

Long Term Marriages and the Psychology behind Them

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Abstract: *It is very evident that not many studies have been done to examine long-lasting marriages where couples share a happy and comfortable relationship with their spouse. The motive of our study was to understand the psychology behind long-term marriages and what factors play role in helping marriages flourish. Our research also studies whether the love and bonding among the couples changes over time or stay alike. In our qualitative study, we interviewed 43 heterogeneous happy couples who have been married for 25 years or more by now, using a self-made questionnaire containing 40 questions which consisted of both multiple choice and open ended questions. From the responses of the couples we concluded that it is very important to have love, trust, understanding, and a sense of commitment, transparency, ability to sacrifice and many other factors, to have a successful marriage. It is very important to accept the difference in thinking and actions in the spouse because two people cannot think alike. On the contrary, lack of interest, dominance and lack of trust can break down a beautiful relationship. This study can help relationship counsellors in a very productive manner as they can help couples improve their relationships and enrich it again with the love they once felt for each other*

Keywords: Marriage, Psychology, Culture, Family, Compassion

1. Introduction

1.1 Aim

To study the factors affecting successful long-term marriages.

1.2 Introduction to the research

Not many researches have been done on long term marriages and why some marriages tend to last longer a compared to others. To put this problem to rest this research was conducted. Our main motive was to study long term marriages and the psychology behind them. Marriage is the legally and socially prescribed union of two individuals with sexual intimacy. Traditionally, the married couple is monetarily interdependent, stay together, are sexually active and are responsible for their children. Although the institution of marriage remains in favour of the masses it is still not bound to last for long in many cases.

Making sure that any relationship last for long is not easy and the couple has to focus on various factors that are responsible to make the relationship comfortable and nurturing for both the individuals involved in it. For many couples marriage is the means to personal happiness however it is still a give and take relationship and forgetting that is the reason why most marriages fail.

Experts believe that the marriages that tend to last longer meet the expectations of those that are involved and the reason that some marriages fail is because we expect them to fulfil unrealistic expectations. One big reason why people get married is because they seek somebody to spend

their life with. When one spends their life with someone, then the relationship may get emotional and a loving one. When life gets tough and things aren't going well, people generally look for partners who can support them. Marriage offers that kind of facility to stick with one another and share the life.

1.3 Marriage and Family

Times have changed and so has the family system. Earlier, for most newlyweds it was a given to live with the groom's family which may or may not just be restricted to his parents and sibling(s), but also extended family members. Although such big families are a rare sight these days, the modern-day joint families which include the groom's parents, grandparents and unmarried siblings are quite common.

Another common phenomenon we see these days is newlyweds opting to move out of the groom's home into their own abode. And the daughter-in-law and the mother-in-law not getting along with each other is not always the reason behind this trend. Although, it is one of the reasons, many people, including parents and sons, willingly opt for living separately for a number of reasons.

Some parents want to live more freely after retirement doing things they couldn't do when they were employed and taking care of their family. They want to travel more, socialize more, take up hobbies, and have new experiences in life.

Then there are parents who are aware that they are used to managing the household, career, children, and finances their way just because they have been doing it successfully for years. They understand that their son and daughter-in-

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law may want to explore things on their own. They neither want to impose their ways on them nor do they want to change the way they have been living their life so far. Hence, they feel it is in the best interest of the whole family for the son the daughter-in-law to live separately and figure out their own way of living life and doing things.

If we talk about unmarried women, there is a majority of them who want to live separately with their husbands after marriage. This attitude can be attributed to the fact that they hear about or personally know other women who have not had a great experience living with their in-laws.

There are many women and men who have had a troubled childhood and don't want to raise their own children in the same kind of environment that they grew up in. Many find constant interference from the parents, ego clashes, or lack of privacy as major reasons for living separately.

On the flip side, there is (if not a majority but) a considerably big population of unmarried men and women who wish to live in a joint family after marriage. It could be because they have lived in a joint family since their childhood and want to continue living the same way and raise their kids in the same environment impart the same values to them as they did.

There are many couples who believe that living with the parents means they will always have a big support system on which they can rely on whenever somebody is sick, need any advice on crucial matters, have a financial crisis, find managing career, household and children difficult, etc. Big families mean shared responsibilities ensuring each member gets to relax and have a good time while performing their set of household duties to the best of their abilities.

