3.61	.788	A	3.50	.906	A
13	Inability to accept abrupt and bigger change in life.	3.53	.861	A	3.61	.827	A	3.69	.736	A
14	Disagreement on personal financial management	3.59	.892	A	3.76	.663	A	3.65	.745	A
15	Desire for economic - gain and career development.	3.94	.851	A	3.88	.600	A	3.46	.811	A
16	Difference in social influence of the spouses	3.91	.621	A	3.73	.626	A	3.48	.811	A
17	Wife alone financially sustain or maintain the family	3.76	.654	A	3.82	.528	A	3.47	.811	A
18	Husband does not have financial care for wife	3.62	.888	A	3.67	.777	A	3.69	.788	A
19	Culturally different spouses.	3.53	.896	A	3.45	.869	A	3.81	.567	A
20	A great gap in the ages of spouses.	3.71	.760	A	3.55	.754	A	3.54	.859	A
	TOTAL	70.24	18.423		73.36	14.473		72.35	15.648	
	PACKAGE MEANS	3.69	1.755		3.67	.724		3.62	.782	

The figures of the table no 2 indicate that all the items are factors responsible for EMA occur among the spouses except the items/statement No 9 i.e. Cultivation of ardent desire of being demanded and sought after since, the mean rating of the respondents whose marital span is (1 – 10) is lesser than CM value and item No-1. i.e. “Early marriages create non-adaptive marital behavior’ has mean rating lesser than CM according to the mean rating of the respondents whose marriage span was between (11 – 20) years. The respondents whose marriage span is between (20 – 30) years agreed upon all the items in the package as being the factors responsible for extra marital affairs.

The three cluster means are: 3.69, 3.67 and 3.62. The respondents people whose span of marital life is between (1 – 10) years gave greater mean ratings so, this group agreed upon the all items as being the factors causing extramarital affairs except 1. The respondents whose span of married life is between (11 – 20) years slightly disagreed upon the above mentioned items are the types of EMA. The subjects who’s span of marriage is between (21 – 30) years, having lesser mean ratio, accepted that all the items are the factors responsible for extra marital affairs.

H02: There are no significant differences between the mean ratings of respondents on the types of Extramarital Affairs among the spouses on the base of the span of married life.

Table 4: ANOVA of package- 2

ANOVA of P2(MARRIAGE SPAN)						
		Sum of Squares	D f.	Mean Square	F	Sig.
Equation 1	Regression	23.287	1	1.164	1.746	.013
	Residual	48.002	92	.667		
	Total	71.288	93			

There is no significant difference between the mean ratings of the respondents on the factors responsible the occurrence of EMA among spouses on the base of span of marriage. Table 4 indicates ANOVA result on the differences in mean ratings of the respondents on the type of EMA occur among spouses based on the span of marriage. The result of ANOVA- test indicates that f- ratio of 1.746 related with the significant value of 0.013 is smaller than p value ($p \leq 0.05$) fixed as critical value. Hence the null hypothesis Ho2 is rejected. It can be said that mean rating of the respondents differ on perception of the factors causing EMA happen among spouses based on span of marriage. The married people, having span of marriage from 1 to 10 years, gave somewhat higher mean ratings; as can be seen in means and standard deviations table No. 3.

Table-5; Mean rating of male and female respondents on the effects of EMA on family.

Serial No.	Items / Statements	Male (Mn)=Y1	Dec-01	Female (Mn)=Y2	Dec-02	Y= $\frac{Y1+Y2}{2}$
1	Breached trust and broken credence of the family	3.55	A	3.50	A	3.52
2	Rising of domestic violence and loss of self- esteem.	3.73	A	3.71	A	3.72
3	Vulnerability of cheater to STI'S and STD'S.	3.78	A	3.73	A	3.75
4	Betrayer and betrayed may use drugs	3.43	A	3.83	A	3.63
5	Cheater and cheated may develop mental and personality disorder	3.95	A	3.53	A	3.74
6	Too much revelry of cheater robs him Sense of domestic responsibility	3.69	A	3.65	A	3.67
7	Betrayed spouse's increased sense of rejection	3.76	A	3.70	A	3.73
8	Family faces social stigma	3.60	A	3.56	A	3.58
9	Cheated spouse may experience emotional trauma.	3.58	A	3.54	A	3.56

