



THE NUPTIALS DILEMMA: PSYCHO-SOCIAL FACTORS BEHIND MARITAL INFIDELITY AMONG MEN IN HARARE, ZIMBABWE

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Abstract

Marital infidelity has been cited as one of the major causes of divorce in Zimbabwe. The study therefore sought to find out from men the reasons why they engage in emotional, sexual and cyber infidelity even when they have chosen their life partners. The research took a qualitative approach and specifically made use of an explorative case study. Purposive and snowballing sampling techniques were used to select participants. The study targeted married men aged between the ages of 25 and 55 years. Data was collected using semi-structured interviews, focus group discussions as well as document search. Thematic analysis was used to analyze data. Findings from the study revealed that men engage in infidelity because of their lifestyles, work environment as well as the personality of their wives, among others. The social background of the men who participated in this study was also found to play a greater part in influencing the levels of infidelity in men in Zimbabwe. It was thus recommended that wives maintain those personalities that made their husband decide to progress from courtship into a marriage relationship; maintain a healthy sex life and that couples receive pre-marital counselling as well as fostering open and direct communication as partners.

Keywords: marital infidelity; marriage; divorce; love; relationship

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Introduction

Marriage has become such an indispensable component of contemporary society to the extent that in most individual's minds the mere thought of not marrying does not even constitute as a workable alternative to live one's life. However, over the years, the institution of marriage has undergone severe transformation in regards to its solidness and the maintenance of nuptial vows by partners. The traditional view of marriage in most cultures is that it is a union until death (Perrucci & Knudsen, 1990). Implicit in the vast majority of marital unions is the expectation of sexual fidelity. Regardless of their religious orientations most people agree and understand that marriage or wedding vows implicitly and explicitly include a promise of 'forsaking all others'. When this promise is broken, infidelity has occurred in a marriage.

Infidelity occurs when a partner violates a couple's assumed or stated contract regarding emotional and/or sexual exclusivity. Nowadays, infidelity is the major reason for divorces the world over. Baron and Byrne (2000) state that among American couples, about 1.2 million are likely to divorce in any given year; with marriage rates at about 2.4 million per year. Based on research reports, 90% of all divorces involve infidelity. The most consistent data on infidelity drives from the General Social Survey which sponsored by the National Science Foundation to track the opinions of Americans about social behaviors since 1972. The survey data shows that in any given year, about 10% of married couples (12% men and 7% of women) have engaged in sex outside their marriage. In a study of 60 cultures worldwide, the researchers reported that infidelity was the most often cited reason for marital dissolution (Schackelford & Buss, 1997).

After reviewing 25 studies of infidelity, renowned psychologist and marital researcher, Shirley Glass estimates that 25% of wives and 44% of husbands have committed adultery. This however, does not include emotional affairs in which no sexual activity has taken place. Infidelity is not a 21st century but dates way back to the 1800s and 1900s. Infidelity was also widespread in former decades, and in historical and tribal societies. Reports in the 1920s indicate that 28% of American men and 24% of women were adulterous at some point after wedding (Lawrence, 1989). In the 1940s and early 50s approximately 33% of men and 26% of women in an American sample were adulterous. The 1970s data indicated that some 41% of men and 25% of

women reported infidelity. Data collected in the 1980s suggests that 72% of men and 54% of women were unfaithful at some point during marriage. Infidelity was also common among the classical Greeks and Romans, pre-industrial Europeans, Japanese, Chinese and Hindus.

