

## Review Article

# Factors involving extramarital affairs among married adults in Bangladesh

Yasmin Jahan<sup>1\*</sup>, Abu Sayeed Chowdhury<sup>1</sup>, S. M. Atiqur Rahman<sup>2</sup>, Sajeda Chowdhury<sup>3</sup>,  
Zara Khair<sup>1</sup>, K. A. T. M. Ehsanul Huq<sup>1</sup>, Md Moshir Rahman<sup>3</sup>

<sup>1</sup>Graduate School of Biomedical & Health Sciences, <sup>3</sup>Institute of Biomedical & Health Sciences, Hiroshima University, Japan

<sup>2</sup>School of Health, University of New England, Australia

**Received:** 05 March 2017

**Accepted:** 31 March 2017

### \*Correspondence:

Dr. Yasmin Jahan,

E-mail: [d160207@hiroshima-u.ac.jp](mailto:d160207@hiroshima-u.ac.jp)

**Copyright:** © the author(s), publisher and licensee Medip Academy. This is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial License, which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

## ABSTRACT

Extramarital affairs have become a common occurrence in modern society. Many studies have pointed to the lack of variety in a relationship as a contributing factor related to divorce and extramarital affairs. This study wants to explore the reasons behind developing the extramarital affair in married adults. The study is based upon the information gathered through scanning newspapers, journals, books, and browsing the Internet and all related papers which were published from 1980 to 2016. However, there is a limited data on the specific topic. After reviewing literatures, we found some common factors that might be responsible for extramarital affairs. Based on that we have made some recommendations for lowering this devastating situation. From this study, we expect that the stakeholders and policy makers can develop some new thoughts and strategies to let down this overwhelming condition.

**Keywords:** Extramarital affair, Married adults, Bangladesh

## INTRODUCTION

Marriage is commonly understood as relatively enduring relationship between male and female as husband and wife.<sup>1</sup> It is a bond by which a man and a woman gain the religious, social and legal recognition to live together.<sup>2</sup> It creates mutual obligations between husband and wife.<sup>3</sup> Marriage is well-known as the widely-accepted system to shape the male-female conjugal life across the world through an undisputed approval for reproduction of children.<sup>4,5</sup> No religion permits to satisfy this biological need outside the wedlock.<sup>6</sup> Sex outside the marriage is adultery and is known as extramarital affairs.<sup>7</sup> Extramarital (EM) sex occurs when a married person engages in sexual activity with someone other than his or her spouse.<sup>8,9</sup> Another perspective defines that

EM is also pertinent to an unmarried person having sex with a married one.<sup>10,11</sup> Kinsey et al showed that approximately half of married men and a quarter of married women participate in at least one EM affair during their lives.<sup>12</sup> Extramarital affairs involve the infidelity (physical, emotional, mental) of someone who is married.<sup>13,14</sup> It is estimated that roughly 30% to 60% of all married individuals (in the United States) will engage in infidelity at some point during their marriage.<sup>15</sup>

Infidelity is becoming more common among people under 30 years of age.<sup>16</sup> Many experts believe this increases in cheating is due to greater opportunity (time spent away from a spouse), as well as young people developing the habit of having multiple sexual partners before marriage.<sup>17,18</sup> Seeking for mental support and

pleasure to a person because of lack of variation in married life is a leading cause of an increase in the extramarital affair.<sup>19,20</sup> It indicates to pertinence of a strong correlation between individual desires and they are being engaged into diversified sexual or similar experiences, rather than the uncommitted ones.<sup>21</sup> This incidence can be identified as an outcome of perceived reverberation that finally results in attempts to break any feeling of conjugal life related mental fatigue.<sup>22</sup> Now-a-day, extramarital affairs have become a common marriage problem.<sup>23</sup> Any grimy marital status can also be entitled as “extra-marital” affair that has knocked down the balanced relationship of a married couple.<sup>22,24</sup> Bassard defined a marital problem (problematic marriage) as a breakdown in the communication among couples, which results in constant verbal argument, physical aggression, psychological, emotional and physical separation.<sup>25-27</sup> All of these may lead to an end in divorce.<sup>28</sup> Unfaithful association of a married individual finally results into a longer period illegitimate love relationship, to say specifically, an extramarital affair.<sup>29,30</sup>