So, it can be said that there are different kinds of people with different upbringings, thought processes, attitudes, and lifestyle. What works for one may not work for another as there is no one size fits all. It majorly comes down to the compatibility and mutual understanding between the two people who have decided to live together.

While these are the various options newlyweds have, the real struggle is society judging them for their choices. The decision to live with the groom's parent or not after the marriage needs to be taken from a practical point of view and should be free from any judgment. There's no need for an outsider's judgment since the ones about to get married and their parents are better judges of what will work for all of them after marriage, but that is often not the case.

Culture and Marriage: Both cross culture and same culture marriages have their pros and cons. Culture and ideology greatly impact a marriage. In marriages where both the husband and wife belong to the same culture there is a degree of facilitation as they don't have to adjust to the

peculiarities of different cultures. They know how to carry themselves in places of worship and in cultural congregations; they have common rituals and mostly common family dynamics

On the other hand in cross cultural marriages adjusting to each other's habits—something all married couples must face—can be amplified by cultural differences. They find themselves at times in a war, of cultural values, and whose values are more correct. They have to learn how to compromise and accept the weaknesses of each culture. And try to acquire the best of both.

Marriages are long term emotional investments and hence require a lot of work, may it be a same culture marriage which has its own problems or a cross cultural marriage which often comes with its own hurdles. It's how the couple tackles these issues that tell whether they will have a long and happy marriage or not.

1.4 Marital Relationships

Marital relationships or marriages are stable and long-term commitments between two people and their families. If love, understanding and commitment is not present the marriage may not be a healthy relationship

1.4.1 A Healthy Marital Relationship

Not only do the people involved feel happy and safe with their spouse, they are able to have those same feelings when alone.

They motivate each other to live life to the fullest. To pursue their dreams and are able to work together toward common goals.

They accept each other for who they are. There aren't any expectations that the other will or needs to change.

They both feel secure in expressing their opinion. They know their spouse will listen and take into consideration their feelings on issues that arise.

Their relationship with each other is their main priority. If something comes up that will cause stress in the relationship they always defer to what is best for the relationship.

Marital problems and conflicts do not cause them to feel insecure. Their spouse can become upset with them without them taking on the attitude that they are no longer loved. They fully understand that conflict is a part of any healthy marital relationship.

If they are asked about their relationship the majority of what they have to say about it is positive.

They are able to communicate in an open and honest way with each other.

They always feel loving, kind and giving toward their spouse.

1.4.2 An Unhealthy Marital Relationship

They feel insecure and needy when not around their spouse. They are dependent on their spouse for security and feelings of happiness.

They judge their spouse's differences. If he or she does not feel as they do about dreams or goals for the future they are unable to work with their spouse in a way that means both get what they want.

When conflict arises, they are unable to solve the problems. They feel stifled as if their spouse does not listen or take into consideration their point of view.

They withdraw intimately by withholding sex or emotionally by withholding love when there is a conflict. Instead of finding solutions to problem one or both of them shuts down and refuses to deal with the conflict.

They do not communicate openly and honestly with their spouse. They lie and withhold important information from each other.

They spend most of their time feeling hurt or worrying about the state of their relationship with their spouse.

They complain to others about their spouse. Instead of talking to their spouse, they invite others into the problems of their marriage.

They do not make their relationship a priority. They put their own desires and level of comfort before the relationship.

They take any criticism from their spouse as an assault instead of being open to his or her feedback.

They manipulate their partner into doing things they are not comfortable doing regardless of the harm it will do the relationship. If they want something they will nag, beg or use emotional blackmail until they get what they want.

1.5 Types of Marriages

The institution of marriage is a universal institution which exists in every society. However, types of marriages differ from society to society. There are four distinguished types of marriages these include, polygamy, polyandry, monogamy and group marriages which are further categorized in sub types.

Polygamy

Polygamy is a type of marriage in which men can marry more than one woman at the same time. Polygamy still exist in many country especially in Islamic countries. The law of majority Islamic states is based on religion or the Sharia. Taking more than one wife is considered normative behavior in Muslim countries. However, in other countries polygamy is considered as unlawful and unethical practice. Polygamy can further be divided into two types, which are as follow, sororal polygamy, non sororal polygamy and polyandry.