Most committed relationships or marriages are characterized by an explicit or implicit commitment regarding intimacy, including both sexual and emotional intimacy to one's partner. When people marry, they often vow to remain faithful to one another until "death do us part". Typically, this vow takes place in front of family, friends, the state, and oftentimes the couple's god (Lusterman, 1998). It is also expected that with this vow comes the unspoken oath to remain sexually exclusive with one another, as well as to reserve a certain level of emotional intimacy for one's partner. Although monogamy and sexual exclusivity are values prized by many of the citizens the world over and the expressed cultural norms for the great majority of married, heterosexual couples, the occurrence of adultery and infidelity is widespread (Treas & Giesen, 2000). Schmitt, (2004) noted that there is more infidelity and divorce today than there has ever been in the past. The New York Times (2014) states in an article titled 'Marriage Stands Up for Itself' that, "The institution of marriage has not succumbed to infidelity so much as coexisted with it, like a body does with the flu virus: weakening at times, yet developing some immunity from long exposure".

Zimbabwe has also had more than its fair share of infidelity amongst married partners. Infidelity along side the emergence of social media have been blamed as the major causes of marriage terminations. Divorce lawyer and social worker Miss Rosario Muropa also sighted infidelity as the main cause of divorces in Zimbabwe. For the period January to July 2015, 1102 couples had registered to terminate their marriages at the High Court in Harare and Bulawayo with 173 divorces having been already granted by that time (The Sunday Mail, 26 July 2015). In July 2015, High Court Judge Justice Erica Ndewere presided over 22 divorce cases in one day. Statistics also show that the High Court has handled about 4 500 divorce applications between 2013 and 2015. Of these, some 1600 were granted by the court. The country recorded an average of 96 divorces monthly in 2012, a figure that has grown to 105 over the years. These divorce statistics only include marriages under the Marriage Act section 5:11 and does not take into account cases under the Customary

Marriages Act. This means that the number of divorces is actually greater than the already alarming reported cases.

The local media is awash with rampant cases of infidelity, especially amongst married men and women. Headlines such as 'Cheating spreading like veldfire', 'Infidelity divorce cases on the rise', 'The age of internet infidelity', 'Infidelity enters the church', 'Wife dumps MP over infidelity' are now the order of the day in local newspapers and social media. Not a day goes by without infidelity making it into the headlines. In most reported cases, it is married men who are indulging in infidelity. The 'till death do us part,' has become more like 'till circumstances determine' or 'till divorce do us part'.

However, as the data presented above suggest, fidelity may often be the exception among married couples than the rule. Issues of infidelity should be dealt with as a matter of urgency if marriages and strong families are to be preserved. It is a fact that infidelity has steadily increased over the years and it has done more harm than good to those involved.

The high divorce rates due to infidelity are strong indications that the family institution is crumbling at an alarming rate in Zimbabwe and needs to be protected as it is essential to creating a prosperous nation. Based on research reports, 90% of all divorces involve infidelity. Infidelity has caused untold suffering for the spouses and the children in the family in which infidelity takes root. It has led to broken homes, less earning power than a nuclear family unit, higher levels of poverty, higher maintenance costs, spousal battery, homicide and juvenile delinquency amongst other social ills. As a consequence, infidelity becomes an important issue in counseling psychology if the social fabric of family and marriage is to be kept intact. Although there has been a large increase in the number of women indulging in infidelity men are still leading the pack given the available statistics. The reasons for marital infidelity are as many and varied as the people involved. But there is need to research on the reasons in the Zimbabwean context in the current era so as to prescribe solutions that are relevant and context specific. There is therefore need to hear it from the 'horse's mouth'.

This research therefore sought to address the following research questions:

- a. What are the motivating factors behind the transition from courtship to a marriage relationship?

- b. What are the key nuggets for a happy and fulfilling marriage?
- c. Why do married men cheat even after signing the wedding vows or marrying customarily?
- d. How does socialization slow down or speeds up infidelity, especially in men?

Research methodology

Population

The population of interest for this study was all married men who were residing in Harare's Mabvuku (representing high density suburbs) and Glen Lorne (representing low density suburbs) and had at least been emotionally or sexually attached to another person other than their marriage partner within the past 12 months. Twelve months is the period that is usually used by counselors and researchers to define infidelity. Also these men had to be between the age ranges of 25 to 60 years. The exact population for Harare for these men in this category could not be established as there are no published statistics or records profiling such demographics.