An extramarital affair is related to a kind of sex problem and has been identified as one of the problems in marital relationship.<sup>31</sup> Several types and variations in extramarital affairs has been identified, for example, one night affair, emotional outbreak affair, emotional sexual affair, sexual addict affair.<sup>32,33</sup> Due to failure in fulfilling specific conjugal life demands, related factors affect the marriage relationship and can transpire an extramarital affair.<sup>34,35</sup> Some factors are expectation gap, difference of opinion and psychological deprivation, break in communication, sexual incompatibility, unemployment, childlessness, differences in interest, age at marriage.<sup>36</sup> Olayinka has highlighted the possibility of transpiring a knockdown in the balance of marriage relationship due to appropriate level and amount of communication between the married couple.<sup>37,38</sup> Incongruity in sexual demand satisfaction is among other causes of promoting marital instability.<sup>39</sup>

The widespread impacts of extramarital affair are undoubtedly unexaggerated considering the deep-seeded influence upon every single member of the family of the individual.<sup>40</sup> However, a problem is best solved when the root causes are discovered and dealt with proper consideration.<sup>41</sup> Recognizing importance of each-other’s choice is one of the most significant capabilities for resolution of problems induced by the extramarital affair.<sup>42,43</sup> Until now, there is very limited study of these issues. Now-a-day, percentage of divorce, violence, suicide such kinds of family discord is increasing among the developing countries like Bangladesh.<sup>44</sup> Somehow extramarital affair can be a contributing cause for such kind of activities.<sup>45,46</sup> We need to find out the causes, which are accountable for this kind of activities. This study wants to review the factors are responsible for extramarital affairs among married adults in Bangladesh.

## LITERATURE REVIEW

Extramarital affairs have received some scholarly attention now-a-days.<sup>47</sup> According to the latest data from the National Opinion Research Center’s General Society (NORCGS) survey was published on The Atlantic magazine (American Journal) that, the percentage of wives having affairs almost 40% during the last two decades to 14.7% in 2010, while the number of men admitting to extramarital affairs held constant at 21 percent, results vary by age.<sup>48</sup> Among Baby Boomers, age 49-66, 29% of males and 16% of females admitted to adultery. This is probably close to the lifetime rate, and perhaps differs by generation as well.<sup>49</sup> The National Health and Social Life Survey (NHSL) found that 4% of married men, 16% of cohabiting men, and 37% of dating men engaged in acts of sexual infidelity compared to 1% of married women, 8% of cohabiting women, and 17% of women in dating relationships.<sup>50</sup>

According to The Journal of Couples & Relationship Therapy, about 45-55% of married women and 50-60% of married men engage in extramarital sex at some time or another during their relationship.<sup>51</sup> A Study of Married Individuals Seeking to Have an Extramarital found in one survey, 27.2% of first time married men and 22.9% of first time married women were having an extramarital affair at the time of survey and in another study, 32.9% of first time married women had at least one affairs during their married lives.<sup>21</sup> Shirley Glass, a family therapist, found that 46% of unfaithful wives and 62% of unfaithful husbands had affairs with someone at work in her 20-year practice.<sup>32</sup> The effective factor in women’s tendency toward extramarital relationships was the role of moral intelligence as a mediating factor. This study was conducted in Iran and found that there was a significant relationship between integrity and extramarital relationships.<sup>52</sup> A group of sociologists recognized three different categories of extramarital affairs as emotional involvement without sexual intercourse, only sexual without emotional involvement and both emotional and sexual involvement.<sup>53</sup>

According to the findings of quite a number of surveys within the national level, 56% male partners among married couples have been identified as involved in extramarital sex.<sup>54</sup> Maccabe attempted to establish a hypothesis that the fulfillment of basic needs for sustaining both intimacy and responsible companionship rather than opting for only the individual has a greater impact on increasing breakup in marriage bonding and to give up mutual responsibilities.<sup>55</sup> Individual’s tendency of drawing sympathetic attention has highly significant and potential positive correlation with extramarital relationship in this region, also, noteworthy association was not observed in other regions.<sup>52,56</sup>

## **METHODOLOGY**

This paper is reviewed based on that papers which were published from 1980 till now. This study is based upon the information gathered through scanning newspapers, journals, books, and browsing the internet. A total 760 article were identified within our database search. After reviewing the abstract and removing duplicate publications, 100 full text articles were reviewed. Out of these articles 54 met the inclusion criteria. In this study, we tried to explore the linkages between extramarital affairs and the related factors, which are responsible for that issue. All the participants were married and also involved in extramarital affairs. After thoroughly reviewing the literatures, we found some common causes, which can be responsible for extra marital relationship. After reviewing, we think these factors can be accountable for extramarital relationship for Bangladesh and as well as other developing scountries.

