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## **Infidelity Appetite: Psychological Factors Influencing Married Women to Engage in Extra-marital Affairs**

**Sibangilizwe Maphosa**

Lecturer, Department of Psychology, Midlands State University, Gweru, Zimbabwe

**Phillip Mutandwa**

Student, Department of Psychology, Midlands State University, Gweru, Zimbabwe

**Archibald. T. Nyamayaro**

Student, Department of Psychology, Midlands State University, Gweru, Zimbabwe

### **Abstract:**

*The paper presents psychological factors that influence married women to indulge in extra-marital affairs. It is a critical elaboration of how, what and why women make the decision to engage in acts of infidelity. The script elaborated on the concept of extra-marital affairs and bio-psychological factors that trigger extra-marital affairs. The research was qualitative in nature, participants drawn in using snowball sampling, sample size determined by data saturation. A semi-structure interview guide was used to collect the data, and elements of trustworthiness ensured to make the research ethical. The paper concludes that respecting sex too much in marriage, lack of trust, lack of attention, feeling ignored and failure to enjoy sex are key factors influencing married women to engage in extra-marital affairs.*

**Keywords:** *Infidelity, extra-marital affairs, psychological factors.*

### **1. Introduction**

The paper will be an illustration of the psychological factors that affect and influence women to engage in extra-marital affairs. This will be a demonstration into the psychological motives and unconscious drivers that pose a bearing on the decision of women to gather the momentum and energy to decide the value and worthy of an extra-marital affair and the guts to execute the decision to indulge. Therefore the paper will give detailed research into these psychological factors influencing married women to engage in extra-marital affairs.

#### *1.1. The Concept of Extra Marital Affairs*

Any relationship of any nature that involves social and sexual intimacy according to Kurebwa (2015) constitutes extra-marital affairs. This was further supported for by Shabalala (2009) who articulated the criterion to which a fully-fledged extra-marital affair would be considered imminent. Therefore, for individuals to be considered as engaging in an extra-marital affair, there should be evidence of emotional involvement, there should be identifiable sexual chemistry accompanied by covert behaviour of sexual liking that are not noticeable to the partners of the individuals involved in the extra-marital affair.

Furthermore, Brundage (2009) identified several kinds of extra marital affairs. To his list of the possible characteristics of extra-marital affairs, he observed the following as falling into the phenomenon. One night stands, emotional out break affairs, emotional sexual affairs, sexual addictive affairs and multimedia induced sexual communication and affairs. Brundage (2009) further elaborated on phases that one experiences as they become perpetrators to extra-marital affairs. The identified five phases included inception phase by which proximity and identified similarities between two individuals activate chemo-signals that trigger forces of attraction and physiological and emotional chemistry. This is followed by the recovery stage to which the primary partners struggle with the fact that their relationship and intent to cheat on, had more glue than sexual closure only, (Dissanayake, 2000; Brundage, 2009). The pre-discovery phase comes with development of sexual unattractiveness between the primary partners as the extra-marital affairs starts to wear down the quality of the marriage. This may not be conscious to the individual who is initiating an extra marital affair. The discovery stage comes with emotional upheavals as the one being cheated on comes to know exactly what is happening behind their back (Gottman, & Silver, 2015; Moody, 2016).

Extra-marital affairs are instigated by several psychological factors. Amongst the dominant factors are; personality, quality of intimate and social relationship were the severe inducers and motivators for women's involvement in extra-marital affairs (Moody, 2016). Most of these intimate relations are not directed by intention but rather comfort and seductive ambient milieus that act as intrinsic

motivators and initiators of change in emotional experiences. Therefore the physiological response would be an unintended action that subsequently overwhelms the individuals involved resulting in sexual intercourse, (Gottman, & Silver, 2015). However, over the course of time the action becomes automatic as the initiation that is the first act would have been done. Therefore personality and women's biology becomes the primary factors that facilitate the act (Vallacher, & Wegner, 1987). However, culture and social ideologies that govern behaviour become the precipitating and reinforcing factors to the stimulation and instigation of the behaviour.