Age distribution of respondents

The respondents were asked to highlight an age range they could be identified in. The researchers had to use ranges as some people feel uncomfortable telling strangers their exact ages. Four age bands were used for the respondents whose ages ranged between 25 and 60 years. The results are shown in Table 1.

Table 1. Age distribution of respondents

Age range	No. of respondents
25 – 34	3
35 – 44	7
45 – 54	3
55 – 60	3
Total	16

Data collection instruments

The researchers “mixed and matched” different data collection instruments. These instruments were in the form of in-depth semi structured interviews, focus group discussions (FGDs) and document analysis. The main

advantage of mixing and matching different research instruments is that each method's weaknesses or biases may be offset by the strengths of the other (Centers for Disease Control, 2002). This also enabled the researcher to triangulate the data which is a method of establishing the accuracy of information by comparing three or more types of independent points of view on data sources bearing on the same findings. The data instruments used and the process of administering them are outlined in the sections below.

Research Design

The research design used for this study was an Exploratory Case Study. The researchers used Harare as the case study because it registered 820 out of the 1102 divorce cases registered with the High Court between January and July 2015 just for Harare and Bulawayo. According to the Sunday Mail of 26 July 2015 almost 80% of these divorce cases were due to infidelity cases. This case study was also informed by the principles of Grounded theory which is a philosophy used to generate theories regarding social phenomena and to develop higher level understanding that is grounded in or derived from a systematic analysis of data (Salkind, 2012). The case study design enabled the researchers to conduct an empirical inquiry that investigates a contemporary phenomenon (in this case, marital infidelity) in depth and within its real life context. Further, the Case Study approach enabled the researchers to get enlightened on why the respondents took certain set of decisions regarding both emotional and sexual infidelity: why they were taken, how they were implemented and with what consequences on their marriages. The descriptive type of case study was adopted for this research. This is the type used to describe an intervention or a phenomenon and the real life context in which it occurred. In this research the descriptive type was used as it fitted with the overall study purpose of adding to the understanding of the reasons why men cheat during their marital lives.

The case study may be either single or multiple. Ideally the multiple case study approach is considered the better of the two as it allows for more than one situation to be studied and to be compared and this increases robustness. However this strategy is both more expensive in terms of time and money and therefore the researcher settled on the 'single' case study. Also Harare has the most prevalent cases of divorce which is mainly attributed to cheating by a spouse, and in most cases the husbands (The Sunday Mail 26 July

2015) was a rich resource in terms of the data needed by the researcher to explore the reasons why married men cheat.

Sample and sampling procedures

In this research the researchers followed the idea of a small but focused sample and therefore a small sample of sixteen participants was interviewed with the focus being on the depth of the interviews. The grounded theory also explains that sampling proceeds on theoretical grounds and the sample is not set out at the outset but is selected purposefully as the analysis progresses. This meant that the researchers did not predetermine the sample of the respondents in this inquiry at the beginning of the study but was guided by the assumptions and the development of the data and how meaning was emerging and evolving to proceed with the sample and the sampling procedure and to decide on the adequacy of the data collected.

Researchers made use of the snowballing sampling technique to select participants. Snowball sampling method is where the researcher finds a legible interviewee then asks that interviewee to recommend another legible interviewee. This was a very tactful strategy in this study since the topic of infidelity is a highly guarded secret especially by those who engage in it and such people are usually difficult to access or approach. The researchers used some forms of inquiry such as the 'devil's advocate' to get other people to interview through snowballing. For instance, she would say to a respondent involved in an extra marital affair, *'Don't you think you are the only married man amongst your peers doing that?'* Then one would respond that he was not the only one as his other friends or relatives were involved in adulterous affairs as well. The researchers would then ask the respondent to refer me to such persons who would then become respondents as well.