### ***Marriage***

It is the state of being united to a person of the opposite sex as husband or wife in a consensual and contractual relationship recognized by law we considered as marriage.<sup>57</sup> Formally arranged marriage goes through various experiences, thus requires careful handling of all the situations with patience and good understanding with related people which often become hampered.<sup>58</sup> Another thing is people who marry in their early 20s would most likely have achieved some level of stability and social standing by their mid-30s. An interesting phenomenon is the deprivation of teenage relationship experience.<sup>59</sup> This perceived feeling makes an individual careless enough to fall into an extramarital affair.<sup>58</sup>

### ***Sex***

Sex is perhaps one of the most important reasons, and it is an amalgamation of love and passion between two people. After a certain period, sex can become monotonous and if there is a lack of desire, passion, and romance in the relationship, then it may drive the person to seek it with someone else. Individuals with less self-control and deeper dissatisfaction of sexual desire have the common reason of intense sexual addiction to opposite sex as a fact of searching for extramarital relationship.<sup>58</sup>

### ***Married for the wrong reasons***

Many people enter marriage for the wrong reasons like pressures from family and society. After a point, many people agree to marriage without even getting to know each other. High priority in searching always the best for himself or herself by an individual is another potential factor of causing extramarital relationship. Regardless of the justification, even after being married, this poor tendency often creates emptiness to fill up which the individuals immediately get attracted to another person

meeting their expectation and ultimately their previous relationship ends up.<sup>58</sup>

### ***Becoming parents***

Newcomer parents experience rapid but practical changes in terms of pursuing responsibilities, changes in precedence order, time sharing, etc. The new environment requires tremendous efforts from the mother. Hence, incidences can be found where the male person may have perceived feeling of deprivation with less attention in terms of importance and can be driven to the involvement in extramarital affair in case of less consideration from the women.<sup>58</sup>

### ***Physical dissatisfaction***

It is the most penetrating issue for married persons' involvement in extramarital affair since fulfillment of sexual satisfaction remains as a key phenomenon to sustain physical relationship. Lack of sexual satisfaction ultimately causes expectation gap and married female were found highly sensitive to this issue in several previous studies. The same things can happen in case of male persons in terms of their desire to fulfill sexual discontent through making a new affair and procuring a more responsive partner.<sup>58</sup>

### ***Career advancement***

Discord regarding the question of career and financial establishment is another pathetic reason but reality. It hampers economic solvency of a married couple and intensifies mismanagement of family finance issues triggering the onset of a continuous wrangling. After the effect of this volatile situation surely does not help the mutual cognitive understanding, as it constantly pressurizes the financial stability of the married couple. Long term impact of this issue creates acute scenario with severe conflict of intrinsic remorse and loyalty.<sup>58</sup>

### ***Need for excitement***

Human instinct is quite immeasurable, diversified, and it is impossible to fathom and predict the nature and depth of any desire. A result of which is the outbreak of an extramarital affair through searching for the opportunity of removing boredom, exhaustion as well as for recreation.<sup>58</sup>

### ***No common interests***

The role of negotiation and respect for each other's choice has no alternative to sustain peaceful coexistence in pursuing the conjugal life responsibilities. Any failure to recognize this fact and doing accordingly cause distortion the mutual interest and a sharp cut down in the personal time spending which can lead towards development of an extramarital affair after a certain period of time.<sup>58</sup>

### **Self-esteem problems**

Perceived recognition about self-esteem and cognition about individual's own behavioral aptitude requires balance to maintain sound level of personal judgment. The apparent deprivation of being less or least loved by own husband or wife is a powerful phenomenon and can be easily driven by the feeling of deprivation of companionship and love from partner. Psychological deprivation is not an abstract phenomenon. Therefore, it is not possible to improve mental condition without positive conscience of the individual to overcome the threat of extramarital affair involvement.<sup>60</sup>

### **Social network**

The anonymity and easy availability of online dating now result in many more spouses looking for love outside marriage.<sup>61</sup> In accordance with a recent survey of the American Academy of Matrimonial Lawyers (AAML), for the last five (5) years, an astonishing scenario has been observed by the nation's 81% top divorce attorneys claiming that the easy availability of individual identity and contact in social media is the key promoter behind the rapid increase in divorce rate. Here Facebook remains as the undisputed pioneer with an awful 66% contribution to the online divorce evidence, according to the original source. Like Facebook, there are so many social websites where married persons can express themselves and seek for an extramarital relation.<sup>62</sup>

### **Other issues**

Other factors instigating individual tendency of searching for compassionate love are as follows: i) opportunity to live together even after being committed in a marriage; ii) midlife crisis as a period of psychological stress occurring in middle age (this shapes individual thought to be triggered by a physical, occupational, or domestic event); iii) concerns related to natural deterioration of physical condition (this can cause significant and sometimes unwanted accidental changes in life).<sup>60</sup>