## 2. Psycho-biological Factors Influencing Infidelity in Women

### 2.1. *The Biological Mechanism of Women*

It has been evidenced and subscribed to, that women's biology operates in a more different way to that of males. Women are influenced by their biological being to be more social and intimate, hence the assertion that women are more emotional than men (Geen, 1990). This biological mechanism is the very same initiative that makes women prone to seeking emotional stimulation and as such opens doors to the multiple experiences of sexual encounters, (Anderson & Bushman, 2002). Thus by virtue of the emotional investment tied to love and sex in this 21<sup>ST</sup> Century, most women find themselves chasing after love and in the process satisfying the sexual fantasies of men. The need to be loved exposes women to multi-sexual encounters. Men have sex for fun and women do it for love, therefore the dichotomous in intimate ideology is the basis of the infatuation as well as emotional breakdown that kills the humane emotion of love in women replacing it with the sentiment-less attachment of sex with material needs (Elmslie & Tebaldi, 2008).

Furthermore, research that was conducted at Rutgers University indicated that men and women actively cheat on their spouses. Thus about 34 per cent of women reported being happily married and a significant 56 per cent of men reported the same, (Glenn, 1975). This evidence illustrated that women were more likely than men to be involved in extra-marital affairs. They felt that they are not bound by their primary relationships and this made them prone to seeking of a bond outside marriage to compensate. On the contrary men were more likely to have an affair despite the level of satisfaction they had towards their wives. More so in another study conducted by Undercover Lovers, a UK dating site, and evidence suggested that 57% of the women who were cheating through the site reported experiencing love for their affair partner while only a minimal 27% of male reported the same experience towards their mistresses, (Couture, 2012). The evidence illustrated that decisions by women to engage in cheating had a significant emotional and psychological backing to it as such it was rather difficult for women to exit the extra-matrimonial relation after the initial first sexual encounter, (Blow & Hartnett, 2005).

Furthermore, some women are more sexual driven than others. That is, sexual addiction triggers the need for never ending sexual escapades in some women that may end with a stream of sexual encounters that wear out the relationship in the home. This is unusually fuelled by the experiences of depression, severe anxiety, low self-esteem and sometimes unresolved childhood trauma, (Cann, et al, 2001). These emanate from the concept of women being more emotional than men as well as the societal socialisation that takes places throughout life-span development in women. Therefore some women become more vulnerable and volatile to the need of sexual experience. They feel unwanted, undesired and unworthy if they are not appreciated sexually. Moreover, if these women are exposed to sexual fantasies they crave for, they use revenge as a motivation to indulge and engage further in cheating.

### 2.2. *The Evolutionary Trait of Seeking Satisfaction*

Further evidence illustrates that evolution of humanity over the years and the emergence of various cultural ideologies and worldviews has had a significant impact on the philosophy that governs intimate and sexual relationships in same species. Evidence illustrates that over the decades, sexual intercourse was a monopoly, men possessing the power and virtue to initiate (Treas & Giesen, 2000). However, evolution of rights and freedoms and the call for equality and equity on gender basis has reviewed a drastic turn of events. Women now have the power to facilitate, initiate and even control sexual relations, (Couture, 2012). The position of men in sexual relations is simply dissolving and men are becoming more and more passive to the idea of multiple sexual relations in females as being labelled prostitution (Couture, 2012). This shift has facilitated the development of extra marital affairs in women, and most of the time, women with money and power have been identified as the major perpetrators and providing the voice to this form of independent sexual relation outside marriage. The psychological experiences of money and power have overshadowed the value placed on sexual relations as well as instigated the development of commoditization of sexual behaviour, (Vallacher & Wegner, 1987).

### 2.3. *Dissatisfaction in Marital Experiences*

Several psychological factors were identified as playing a significant role in facilitating indulgence in extra-marital affairs. Reports from women in a survey conducted by Morrison et al (1999) proposed that most women cheat because they feel isolated and neglected. The experience of loneliness and neglect forced women to feel more like they were the nanny, the mother or a financial provider and less of a woman. Therefore sexual encounters outside the home were meant to seal the emotional void, (Millett, 2000). On the other hand others reported that there was lack of sizzle in their relationships. Thus, most relationships were reported as becoming too formal soon after marriage, therefore the emotional rush, the exhilaration, flirting, dating and forming of new relationships excited women to have the need to be emotional involved with other partners (Brown & Amatea, 2013). On the other hand, lack of sex at home practically stimulated the need to cheat, women are more sexual and emotional beings, with their sexual stimulation invested in the physical experience of sex and love making as much as men (Schwartz & Olds, 2002). Women enjoy the

feeling of being wanted, needed, desired and obsessed over by males, therefore if these needs are not quenched in matrimony they indulge outside.