Data analysis and interpretation

Researchers used thematic analysis to make sense of the data. Thematic analysis is a method for identifying, analysing, and reporting patterns (themes) within data. It also often goes further than this, and interprets various aspects of the research topic (Boyatzis, 1998). Braun and Clarke (2006) alludes that thematic analysis can be an essentialist or realist method, which reports experiences, meanings and the reality of participants, or it can be a constructionist method, which examines the ways in which events, realities, meanings, experiences and so on are the effects of a range of discourses operating within society.

Researchers familiarised with data then generated codes which identified significant features of the data relevant in answering the research questions of this study. The different codes were then sorted into potential themes. Lastly, a detailed analysis of each theme was done.

Results

Demographic characteristics of the respondents

Age at time of marriage

The researchers asked the respondents the age at which they got into their first marriage whether customarily or legally. This was done in a bid to establish whether the age at which one got married impacted on the decision to get into an extra marital affair. Age ranges were also used in this instance. The Table 2 shows the results.

Table 2. Age at time of marriage

Age at time of marriage	Frequency
20 years and below	4
Between 21 and 25 years	3
Between 26 and 35	6
36 and above	3
Total	16

Reasons why married men cheat even after signing the wedding vows or marrying customarily

The researcher had to ask the respondents why they were cheating on their wives when they had decided to ‘forsake all others’ and marry their partners. This was done in order to hear it from the ‘horse’s mouths’ and dispel all the myths surrounding the reasons for infidelity in men.

Seeking excitement

The majority of the respondents were of the view that their marriages had lost their prior glow or excitement because they were experiencing so much marital dissatisfaction. In order to establish the level of marital satisfaction or dissatisfaction amongst the respondents, the researcher asked the following question, “All in all, how satisfied are you with your relationship - very

satisfied, somewhat satisfied, not very satisfied, or not at all satisfied?" A Linkert- scale was used to rank the responses on a scale of 1 to 4 where 1 represented 'not at all satisfied' and 4 represented 'very satisfied'. The findings showed that only two of the respondents in the sample were very satisfied with their marriages. Seven out of the other fourteen respondents indicated that they were not at all satisfied with their marriages.

The researchers had to probe further on the reasons for the marital dissatisfaction that the men were experiencing in their marriages. Alec, a respondent from the low density suburb had this to say about his marriage:

You know what, my marriage has reached a point where we both take each other for granted and though there is nothing really amiss, there are no more sparks there, either. My involvement with my girlfriend or rather girlfriends is something that adds a little excitement to my otherwise mundane marriage life. My wife now sees me like her brother or children, she is no longer motivated to pamper me or make any initiative in the bedroom...

Most of the respondents were also of the view that there was more life and excitement at the places of the affair partner. It was highlighted that they would talk for hours on end with the affair partners about nothing in particular which was something that their wives never did. Wives were only said to talk about households' needs and other issues that were not in any way romantically related. There was this exciting response from Ernest on how he kept glued to his girlfriend although he had been in marriage for twenty one years:

My girlfriend always treats me like a king and makes me feel as if I am the most important men in Harare, if not the whole of Zimbabwe. She pampers me like a child and is so endearing. We always make love before having sex unlike with my wife who does not have time for love making. When I am with my 'sugar pie' (referring to the girlfriend) we talk about any subject. We talk about old school songs like *Chitekete* or *Sarura Wako* or even dance to them. She sits on my lap and giggles when we are watching television but my wife watches television from the food serving gap that is between the lounge and the kitchen. She rarely sits with me in the lounge when I am watching television. It's not that my girlfriend is younger as she is the same age with my wife, but she goes the extra mile to make me happy. So at the end of the day, I just can't wait to go to my 'sugar pie' and get pampered.....