Sororal Polygamy

The word sororal is derived from Latin word "soror" which means sisters. When a man is married to two sisters it is called sororal polygamy.

Non Sororal Polygamy

Non sororal polygamy is a type of polygamy in which a man is married to more than one woman but the wives are not biologically related.

Polyandry:

Polyandry is a type of polygamy in which one woman is married to more than one man. This type of marriage is still accepted in some African and Indian tribes. Polyandry is further divided into two types, which are as follow, fraternal and non-fraternal polyandry.

Fraternal Polyandry

Fraternal polyandry is a type of polyandry in which two or more men who are biologically related as brothers take a single woman as their common wife. This type of marriage is still practiced by the Todas tribe of India. Evidence of this type of marriage being common in ancient India can be inferred from the Hindu myth of Mahabharata where the five Pandava brothers took Draupadi as their common wife.

Non-Fraternal Polyandry

In non-fraternal polyandry multiple men take one women as their common wife however, in this type these men or husbands are not biologically related to one another. Moreover, it's the woman's choice to live with the husband with whom she wants to live.

Monogamy:

Monogamy is a universally accepted type of marriage which exists in almost every society. In such type of marriage one man marries one woman. Monogamy is further divided into two sub types: straight monogamy and serial monogamy.

Straight Monogamy

Straight monogamy is the type of monogamy in which a man is married to a woman but in case of divorce or spouse death neither of them can marry again.

Serial Monogamy

Serial monogamy refers to a type of monogamy in which a man is married to a woman but, in case of divorce or death of a spouse they can marry another person.

Group Marriage

Group marriage refers to a type of marriage in which a group of women marry a group of men and all of them have common wives and husbands.

Personality

For the layperson, personality is often defined in terms of social attractiveness. The person with a "good personality" is one who impresses others with his or her ability to get along well with people. Beauty pageant contestants are typically judged not only on their talent and physical attractiveness, but also on their personality, here defined in terms of their popularity with judges, audience and other contestants. Despite the many definitions of the term, investigators generally agree that **personality** is the dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations, and behaviors in various situations. It can also be thought of as a **psychological construct**.

"**Personality** is the dynamic organization within the individual of those psychophysical systems that determine his characteristics behavior and thought" (**Allport**, 1961)

Eysenck defined personality as a more or less stable and enduring organization of a person's character, temperament, intellect, and physique, which determines his unique adjustment to the environment.

Characteristics of Personality

- 1) It has both physical and psychological components.
- 2) Its expression in terms of behavior is fairly unique in a given individual.
- 3) Its main features do not easily change with time.
- 4) It is dynamic in the sense that some of its features may change due to internal or external situational demands. Thus, personality is adaptive to situations.
- 5) Personality is greatly influenced by social interactions.
- 6) Personality refers to particularly persistent qualities of an individual.

Once we are able to characterize someone's personality, we can easily predict how that person will behave in a variety of circumstances.

2. Major Approaches to the Study of Personality

Type Approach: The type approaches attempt to comprehend human personality by examining certain broad patterns in the observed behavioral characteristics of individuals. The Greek physician **Hippocrates** has proposed a typology of personality based on fluid and

humour. He classified people into four types: sanguine, phlegmatic, melancholic and choleric. Similarly, **Sheldon** has also classified using body built and temperament into endomorphic, mesomorph and ectomorph. Friedman and Rosenman have classified individuals into Type- A and Type-B personalities.

Trait Approach: The trait approach focuses on the specific psychological attributes along which individuals tend to differ in consistent and stable ways. It has the following characteristics

- 1) Traits are relatively stable over time.
- 2) They are generally consistent across situations
- 3) Their strengths and combinations vary across individuals leading to individual differences in personality.

A number of psychologists have used traits to formulate their theories of personality.

- 1) Allport's Trait Theory: He gave three types of traits cardinal, central and secondary traits.
- 2) Cattell's Theory: He gave two traits that are source and surface traits using factor analysis and he also gave the 16 Personality Factor Questionnaire.
- 3) Eysenck's Theory: He gave two dimensions of personality that are, Neuroticism vs. emotional stability and extraversion vs. introversion. He also gave Eysenck Personality Questionnaire.

