

Impatience: Rising Marital Conflicts

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ABSTRACT

Background: A marital breakdown due to impatience often occurs from communication mismatches, certain emotional & core personality traits. When left unaddressed, these differences create chronic frustration that can plunge into the destructive patterns of criticism, condemnation and defensiveness. Due to impatience & intolerance attitude of couples, a serious rise of marital conflicts is increasing day by day in India. Certain temperamental characteristics were found in the marital partners from Patiala division who are involved in divorce cases.

Aim: The aim of the study is to identify the statistics of disturbed marriages due to lack of patience among spouses as well as their parental families also. In addition, it also explores certain adverse effects of impatience on marital relationships which become the cause of adverse outcomes.

Methodology: Using a sample of 300 women involved in divorce cases from the four districts (Patiala, Sangrur, Barnala and Fatehgarh Sahib) in Punjab, structured interview schedule is designed to collect data.

Results: More than 80 per cent of marriages are affected due to impatience among spouses that became the serious cause of involvement of women in divorce cases.

Conclusion: impatience in marriage is not simply a temperamental trait. Couples may have to explore such situations and start all over by strengthening their bond through healthy communication. Seeking marriage counseling may assist couples to overcome their issues as long as both partners are willing to work upon it.

Keywords: Lack of patience; marriage; marital disharmony; Divorce; Relationships; temperamental traits

INTRODUCTION

In India, marriage is always considered as a sacred, lifelong spiritual bond of two families rather than just a contract between two individuals. Historically, it was largely an economic or societal arrangement focused on wealth consolidation, lineage and survival. But in recent times, the concept of marriage has undergone a profound transformation. Today, it is evolved into an entirely voluntary partnership based primarily on love, mutual compatibility and individual happiness.

Marriage is a beautiful bond that requires patience, commitment and understanding from both spouses. However in certain times, financial issues, work pressure or may be health troubles can all contribute to the strain on patience within the marital relationship. Now days, it is seen that the spouses prefer to live separate and independent life by their own choice rather living in distressed situation facing every day pain and agony.

There are numerous causes existing in Indian marriages recently which further leads to marital conflicts. These issues are interference of families, major dissimilarities of ideas, certain incompatibilities issues,

financial crisis, effects of drugs and of course high level of impatience and intolerance. Despite an existence of various issues, most of the cases of matrimonial disharmony are bearing the brunt of lack of patience among spouses in Punjab.

OBJECTIVES

There are mainly two objectives of the present study such as to examine the statistics of impatience effects on the married life of couples and to analyse the effects of lack of patience that become the cause of marital disharmony.

RESEARCH METHODOLOGY

The present study is descriptive and explorative in nature. These research methods were considered to be necessary as the study aims at examine the marital disputes by capturing the effects of temperamental issues on married life of spouses and further intolerance/impatience leads to filing of divorce cases by women spouses.

The present study was done in four districts of Patiala division in Punjab namely Patiala, Sangrur, Barnala and Fatehgarh sahib. A sample of 300 female respondents was taken who were involved in divorce cases in the above mentioned four districts. The respondents were taken from the district courts, mediation centres and women cells. Structured interview schedule was used as tool for data collection.

Methodology consist an important part of any research as it provides a plan to proceed towards the objectives of the study. The methodology adopted for present study is primarily exploratory and descriptive in nature which helps in getting an in-depth knowledge of specific factors. The present research paper primarily devotes to certain serious impatience factors which become the cause of women involvement in divorce cases. For collecting an authentic data, a well- structured interview schedule is designed. The counseling process as well as settlement procedure in mediation centres and certain other settlement agencies (women cell, lok adalats etc.) has also been attended, to bring about more accuracy and originality in the data. Besides this, observation and group discussion is also carried out whenever necessary.

It is significant to note that the present research is done only on female spouses. But in certain cases, the male spouses are also being inquired to gain an in-depth knowledge regarding certain concealed factors. The male partners, both of the parental families and other relatives are also being questioned to collect accurate data according to the research need. Apart from this, the view point of counsellors and mediators has also been held to know the reality of certain factors which lead the spouses to involve in divorce petitions. So, observation method is proved very fruitful in enriching the quality of data and available information in the interview schedule.

After the codification and numbering of the data, a master sheet is prepared of all the variables in Microsoft Excel. The data is thoroughly edited and then enter in the computer. The software of Statistical Package for Social Sciences (SPSS) is used for the data analysis by making simple frequency tables and cross tabulation of the variables.

SURVEY FINDINGS

Lack of patience causes marriage breakdown by turning routine friction into exasperation. Partners' conflicts are the most common precipitating factors of decompensating of psychiatric disorders which includes personality disorders also. Personal characteristics play a fundamental role in both the

prediction of marriage satisfaction of an individual as well as the satisfaction of the couple as a whole (Slepecky, 2018).

