



## Intrapersonal and Interpersonal Factors of Marital Conflicts: A Phenomenological Analysis in Pakistan

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### ABSTRACT

Marital conflicts are multi-layered issues that significantly influence the psychosocial functioning of couples and families. It is important to understand this phenomenon within its culture in which it unfolds and is deeply rooted. Therefore, a qualitative study design and interpretative phenomenological technique were used. To explore the study domain of marital interpersonal conflicts, which are defined as recurrent difficulties and problems in relating with other people, an interview guide was devised. For the data collection, seven semi-structured interviews and four focus groups were conducted. Men and women from diverse socioeconomic backgrounds who were married for at least 2 years and have a minimum of one child were recruited through purposive sampling. Thematic analysis discovered six culturally reinforced superordinate themes, including Family (In-Laws) Influence, Lack of Personal Respect and Appreciation, Egocentric and Temperamental-Driven Strain, Marital Incompatibility, Dominance and Control and Destructive Relational Behaviors. These themes further identified multiple factors, which are significant contributors to increased conflicts, such as intrapersonal factors like emotional regulation, behaviors and personality traits, as well as interpersonal characteristics like lack of support, trust, and breach of boundaries, etc. This study emphasizes the importance of culturally relevant interventions for married couples, alongside a discussion of the findings and limitations.

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## 1. Introduction

In Islamic countries like Pakistan, marriage or matrimonial relations is a permissible agreement known as "Nikkah" between a man and woman, which gives them the right to live together, have intimate relations, grow as a family, and present to society as husband and wife (Munir & Akhter, 2018). Marriage can lead to either marital satisfaction or marital conflicts, akin to a coin having two sides. by the collectivistic culture because marriage signifies a social bond with extended families, fostering greater cohesion (Ghazal et al., 2022).

### 1.1. Conceptual Background

Marriage can result in either marital satisfaction or marital conflicts, similar to a coin with two sides. Marital satisfaction, as its name implies, is the state of being content or content in a marriage. George Homans' social exchange theory (Cook et al., 2013) posits that individuals choose marriage based on a rational comparison of cost and benefit analyses with the objective of maximizing behaviours that society approves. In the context of marriage, the other spouse reciprocates this approval (Fowler, 2007). Another perspective known as the cognitive-behavioural approach, given by Aaron Beck, tells about how an individual's thoughts and beliefs can affect marriage and how modifying them can lead to improved marital life (Kalkan & Ersanli, 2008). As married life can be full of change and stresses, a theory named

stress and coping theory, by Lazarus and Folkman, suggests that couples that go through problems like financial strains or arguments will be managed by coping strategies. The stressors and coping are more known as dyadic stress and dyadic coping. A key point is that coping strategies can be either healthy or unhealthy; using healthy strategies can lead to normal functioning and a happy married life. However, unhealthy strategies can lead to dysfunctional and disruptive married life (Boostanipoor & Zaker, 2016).

## **1.2. Theoretical Foundations**

The downside of marriage is marital conflicts, which can hinder the intrapersonal, interpersonal, familial, and communal levels of a married couple. There is a concept known as equity theory, which infers that any relationship will work best when there is equality, meaning that contributing and receiving is balanced. In marriage, when the partner is not receiving a balanced form of resources or responsibilities, it will lead to conflicts between the couple (Guerrero, La Valley, & Farinelli, 2008). Additionally, looking at a broader view, the cultural theory suggests that individuals are influenced more by the cultural norms, traditions, practices, and societal beliefs, and in marriage, couples the same will happen like dowry, marital roles, family systems, etc. (Douglas & Wildavsky, 1983). The universal predictors of both individualistic and collectivistic cultures in having a satisfied life are found to be social support, trust and commitment, intimacy and romance, autonomy, gratitude and forgiveness, and shared time (Kazim & Rafique, 2021). Couples married at a younger age, had less than a 10-year 'age gap, were more educated, had the ability to forgive, and had good communication between them are related to being more satisfied in their marriage (Tavakol et al., 2017).

