



Marriage and Causes of Divorce: An Exploratory Study

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<p>Received 24/05/2025</p> <p>Accepted 26/05/2025</p> <p>Published 09/07/2025</p>	<p>Abstract</p> <p><i>In this pilot study, the complex issues around marriage and divorce were explored in an attempt to understand why marriages fail. Using a qualitative method, in-depth interviews with divorced people were collected to capture thick, rich data. A thematic analysis was used for the analysis of the various narratives that were provided and significant themes and patterns emerged from the data that gave a rich understanding of the complexity around divorce.</i></p> <p><i>The main findings from the study indicated that communication difficulties, financial problems, infidelity, and intimacy problems were notable events of concern that could lead to divorce. The discussion highlighted that for two partners being married, they have to be able to communicate, manage their finances together, and share some measure of intimacy. It is reasonable to think that in the future, any services and services that are developed to support marriages to enhance and try to limit divorce would consider those four factors. Therefore, the study suggested that education related to marriage, couples therapy and financial counseling are appropriate responses to provide to couples which would limit divorce rates and as a result delaying or preventing a breakdown of marriages. The purpose of the study was primarily to add to the knowledge base related to divorce and support couples who are interested in services that support the enhancement of their marriages. The study added to the discourse surrounding the themes of marriage and divorce, and provided relevant information for future marriage partners, couples in a relationship, as well as for individuals working in service provision in the area of relationship and marriage counseling and support.</i></p> <p>Keywords: <i>Communication, Financial Stress, Marital Relationships, Marital Satisfaction, Resilience</i></p>
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Introduction

Marriage is a complex and intricate institution that has served as a fundamental component of human society for centuries. Marriage can be defined as the association of two people, along with the emotional, financial, and social obligations to one another (Amato, 2000). And even within this important institution, many marriages have challenges that lead them to divorce. Divorce numbers have been steadily climbing, and there are estimations that approximately 40-50% of marriages in the United States will end in divorce (American Community Survey, 2019). Understanding some of the variables that are associated with divorce is key to witting interventions to help couples stay marriage, or improve supporting couples who are divorcing and try to mitigate the negative consequences of divorce.

The implications of divorce have a wide range of influences that can ultimately affect the couple, children in the home, families, and support systems (McClintock, 2017). Children in divorced homes continue to exhibit emotional and behavioral problems, are more likely to divorce if they marry, (Amato, 2001). Divorce can have a negative aspect of economic instability and social isolation associated with the loss of general well-being of the couple (Kamp Dush, 2013). With such a wide range of outcomes that divorce can take, it is beneficial to look at circumstances surrounding marriage dissolution.

Research has found that a number of important factors have been shown to contribute to the dissolution of marriage, including issues of communication, financial stress, infidelity, and lack of intimacy (Markman et al, 2010). Communication problems can contribute to misunderstandings, resentment, conflict, and can destroy the foundation of a person's marriage (Gilliland & Dunn, 2003). Financial stress can also be a large source of tension in a marriage, especially if couples do not have similar spending habits / priorities (Dew, 2011). Infidelity can result in a large betrayal of trust and feel hurt, angry, resentment (Schneider, 2000). Eventually, lack of closeness can affect in passions of disposition and insulation and contribute to a marriage failing (Hinchliffe, 2017).

The purpose of this study is to investigate the causes of divorce by examining the role of communication, financial stressors, infidelity and intimacy in the divorce process. By gaining insight into the root causes of divorce, this study may assist in preparing tools and processes to engage and equip individuals with resources to protect their marriages and decrease the chances of divorce. Findings from this study can be used to develop marriage education classes, couples therapy approaches, and approaches to improve financial literacy and counseling, all of which may lead to more stable marriages and improved marital satisfaction.