Psychodynamic Approach: Freud's theory of psychosexual development, with special emphasis on the origins and nature of the various character disorders. We then consider the research evidence for the theory of psychosexual development, and show how Freud's theory can be applied to cases involving psychopathology. Freud's fundamental assumption about our mental life was that it is divided into three parts: the **conscious**, the **preconscious**, and the **Unconscious**. He proposed three systems of the mind—id, ego, and superego—that compete for the limited amount of psychic energy available, energy that has its starting point in the instinctual needs of the individual. A number of theorists further developed their ideas following Freud. These theorists have been called neo-analytic or post-Freudian. Carl Jung's theory, and examine the nature of the individual psyche—all the interacting systems within the human personality that account for the mental life and behavior of the person, and the life-process energy that motivates the person to action.

Theoretical perspectives to marriage and family**Selecting a Partner**

Modern Western cultures are somewhat unusual in permitting free choice of one's marital partner. Most societies rely on parental arrangements and severely restrict the range of acceptable partners along religious and class

lines (Ingoldsby, 1995). Partner selection in American culture is a gradual process that begins with dating and moves on to sometimes lengthy periods of courtship.

Endogamy

Endogamy is the tendency of people to marry within their own social group. It has been seen that people tend to marry others of the same race, religion, ethnic background, and social class. This endogamy is promoted by cultural norms and promotes the notion that similarity fosters interpersonal attraction. Although endogamy appears to be declining, this trend has been gradual. For example, interracial marriages have become more common, but they only increased from 1.3 percent of marriages in 1980 to 2.4 percent in 1999.

Homogamy

Homogamy is the tendency of people to marry others who have similar personal characteristics. Among other things, marital partners tend to be similar in age and education, physical attractiveness, attitudes and values, and even vulnerability to psychological disorders. Interestingly, homogamy is associated with longer-lasting and more satisfying marital relations. Deviations from homogamy in age and education do not tend to be symmetrical, as husbands are usually older and better educated than their wives. The typical age gap is about three to four years. Cultural norms that discourage women from dating younger men may contribute to a “marriage squeeze” for women. Without the freedom to date younger men, women are likely to find their pool of potential partners dwindling more rapidly than men of similar age do.

Gender and Mate Selection Preferences

Males and females exhibit both similarities and differences in what they look for in a marital partner. Many characteristics, such as emotional stability, dependability, and a pleasant disposition, are rated highly by both sexes. However, a few crucial differences between men’s and women’s priorities have been found, and these differences appear to be nearly universal across cultures. Women tend to place a higher value than men on potential partners’ socioeconomic status, intelligence, ambition, and financial prospects. In contrast, men consistently show more interest than women in potential partners’ youthfulness and physical attractiveness. Most theorists explain these gender disparities in terms of evolutionary concepts. According to evolutionary theories, all organisms, including humans, are motivated to enhance their chances of passing on their genes to subsequent generations. Human females supposedly accomplish this end not by seeking larger or stronger partners, as in the animal kingdom, but by seeking male partners who possess or are likely to acquire more material resources that can be invested in children. Men, on the other hand, are assumed to maximize their reproductive outlook by seeking female partners with good breeding potential. Thus, men are thought to look for youth, attractiveness, good health, and other characteristics

presumed to be associated with higher fertility. These evolutionary analyses of gender differences in mating are speculative and there are alternative explanations, but they fit with the evidence quite well.

Stimulus-Value-Role Theory

A number of theories have attempted to shed light on the process of mate selection and the development of premarital relationships. We’ll focus on one particularly prominent model, Bernard Murstein’s stimulus-value-role (S-V-R) theory. According to Murstein, couples generally proceed through three stages—the stimulus, value, and role stages—as they move toward marriage.

During the first stage, a person’s attraction to members of the other gender depends mainly on their stimulus value. At this point, the individual focuses on relatively superficial and easily identifiable characteristics of the other person—especially the person’s physical attractiveness, social status, occupational success, and reputation. Murstein borrows from social exchange theory and argues that progress to the next stage depends on the pair’s having relatively similar stimulus value, so as to produce an “even” exchange.