## **2. Literature Review**

Conflict arises in marital couples from disagreements, arguments and different preferences in life. It mainly depends upon its handling; if it is handled properly, it can result in the betterment of the relationship, and if it is handled inappropriately, it can destroy the intimate relationship (Dildar, Sitwat, & Yasin, 2013). Empirical evidence has shown results that couples who had incompatible goals, interference from other family members, especially in-laws, undefined boundaries, and health-related issues are primary reasons for conflicts. Moreover, research in older couples found that husbands with poor health have more marital conflicts with wives, while the opposite was not found to be significant. In addition, more marital conflicts were seen from wives' side when their husbands had high levels of extroversion, neuroticism, and positivity (Iveniuk et al., 2014). Similarly, romantic jealousy, sexual satisfaction, and responsiveness are known to be predictors of arguments between married couples (Zahid & Tariq, 2020). The literature and theoretical framework gave an overview of how couples and individuals are influenced and can lead to their marriage being contented or problematic for them. Likewise, the research findings highlight the predictors leading to marital conflicts and marital satisfaction. Many earlier studies have looked at marital conflict, but most of them use overall ideas that do not fully consider the cultural realities of Pakistani society. They often ignore how gender roles, family involvement, and social expectations influence the way couples experience conflict. Because of this, it is still do not clearly understand how Pakistani couples actually deal with these problems in their daily lives. A phenomenological approach helps fill this gap because it focuses on people's real experiences and personal meanings, giving a clearer and more culturally accurate picture of marital conflict in Pakistan. Previous studies highlight the reasons and what can lead to what type of marriage; however, there should be qualitative research conducted leading to the formation of a scale which could help to know what problems the couples are actually facing and the assessment modality of it (Mohammad, 2015; Mohammad & Ahmed, 2017).

### **2.1. Objectives of the Study**

To investigate the development of conflicts by identifying prevalent interaction patterns and analysing both individual (intrapersonal) and relational (interpersonal) elements contributing to conflict formation in married relationships.

## **3. Method**

### **3.1. Study Design**

A qualitative approach was used in which married people's lived experiences were explored; while the researcher interprets, the themes emerged from the perspectives of people about the marital conflicts. This approach is called a phenomenological research design. In this design, exploratory methods were used, such as focus groups and semi-structured interviews.

For this purpose, an interview guide was developed based on the nature of the study domain, which covers all important aspects of phenomena to be explored.

### 3.2. Participants

Semi-structured interview: In this step, participants were selected using purposive sampling, with clearly defined inclusion criteria. Only individuals who had been married for more than two years and had at least one child were included in the study. An interview was conducted with the help of an interview guide. A total of 3 men and 4 women were interviewed; their average age was 34 years old. All participants were educated and married for an average of five years. A rich number of cultural representations of interpersonal conflict were witnessed. The participants verbatim was transcribed. Table 1 shows the demographics of the participants.

**Table 1: Demographic Variables of the Semi Structure Interview Participants**

Info	Interview 1	Interview 2	Interview 3	Interview 4	Interview 5	Interview 6	Interview 7
Age (years)	34	38	30	36	37	28	38
Gender	Woman	Man	Woman	Woman	Man	Woman	Man
Education	Masters	Masters	Masters	Masters	PhD	Graduation	Masters
Marriage Duration (years)	5	8	2	7	6	4	5
Work status	Working	Working	Working	Housewife	Working	Housewife	Working
Children (numbers)	2	3	1	3	2	2	2

Focus Groups: In the current study, a total of four focus groups were conducted so that, in less time, a more comprehensive number of items were collated. The same inclusion criteria were used for the semi-structured interview's participants in these focus groups. A complete protocol for the focus group was implemented for the purposeful activity. One focus group was designed for the uneducated individuals, as well as one focus group that was comprised of experts in marital counselling. A total of 18 individuals' men and women, participated in focus groups. One focus group was conducted in person; the rest were conducted on Zoom. Later, the verbatims of the participants were transcribed. Table 2 is depicting the demographics of the participants.

**Table 2: Demographic Variables of the Focus group Participants**

Info	Focus Group 1	Focus Group 2	Focus Group 3	Focus Group 4
Number of participants	5	4	4	5
Gender	Women	Women "Clinical Psychologist"	2 women and 2 men	3 women and 2 men
Mean Age (years)	38	35	32	34
Time	45 Minutes	1 hour and 15 minutes	1 and half Hour	2 hours
Mode	In-person	Zoom	Zoom	Zoom
Education	Education was primary or middle level	Ph.D level Education	Masters	Masters
Socioeconomic status	Lower	Middle	Middle	Middle
No. of children	Arv. 3	Arv.2	Arv.2	Arv.2

