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Martial Stress and tension: Understanding the root causes and consequences

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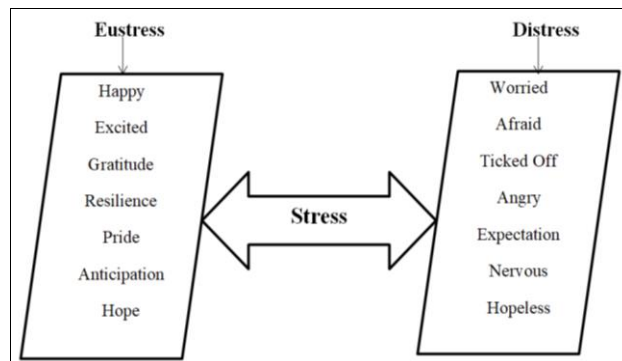
Abstract

Stress reveals itself in a variety of ways in our daily lives. If you work, job may be the source of the majority of your stress. If you spend the majority of your time at home, family and environmental stress may be important contributors. When partners take their stress out on each other, marital tension is at its worst. Because she or he is the one who is available for you to vent your anger, your spouse may be blamed even though it is not his or her fault.

Keywords: Stress, eustress, distress, tension

Introduction

Some stress in a marriage is beneficial because it forces each partner to work harder at the marriage. Eustress and Distress are the two sorts of stress. Eustress is a positive form of stress that motivates you to improve your performance. When horrible things happen, distress is bad tension that alters you. Because divorce currently accounts for more than half of all marriages.



Marriage is not free from stress. In truth, every marriage faces difficulties, and some of the most resilient marriages are those who have faced the most difficulties together ^[1].

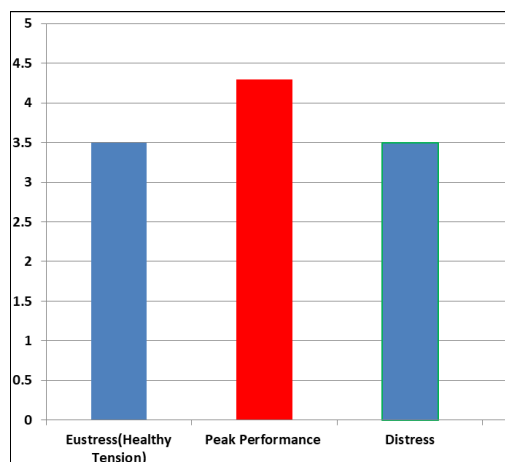


Fig 1: Model of Stress

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Root Causes of Marriage Stress ^[2]

Although marriage can be a great and joyful journey, no long-term commitment is going to go precisely ^[2].

- 1) **Finances reason:** can easily become a source of tension and anxiety in your relationship. Couples may be concerned about concerns such as work, housing, expenditures, child raising and tough economic times. The accompanying stress and tension can have a detrimental effect on both persons, putting the relationship under strain. According to Karney and Bradbury (1995), the impact of external stressors on a couple's relationship depends not only on the nature of the stressful event, but also on the partners' persisting Weakness.
- 2) **Family Panning:** Couples may find it challenging to decide when to have children. For a variety of reasons, including professional opportunities, one of you may not feel ready to commit to having children early in your marriage or may wish to wait until later.
- 3) **Differences in sexual orientation:** Sexual issues can arise in a partnership for a variety of reasons, leading to more marriage issues.[3] Loss of libido is the most prevalent sexual issue in marriage. Many people believe that libido difficulties affect only women, although males can suffer from them as well.
- 4) **Trying to convince each other to change:** This typical relationship issue develops when partners attempt to mould their partner's beliefs by overstepping their personal boundaries.
- 5) **Communication Barriers:** One of the most common issues in marriage is a miscommunication. Because communication includes both verbal and nonverbal signs, even if you've known someone for a long time, a minor shift in facial expression or any other type of body language can be misinterpreted.

Major Consequences of Marriage Stress ^[3]

Even when stress comes from outside the relationship, it can have a negative impact on a marriage.

1) Quality and Satisfaction

Stress can cause sadness and anxiety, which can lead to a decline in marital satisfaction and bad interactions. Men, for example, report lower marital satisfaction as work and parenting-related stress rises. External sources of stress can also have an impact on the quality of a marriage.

2) Conflict

Feelings of anger, frustration and irritability are common side effects of stress in adults. If not coped with properly, these feelings could lead to conflict between you and your spouse.

3) Intimacy and communication

Stress can also have an impact on communication quality. When you or your spouse is under a lot of stress, effective skills like active listening and displaying interest may be replaced by criticism and disengagement.

4) Divorce

Increased conflict, a lack of positive connections, and a decrease in time spent together are all factors that can affect the choice to divorce. While stress does not directly cause divorce, it does influence the outcome ^[4].

The Effects of Stress on Couple Relationships ^[5]

Reduced marital satisfaction and unpleasant relationships are frequently the result of the depression and anxiety that follows a disturbed marriage. Shared experiences are frequently diminished, and one partner may retreat from the other, or the couple may lessen the frequency of family recreational activities.

Stress has an impact on communication and intimacy; usual successful abilities like active listening and being involved may be replaced by criticism and retreat, for example, when one of the parties in the marriage is stressed. Conflict, trust, and intimacy concerns arise as a result of this.

Stressors are classified according to their type ^[6]

It may be helpful to define different types of stress and recall dimensions of how stress can be characterised because not all stress has the same impact on couples depending on:

1. External Stress versus internal Stress.
 2. Major versus minor stress.
 3. Acute Stress versus chronic stress.
1. **External stressors** are those that originate outside of the intimate relationship ^[5]. Children's stress is also referred to as an external stressor because it is assumed that the stress is not generated by the spouse ^[6, 7].
 2. **Major vs. Minor Stress:** Major stressors include both normative and non-normative important life events such as serious sickness, disability, unemployment, the death of a significant person, or accidents ^[8].
 3. **Acute and chronic Stress:** The fundamental distinction between acute and chronic stressors is the length of time that the pair is exposed to the stressor. Acute stressors are transient, and their consequences may be limited to a single occurrence ^[9, 10].

Conclusion

Future headings in couple' stress exploration should take into thought all directing and interceding impacts of pressure influencing the multi-layered connection between couples. This information given by fundamental examination is significant to zero in on reinforcing both individual and dyadic adapting assets in couple treatment or relationship trouble avoidance programs to keep a significant degree of conjugal fulfilment, because of the adverse consequences that pressure has on a relationship. Hence, contemplating the impacts of weight on cozy connections is of high significance, both for people, couples, and society, and may lead to new procedures and strategies in relationship trouble avoidance furthermore, couple treatment

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