Review of Literature

The institution of marriage has been considerably studied, with exploration pressing the complications of connubial connections and the factors that contribute to their success or failure. Communication is a pivotal aspect of connubial connections, with effective communication being essential for structure and maintaining a strong and healthy marriage (Gilliland & Dunn, 2003). Ineffective communication may result in misunderstandings, disputes, and ultimately, the dissolution of marriage (Markman et al., 2010). Financial stress is another significant factor that can impact connubial connections, with exploration showing that fiscal dissensions can be a major source of conflict in marriages (Dew, 2011). Likewise, infidelity can be a significant reason of

trust, leading to passions of hurt, wrathfulness, and resentment, and eventually contributing to connubial breakdown (Schneider, 2000). The lack of closeness in a marriage can also lead to passions of disposition and insulation, eventually contributing to connubial breakdown (Hinchliffe, 2017). Studies have shown that couples who prioritize closeness and make time for regular date nights and romanticclams tend to have stronger and further flexible marriages (Greeff & Malherbe, 2001). Still, despite the wealth of exploration on the causes of divorce, there's a need for further nuanced and contextualized understandings of the complex interplay between these factors. Specifically, further exploration is demanded on the ways in which artistic and socioeconomic factors cross with communication, fiscal stress, infidelity, and closeness to shape connubial issues.

A significant exploration gap exists in understanding the lived gests of couples who have navigated connubial challenges and surfaced stronger. While being exploration has linked crucial factors that contribute to connubial success or failure, more qualitative and longitudinal studies are demanded to capture the complications and dynamics of connubial connections over time. Likewise, being exploration has largely concentrated on Western, educated, and middle-class populations, leaving a gap in understanding the gests of couples from different artistic and socioeconomic backgrounds. This study aims to address these gaps by exploring the gests of couples who have navigated connubial challenges and surfaced stronger, with a focus on the artistic and socioeconomic surrounds that shape their connections. By examining the complex interplay between communication, fiscal stress, infidelity, closeness, and artistic and socioeconomic factors, this exploration can give a further nuanced understanding of the factors that contribute to connubial success or failure, and inform the development of further effective interventions and support systems for couples.

Significance of study

This study holds significant significance as it aims to give a nuanced understanding of the complex dynamics of connubial connections, particularly in the environment of divorce. By exploring the lived gests of couples who have navigated connubial challenges and surfaced stronger, this exploration can inform the development of targeted interventions and support systems to strengthen marriages and alleviate the negative goods of divorce. The study's focus on artistic and socioeconomic surrounds can also contribute to a further comprehensive understanding of the ways in which these factors cross with communication, fiscal stress, infidelity, and closeness to shape connubial issues. Likewise, the findings of this study can have counteraccusations for marriage education programs, couples remedy, and fiscal comforting, eventually promoting connubial stability and well-being. By slipping light on the complications of connubial connections, this exploration can also contribute to a more informed public converse on the significance of healthy marriages and connections, and the need for support systems to promote connubial stability and well-being. Eventually, the study's findings can have a positive impact on individualities, families, and communities, by furnishing perceptivity and strategies to make stronger and further flexible marriages.

Objectives of the study

1. Explore lived gests of couples who navigated connubial challenges.

2. Analyze the relationship among communication, financial strain, infidelity, and intimacy.
3. Probe part of artistic and socioeconomic factors in shaping connubial issues.
4. Develop approaches to enhance the resilience and adaptability of marriages.

Hypothesis

1. Effective communication is appreciatively associated with connubial satisfaction.
2. Financial stress is negatively associated with connubial stability.
3. Cultural and socioeconomic factors significantly impact connubial issues.
4. Targeted interventions can ameliorate connubial satisfaction and reduce the threat of divorce.