### 3.3. Procedure

The aim of this study was to explore the manifestations, experiences, and factors involved in the development of conflicts in the married life of couples within Pakistani culture. For this purpose, interpretative phenomenological technique was used (Smith & Fieldsend, 2021). The study domain was examined, which states the concept, attribute, and behavior that were the target of the study (Raykov & Marcoulides, 2011). In the current study the domain to be explored was marital interpersonal conflicts, which are defined as recurrent difficulties and problems in relating with other people (Yang & Linehan, 2018). Once the domain was

described, the interview guide was prepared considering the guidelines of Pilot and Beck (2017). Semi-structured interviews and focus groups were conducted with the help of this interview guide. The main questions and probe questions, which were included in the guide, were, "What kind of conflict occurs between husband and wife?" "What are the main reasons for these conflicts?" "What are the matters which increase these conflicts?" When the data reached the saturation point, the interviews were stopped. Before the final words, the statements of participants were summarized. Interpreted their statements and clarified their meaning for the correct accuracy and insights.

### 3.4. Data Analysis

The interviews verbatims were transcribed, and data was interpreted by thematic analysis, which helped the researchers to understand the perspectives and lived experiences of the research participants. There are few steps suggested by Braun and Clarke (2006) for the systematic understanding of the verbatims of participants. These steps are theme driven and start with the reading and re-reading of the statements by different members of research and experts for detailed review. After carefully reviewing, initial codes were generated to highlight the important theme of the data. This step leads to the organization of themes systematically; generated codes were explored in whole data, and similar codes were grouped into the sub-themes category, and further, these sub-themes were condensed into a superordinate theme. To increase the credibility and confirmability, any biases were avoided, and agreement on codes and themes was reached by all researchers of the current study. To ensure trustworthiness, the study followed (Lincoln, Guba, & Pilotta, 1985) criteria of credibility, dependability, confirmability, and transferability. Credibility was strengthened through member checking, where participants were asked to review the correctness of their verbatims. To reduce potential bias the process was done within the research team, and contrasting comparisons of themes, reflections and rich interpretations were exchanged and discussed. Dependability was maintained by keeping a detailed audit trail documenting the research process. Confirmability was supported by maintaining notes to ensure that the interpretations reflect the participants' perspectives. Transferability was addressed by offering detailed, rich descriptions of the participants and the study context for generalizability.

### 3.5. Ethical Consideration

All participants provided informed consent before the interviews began. The interviews were audio-recorded with participants' permission, and they were informed of their right to withdraw at any point if they felt uncomfortable. All participant data was kept confidential to ensure their privacy and protect their personal information.

## 4. Results

Through interpretation, multiple sub-themes were identified which further represent superordinate themes. This identification of themes classified marital interpersonal conflicts according to their dynamic of causes and factors involved in the development of conflicts. The following themes were described as the superordinate themes: Family (In-Laws) Interference, Marital Incompatibility, Emotional Distance, Lack of Cooperation, Trust Issues, Lack of Personal Respect and Appreciation, Intolerance and vengeful behaviors, Cognitive Inflexibility, Inequality in Relationship and Temperamental-Driven Strain.

**Table 3: Following Table is Depicting Superordinate and Sub Themes from the Data Analysis**

Serial Number	Superordinate themes	Sub-themes
1	Family (In-Laws) Influence	Neglect: Less priority to life partner Favoritism: More importance to other family members Interference: In-laws' interference in personal matters Invasion: No privacy Rejection: Spouse spend more time with family Overburden: Burden of family tasks Manipulation: Family turns the spouse against
2	Lack of Personal Respect and Appreciation	Undervaluation Disrespect Humiliation

3	Egocentric and Temperamental-Driven Strain	Misinterpretation or Mis judgment Minimization of positives Criticism Self Interest Competition and Jealousy Self-Conceal Emotional reactivity Self-focused behaviors/Self gratification Emotional Manipulation Intolerance/unforgiveness
4	Marital Incompatibility	Financial strain Complaining Lack of understanding Sexual dissatisfaction Lack of trust Breach of boundaries Difference of interest, values and activities Over-correction and unwanted advices
5	Dominance and Control	Commanding Monitoring Unrealistic expectation and sacrifice Emotional suppression Loss of autonomy Decision making control
6	Destructive Relational Behaviors	Disloyalty Neglect of responsibilities Unrealistic comparisons Injustice Poor efficacy External Manipulation

#### 4.1. Family (In-Laws) Influence

Every participant in the study, regardless of gender, reported the significance of family influence on their spouse. Extended family, like in-laws, have meaningful interference in the matters of the couple; they affect the decisions and thoughts of the spouse. In which spouse feels uncomfortable and neglected, as one of the participants stated multiple ways that:

"I am on the last of my life partner's priority list, he would prefer to complete task and listen to his family members, he would not stand in front of his family for me if I needed, He would easily ignore my needs in favor of the in-laws demands."