10	Children's hatred and distrust in cheater parents	3.79	A	3.76	A	3.77
11	children may feel segregated from parents having ERI	3.67	A	3.71	A	3.69
12	children become disobedient to unfaithful parents	3.80	A	3.82	A	3.81
13	children may act out parents EMA in their own relation	3.36	A	3.87	A	3.61
14	Children learning ability may be affected	3.60	A	3.66	A	3.63
15	Marital dissociation or divorce	3.85	A	3.73	A	3.79
16	EMA increase Family debilitation and impracticality	3.57	A	3.87	A	3.72
17	EMA lower down the integrity of family	3.76	A	3.64	A	3.70
18	Parents, brothers, sisters of the cheater are hurt.	3.74	A	3.56	A	3.65
19	Disinterestedness in family role	3.61	A	3.58	A	3.59
20	Daily commotion in the family over trifling and familial peace deterioration	3.50	A	3.55	A	3.52

The above table is formed just to get the values of Y-variables (EMA impacts on family or family disruption) which were used in the calculation of Pearson correlation coefficient r.

Q NO 3: What kind of relationship exists between the extra martial affair of spouses and family disruption (as a whole)? To answer the question No. 3 about the nature of the relationship between the extramarital affairs(X-variables) and the family disruption(Y-variables), Pearson Correlation coefficient α was obtained using the values given in Table-5.s

Table 6: In this table values of X are taken as independent variables and that of Y as dependent

Sr/N	Independent variables $X_1+X_2/2=X$	Dependent variables $Y_1+Y_2/2=Y$	X^2	Y^2	XY
1	3.76	3.53	14.1376	12.4609	13.2728
2	3.76	3.69	14.1376	13.6161	13.8744
3	3.75	3.63	14.0625	13.1769	13.6125
4	3.51	3.61	12.3201	13.0321	12.6711
5	3.68	3.74	13.5424	13.9876	13.7632
6	3.67	3.71	13.4689	13.7641	13.6157
7	3.59	3.71	12.8881	13.7641	13.3189
8	3.6	3.57	12.96	12.7449	12.852
9	3.59	3.56	12.8881	12.6736	12.7804
10	3.54	3.71	12.5316	13.7641	13.1334
11	3.66	3.68	13.3956	13.5424	13.4688
12	3.54	3.8	12.5316	14.44	13.452
13	3.49	3.6	12.1801	12.96	12.564
14	3.59	3.67	12.8881	13.4689	13.1753
15	3.54	3.78	12.5316	14.2884	13.3812
16	3.48	3.72	12.1104	13.8384	12.1456
17	3.67	3.7	13.4689	13.69	13.579
18	3.6	3.66	12.96	13.3956	13.176

19	3.51	3.58	12.3201	12.8164	12.5658
20	3.47	3.61	12.0409	13.0321	12.234
$\sum X=71.99$		$\sum Y=73.26$	$\sum X^2=259.3642$	$\sum Y^2=268.4566$	$\sum XY=263.72$

Now putting the respective values in Pearson correlation coefficient formula we got $r=0.4546$. The value of P is calculated as under $p=r/N-2$ ie $P=0.4546/20-2$ Hence $P=0.025$ $t=r\sqrt{N-2/1-r^2}$ ie $t=.04546\sqrt{20-2/0.2066}$ $\therefore t=2.165$.

Table-7 Pearson correlation Analysis

$$r = \frac{n(\sum xy) - (\sum x)(\sum y)}{\sqrt{[n\sum x^2 - (\sum x)^2][n\sum y^2 - (\sum y)^2]}}$$

Note: The values of X and Y used in calculating Pearson correlation coefficient (r) have been taken from Table 5. Table 5 has been formed by taking collected mean for each item of package-1, ie $x_1+x_2/2$. And $y = y_1 + y_2 / 2$ was obtained from package-3

VARIABLES	Pearson Correlation	Y=Dependent Variables	X=Independent Variable
Dependent Variable.(Family Disruption)	Correlation	1.000	0.4546
	Significance (2-tailed)		.025
	df. N	18	20
Independent Variable(Types of extramarital Affairs)	Correlation	0.4546	1.000
	Significance (2-tailed)	.025	
	N df.	20	18
**. Correlation is significant at the 0.05 level (2-tailed).			