As much as the contention of women being more sexual and intimate beings, the assertion is not that appealing to the extent of intimate need that women need, women desire socialising and being involved in romantic and constructive conversations with their partners, (Brown & Amatea, 2013). Lack of intimacy in the home setting has devastating consequences. This can be furthered by unrealistic expectations on the spouse. Some women expect their spouses to satisfy their needs to which some may not even communicate, (Schwartz & Olds, 2002). Hence when the partner fails, these narcissist women find an alternative partner.

Across the globe, the age of indulging in married has significantly dropped to late teen-hood. Most adolescent in their late teen years have found themselves becoming mothers and fathers to unplanned pregnancies evidence indicates that in the United States alone 40,5% of the late adolescent population have had experiences of fatherhood. However, of importance is the quality of intimacy and care that emanates from these relationships. WHO (2010), outlined that the earlier a child becomes involved in intimate relations, the high the chances of extra marital affairs. Most young adults who get married early do not experience adolescent hood and as such, upon marriage the experiment outside marriage and as for most women, if the experience is quite overwhelming and beyond their experiences with their husbands, extra-marital affairs emanate, (Schwartz & Olds, 2002). Women are more satisfied with the quality of sex and not the quantity of sexual encounters as compared to men. Therefore, in seeking quality sexual experiences, women find themselves in multiple sexual encounters.

#### *2.4. Inter-sexual Relational Cheating within Class Structures*

On the other hand, class and social status have been identified as significant factors triggering problems in marriages. Most husbands in the upper and middle classes are usually pre-occupied with work and maintenance of life style. On the other hand, this cuts in on intimate time and affects the quality of experience of marriage as an institution. Motivation arises in these classes, whereby women have their needs satisfied outside marriage, as the risk would be worth the quality of experience. The experience of sexual and social intercourse identifies itself with healthy relationships. Therefore, evidence from Leonard and Horn (1995), shows that a significant number of cases in line with intimate cheating and partner extra-marital, social and sexual relations have one thing in common, dissatisfaction with what the partner has to offer. Most women interviewed by Shackelford and Goetz (2012), reported that they sacrificed love for comfort and upon securing a comfortable marriage, the need for sexual and social satisfaction drives them to indulge in extra-marital affairs. The psychological connectedness between sexual experiences and fantasies that people have about what constitute quality life and quality intimate relationship pushes people into doing unanticipated behaviour outside marriage (Millett, 2000). Evidence illustrates that most low income households find themselves indulging with men from middle and upper class for material goods. This differentiates the perspectives and perceptions' surrounding what quality conjugal satisfaction is and affects the value and perspective surrounding the phenomenon.

Identifiably women in the low and upper classes have similar traits; most of them cannot end a relationship no matter how much they want to. Therefore such individuals engage in cheating and this is usually done openly, (Millett, 2000). The cowardly behaviour is invested in the need to make the other partner call for the divorce first. Therefore the lack of will and assertiveness in ending the relationship makes women susceptible to extra marital relationships that are directed towards lining up a new partnership before the dissolution of current relationships. Therefore the secondary and primary partners become the drivers of the decision towards a divorce. Therefore financial and intimate security in the identified potential partner becomes the basis to which this decision can be seen through.

#### *2.5. The need to Rejuvenate Sexual Fantasies amongst Older Women*

Past menopause experiences and expectations have seen most married elderly women rejuvenating their sexual fantasies by indulging with young man. The experience has been identified and rooted in misleading beliefs and assumptions about old age and sexual indulgence. Most elderly men find their partners more and more unattractive and this stimulates an idea and action of getting involved with young women, (Ajzen & Fishbein, 2000). On the other hand, these older women with material resource feel out casted and utilise their resources for sexual favour in return. Evidence indicates that a new group of prostitutes have been identified in most parts of Taiwan, Hong Kong and Bangkok; these are male prostitutes that satisfy the sexual fantasies of elder women (Dahles, 2009).

The experience of rejuvenated sexual and intimate relations was also seen to be influenced by accessibility and availability of individuals to each other via social media. A survey conducted by Hampton et al (2011) illustrated that women are now dominating social sites like Face book, Instagram and other social technologies. The underlying intention will be psychologically driven by the need for attention and approval from various male counterparts of their value and worthy in society. Women's postings were identified not only as frequently but also as open (Hampton et al, 2011). Thus demonstrated that what women want in life highly correlate to what they sort via social media. Women sort emotional connectedness via media and this was the basis for the stimulation of a sexual desire for the secondary partner. The site designed by Ashley Madison for extra-marital affairs had a significant 21 million subscribers and the 14 million were identified as recent enrolments from 2014 to present. For men, the motivation was life is short and on the other hand, for woman, the motto was if divorces is not an option then engage. 90% and 70% of males and females respectively on the site were identified as married people, (Hampton et al, 2011).