Table 1: Distribution of women respondents according to Impatience

Sr. No	Lack of patience	Districts				Total
		Barnala	Fatehgarh Sahib	Patiala	Sangrur	
1	YES	63 (84.0)	65 (86.7)	58 (77.3)	62 (82.7)	248 (82.7)
2	NO	12 (16.0)	10 (13.3)	17 (22.7)	13 (17.3)	52 (17.3)
Total		75 (100.0)	75 (100.0)	75 (100.0)	75 (100.0)	300 (100.0)

Source: Field Survey

The survey findings revealed that out of 300 women respondents who are involved in divorce cases, 248 respondents (more than 80 per cent) cited that lack of patience/intolerance among them and their families adversely affected their marital relationships and became the major cause for filing divorce cases.

A sample of 300 female spouses was randomly chosen who were involved in divorce cases in four districts of Punjab. The present study shows that divorce cases are rising in courts due to various causes like incompatibility issues, parental interference, drug consumption, extra marital affairs and of course due to impatience etc. the female spouses are involving in divorce cases by various issues but lack of patience/intolerance has become the serious issues among couples that affects not only their physical, psychological & financial development. But it impacts badly their marital bond also. The present study depicts that more than 80 per cent of the marriages are disturbed due to impatience of spouses as well as their parental families also. During interview session, spouses themselves agreed about their lose temperament and irritating nature.

Unhappy couples were found of temperamental traits such as losing tempers suddenly, fighting to get things by their way, being often in the state of happiness and sadness and being critical of others. These are the major personality factors that influence the marital life of couples and became the cause of marital disruptions.

Marital relation is based on trust and urge to make role adjustments. But couples were seemed very self-concerned and of domineering nature. Wives were being tried to be dominated by their husbands. They were not allowed to run their lives by own wish and in fact had to cater their spouse wishes. Couples were found to lack of mutual understanding and had different views and perceptions. They tried to have the life of spouse by their own way.

Quite often, women were not allowed to do job, have mobile phone and found restrictions on dress up by in-laws. Wives did not ready to tolerate their domineering attitude and it raised marital discords. During counselling sessions also, spouses and their relatives fought with each other in the dispute settlement agency. Spouses expressed that most of the time, they over reacted on a situation and fought badly with each other on petty issues.

So, research pointed out various factors which became the major cause of lose temperament such as poor financial condition, drug addictive habits of husbands, clash of views with in-laws and different living

ways etc. These issues depressed respondents and became the cause of strained marital relations among spouses. Parvesh Rana, a popular model, shared his views regarding couples' marital conflicts that were also in favour of our study in which he described that couples lack patience required to balance a relationship. He further added that they are running out of patience and not ready to co-operate and adjustments in marital relationship. Whenever they get a better individual who is even a little bit better than his/her partner, they immediately tend to run out of that relationship (IANS, 2011). When one partner is not advanced and educated, try to achieve the new mental perspectives and social status, such a spouse would expect his/her mate to adjust the social and psychological climate for his mental and social satisfactions (Choudhary, 1988). But when the spouse does not come up to the expectations then ego clashes rise and marital relation is on the point of decline. Here the matter is of honour and social status to which a partner does not want to affect it.

The above table presents about the proportion of lack of patience in respondents, their husbands and in-laws. Lose temperament did not get in spouses only but husbands' parental family had also such temperamental traits by which marital conflict raised between couples. Changing ideas and concepts of matrimonial relationship are required equality and integration in every sphere like interest, outlook, education and status (Choudhary, 1988). If two individuals have different views and different life style then they may not be able to make adjustments with their differences. Consequently, they had to come across ego clashes and disruptions.

CONCLUSION

Effective communication is the foundation key of a healthy marital bond. Due to lack of healthy communication, misunderstanding arises that leads to frustration and impatience. It is important to create a safe and open environment where both spouses feel relax and understood. Unresolved issues or may be past issues be able to erode their patience. So, it becomes essential to address those emotional wounds, seeking healing & forgiveness helps to move forward and build their bond stronger.

The marital institution involves a lot of persons, prestige and personal responsibilities. The outcome of marital disputes involves economic crisis, social accountability and impacts on family & children. The institution of marriage is getting affected from the western societies and the minds of the people which cause the marital breakdown and generate certain problems which influence the entire society. Such couples whose marital bond is affected due to contempt may seek the guidance of a professional marriage counsellor who can help to develop safe communication patterns, provide objective insights and offer strategies to deal challenges effectively.

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