The number of ordered pairs (X, Y) is 20. So, N = 20. The values of t and p have also been calculated using manual formulas i.e. From the table- 7 r or $\alpha=0.4546$ at the significant level of 0.025 .The significant value 0.025 is smaller than critical value of p ($p \leq 0.05$). So, it follows that there exists straight positive relationship between the set of variables i.e. independent variable (types/manifestations extramarital affairs) and dependent variables (family disruption). The null hypothesis is rejected. Therefore, it can safely be concluded that there exists significant relationship between the variables. The value of t obtained is 2.165.For df 18 the critical value of t is 1.86. The value of $t=2.165$ is greater than 1.86, it implies that there is positive relationship between the variables. The determination value of r^2 is equal to 0.2066. It means that about 20% of family disruption caused by extra marital affairs and 80% family instability caused by other factors

H03: There is no significant relationship between different manifestations extramarital affairs and family disruption.

Table 8: Regression analysis of packages- 3 on the base of span of marriage (2sls)

Model -1	Sum of Squares	D f	Mean Square	F	Sig.
Regression	.813	2	.813	4.721	.040
Residual	3.962	91	.172		
Total	4.775	93			
	Unstandardized Coefficients		Standardized Coefficients	t	Sig
	B	Std. Error	Beta		
(Constant)	3.084	.715		4.313	.000
Independent	.394	.181	.413	2.173	.040

In order to re-test hypothesis H03 two stages least square regression analysis was done. The results in the regression table 8 represent that the value of f-ratio is equal to 4.721. This value is associated with probability value of 0.040 which is smaller than the critical value of p ($p \leq 0.05$). It implies that the result is significant. Therefore hypothesis H03 is rejected. Hence there is

significant relationship between the variables. Moreover, t- ratio 4.313 is linked with the probability values 0.000 which is smaller than 0.050 as critical value of p. So, the null hypothesis H03 stands refuted. It means that there is a significant statistical relationship between the variables of, 'types of Extramarital Affairs' and 'Family Disruption'.

Findings. Almost all types of EMA occur among spouses since all the male and female respondents perceived that the items or statements in the package No -1 as being the types or manifestations of extramarital affairs except, the item no 4 "romantic love with persons other than spouse" and the item no 19 "nagging persons other than spouse" (these items are not considered to be the types of EMA according to the respondents' opinions)The spouses in the study area turn to EMA in spite of different marital span. The people having marriage span from 1 to 10 years are more likely to fall a prey to extramarital affairs. There exist a straight positive relationship between EMA and family disruption with r value of 0.483 and R =0, 20. It means that EMA affect marital life of the spouses and family set up, up to 20%. It implies that 80 % would be the other factors that affect martial life and family. Romantic love with the persons other than spouse and nagging persons other than spouse are not types or manifestations of extramarital affairs. Therefore, the person who enacts these two activities is not said to be a betrayer. According to the respondents all the items given in the package-2 are considered as the factors responsible for initiating extramarital affairs among the married people except the items "Early marriages create non-adaptive marital behavior" and "Cultivation of ardent desire of being demanded and sought after" in regard to the mean ratings of the respondents based on the span of marriage.

Discussion. The types or manifestations of extramarital affairs occur among spouses.

The research question one is about the types and manifestations of EMA.As regards this question the people responded that romantic love with the person other than spouses, nagging persons other than spouse and sexual fantasies about others beyond marriage, are not the types or the manifestations of EMA. The ANOVA analysis of the types or manifestations of EMA happen among the spouses on the base of gender indicated that there was a significant difference among the respondents on the types or forms of EMA. The men's rating was marginally higher than that of women. However, both the male and female respondents agreed upon equal number of items and disagreed upon two items each.

Factors accounting for the occurrence of EMA among married people (spouses).

The result of in the tables three show that the statements: early marriages and cultivation of ardent desire of being demanded and sought after are not the factors accounting

for EMA and all the rest of the items such as; lack of favourable communication between the spouses, emotionally detached marriages ,incomplete several desires of spouses social, cultural and situational condonment for affairs, personal finances culturally different spouses and great gap in ages of the spouses can cause the occurrence of extramarital affairs among the married people. These factors can be categorized as; psychological, social, economic, cultural and personal factors .More or less every factor can cause to start extramarital affairs among the married couples. However, the findings showed that married people in the study area, perceived these factors differently on the base of gender. The span of marital life of the respondents also influences their perception of the factors responsible for the extramarital affairs.

The relationship between EMA and family- disruption

The findings on the statements 1-20 included in package- 1 and the items 41-60 in packages-3 were put to use in finding the answer to the question 3. The items 1- 20 were used as independent variables and the items 41- 60 were set as dependent variables. The finding on the base of the results shown in the table 5 the Pearson correlation indicate that there exist a straight positive relationship between the two variables, namely; types of extramarital affairs and impacts on family (family disruption) the value of Pearson coefficient α is equal to .483 indicates rather strong linkage between types of extramarital affairs and family disruption. The square of Alpha (0.20) suggests that 20% of marriages or family may be disrupted because of extramarital affairs. The regression analysis of the variables of package - 1 and package - 3 also supplemented the results of Pearson correlation analysis.