### 2.6. *Thanatos in Men and the Eros in Females*

According to Freud, individual behaviour is aired and fuelled by Eros and Thanatos these are the sexual and aggressive instincts. Likewise in our contemporary world, sex and violence operate effectively in the same vicinity (Geen, 1990). Thus women at times use sexual behaviour outside matrimony as a way of sending a message to the husband over his inadequacy in satisfying the appetite of the woman. Sexual behaviours outside matrimony are cropping as inappropriate attention seeking behaviours, approaches to life that are misleading and misdirected, (Hampton et al, 2011). Catharsis and emotional revenge for inadequacy and evenness in the actions regarding sexual behaviours has caused a lot of pain over the years, with people killing each other over sexual affairs. Reports indicated that in Shackelford & Goetz, (2012) of gender based violence in women has a basis in sexual acts outside marriage, moreover the majority of deaths across the globe have been reported as unintentional and intentional reactions of husbands to cheating caught in action (Shackelford & Goetz, 2012). The violent nature of men in cheated relationships has been masked by the concept of gender based violence; this phenomenon overshadows the underlying mishaps that trigger violence, (Geen, 1990).

### 3. Methodology

The research was guided by the interpretive paradigm of research to which the researchers sort to understand the experiences of the women involved in extra marital affairs by interpreting their experiences. A qualitative approach was used to gather details about the most silent aspects of involvement of women in extra marital affairs, the epistemological foundation of the beliefs, assumptions and world views that trigger the experience of the need to be involved in affairs external to marriage. The adoption of a phenomenological approach meant the research scrutinised the lived experiences and the inner life experiences of women through utilisation of a semi-structured interview guide. The semi-structured interview guide dug deep into the experiences of the women by examination of and the utilisation of the flexibility of the instrument to probe further for information that is directed by the responses of the participants involved.

A descriptive survey was conducted to a target population of women in the Beitbridge community in Zimbabwe. The target population to this research was individual women that are involved in extra-marital affairs. Snow ball sampling was used as both a technique to access the participant and sampling of the participants. The sample to this study was determined by data saturation. Therefore the research gathered information from the 11 individuals that participated in the study. The data was collected through face to face interviews as well as focused group discussions to enhance the validity of the findings. The data collection procedure was guided by the elements that govern validity and reliability of data in qualitative research. Therefore the research assessed for trustworthiness, of both the methodology and the instruments that were administered in gathering the data. Dependability of the methodology and the population under study was critically examined to establish a basis for making the findings of the study more acceptable and replicable in various contexts. Moreover, the researchers also assessed for transferability in methodological application, research philosophy and instrumentation. The ability of the research and its tenants to be adopted and applied in differing contexts means that the research can be validated under various conditions and the same psychological constructs instigating indulgence in extra marital affairs could be accessed by using a particular methodology in data gathering analysis.

The findings of the research were also governed by the adoption aspects of evaluating for conformability. Conformability was guaranteed by examination of the gathered literature in the local contexts against world literature. The availability of commonalities in perspective and ideology behind the psychological factors that influenced women to indulge in extra-marital affairs implied that the phenomenon was not only pervasive in African contexts but rather a global phenomenon. The ability of the gathered information to be validated and confirmed utilising the chosen methodology indicated that the methodology could be used across a wide spectrum of issues that are related to understanding the psychological processes operating and underlying cheating by women in marriages. Lastly the credibility of the subjectivity that come with qualitative research implied that there was need for the research to validate the research so that it could be credible and its finding accepted as an output of scientific inquiry. The instrument and methodology were initiated in parallel research that was somewhat similar to the understudy. The concept was to validate if the underlying philosophy and worldviews governing the experience of life could be taken as objective information. By so doing, the researcher established that outcomes to the research through the ascribed methodology satisfied the demands of scientific enquiry. The findings to the study were analysed using a thematic approach and the data gathered is presented in the form of major and sub-themes.

### 4. Results

The findings to the study were addressed under the following themes to represent the perspective of the participants to this study. The following seven themes were identified as pervasive across all the provided responses.

#### 4.1. *The Psychological Experience of Freedom*

The interviewed women indicated that the perceived experience of extend freedom and lack of a male figure fuelled the motivation to engage in extra-marital affairs. This was evidenced by the verbal propositions that the women made.