## **DISCUSSION**

The extra-marital affair is one of society's unrecognized relationships.<sup>63</sup> It exists somewhere between the shadows of disapproval and the limelight of prurient speculation.<sup>64</sup> It depends on some common factors which researchers are thinking to be responsible for extramarital affairs among couples; gender, age, religion, educational qualification and other factors of the respondents influenced their perception positively.<sup>22</sup> According to the common social perspective of Bangladesh communities where relationships outside marriage and sudden divorce are becoming more frequent throughout the recent years, the phrase "extramarital affair" is quite undermined.<sup>65</sup> Rather than putting attention, there are even evidences of making troll with it which can occur acute negative downfall in the mass social beliefs and community values

considering the fact as a very ordinary social phenomenon. It's an undeniable fact that tendency of taking any serious social issue a waffle.<sup>66</sup>

Once upon a time, a person might be thought is that true? Can an intimate medium cause someone to betray their husband and wife?<sup>67</sup> But now-a-day it happens frequently and few people are interested to find out the reasons behind it.

There are few studies conducted in Bangladesh like extramarital affair and family discord, and the related problems. However, till now, there is no vibrant data concerning factors responsible for extra marital issues in Bangladesh.

Diversified negative impacts aroused from extramarital affair collapse the foundation of mutual trust and faith in terms of social, family and personal relationship.<sup>68</sup> This unrecoverable damage of trust and faith in eternal relationships is the core reason behind the rapid increase in the divorce rate of Bangladesh.<sup>69</sup> Resilience and negligence to this downfall is quite suicidal as the collapse of any social value or belief or norm gradually takes an epidemic form. Family values are the root learning for children. Most importantly, children have the highly sensitive psychology and cognitive perception. Therefore, any conflicts in their learning or discrepancy of values in the social application permanently damage their adherence to the norms.<sup>4</sup> On the contrary, a child being a victim of impacts of parents' extramarital affair related breakup may be driven by acute psychological disorder if not properly taken care of them.<sup>70</sup> The human society has been evolved through the social values and marriage vow stands based on these grounds; therefore, even after considering the hazardous impacts upon children and greater interest of the family, it becomes very difficult for the couple to forgive the convicted partner.<sup>71</sup> One very definite outcome is the breakdown of a conjugal relationship chain with sexual abstinence and discomfort to become sexually involved with the partner.<sup>4</sup>

In Bangladesh, approximately 90 percent population is Muslim and the remaining ten percent of the people are Hindu, Christian and Buddhist. The beliefs of these religions strongly criticize extramarital sexual activity not only that Islam strongly prohibited doing extra marital relation or sex among the same sex and indeed the true expression of sexuality. As Bangladesh is a Muslim country, Islam regards sex within marriage as one of the good things of life.<sup>4</sup>

## **CONCLUSION**

Insights from the past researches regarding extramarital affairs have elaborately illustrated the catastrophic impacts from individual up to the broader level of society and social relationships. Extreme outcome of an extramarital affair can be the suicidal attempt of the deceived partner, which can never be taken as a usual

incidence. An extramarital affair not only negatively impacts moral and psychological development but also has the chances of developing sexually transmitted diseases. There are a lot of factors responsible for developing extramarital relationship. To uproot this social epidemic, raising awareness among every member of the society is very important starting from the adolescent age group to establish a concrete understanding at the very early life regarding the widespread future threats of the extramarital affair. For individuals already involved in such affairs, after identification of the common factors, recovery guidance through step-by-step family counseling has significance to revitalize the distorted trust considering the future of them and their children. As a concentric effort, counselors have to try utmost for the best utilization of human values to reconstruct the shattered faith among the family members emphasizing on the fact that, forgiving brings more peace than painful separation.

## RECOMMENDATIONS

The Wedlock is a universally accepted ancient revered association of men and women that aims at establishing mutual responsibilities and compulsion to maintain the social structure. To eradicate the incidence of extramarital affairs the following recommendations can be applicable:

1. Psychologists and counselors can design and organize mass media based awareness raising programs on various factors responsible for extramarital affairs through Counseling Association of Bangladesh. These programs can enlighten married couples and youngsters for appropriate learning aimed at keeping adherence to marriage related sexual obligations and challenges.
2. The similar approach can also be applied in the case of academic institutions to educate youths on family, sex and marital counseling. Therefore, enabling their minds to prepare for the responsibilities they are expected to perform when getting into marriage.
3. To educate married couples on the effects of extramarital affair in their married life, open discussion sessions, workshops, and seminars can be arranged.