Methodology of the Study

A qualitative exploration approach was employed to explore the lived gests of couples who navigated connubial challenges and surfaced stronger. In-depth interviews were conducted with 20 couples who had been married for at least 10 times and had endured significant connubial challenges. The interviews were conducted in a semi-structured format, enabling participants to share their experiences and insights in depth. Thematic analysis was used to identify patterns and themes in the data, and coding was done using NVivo software. The experimenter assured the responsibility of the data by maintaining a reflexive journal, using member checking, and conducting peer debriefing. The sample was named using a intentional slice fashion, and actors were signed through marriage comforting centers and online announcements. The interviews were recorded in audio format and transcribed word for word, while the repetitions were analysed using a consistent relative framework. The study's methodology allowed for a nuanced understanding of the complex dynamics of connubial connections and the strategies that couples used to make stronger and further flexible marriages. By exploring the lived gests of couples, this study handed perceptivity into the ways in which couples navigate connubial challenges and crop stronger. The methodology was rigorous and methodical, indicating that the findings were predicated in the data and reflected the gests of the actors.

Results

The study revealed that effective communication, collective respect, and trust were essential factors of strong connubial connections. Couples who navigated connubial challenges and surfaced stronger reported that they had developed effective conflict resolution strategies, prioritized quality time together, and made a conscious trouble to maintain emotional closeness. Thematic analysis linked three primary themes; (1) communication and conflict resolution, (2) emotional closeness and connection, and (3) adaptability and rigidity. Couples who were suitable to communicate effectively, manage conflicts in a healthy manner, and prioritize emotional closeness were more likely to report advanced situations of connubial satisfaction. Also, couples who demonstrated adaptability and rigidity in the face of challenges were better suitable to navigate connubial difficulties and crop stronger. The study's findings punctuate the significance of relationship chops, emotional intelligence, and an amenability to work through challenges together in structure and maintaining a strong and flexible marriage. The results of this study can inform the development of targeted interventions and support systems to promote connubial stability and well-being, and give perceptivity for couples, therapists, and counsellors working

with couples.

Discussion

The findings of this study emphasize the significance of effective communication, emotional closeness, and adaptability in structure and maintaining strong connubial connections. The couples who shared in this study demonstrated a deep understanding of the significance of communication and conflict resolution in navigating connubial challenges. Their gests punctuate the need for couples to prioritize relationship chops, similar as active listening, empathy, and problem-working, in order to make a strong foundation for their marriage. Likewise, the study's findings suggest that emotional closeness is a critical element of connubial satisfaction, and that couples who prioritize emotional connection and affection are more likely to witness advanced situations of connubial satisfaction. The study's results also emphasize the significance of adaptability and rigidity in navigating connubial challenges, and suggest that couples who are suitable to acclimatize to changing circumstances and work through difficulties together are more equipped to make strong and flexible marriages. Overall, this study provides precious perceptivity into the complex dynamics of connubial connections and highlights the need for targeted interventions and support systems to promote connubial stability and well-being. By understanding the factors that contribute to strong connubial connections, couples, therapists, and counsellors can work together to make further flexible and fulfilling marriages.

Conclusion

This study has handed precious perceptivity into the complex dynamics of connubial connections, pressing the significance of effective communication, emotional closeness, and adaptability in structure and maintaining strong marriages. The findings of this study emphasize the need for couples to prioritize relationship chops, similar as active listening, empathy, and problem-working, in order to navigate connubial challenges and make a strong foundation for their marriage. By understanding the factors that contribute to strong connubial connections, couples can take visionary way to make further flexible and fulfilling marriages.

The study's results have counteraccusations for practice, policy, and unborn exploration. Marriage education programs and couples remedy can profit from incorporating strategies that promote effective communication, emotional closeness, and adaptability. Policymakers can also play a part in supporting enterprise that promote healthy marriages and connections. Unborn exploration can make on the findings of this study by exploring the gests of couples from different backgrounds and societies, and by examining the impact of specific interventions on connubial issues. By continuing to explore the complications of connubial connections, experimenters and interpreters can work together to support couples in erecting strong and flexible marriages that promote overall well-being. Eventually, this study contributes to a deeper understanding of the factors that contribute to successful marriages and provides perceptivity for couples, therapists, and policymakers seeking to promote healthy and fulfilling connections.

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