**Assignment 3**

[Name of the Writer]

[Name of the Institution]

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**Introduction**

Marriage is a beautiful relationship that brings together not only two bodies but two souls as well. It gives birth to the feelings of love, care, compassion and empathy among both the partners and makes them go to any lengths for each other. The relationship of marriage is not only a contract between two people binding them to live together under the same roof and share the same space for a specific period of time; it a bonding that goes far beyond that; it means to share every special moment with your life partner, and be there for them in their tough times (Mirecki, et. al, 2013). Despite all this, for some people, marriage is not so beautiful. It turns out to be an ugly turn in their life and hurts them to a great extent. The reasons behind this are lower levels of satisfaction in a marriage, which can lead to problems in marriage, resulting in an unhappy relationship or even divorce. The following piece of writing discusses some of the common factors, that contribute in the lower level of satisfaction in a marital relationship and how that can be covered up.

**Discussion**

Lower level of happiness in a marriage is a result of many factors; one of them is a low level of satisfaction among both the partners in the marital relationship. This can lead to many harmful consequences, especially divorce. Some of the factors that bring down the levels of satisfaction in a marriage are

**Infidelity**

Infidelity is one of the main causes of an unhappy marriage and the main reason for divorce in the world (Segrin, & Flora, 2011). It can be controlled by keeping your partner in confidence and keeping things clear between both of you.

**Low level of Trust**

Trust is the major binding factor in any relationship. The best measures to build trust are to share each and everything with your partner and clear the doubts and suspicions between both of you before they go too far.

**Age Difference**

One of the major factors behind an unhappy marriage is the age difference between both the partners. Experts suggest that to keep a marital relationship happy, an individual should choose the life partner with an appropriate age difference so that a suitable level of understanding can be developed.

**Work-life balance**

The absence of work-life balance ruins a relationship, especially a marital relationship (Segrin, & Flora, 2011). The best strategy to reduce this factor is to keep the duties of the workplace in the office and never to bring the burden of work at home.

**In Effective Communication**

Another factor that makes a relationship, especially a marital relationship, work is the level of effective communication between both the life partners. Both husband and wife should work to increase this communication in a positive manner and discuss the issues of their life freely so that the bond can be strengthened.

**Lack of Equality**

A marital relationship becomes weak when only one individual has to bear the responsibilities and the other person is careless. Both the partners should equally share the responsibilities and work towards making the relationship a positive one.

**Conclusion**

Hence, it can be seen that marriage is not a bed of roses for everyone. It is a rocky road that has to be treated by both the partners with the help of mutual love and trust. It can be weakened sometimes by multiple forces like lack of trust, lack of understanding, lack of equality, age difference, work-life balance, and ineffective communication, but there are certain ways in which it can be recovered and the level of satisfaction in marriage can be raised.

**References**

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