Hence the findings show that the spouses' involvement in extramarital affairs exert disruptive impacts on the betrayer, the betrayed, children and other members of family. The results of regression analysis table confirmed findings of the correlation table.

Note. Even in this Islamic Republic of Pakistan EMA is affecting family relation adversely.

CONCLUSION. The following conclusions are drawn from the main findings;

On the bases of the major findings of the study, it can safely be said that obnoxious activities of extramarital affairs are being carried out in our country though stealthily and illicitly. The extramarital affairs adversely affect the matrimonial relationships and functionality of the family as a whole .Moreover each type of extramarital affairs happens

among the spouses with slightly varying degree. Inclination to sexual variety and socioeconomic factors are the major causes of happening of extramarital affairs as the items related to these got more ratings than the other items describing the manifestations of extramarital affairs. In brief, it can be concluded that;

(1) With a few exceptions all the type or manifestations of extramarital affairs occur among the spouses.

(2) The spouses residing in the study areas may involve in EMA at any stage of marital span. However the rate of involvement of men in EMA is slightly greater than that of women as the mean ratings and standard deviation tables show.

(3) The possibility of the occurrence of extramarital affairs among the spouses whose span of marriage is between one to ten years is greater than the married people whose span of marriages are eleven to twenty or twenty one to thirty years.

(4) The positive straight relationship that exists between EMA and family disruption has proved that extramarital affairs destabilize family setup affecting everyone in the family. Extramarital Affairs can cause depression anxiety and other mental disorder among the spouses as well as the children. The involvement in EMA robs the spouses of their matrimonial bliss. Last but not the least, that more or less all types of Extramarital Affairs are being occurred among the spouses in our own country; The Islamic Republic of Pakistan.

Acknowledgment

I would like to express my cordial gratefulness to my teacher Amjad Ali who guided me to the right direction and made me avail the excellent opportunity to do this magnificent study on the sensitive topic of "Extramarital Affairs and Family Disruption in Pakistani society" which also helped me in doing a lot of Research and I came to know about so many new things. I would also like to show gratitude to my mother and brothers who helped me a great deal in completing this study just in six months.

References

- Ackerman, L. A. (1971). Marital Instability and Juvenile Delinquency Among the Nez Percés. *American Anthropologist*, 73(3), 595-603.
- Al-Hibri, A. (2005). The Nature of the Islamic Marriage: Sacramental, covenantal, or contractual. *Covenant marriage in comparative perspective*, 182, 204-207.
- Ali, K. (2015). *Sexual ethics and Islam: Feminist reflections on Qur'an, Hadith and Jurisprudence*: Oneworld Publications.
- Atwood, J. D., & Seifer, M. (1997). Extramarital affairs and constructed meanings: A social constructionist therapeutic approach. *American Journal of Family Therapy*, 25(1), 55-75.
- Blow, A. J., & Hartnett, K. (2005). Infidelity in committed relationships I: A methodological review. *Journal of marital and family therapy*, 31(2), 183-216.
- Carpenter, L. M., Nathanson, C. A., & Kim, Y. J. (2009). Physical women, emotional men: Gender and sexual satisfaction in midlife. *Archives of Sexual Behavior*, 38(1), 87-107.
- Chachuła, G., Kucharski, H., Lubaś, A., Małachowska, K., & Martinovski, B. (2009). *The influence of selected aspects of Islam on advertising efforts*. Paper presented at the The 16th NIC Conference on Intercultural Communication, University of Borås, Sweden.
- Chang, J.-S. (1999). Scripting extramarital affairs: Marital mores, gender politics, and infidelity in Taiwan. *Modern China*, 25(1), 69-99.
- Elbaum, P. L. (1981). The dynamics, implications and treatment of extramarital sexual relationships for the family therapist. *Journal of marital and family therapy*, 7(4), 489-495.
- Eniola, S. G. (2013). An Islamic Perspective of Sex and Sexuality: A lesson for Contemporary Muslim. *IOSR Journal of Humanities and Social Science (IOSR-JHSS)*, 12(2), 20.
- Fan, C. S., & Lui, H. K. (2004). Extramarital affairs, marital satisfaction, and divorce: Evidence from Hong Kong. *Contemporary Economic Policy*, 22(4), 442-452.
- Fineman, M. A. (1993). Our sacred institution: the ideal of the family in American law and society. *Utah L. Rev.*, 387.
- Fisher, A. D., Corona, G., Bandini, E., Mannucci, E., Lotti, F., Boddi, V., . . . Maggi, M. (2009). Psychobiological correlates of extramarital affairs and differences between stable and occasional infidelity among men with sexual dysfunctions. *The journal of sexual medicine*, 6(3), 866-875.
- Friedman, A., Weinberg, H., & Pines, A. M. (1998). Sexuality and motherhood: Mutually exclusive in perception of women. *Sex Roles*, 38(9-10), 781-800.