Lack of attention

Nine men constituting about 56% of the study sample in the study explained that the lack of attention they received from their wives was a large contributing factor to why they were engaging in extra marital affairs. This became apparent as they discussed their extramarital relationships and the void

that was being filled by the affair partner. Kodza explained during one of the interviews:

She (affair partner) was giving me the attention that I was not getting from my wife. Whereas my wife would only call me when there was a household issue that I needed to attend to, Nancy (not her real name) would call me and sweet talk me, just, she even sent me roses to work. She gave me the attention that I never got from my wife for whom I had paid the bride price.....

Jimmy also had this to say:

My wife became less sentimental, less romantic and less generous when it comes to expressing her love for me the moment I paid *lobola* for her. I need to feel loved too, receive sweet words and cute love gestures the same way if not more than she does our children. I also crave for tenderness, and that's why I end up seeking affection in someone else's arms.

Non-compatibility

Nine respondents cited non-compatibility with their marriage partners as one of the reasons for marital infidelity. The researcher noted that this number included the four respondents who had married at the age of twenty or below. On probing further, the researcher got varied responses. One of the respondents highlighted that he and his partner were eighteen years old when they got married. The respondent had just completed his A- Levels and his partner was re-writing the subjects she had flunked at O - Level. He then enrolled for a three year Bachelor's degree at the University of Zimbabwe. He went on to do his Masters degree. The wife was said to have stopped any academic processes as soon as she got married and no form of persuasion from the husband would coerce her to pursue any academic interests. The respondent was now a senior official at one of the largest banks in Harare and would associate with people from the highest echelons of society. On why he decided to have a girlfriend despite being heavily married, the respondent had this to say:

I have a girlfriend, but that does not mean that I don't love my wife. I love my wife very much but we have different views and perspectives in life, especially when it comes to business functions or other social activities. Whenever I tell her that we are going to a certain function she always asks me the kind of people who would be there and whether they will be speaking in English. She shies away from any gatherings which involve people from my workplace or other business associates. So at the end of the day I go with my *Marwei* who is a socialite and mixes and mingles without any reservations. I actually met my current girlfriend in my class when I was studying for my Masters degree.

Personality traits of the wives

Just as characteristics within the marriage may contribute to an individual engaging in an extramarital affair, the wives' personal characteristics were also found to lead to the development of an affair. In order to establish the personal characteristics of the wives that led the husbands to have an affair, the researchers asked the respondents to indicate those personality traits in their women that drove them away. The data is shown in Table 4.

Table 4. Personality traits of the wives

Personality Traits	No. of respondents who indicated the personality traits
Always moody	9
Nagging	11
Clingy and insecure	12
Shabby appearance and dressing	8
Quick to judge	10
Keeps secrets from husband	13

How socialization slows down or speeds up infidelity, especially in men

The work environment

From the views of the men under study their workplaces were great sources for the advancement or discouragement of infidelity in men. The researcher asked the respondents how the influences from their places of work had shaped their decisions regarding infidelity. Most of the decisions regarding extra marital affairs were made as a result of the discussions the men had with their colleagues at work. Kitso had this to say:

I made a decision to have a permanent girlfriend after the discussion I have had with friends during our tea break. They were all talking about their experiences with their 'pain killers' and how they would help them unwind from the frustrations of work or nagging from their wives. It seemed I was the odd one out as I did not have a girlfriend at the time although I was having problems with my wife back home. Since that day I made a decision to have my own 'pain killer' and I don't regret finding her for she has made my life brighter...

Family background

The family background of some of the research respondents was found to play a part in extra marital affair decisions. Three of the respondents highlighted that they were born and bred in polygamous environments and saw

nothing wrong with having more than one wife or girlfriends. One of the respondents repeatedly said that his grandfather had told him that, '*Bhuru rinorwa rinoonekwa nemavanga*' which literally means that a bull that fight is seen by its wounds. He further emphasized that one is considered to be man enough if he has as many wives/girlfriends and children as he can and is still able to provide for them either materially or physically.