The two persons may derive their stimulus value from different characteristics—one from wealth, say, and the other from beauty. However, progress to stage 2 is thought to depend on the couple’s subjective perception that they possess similar stimulus value. If a couple makes it to the second stage, involving value comparison, the significance of stimulus variables may be reduced. Further progress now depends on compatibility in values. Typically, the pair will begin to explore each other’s attitudes about religion, politics, sex, gender roles, leisure activities, and so forth. If fundamental incompatibilities are uncovered, the relationship may stall at stage 2, or it may come to an end. However, if the two persons discover similarity in values, they are more likely to progress to stage 3. In the role stage, people begin to think about getting married. Hence, they start evaluating whether the other person does a satisfactory job in the role of intimate companion. At this point, individuals focus on the distribution of power in their relationship, the reliability of emotional support, and the quality of their sexual liaison (if they have formed one). Although some people may marry after progressing through only the first two stages, Murstein maintains that marriage is generally delayed until couples are comfortable with role enactments in stage 3.

Murstein’s theory has been questioned on the grounds that courtship relationships do not really evolve through distinct stages. Critics argue that individuals in romantic relationships acquire information about each other’s stimulus characteristics, values, and roles continuously rather than in discrete stages. Although there is some merit to this criticism, S-V-R theory provides a useful overview of the factors that influence whether romantic relationships progress toward marriage.

Predictors of Marital Success

Factors that reliably predict marital success are:

Family background: The marital adjustment of partners is correlated with the marital satisfaction of their parents. People whose parents were divorced are more likely than others to experience divorce themselves. For a number of reasons, marital instability appears to run in families.

Age: The ages of the bride and groom are also related to the likelihood of success. Couples who marry young have higher divorce rates. Surprisingly, couples who marry late also have a higher chance of divorce. Because they are selected from a smaller pool of potential mates, older newlyweds are more likely to differ in age, religion, social status, and education. Such differences may make marriage more challenging regardless of age.

Length of courtship: Longer periods of courtship are associated with a greater probability of marital success. Longer courtships may allow couples to evaluate their compatibility more accurately. Alternatively, the correlation between courtship length and marital success may exist because people who are cautious about marriage have attitudes and values that promote marital stability.

Personality: Generally, studies have found that partners' specific personality traits are not very strong predictors of marital success. That said, there are some traits that show modest correlations with marital adjustment. For example, two negative predictors of marital success are perfectionism and insecurity. In terms of the Big Five personality traits, there is evidence for a negative association between neuroticism and marital adjustment, and some preliminary evidence suggestive of a weak positive association between marital adjustment and both agreeableness and conscientiousness.

Premarital interaction: As you might expect, the degree to which couples get along well during their courtship is predictive of their marital adjustment. Premarital satisfaction is positively correlated with subsequent marital satisfaction. The quality of premarital communication appears especially crucial. For example, the more those prospective mates are negative, sarcastic, insulting and unsupportive during courtship, the greater the likelihood of marital distress and divorce.

In summary, research shows some thought-provoking correlations between couples' premarital characteristics and marital adjustment. However, most of the correlations are relatively small. Thus, there are no proven, reliable premarital predictors of marital success.

Objective

To study the factors responsible for successful long-term marriages.

Hypothesis

H1: There are certain factors and behaviours that influence long-term marriages

H2: There is a correlation between the factors and behaviours observed between two different couples in a long-term marriage.

3. Method

Design of the Test

The design of the study was to study long term marriages and the factors that affect their longevity. And whether two different couples can have the same factors affecting them.

Sample

Sample was collected using Purposive Sampling. To conduct this study, we interviewed 43 individuals who have been in a happy marriage for more than 25 years by now. There was no gender specificity followed, sample included both males and females.

Instructions

The participants were seated comfortably and a friendly conversation was carried out. Then all the required instructions were given to the participants regarding the questionnaire. The questionnaire used contains self-made 40 questions. Questions are a mixture of multiple choice and open ended questions. Participants were told that they need to answer honestly and all the information will be used for research paper only.

Administration

There are 40 items in the questionnaire. The test can be administered individually as well as in pairs (i.e. husband and wife together). There is no time limit for the filling up of the questionnaire. The instruction regarding the filling up of the questionnaire was provided beforehand.

It is always desirable to establish good rapport with the participant whether tested individually or in a group they should be put at ease in a cooperative frame of mind and the test begins. They should be told that they will, in the long run, be doing themselves most good by being frank and trustful in their answers. They should be assured that the responses obtained on the inventory are to be kept as confidential records.