Extramarital Affairs and Family Disruption April,2019

- Glass, S. P., & Wright, T. L. (1977). The relationship of extramarital sex, length of marriage, and sex differences on marital satisfaction and romanticism: Athanasiou's data reanalyzed. *Journal of Marriage and the Family*, 691-703.
- Glass, S. P., & Wright, T. L. (1985). Sex differences in type of extramarital involvement and marital dissatisfaction. *Sex Roles*, 12(9-10), 1101-1120.
- Glass, S. P., & Wright, T. L. (1992). Justifications for extramarital relationships: The association between attitudes, behaviors, and gender. *Journal of Sex Research*, 29(3), 361-387.
- Hackathorn, J. M. (2011). *Sexual_Satisfaction_in_Marriage* (1). pdf.
- Humphrey, F. (1987). Treating extramarital sexual relationships in sex and couples therapy. *Integrating sex and marital therapy: A clinical guide*, 149-170.
- Janesick, V. J. (1994). The dance of qualitative research design: Metaphor, methodolatry, and meaning.
- Kuroki, M. (2013). Opposite-sex coworkers and marital infidelity. *Economics Letters*, 118(1), 71-73.
- Lundberg, S., & Pollak, R. A. (1996). Bargaining and distribution in marriage. *Journal of economic perspectives*, 10(4), 139-158.
- Martin, G. L. (1989). Relationship, romance, and sexual addiction in extramarital affairs. *Journal of Psychology and Christianity*.
- Merriam, S. B. (1998). *Qualitative Research and Case Study Applications in Education. Revised and Expanded from "Case Study Research in Education."*: ERIC.
- Moller, N. P., & Vossler, A. (2015). Defining infidelity in research and couple counseling: A qualitative study. *Journal of sex & marital therapy*, 41(5), 487-497.
- Paul, L., Foss, M. A., & Baenninger, M. A. (1996). Double standards for sexual jealousy. *Human Nature*, 7(3), 291-321.
- Previti, D., & Amato, P. R. (2004). Is infidelity a cause or a consequence of poor marital quality? *Journal of Social and Personal Relationships*, 21(2), 217-230.
- Rotundo, M., Nguyen, D.-H., & Sackett, P. R. (2001). A meta-analytic review of gender differences in perceptions of sexual harassment. *Journal of Applied Psychology*, 86(5), 914.
- Stone, L. (1979). *The family, sex and marriage in England 1500-1800* (Vol. 43): Citeseer.
- Suhail, K. (2003). Phenomenology of delusions in Pakistani patients: Effect of gender and social class. *Psychopathology*, 36(4), 195-199.
- Thompson, A. P. (1983). Extramarital sex: A review of the research literature. *Journal of Sex Research*, 19(1), 1-22.
- Thornton, A. (1989). Changing attitudes toward family issues in the United States. *Journal of Marriage and the Family*, 873-893.
- Welch, L. J., & Cahall, P. (2018). An Examination of the Role of Faith in Matrimonial Consent and the Consequences for the Sacrament of Marriage. *Nova et vetera*, 16(1), 311-342.
- Wiesner-Hanks, M. (2014). *Christianity and sexuality in the early modern world: Regulating desire, reforming practice*: Routledge.
- Zitzman, S. T., & Butler, M. H. (2009). Wives' experience of husbands' pornography use and concomitant deception as an attachment threat in the adult pair-bond relationship. *Sexual Addiction & Compulsivity*, 16(3), 210-240.

Author

Ambreen Fatima.

A student of MPhil Gender Study PU Lahore.

Registration No.015-dws-10

Mianchannu, Khanewal. Punjab (Pakistan)

Email: ambernoor626@gmail.com

Contact: +92 3156239364