There were also some respondents who came from very strong religious backgrounds which condemned infidelity. The researcher then probed further why the men still engaged in infidelity even if their family backgrounds discouraged them from doing so. Most of the men said that they kept their extra marital secret from their families and would decide not to marry the girlfriend as she would not be accepted by the family.

Life styles and wealth accumulation

The study findings also revealed that lifestyles and wealth accumulation played a role in encouraging or discouraging infidelity in men. Most of the men from the high density suburbs highlighted that they had one woman each with whom they were having an affair. On being asked to elaborate on whether it was his personal choice to have one girlfriend or there were some limiting factors, one respondent had this to say;

Hezvo ndikaita vekutopfuya ndinovapei Zimbabwe yakaoma kudai? Ndinongoitawo one wandinozokwanisa kugadzirisawo musoro..... (this can be loosely translated as: "If I date many women what will I give them in a cash strangled economy like Zimbabwe? I will only have one girlfriend whom I will be able to take care of")

From the data gathered, the men from the leafy suburbs had more than one woman with whom they were having an affair and were providing for them materially. One of the respondents revealed that he was actually paying rent for his two girlfriends. One was said to be staying in a two bedroomed flat in the Avenues and they had a son together. The other one was said to be staying in a one bedroomed flat in Avondale. There was even another respondent from the leafy suburb who was paying fees for his girlfriend's two children at a local private school.

All three respondents who had met their affair partners at a social club were all from the leafy suburb. The social clubs identified were the gym, golf clubs or some neighborhood social clubs. These respondents indicated that they

paid some registration and monthly membership fees in order to become part of these social clubs.

Discussion

Although there is vast literature on infidelity in men, few studies have examined the convergence of the motivating factors behind the transition from courtship to marriage, the key nuggets for a happy and fulfilling marriage, reasons why married men cheat and how socialisation speeds up or slows down infidelity in a single study. In fact, in order to understand the complete picture of infidelity in men in Zimbabwe, an investigation focusing on the four issues mentioned, and the consideration of infidelity as a process, rather than a punctuated moment, seemed necessary. In that vein, this study sought to achieve a full understanding of the infidelity process by conducting exploratory research concerning the expectations before and in the marriage relationship vis-à-vis infidelity in men.

The motivating factors behind the transition from courtship to a marriage relationship

Having met someone who would meet their need for love, intimacy and affections and was beautiful in their own sight was cited as the key motivations towards the transition from courtship to marriage by the men under study. These are more inclined to the intrapersonal and interpersonal needs identified in literature. But there was no evidence in the data gathered that familial interactions, influences, and issues are significant in one's decision to transition from courtship to marriage as postulated by theorists such as Rowley (2002). Decisions to marry by the men in the study were more intrinsic and were not driven by some external influences or pressures. There were also some key personality traits that the men saw in their- would- be- wives which triggered them to graduate from courtship into marriage. Some of these characteristics were good character, good body and facial appearance, not judgmental, highly educated and naturally understanding. In other words, it was the woman's character that would draw the man to marry her.

The fact that some of the men cited that they had married their girlfriends merely because they had fallen pregnant may be an indication that they were not ready for marriage but were forced by circumstances. This may also have an impact on the fidelity status of these men as it remains to be seen whether these partners would be the perfect partners for them.

The key nuggets for a happy and fulfilling marriage

Communication

From the responses provided by over 90% of the respondents communication was found to be the most important requirements for a successful marriage. This is consistent with the findings of DeGenova and Rice (2002) who also considered communication as one of their twelve (12) key characteristics of a successful marriage. But unlike DeGenova and Rice (2002) who distinguished between productive and destructive communication, the respondents considered any form of communication to be good for any marriage. They all defined it as the ability to talk openly with one's marital partner, thus making communication a key ingredient for a successful marriage. The importance of communication was also evident in the way that some respondents in the study appreciated the way their extra marital partners would laugh and talk with them about any topic.