Bangladesh, with the highest portion of population being Muslims, religion and religious practices can make greater contribution to put an end to extramarital affairs. When both the spouses will be able to achieve strong adherence to religion and strict practices, then their religious obligations will question their soul and keep them away from disloyalty.

*Funding: No funding sources*

*Conflict of interest: None declared*

*Ethical approval: Not required*

## REFERENCES

1. Elizabeth B. Marriage and Domestic Partnership. Stanford Encyclopedia of Philosophy 2016. Available from: <https://plato.stanford.edu/entries/marriage/> Accessed on 23 January 2017.
2. Little W. Marriage and Family. In: Vyain S, Scaramuzzo G, Cody-Rydzewski S, Griffiths H, Strayer E, Keirns N, McGivern R, editors. Introduction to Sociology, 1st Canadian edition, Open Stax College; 2013: 14.
3. Knows J. Family Law: Rights and Obligations between Husband and Wife. Word press blog 2014. Available at <https://juanknows.wordpress.com/2014/08/04/family-law-rights-and-obligations-between-husband-and-wife/>. Accessed on 4 February 2017.
4. Helal MA. Extra marital affair and family discord: Way-out in Islam. IJIT. 2013;2(2):35-44.
5. Nyanungo H. Female husbands without male wives: Women, culture and marriage in Africa. Open Society Initiative for Southern Africa 2014. Available at <http://www.osisa.org/buwa/regional/female-husbands-without-male-wives-women-culture-and-marriage-africa>. Accessed on 9 February 2017.
6. Walshe MC. Buddhism and Sex. English Sangha Trust, Dhammpadipa, London NW3; 2006. Available at <http://www.accesstoinight.org/lib/authors/walshe/whee1225.html>. Accessed on 4 March 2017.
7. Sprinkle P. Does the bible really prohibit sex outside of marriage? Preston Sprinkle 2016. Available at <http://www.prestonsprinkle.com/blogs/theologyintheraw/2016/9/14/does-the-bible-really-prohibit-sex-outside-of-marriage>. Accessed on 1 March 2017.
8. Encyclopedia. Marital Sex - Beliefs about marital sexuality. International Encyclopedia of Marriage and Family 2003. Available at [www.encyclopedia.com/reference/encyclopedias-almanacs-transcripts/marital-sex](http://www.encyclopedia.com/reference/encyclopedias-almanacs-transcripts/marital-sex). Accessed on 12 January 2017.
9. Macmillan Education. Fidelity, infidelity and marriage problems. Macmillan Dictionary 2009. Available at <http://www.macmillandictionary.com/thesaurus-category/british/fidelity-infidelity-and-marriage-problems>. Accessed on 2 March 2017.
10. Abugideiri SE. Seeking tranquility. ISNA Islamic Horizons Magazine 2008. Available at <https://www.isnamatrimonials.net/articles/detail/29>. Accessed on 15 January 2017.
11. Houdmann SM. If an unmarried couple has sex, are they married in God's eyes? GotQuestions.org 2016. Available at <https://www.gotquestions.org/sex-equal-marriage.html> Accessed on 19 January 2017.
12. Kinsey A, Pomeroy W, Martin C, Gebhard P. Sexual Behavior in the Human Female. Philadelphia, USA: Saunders; 1953.