Another important issue highlighted by participants was the favouritism and interference of the family members, as stated by both a man's and a woman's spouse's family, which influences his or her decision-making and tries to control my life partner. One female participant reported that my husband is under so much of his family's influence that for him,, his family is always right and important. Without discussing with them or disclosing our matters to them, he feels imperfect. They directly influence our decisions about where, how and what direction we should take our lives. Privacy is very important in spousal relationships, as it helps maintain a respectful and healthy relationship; if privacy is invaded, conflicts can arise participants mentioned its significance. When one partner is overwhelmed by the in-law's responsibility and feels he or she is doing more than his capacity, as well as not getting rewards and acknowledgements, it becomes a significant reason for spousal conflict.

"My husband always asks me to take care of his mother's and other family members' tasks; he often asks me to share my stuff and present it to his family. Sometimes it is very difficult for me to look after my family, children and husband's family all at one time; I feel much stress, and my arguments with my husband get started because of this issue."

There are usually traditional gender roles in our culture, with mostly women considered to perform more householders and major responsibilities. One woman stated that:

My in-laws put pressure on my husband by saying that she is lazy, ungrateful and always complaining. They play the victim card and make my life partner guilty regarding me.

One of the male participants reported a similar theme: that my wife's parents make me feel guilty that I am not fulfilling the need seeds of their daughter, and they put different ideas in her mind about how to lead down my family.

#### **4.2. Lack of Personal Respect and Appreciation**

Respect is fundamentally important in any relationship, and appreciating each other strengthens the bond and motivates the continuity of emotional and psychological investments in that relationship. However, if it is taken for granted, the conflicts begin to affect the relationship. Participants reported similar issues: that one's contributions are not valued and are unnoticed. Following are the few examples of verbatim related to the evaluation:

My life partner does not value what I have done for the relationship; he always ignores my investments in the relationship, and it is not a very special thing for him. One male participant reported that my wife sometimes becomes thankless and does not see the things which I have done for her; rather, she only focuses on what I have not done. Many participants reported persistent experiences of being treated as disregarded. One of the participants mentioned that, my husband disrespects me in front of other family members and children; I feel so embarrassed and inferior.

#### **4.3. Egocentric and Temperamental-driven strain**

This superordinate theme was merged after the analyzing further sub-themes, which were manifesting the understanding of one's egocentric traits like self-focused and less interest in other partner's needs, wishes and emotions. It also depicts that how one partners' reactivity and emotional manipulation create instability in marital relationship, as one woman shares that how her husband criticizes her: "My husband does not like the way I perform household chores. He never misses a chance to point out mistakes and criticize me. For example, if I cook, he would say, 'This could have been cooked better,' or 'The salt is too little or too much.' If I clean the house, he highlights even small dust particles". On participant reported: My wife mostly focusses on her own interest task like excessive shopping which further leads to our arguments on not creating balance between household finances. Similar thoughts were identified from the verbatims of other participants as if one woman stated about her husband that: He preferred to do what is good for himself and be indulged in those activities from which I request him to not be indulged.

Human being sometimes get threatened by the goals and achievement of others, and if this point comes between the spousal relationship that rather than enjoying and celebrating the success of spouse, one starts treating him/her as rival, it can cause significance disturbance n relationship. Female participant highlights this tension in the following account: "I have noticed that whenever I achieve something in my career and personal goal, my husband is not there to celebrate with me or will show less interest and excitement, which shows that he is might be jealous. One of the clinical psychologists highlighted that often partners start having competitions consciously an unconsciously with their spouses. They often start hiding their inner self and does not show their real emotions in which result they speak lie to their partners. Emotional reactivity also plays a vital role in the development of conflicts, unpredictable and uncertain reaction from partners can be damaging. Many participants shared their experiences that their spouses shout, use rough language and give instant negative response to the situation.

#### **4.4. Marital Incompatibility**

This superordinate theme emerged indicating the mismatch between husband and wife in terms of temperament, life goals, decisions, and interests. The differences between likes and dislikes can also leads to the conflicts between spouses. There are two dynamics within this theme, intrapersonal and interpersonal factors. There was one participant who added her perspectives that

"My husband does not share with me house expenses details; he also does not give me good enough money to fulfil my needs". One male participant shared his thought regarding tis conflicts that "my wife does not cooperate with me in financial burden; she only knows spending of money but how to manage things according to financial resources she does not understand."