4. Results

Through the responses of the couples being interviewed, it was found that there can be many factors that play cardinal role in making a marriage flourishing and prosperous. Most important of all, in a relationship, love, romance and tenacious attitude (that is the determination to stick together no matter what may come); should be there. Both partners should have trust, respect, and faith in each other. Also, there should be a comfort in sharing and in maintaining transparency because couples believe that these factors

form the core of trust and faith in any relationship. Partners should learn to accept the changes in each other over time and give their spouse enough space to live their life in the way they want. Likewise, when questioned about the reasons why some people choose to get separated, many responses could be fabricated. It was said that ego does the sizeable destruction in a relationship. There is always a lack of trust, love, faith, understanding and patience in partners. Some said, it is immensely important not to keep unrealistic expectations from their mate. While in some cases, people are just not ready to compromise and break through their marriages because they find it easier to run from their responsibilities.

5. Discussion and Conclusion

In our society marriage is thought to be an important social contract between two individuals. But not every marriage tends to last for long. According to a research published in a journal of the Association of Psychological Science, researchers suggest that a happy spouse tends to have a longer and satisfied marriage which is also associated with a healthy and long life. So, what makes an individual happy in a relationship?

The main objective of our research was to study and understand if there are certain factors and behaviours that influence long term marriage. Likewise, if there is any existing correlation between the couples in a long term relationship. So, to study the objective, 43 individuals were interviewed, who have been married for more than 25 years. It was found that many reasons can share hand in deciding whether a marital bond will last for long or not.

Love marriages are still considered a taboo in most parts of our country. Among the people that were interviewed, only 16.2% of the subjects had a love marriage. Which one of the two marriages is a better arrangement? Studies have shown that love married couples do have better marital adjustments because they already know each other well and share a comfortable and understanding relationship. But if Indian statistics are considered, maximum divorces take place in love married couples only. Surveys explained the reasons by saying that couples are not treated well when they decide to choose their own spouse. In such cases, families don't easily accept their daughters-in-laws which only increase the hardships a couple had to go through. On the contrary, arranged marriages last for an extended duration because the marriage has already found its roots in compromise and adjustment. If something gets out of order in their relationship, they simply accept it and work accordingly. Also, there is a consistent pressure from the families that both the individuals have to stick together else they will not be appreciated in the society.

Moreover, in the research, 88.9% of the subjects agree that they do have differences in beliefs and views and it has very often lead to disagreements. But they believe and

accept that 'No two individuals are same'. Wherefore, every time a conflict arise, both sit together, try and understand the different perspective they hold and give space to each other whenever it is needed.

When more time is given to any relationship, it gets stronger with time, blossoms beautifully and fill the life with delightful fragrance. Psychology today in one of its article mention that when couples navigate their leisure time towards their spouse, it cultivates a healthy and stress free relationship. Even the couples being interviewed enunciate that they spend their time doing things they both love like going for dinners, watching movies, playing their favourite games, cooking together or going on long drives or walks. Spending time like this can help people know their spouse better.

Trust is another significant factor that can run a relationship smooth. 91.7% of the subjects trust their partners and say that they will always be loyal and do nothing which can hurt them in anyway. "Without trust it is impossible to have a comfortable bond. So, when we trust the other person, we are conditioned to display our thoughts more openly and honestly." (Says Psychology Today)

Results also show that being able to communicate comfortably and appreciating their partner at times also play an important role in a relationship. Prior studies have shown that both the partners show greater marital satisfaction when they share a friendly commune in their relationship (Zuo, 2012). Likewise, when one make mistake, other should understand their partner and forgive them. At the time of crisis, one should support their partners.

To make a relationship strong, it is vital to understand the importance of compromising. Some situations require to look beyond our own self and stand by the spouse. Love is one respectable factors that governs a relationship but 88.3% of subject set store on the fact that the notion of love has changed in their relationship over time. Former finding, on this claim that in a new relationship love is more about passion, heat and romance. But with it, love takes the form of responsibilities and companionship. This could be one reason why people spend time and engage each other in doing activities which can make their marriage lively and heaven-sent.

When asked about the reasons why some marital relationship last long while others don't, we got numerous responses from the subjects being interviewed. Subjects explain how having love, trust, faith, understanding, transparency, romance, tenacious attitude, being able to compromise, accepting the changes, being able to make a healthy communication play an essential role in any relationship.