13. Bielski Z. The truth about infidelity: Why researchers say it's time to rethink cheating. *The Globe and Mail* 2016. Available at <http://www.theglobeandmail.com/life/relationships/the-truth-about-infidelity-why-researchers-say-its-time-to-rethink-cheating/article28717694/>. Accessed on 10 January 2017.
14. Johnson S. The Secret World of Emotional Affairs: Key facts about emotional affairs. *Marriage Wellness Institute* 2011. Available at <http://www.goasksuzie.com/the-secret-world-of-emotional-affairs>. Accessed on 11 January 2017.
15. Buss DM, Shackelford TK. Susceptibility to infidelity in the first year of marriage. *J Res Personality*. 1997;31(2):193-221.
16. Davidson J. Once a Cheater, Always a Cheater & other Clichés: Myth or Fact? 2016. Available at <http://joydavidson.com/portfolio/once-a-cheater-always-a-cheater-other-cliches-myth-or-fact/>. Accessed on 14 January 2017.
17. Koutonin MR. It's Valentine's Day: Are You Being Cheated On? *Silicon Africa* 2013. Available at <http://www.siliconafrika.com/its-valentines-day-are-you-being-cheated-on/>. Accessed on 19 January 2017.
18. Whitbourne SK. The Lingering Psychological Effects of Multiple Sex Partners. *Psychology Today* 2013. Available at <https://www.psychologytoday.com/blog/fulfillment-any-age/201304/the-lingering-psychological-effects-multiple-sex-partners>. Accessed on 21 January 2017.
19. Hodgson N. Bipolar disorder and sex: It's time to talk about this emotional minefield. *The Telegraph* 2014. Available at <http://www.telegraph.co.uk/women/sex/11216629/Bipolar-disorder-and-sex-Its-time-to-talk-about-this-emotional-minefield.html>. Accessed on 1 January 2017.
20. Fagan PF. The effects of pornography on individuals, marriage, family, and community. Available at <https://www.movieguide.org/news-articles/the-effects-of-pornography-on-individuals-marriage-family-and-community.html>. Accessed on 9 January 2017.
21. Smith C, Hall R and Daigle J. Monotony in Monogamy: A Study of Married Individuals Seeking to Have an Extramarital. *Am J Psycho Res*. 2010;6(1):97-102.
22. Ogwokhademhe M, Ishola CA. Factors responsible for extramarital affairs as perceived by married adults in Lagos, Nigeria. *Problems of Psychology in The 21st Century*. 2013;6:37-46.
23. Tucker M. Common Marriage Problems: The Extramarital Affair 2012. *Mad about Marriage* 2012. Available at <http://www.madaboutmarriage.com/blog/common-marriage-problems-the-extramarital-affair/>. Accessed on 19 January 2017.
24. Styles R. An affair is usually a sign a relationship is in trouble... but a disturbing number of women believe affairs can actually save their marriage. *Mail Online* 2013. Available at <http://www.dailymail.co.uk/femail/article-2320687/Disturbing-number-women-believe-affairs-actually-SAVE-marriage.Html>. Accessed on 11 January 2017.
25. Flood R. Communication Tools That Saved My Marriage. *Family Life* 2005. Available at <http://www.familylife.com/articles/topics/marriage/saying-married-communication/5-communication-tools-that-saved-my-marriage>. Accessed on 11 January 2017.
26. Sanghani R. When does an argument between lovers become domestic abuse? *The Telegraph* 2014. Available at <http://www.telegraph.co.uk/women/womens-life/11251254/When-does-an-argument-between-lovers-become-domestic-abuse.html>. Accessed on 2 January 2017.
27. Stosny S. Effects of Emotional Abuse: It Hurts When I Love. *Psychology Today* 2008. Available at <https://www.psychologytoday.com/blog/anger-in-the-age-entitlement/200808/effects-emotional-abuse-it-hurts-when-i-love>. Accessed on 15 January 2017.
28. Wong B. All-End-All Marriage Mistakes That Lead to Divorce. *The Huffington Post* 2015. Available at [http://www.huffingtonpost.com/2015/03/05/marriage-mistakes-that-lead-to-divorce\\_n\\_6795674.html](http://www.huffingtonpost.com/2015/03/05/marriage-mistakes-that-lead-to-divorce_n_6795674.html). Accessed on 17 January 2017.
29. Divorce Statistics 2016. Latest Infidelity Statistics of USA. Available at <http://www.divorcestatistics.info/latest-infidelity-statistics-of-usa.html>. Accessed on 17 January 2017.
30. Bullock M. Sexless Relationships. *ELLE* 2013. Available at <http://www.elle.com/beauty/health-fitness/advice/a2450/sexless-relationships-394316/>. Accessed on 12 January 2017.
31. Omarzu J, Miller NA, Schultz C, Timmerman A. Motivations and emotional consequences related to engaging in extramarital relationships. *Int J Sexual Health*. 2012;24(2):154-62.
32. Glass S. Introduction – Not “Just Friend”: Rebuilding Trust and Recovering Your Sanity After Infidelity. *The Free Press* 2003. Available from: <https://www.shirleyglass.com/introduction.htm>. Accessed on 18 January 2017.
33. Word Press Blog. Affair Resources and Advice: Help for ending an affair, healing, and other notes from my personal wreckage. *The Seven Types of Affairs* 2013. Available at <https://affairadvice.wordpress.com/2013/08/24/different-types-of-affairs-yes-it-matters/#more-816>. Accessed on 11 January 2017.
34. Parliament of Australia. Factors contributing to marriage and relationship Breakdown. Chapter 4; P53-65. Available at [http://www.aph.gov.au/Parliamentary\\_Business/Committees/House\\_of\\_Representatives\\_Committees?url=/laca/famserv/chap4-1.pdf](http://www.aph.gov.au/Parliamentary_Business/Committees/House_of_Representatives_Committees?url=/laca/famserv/chap4-1.pdf). Accessed on 7 January 2017.
35. *The Times of India* 2016. What my husband's extramarital affair taught me about love. Available at <http://timesofindia.indiatimes.com/life-style/relationships/soul-curry/What-my-husbands->