It means that it reduces the lack of empathy and satisfaction within the relationship. The one major impact of this factor is on sexual relationship between the spouses. Many participants reported sexual problems and lack of sexual satisfaction with their partners. One of the female participants said she has lost sexual intimacy in relationship and does not feel any pleasure. One another mentioned that "My wife does not do any intimate and romantic talks; our relationship has become very formal." Lack of trust is also one of the major reasons of the conflicts, as if spouses get suspicious for each other and keep keen supervision of their activities as well as they do not trust each other for their own personal tasks in which result they hide and start doing things is privacy, one of the female participants reported that "My husband does not share with me his personal matters and also does not rely on me for his personal tasks, he would prefer to perform them on his own and ask me to stay away from his belongings and issues". Most of the time the incompatibility occurs in terms of differences of interest, values and activities within the spousal relationship. Similar concept one of the participants mentioned that "My husband has less interest in the upbringing of children; he rather shows interest in other activities and remain busy. One another participant shared that "My life partner does not perform religious activities with me, I am more inclined towards religion but he has less concerns for it, this point of discussion escalates arguments between us".

#### **4.5. Dominance and Control**

In a marital relationship, it is the situation where one spouse imposes authority and power on his or her life partner. They manifest their power in different ways, like controlling the other partner's decisions, choices and behaviors. One of the female participants quoted that "My husband overcorrects me and criticizes me in every task." Another male participant mentioned that "My wife harshly reprimands me and tries to lead me down rudely and make me guilty of not doing things correctly."

Similarly, another female participant mentioned that "My spouse gave me orders and directions; he is the one who made rules for the lifestyle, and I am the one who has to follow them." One male participant also added that "My wife always tells me what to do, what to wear, how to eat and whom I should meet; this sometimes diminishes my sense of activity." Unrealistic expectations are also one of the strong factors in unhealthy marital relationships. These are the demands and unreasonable actions expected for spouses, which are beyond their capacity. One of the male participants addresses this factor: "My wife thinks I am the one who can be anywhere at any time; she expects me to be available for her even in my working hours." One wife reported, "My husband thinks I can do things on my own, and with my work life I can meet and greet regularly with his family members, which is not possible."

Another significant aspect of the dominance is emotional suppression; it occurs when one spouse tries to minimize the emotional needs and expression of the other spouse. One wife reported, "My husband keeps me in constant mental stress." Many experts from the focus groups highlighted that it couples come to them with complaints of loss of autonomy in their relationship. They are not allowed to take any step on their own will. This leads to further emotional suppression and helplessness, which keep them under the manipulation and overcontrol of their spouses. This was reflected in the verbatim of one spouse: "My partner does not give me the right to make decisions even for my own personal matters."

#### **4.6. Destructive Relational Behaviors**

Factors which contribute to destructive relational behaviours is the disloyalty of a life partner, which includes breaching the couple's boundaries and betraying trust through extramarital affairs. This was evident from the verbatim of the participant; she stated, "My husband has an intimate relationship with other girls." One of the male participants reported that "whatever I share with my wife, she discloses to her friends and family; she shares our personal discussion with others."

There are some married couples in which one is doing more than the other partner is and feels overburdened. It can be observed that one is doing fair work, and on the other hand, the other one is not fulfilling his or her responsibilities properly. The experts explained this aspect as well, that in their observation, when a spouse is unsupported by the partner, it can become a major hindrance in the betterment of their marriage. The overburdened spouse feels

resentments and feels neglected. One of the female participants shared her experience of being overburdened; she stated, "My husband is very carefree and does not bother to help me with house chores."

Many spouses developed some strange behaviors, which reflect their dissatisfaction with life partners like comparing him or her with others. Experts highlighted the psychological damage to the spouses; after being compared with others, it created a sense of poor self-esteem. One wife mentioned that "My husband compares my body and appearance with others." There are multiple intrapersonal factors which directly and indirectly affect the marital relationship. One of them is poor self-efficacy; if one partner lacks confidence and ability to solve life matters, that can also influence the other partner. It was explained by one wife, "My husband loses hope very easily and does not try to struggle in tough times."