Keeping in mind the psychological aspect, many researchers have done numerous researches to support the reason for why some marital relationships sustain longer than others. The Social Penetration Theory (SPT) given by Taylor and Atman explains the roles of communication in any relationship. They explained, initially disclosures are confined to few interpersonal topics, but as the relationship moves further, the number of interaction increases and people start to discuss more about the personal concerns. Changes occur in the length and breadth of self-disclosure with time in a relationship. If people fail to develop this comfort zone, they tend to feel unsatisfied in their relationship and in most cases decide to get free from such bonds.

Similarly, evolutionary psychologist Arnold Buss talk about the role of 'resource acquisition' that how maturity of the partner, social and earning status and age can impact a relationship in any way. He said that these factors are quite gender specific in our inherited reproductive role oriented society. Men display greater interest in characteristics that spell a women's reproductive capacity. Talking about women on the other hand, they look for mate who can help feed and protect her children. So in a long run, if any of the two partners is unable to fulfill their defined roles, conflict arises in a relationship.

Another theory of love by Cindy Hazan and Philip Shaver elucidate how emotional bond with people depends upon the attachment one share with the caregiver during their infancy. This theory briefly explains the relationship between parental styles, attachment pattern and intimate bond during adulthood. Infants mostly develop a secure attachment style while some feel anxious on separating from the caregiver, called anxious-ambivalent attachment. The third category of infants build avoidant- attachment style and these infants don't really connect with their caregiver. Secure adults find it very easy to get attached to others and build trust. Also, they never feel worried about being abandoned by their partners. They describe their partners as behaving warmly and they generally have a happy and long lasting marital relationship. Other categories of people are avoidant adults who report feeling jealousy, emotional turmoil and a fear of intimacy very often in their relationship. The last ones are anxious-avoidant adults who feel extreme jealousy and intimacy attraction in their relationship with their partners. Research has shown that secured attached individual do have more committed, satisfying, interdependent and well-adjusted relationship compared to people with other two types of personality (Collins & Reds; Hendrick & Hendrick, 1990). An anxious-ambivalent style is associated with people who don't prefer to be in a relationship, and the avoidant style is associated with shorter relationships.

Another perspective on the sustainability of wedding is given by Teachman, Polonko & Scanzoni. They say that the marital adjustment is directly related to the marital

satisfaction of their parents. Individuals whose parents get separated are more likely to experience divorce themselves. They also evidently say that marital instability runs within a family because of many reasons. In most cases, when parents face an unsatisfied relationship, children feel the same about marriage too and don't invest many efforts to make it work because of the belief they hold that marriages just don't work.

Furthermore, personality of a person itself plays a sizeable role in deciding the kind of relationship one share with their partners. Dan McAdams studied the 'need for affiliation' in people and he found that most people maintain a rewarding marital relationship with their spouse to look presentable and desirable in the society. And individuals wP around them. He also explained that people show a greater 'need for intimacy' which engage them in deeper self-disclosure and maintain an intimate relationship with their partners than individuals with low need for intimacy.

In addition to this, there are prominent factors which lead to romantic breakup. Sternberg explains that in most marriages, passion reaches its peak early and then declines in intensity, but commitment tends to increase with time. Passionate love tends to peak early and then fight a battle against the erosion on time. Most separations occur in this phase of relationship. Hendrick talks about premature commitment saying that people tend to marry under the influence of love but soon realize that they are not compatible when they start to share their lives.

Braiker & Kelley put into words that disagreement is part of every relationship but where couples go wrong is that they lack effective conflict resolution skills. This inability to resolve conflict effectively appears to be key factor in romantic breakups.

People always talk about the reasons why most relationships break but there is hardly any who will advise changes in lifestyle to make a relationship work. It has been quite recent that many researchers have been working towards finding an answer to this. Enough researches have been done to provide us with some tentative advices. It is suggested that couples should spend plenty of time engaging in self disclosure and knowing about each other. Before anything, efforts should be made to construct a friendly relationship. Also, mutual attempts to fabricate a commitment can help foster more enduring love. Likewise, it is very important to believe in their partner and think positive about them. Conflict arises in every relationship but it is not impossible to tackle them if couple do have effective conflict resolution skills. Marital satisfaction not unattainable, just a little modification in lifestyle can bring a relationship out of turmoil and make it work.

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