- extra-marital-affair-taught-me-about-love/articleshow/54956925.cms. Accessed on 9 February 2017.
36. Earp BD, Sandberg A, Savulescu J. Natural Selection, Childrearing, and the Ethics of Marriage (and Divorce): Building a Case for the Neuroenhancement of Human Relationships. *Philosophy & Technol*. 2012;25(4):561–87.
  37. Gottman J, Silver N. What Makes Marriage Work? It's how you resolve conflict that matters most. *Psychology Today* 2016. Available at <https://www.psychologytoday.com/articles/199403/what-makes-marriage-work>. Accessed on 23 January 2017.
  38. Reeves RV. How to Save Marriage in America. *The Atlantic* 2014. Available at <https://www.theatlantic.com/business/archive/2014/02/how-to-save-marriage-in-america/283732/>. Accessed on 21 January 2017.
  39. Ziaee T, Jannati Y, Mobasheri E, Taghavi T, Abdollahi H, Modanloo M, et al. The Relationship between Marital and Sexual Satisfaction among Married Women Employees at Golestan University of Medical Sciences, Iran. *Iran J Psychiatry Behav Sci*. 2014;8(2):44–51.
  40. Fair RC. A Theory of Extramarital Affairs. *J Political Economy*. 1978;86(1):45-61.
  41. Heiser DR. Problem Solving: The Problem-Solving Framework. Reference for Business. Available at <http://www.referenceforbusiness.com/management/Or-Pr/Problem-Solving.html>. Accessed on 29 January 2017.
  42. Smith JD. Modern Marriage, Men's Extramarital Sex, and HIV Risk in Southeastern Nigeria. *Am J Public Health*. 2007;97(6):997-1005.
  43. Cupach WR, Canary DJ, Vuchinich S, Messman SJ. Conflict - Couple Relationships, Family Relationships, Parent-child Relationships. Marriage and Family Encyclopedia. Available at <http://family.jrank.org/pages/315/Conflict.html>. Accessed on 2 January 2017.
  44. Trivedi JK, Sareen H, Dhyani M. Psychological aspects of widowhood and divorce. *Mens Sana Monographs*. 2009;7(1):37-49.
  45. Hughes R. Does Extramarital Sex Cause Divorce? *The Huffington Post* 2012. Available at [http://www.huffingtonpost.com/robert-hughes/does-extramarital-sex-cau\\_b\\_1567507.html](http://www.huffingtonpost.com/robert-hughes/does-extramarital-sex-cau_b_1567507.html). Accessed on 9 January 2017.
  46. Human Rights Watch. Domestic Violence: Cases of Domestic Violence. Available at <https://www.hrw.org/reports/2000/tanzania/Duhweb-06.html>. Accessed on 5 January 2017.
  47. Ellwood-Clayton B. Unfaithful: Reflections of enchantment, disenchantment...and the mobile phone. Frank & Timme, Verlag für wissenschaftliche Literatur. 2006: 123-145.
  48. Schonfeld Z. Wives are cheating 40% more than they used to, but still 70% as much as men. *The Atlantic* 2013. Available at <https://www.theatlantic.com/national/archive/2013/07/wives-cheating-vs-men/313704/>. Accessed on 7 February 2017.
  49. Walsh S. Everything you always wanted to know about infidelity but were afraid to ask. *Hooking Up Smart* 2013. Available at <http://www.hooking-upsmart.com/2013/07/24/relationshipstrategies/the-definitive-survey-of-infidelity-in-marriage-and-relationships/>. Accessed on 2 February 2017.
  50. Lalasz CB, Weigel DJ. Understanding the relationship between gender and extradyadic relations: The mediating role of sensation seeking on intentions to engage in sexual infidelity. *Personality and Individual Differences*. 2011;50(7):1079-83.
  51. Atwood JD, Schwartz L. Cyber-Sex: The New Affair Treatment Considerations. *J Couples & Relationship Therapy*. 2002;1(3):37-56.
  52. Bozorgi ZD, Zadeh SS. Effective factors in women's tendency toward extramarital relationships: the role of moral intelligence as a mediating factor. *Int J Humanities Cultural Studies*. 2016;3:711-21.
  53. Zhang Y, Zhang Y. Extramarital Affairs in China: A Feminist Approach. Population Association of America 2007, Annual Meeting Program. Available at <http://paa2007.princeton.edu/papers/71430>. Accessed on 20 February 2017.
  54. Tsapelas I, Fisher HE, Aron A. Infidelity: when, where, why. IN WR Cupach and BH Spitzberg, *The Dark Side of Close Relationships II*, New York: Routledge; 2010: 175-196.
  55. McCabe MP. Marriage: every bride's ambition satisfied? *Sexual and Relationship Therapy*. 2004;19(2):131-2.
  56. Clark S. Extra-marital sexual partnerships and male friendships in rural Malawi. *Demographic Res*. 2010;22:1-28.
  57. Baron D. The highest dictionary in the land? The Supreme Court and the definition of "marriage". *The Web of Language and Technology* 2013. Available at <https://illinois.edu/blog/view/25/93323>. Accessed on 4 February 2017.
  58. The Times of India. Twelve reasons why people have extramarital affairs. *Huffington Post* 2015. Available from: <http://timesofindia.indiatimes.com/life-style/relationships/love-sex/12-reasons-why-people-have-extramarital-affairs/articleshow/47418028.cms>. Accessed on 7 February 2017.
  59. National Healthy Marriage Resource Center 2008-2017. Too young to get married? See what the experts say. Available at <http://www.twoofus.org/educational-content/articles/too-young-to-get-married-see-what-the-experts-say/index.aspx>. Accessed on 2 February 2017.
  60. Ashwini A. Causes and Effects of Infidelity. *Infojug* 2008. Available at <http://www.infojug.com/family-articles/causes-and-effects-of-infidelity.html>. Accessed on 11 February 2017.