## **5. Discussion**

The manifestation of marital conflicts can be shaped by the norms and values set by a sociocultural boundary, where culture plays an integral role in the development of marital relationship dynamics. Considering the significance of psychosocial and cultural influence on marital relationships, the current qualitative study was conducted to explore the indigenous factors that marital conflicts. In the present study using the interpretative phenomenological technique, detailed analysis was done of research participants' verbatim, which were collated from focus groups and semi-structured interviews. There were 6 superordinate themes that emerged, including Family (In-Laws) Influence, Lack of Personal Respect and Appreciation, Egocentric and Temperamental-Driven Strain, Marital Incompatibility, Dominance and Control and Destructive Relational Behaviors. These themes are theoretically consistent with previous studies and can be evident in literature, as one study conducted in Iran by Boostanipoor and Zaker (2016), in which they highlighted marital problems, including sexual issues, unhealthy emotional reactions, and problems in maintaining extended family relations of the spouse. Within the Pakistan collectivistic culture family influence and interference have significant roles in the escalation of marital conflicts. Their influence exceptionally creates stress between spouses, as elders, especially parents, influence couples' decisions; whenever the couple indulge in a fight, they try to resolve it (Iqbal, 2013). In this aspect spouses not only give more time and favors to their family but also neglect their partners as well, which can be both emotional and physical. There was a case study, which highlights the impact of emotional neglect within the marriage and individual (Bharati & Daka, 2025).

Lack of respect and appreciation of a spouse is one of the dynamics in marital conflicts, which seriously affect the interpersonal relationships. These actions towards a spouse are a significant hindrance to connecting with each other. One study result was consistent with this theme; it was found that lack of respect, responsibility and differences in decision-making, as well as family interference, which create miscommunication, are the significant reasons for the distress in young couples' marriages. Intrapersonal factors were identified in the superordinate theme of egocentric and temperamental-driven strain. These factors include one partner's nature of criticism, focus on their own interests, having jealousy or competition and poor emotion regulation. It makes the survival of the partner difficult in marriage. A study showed that for the married couple to be well connected, there must be good understanding, pleasant temperament and calm demeanour to prevent the escalation of the conflict (Eshun, 2023). Furthermore, the superordinate theme of marital incompatibility obtained in the current study is consistent with past studies which found that interpersonal skills like communication, like dislikes, lack of understanding and lack of sexual intimacy can face problems (Dildar, Sitwat, & Yasin, 2013; Weigle, 2006). Dominance and control are also two of the major factors which are prevailing in the Pakistani culture, which is patriarchal, where men are mostly in dominance and have control over their spouses (Hadi, 2017).

Pakistan's collectivistic culture has promoted dominance and control of men as compared to women in marital relationships due to the various religious and sociocultural beliefs. This is the learnt behavior and has become the social norm for the men. This has given rise to dissatisfaction and marital conflicts among couples (Ali, Karamali, & Malik, 2014). In the context of destructive behaviors, there are multiple things which can be noted in couples, like unrealistic comparisons. They may compare their married life with others and expect their spouse to be perfect, as they observed in others for the idealized successful marriage, which can create pressure and inadequacy within the relationship (Petrilli et al., 2024). Literature has



also highlighted the disloyalty from the side of one spouse. In the current study, similar aspects were highlighted by the participants: how their partner is not loyal to them and often breaches their trust and boundaries. Rokach and Chan (2023) highlighted in their study that disloyalty and betrayal not only destroy the relationship but also have a destructive impact on the mental health of the partner.

### 5.1. Limitations and Future Suggestions

This study used the holistic approach, which revealed diverse factors contributing to the marital conflicts. It gave a comprehensive understanding of the manifestation, expression, and nature of conflicts among married couples in Pakistan's collectivistic culture. However, there are few limitations considered in this study, as data was achieved at a single point in time, though the conflicts evolve over the course of time, so there is a need for longitudinal studies, which can study how it evolves in the long term. The transferability of the results may be limited due to the specific cultural and contextual characteristics of the participant group future research could incorporate cross-cultural comparative studies that examine similar experiences in different cultural settings. There could be one other limitation: this study relies on self-reported records, which might have created bias or idealised experiences. A future study can add more diverse data for the comparison of conflicts in terms of type of marriage, socioeconomic status, duration of marriage, etc.

## 6. Conclusion

The ongoing phenomenological research of married individuals has demonstrated that both intrapersonal and interpersonal dynamics play key roles in the emergence of marital problems. It emphasized that these disputes are shaped not only by interpersonal interactions but also significantly influenced by individual temperament, beliefs, and behaviours. The present study emphasizes the necessity for customized interventions to resolve these complex marital problems.

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