- “.....at time I find myself overwhelmed by the experience of freedom, I don't have anyone to talk to or share my thoughts with so at times I feel the need to have someone over for a fling.....”

- “.....when my husband was around I did not have tie for other man, however now that he is not around, I spend a lot of time with friends on outings and this has given me a new perspective to sexual life, after all I don't know how he is spending his freedom there in the United States.....”
- “.....when my husband is not around, that's the only opportunity I have to get my sexual desired satisfied, he alone is not adequate for me.....”

The need to explore sexually and feeling lonely appear to influence women into extra-marital affairs.

#### 4.2. *The Psychological Need for being Wanted*

Most females indicated that they have the desire to be wanted. They indicated that after marriage the feeling of being desired by a man, being wanted and all the attention that was give prior to marriage evaporated. This was illustrated by the participants' responses

- “.....I think marriage ruined my relationship, I no longer feel desired and wanted, he spends a lot of time to there with his friends and workmates. He thinks am furniture that he leaves at home, I feel like a nanny to him more than I do as a wife, so I have my extra relation on the side to satisfy me.....”
- “..... I no long enjoy sex with my husband as much as I did when we were newlyweds, we used to have 3 to 5 rounds a night, 4 times a week but that number has dropped to one, so I got me a younger energetic sexual partners who quenches my thirst, I want someone who desires me.....”
- “.....I have been in the field of sexual therapy for a long time, and I know sexual dysfunctions and restricted sexual interactions are major problems and a trigger of many divorces, so most men do not understand that women need attention every time and any inconvenience can motivate some to indulge in extra-marital affairs.....”
- “.....I believe some of these woman are attracted and tempted by the attention that they are given outside marriage, men outside marriage are the best lovers compared to those inside it.....”
- “.....the sexual experience outside marriage is just off the hook, you are sexually exploited and quenched to the extent of wanting more and more.....”

The feeling of unwanted and not listened to, and ignored leads women into extra-marital affairs.

#### 4.3. *Perceived Inadequacy of Womanhood and the Need to Leave the Relationship*

Some of the participants illustrated that they tend to feel inadequate in the home; most of their husbands do not have time for them. They are treated more like mothers and wives and not sexual partners. The findings also demonstrated that some of these women believed that they are no-longer desirable and attractive to their husbands. Some demonstrated strains of second thoughts about the marriage but inability to be assertive to leave the relationship. Some of the responses to support these are provided below.

- “.....I left school to be with him, and now all he does is blame me for being uneducated, he does not recognise the sacrifice I made to be with him, I feel my life is on hold because of this relationship, so at times I find me someone who appreciates who I am.....”
- “.....if feel they is always someone out there to give me better sex, am on a quest to get that and I won't stop till I get the one who quenches my desires.....”
- “.....I grew up in broken home, my mom had several men coming in for sex, she told me my daddy was not enough, I guess such has become of me too, I just want sex and with many guys to feel wanted.....”
- “.....most of these men are boys when it comes to sex, they feel we are just girls, am a woman and I need sex that qualifies my status, I need someone who appreciate me like a woman and not a girl.....”

Women feel like in the marriage sex becomes a peripheral item, hence they look for the real sex from outside thereby engaging in extra-marital affairs.

#### 4.4. *Thoughts of Infidelity and Lack of Trust by Partners*

The findings also demonstrated that there was a weakling trust between partners especially who spend time without each other. Some of the participants did not believe that their partners were cable of celibacy and so were they. The findings demonstrated that trust may not be an abstract act but rather and imaginary motivational elements that force individuals to assume and indulge in a similar manner. This was elaborated by the findings below.

- “.....once you have tested sex, you can never thrive on celibacy and I definitely know that, my husband has sex outside marriage and even if I haven't seen him, I know he does and so am I doing.....”
- “.....i don't need videos and recorders to help me prove that my husband is not having sex with me alone, I know that bustard and with his friends too. So at times I get sex from his friends when he is not around and they are good too.....”
- “.....we used to have sex like I don't know, and ever since he dropped, I started having an affair, he doesn't complain so I know his enjoying some other women too, so we are just even like that.....”

Lack of trust among married couples is viewed as a source of extra-marital affairs. Women look for other men to confide their secrets and life to.