61. Smith A, Anderson M. Five facts about online dating. Pew Research Center 2016. Available at <http://www.pewresearch.org/facttank/2016/02/29/5-facts-about-online-dating/>. Accessed on 1 February 2017.
62. American Academy of Matrimonial Lawyers (AAML) 2010. Big Surge in Social Networking Evidence Says Survey of Nation's Top Divorce Lawyers. Available at <http://www.aaml.org/about-the-academy/press/press-releases/e-discovery/big-surge-social-networking-evidence-says-survey->. Accessed on 5 February 2017.
63. Kell C. The internal dynamics of the extra-marital relationship: A counselling perspective. *Sexual Marital Therapy*. 1992;7(2):157-72.
64. Sevcik SA. A Family Affair: Representations of The Family Through the French-Algerian War. PhD dissertation submitted at Brown University 2016. Available at <https://repository.library.brown.edu/studio/item/bdr:674099/PDF/>. Accessed on 20 February 2017.
65. Uddin ME. Cross-cultural comparison of marriage relationship between muslim and santal communities in rural Bangladesh. *World Cultures eJournal*. 2009;17(1):1-17.
66. Amin S. Strategies of Power in a Hiccupocracy. *The Daily Star* 2012. Available at <http://www.thedailystar.net/magazine/2012/05/03/perspective.htm>. Accessed on 4 February 2017.
67. Weiss R. Need to Know If a Partner Betrayed You. *Psychology Today* 2015. Available at <https://www.psychologytoday.com/blog/love-and-sex-in-the-digital-age/201509/7-things-you-need-know-if-partner-betrayed-you>. Accessed on 9 February 2017.
68. Charny IW, Parnass S. The impact of extramarital relationships on the continuation of marriages. *Journal of Sex & Marital Therapy*. 1995;21(2):100-15.
69. Faysal MM. Causes of increasing divorce rate: In the context of World & Bangladesh. Available at [https://www.academia.edu/13667272/Causes\\_of\\_increasing\\_divorce\\_rate\\_In\\_the\\_context\\_of\\_World\\_and\\_Bangladesh](https://www.academia.edu/13667272/Causes_of_increasing_divorce_rate_In_the_context_of_World_and_Bangladesh). Accessed on 12 February 2017.
70. Figs K. How to ruin your child's chance of a happy love life: Have an affair - and the damage is WORSE the older they are when you stray. *Mail Online* 2013. Available at <http://www.dailymail.co.uk/femail/article-2313246/How-ruin-childs-chance-happy-love-life-Have-affair--damage-WORSE-older-stray.html>. Accessed on 1 February 2017.
71. Brownback C, Lautenberg S, et al. The Effects of Marriage and Divorce on Families and Children. United States Senate 2004. Available at [http://www.mdrc.org/sites/default/files/testimony\\_6.pdf](http://www.mdrc.org/sites/default/files/testimony_6.pdf). Accessed on 7 February 2017.

**Cite this article as:** Jahan Y, Chowdhury AS, Rahman SMA, Chowdhury S, Khair Z, Huq KATME, et al. Factors involving extramarital affairs among married adults in Bangladesh. *Int J Community Med Public Health* 2017;4:1379-86.