It was also apparent from the findings that due to lack of communication with one's spouse, one may not be fulfilling his or her emotional, mental and sexual needs.

An exciting sex life

An exciting sex life was also singled out by all the respondents to be a key factor for a successful marriage. From the literature reviewed previous studies also showed that men married their partners expecting sex to be one of the packages to be offered by a mate. This also correlates with Brown, (1991) Exchange Theory who explained the marriage relationship as a reciprocal relationship of give and take. When a man thinks that the other partner can give them what they want (such as companionship, love and sex) in a marriage, they make the decision to get married. Lack of sex or non-adventurous sex in the marriage is thus a great driver of infidelity in men. This is also augmented by the fact that all the men under study had engaged in sexual infidelity.

Compatibility

Although not all the respondents cited compatibility as one of the key ingredients for a successful marriage, it was found to be one of the most important aspects by the men in the study. Sharing the same interests was highlighted as the most common definition of compatibility by the respondents.

This also interconnected with DeGenova and Rice (2002) who cited companionship as one of the important reason for getting married and the glue that would hold the marriage together. Successful married couples (from the perspectives of different researchers) were expected to spend sufficient time together - they have interests and friends in common.

Reasons why married men cheat even after signing the wedding vows or marrying customarily

The research findings were consistent with the social construction theory as postulated by Alsop, Fitzsimons, and Lennon (2002). The way the reasons for infidelity were outlined by the men was largely rooted to the perceptions and beliefs that the men had regarding the causes of infidelity and the reality that they had socially constructed regarding it. This was evidenced by the use of idioms that were regarded as having set the pace for the men such as '*Bhuru rinorwa rinoonekwa nemavanga*'. This was used to justify the men's sexual, cyber and emotional infidelities. The social construction theory was therefore very applicable to this study. The ways people are socialized or brought up also have a great bearing on their knowledge and reasons for engaging in extra marital affairs. It also affirms that what people view to be morally right or wrong (in this case regarding infidelity) is shaped by the society in which they are a part of. The fact that some of the respondents attributed their infidelity escapades to the polygamous backgrounds they were brought up in bear testimony to this social construction theory.

As Whitty (2012) researched cyber infidelity and found that the effects of an online affair can be almost as severe as sexual intercourse the researcher sought to find out if any of the men had engaged in cyber infidelity. Whitty's (2012) correlated with the data gathered by the researcher who found out that about 38% of the men under study had met their infidelity partners on cyber platforms. This shows that cyber infidelity in the form of Whatsapp, Facebook and Instagram is also very rampant in married men. Social media platforms therefore may lead to a rise in infidelity in married men.

Personality traits of the wives

Personality traits of the wives were found to have a bearing on the decision by men to engage in infidelity. Personality traits such as keeping secrets from husband, being clingy and insecure, nagging, quick to judge, always moody and shabby appearance and dressing. Just as characteristics

within the marriage may contribute to an individual engaging in an extramarital affair, an individual's personal characteristics also could lead to the development of an affair by the other partner. This also correlates with studies by Barta and Kiene (2005) who found that narcissistic traits, attachment and self-esteem issues, and depression have an influence on the development of marital infidelity.

Marital dissatisfaction

Since eleven out of the sixteen participants revealed their marriages as either 'not at all satisfying' and 'not very satisfying', marital dissatisfaction is one of the major drivers or cause of infidelity in men. This connects to the findings of Tafoya and Spitzberg (2007) who found that individuals who are unhappy in their marriages expect to engage in infidelity in the future, and they expect their spouses to do the same. However, the research could not establish whether marital dissatisfaction also correlates with the number of extra-dyadic partners and the degree of emotional and sexual involvement with one's extra-marital partner as hypothesized by Allen and Baucom (2001).

Lack of attention

Since more than 50% of the respondents cited lack of attention from their partners as one of the core reasons for their marital infidelity, this is a serious factor that needs to be considered by the marital partners. It is easier for the husbands not getting any or little attention to find the security and affection missing at home through an affair.