#### 4.5. Mental Related Sexual Pathology

The findings demonstrated that some of these women are sexual active beyond reasonable limits. Others are sexual addicts and engaging in serial polyandry is a way to cope with their sexual quest. The findings also demonstrated that most women with high sexual appetite just find it difficult to be with one partner. The findings also indicated that some of the women who had material needs satisfied only needed men to play with as sex toys. The findings also demonstrated that others felt their extra marital partner was cheating on them.

- “.....all my life I have worked to get this money, and I don't need anyone to tell me what to do, especially my husband, I look after him and our kids and its none of his business if am having sex outside marriage.....”
- “.....I just don't feel attached to my man, I just feel like having sex is the only way to express my liking for a person so I end up finding myself having sex with too many guys I like.....”
- “.....am not a cheat, I just love exploring as much avenues as possible, my guy does that with other women so who is he to do that and I should not.....”

Findings show that sex should be taken as a play, so if marriage respects sex, women will play it and enjoy it outside marriage by engaging in extra-marital affairs.

#### 5. Discussions and Conclusions

The psychological experience of freedom was one of the prominent factors that influenced women to engage in extra-marital affairs. The finding demonstrated that most women who are usually not afforded the time to exploit the world alone find it overwhelming to be afforded the chance to experience freedom. Most of the participants demonstrated that they needed an extra marital affair to maximise their freedom experiences. They relayed that freedom from the husbands afforded them the opportunity to have their sexual needs satisfied by other men. This was further supported for by (Geen, 1990) who proposed that freedom and equality in rights has influenced a lot of women understand sexuality the other way around, it has destabilised and affected their characters and influenced their being to be irrational about solutions to dealing with extra-marital affairs. Therefore women need to reconsider the approaches they take towards addressing issues surrounding expression of freedom and utilisation of this freedom (Shackelford & Goetz, 2012). The experience of freedom should not be a means to an end of relationship but a way to build relations from; giving a new ideology and new line of perspective that may enhance everyday sexual experiences (Schwartz & Olds, 2002).

The psychological need for being wanted and need by a man influenced some of the decisions that women made about engaging in extra-marital affairs (Shabalala, 2009). Most of these women relayed that the feeling of being desired and wanted by men usually disappeared after marriage and this killed their experience of womanhood in marriage. Some proposed that marriage in itself was the problem to romantic relationships; some believed that the love and affection dried down with marriage in the picture. The quality and frequency of intercourse declined soon after marriage. Research conducted by Shabalala (2009) indicated that feelings of neglect and isolation facilitated the thought of cheating in women. Further evidence from Kurebwa (2015) further demonstrated that formalising the relations made it rather boring and this affected the quality of interaction within the relationship. Therefore to women, the overall experiences of marriage in itself had a large bearing on the outcomes of and decisions on whether to cheat or not (Kurebwa, 2015). Some of the women were not intuitive and assertive in deciding to live the marriage; therefore they cheated openly so that the husband could be the first one to want out. That is the perceived inadequacy of womanhood and the need to leave the relationship contributed significantly to the need for cheating. Some indicated that they had sacrificed everything to be with their husbands only to be undermined and less appreciated so vengeance drove them to cheat. Sex reflected that men acknowledged the women and appreciated her being as illustrated by some of the female participants as also supported for by Geen (1990)

Thoughts of infidelity and lack of trust in each other as partners affected most of the relationships that women had. There was a reflection of weakening trust for partners especially if they worked abroad. Most women rejected the notion that their men were capable of celibacy (Geen, 1990). They propounded that once you have sex, you can never run away from the needing and wanting it. Other women even had sex with their partner's friends with the belief that their husbands were capable of doing as such (Blow & Hartnett, 2005). Such experience indicated that women were more likely to cheat if they developed feeling of insecurity about their husbands. They were not likely to invest in discovering every detail about the assumed relationships but rather emotions influenced their decisions (Blow & Hartnett, 2005). Mental related sexual pathology was also amongst the prominent factors that affected women's experiences of sexuality. Most women who were engaging in extra-marital affairs displayed an unreasonable pathological sexual appetite. Some demonstrated having element of sexual addiction. Others who were materially blessed had no concern over what their husbands thought; they believed sexual was a way of expressing their individuality and marriage could not deter them from doing such (Blow & Hartnett, 2005; Moody, 2016). Some were furious and frustrated with life and believed sex help those catharsis and deal with tiresome everyday experiences, they found sex as a copying mechanism to deal with life's frustrations. The research concludes, therefore, that too much respect for sex in marriage, lack of trust, lack of attention, feeling ignored and failure to enjoy sex in marriage are some of the key factors influencing married women to engage in extra-marital affairs.

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