How socialization slows down or speeds up infidelity, especially in men

Individuals with a higher standard of living in the study (those from Glen Lorne) have been found to be prone to engage in more established and varied infidelity relationships. None of the participants from Mabvuku admitted to have been paying rentals for the infidelity partners but most of the respondents from Glen Lorne were actually renting apartments for their girlfriends. This may also be because their professional and personal lives include more opportunities to engage in extra dyadic relations. This was also evidenced by the fact that these men had met their infidelity partners during some social clubs such as the gym. But some studies have found no correlation between one's standard of living and infidelity. The existing literature also concurs with the findings as most of the studies on infidelity in Africa

concluded that the more money African men have the more girlfriends or infidelity partners they have.

The work environment

Treas and Giesen (2000) concluded that employment was positively correlated with infidelity, but also suggested that it might be due more to the opportunity that a work environment provides rather than the employment itself. This might have hold true in the research as the men in the sample who cited their work environment as one of the reasons they had engaged in infidelity, were working in different industries and occupations. It is not about the nature of employment but the exposure that the work environment grants one to think and engage in extra marital affairs.

The findings indicate that social factors such as one's family or historical background, the work environment and the standard of living or lifestyle play a part in speeding up or slowing down infidelity in men. However, there are some instances that socialisation does not impact or discourage one from engaging in extra marital affairs. This was evident in those respondents who came from strong religious backgrounds that condemned infidelity but still embarked on extra marital affairs. The decision to engage in infidelity may thus be more intrinsic rather than extrinsic in some instances.

Conclusions

This study found that a variety of factors were responsible for infidelity among men. Prime among them was lack of attention from the wife. Feeling an emotional disconnect from a spouse might lead someone to pursue an affair. While this infidelity might initially be restricted to an emotional level, it could grow into a physical affair. In other cases, a partner might feel underappreciated by a spouse but praised by a third person, leading to cheating.

A negative change in the personality traits of the wives that attracted the men to marry them in the first place would be a key driver towards marital infidelity by the men. For instance, if being non-judgmental was the trait that attracted a man to a woman the moment the woman becomes too quick to judge his every move or deed, the man start seeking this quality outside the marriage. Negative personality traits of wives found to be responsible for infidelity

among men include clinginess and insecurity, nagging, moodiness, keeping secrets from the husband and being judgemental.

This study found that communication, an exciting sex life and compatibility are key nuggets of a satisfying marriage life. Passionate and satisfying lovemaking is crucial for a successful marriage. Sex life correlates with levels of intimacy between the husband and wife.

Recommendations

- Since the study revealed that those who married early cited incompatibility as one of the core reasons why they were engaging in marital infidelity, there is need for one to take seriously the age at which they get married. In order to reduce the instances of incompatibilities in the future the men should prolong the courtship period and get to know their prospective mates well before marriage.
- There is need for parents to instill the values and benefits of monogamous relationships into their children. These can be powerful forces in the choices they make later in life regarding marriage and abstaining from infidelity.
- Marriage partners should always communicate on any issues pertaining to their marriage. No issues should be just swept under the carpet only to resurface later. They should be discussed timeously or as and when they arise.
- There is need for both partners in the marriage to have a high degree of motivation in the marriage, a desire to make the marriage work, and a willingness to expend personal time and effort to make sure it does.
- Prospective marriage mates should first seek pre-marital counseling before they decide to settle down. The counseling may be a good way to lay the foundation for the marriage to withstand any pressure that may lead either partner to engage in extra marital affairs.
- Married women should strive to maintain or even improve on those qualities that their spouses saw in them which pushed them to marry them. The marriage pressures should not force them into assuming new characteristics which may work against them in their marriages and lead the husbands into having extra marital affairs.

Areas for further research

- There is need for future research to consider the views of all the three partners in one research, that is; the husband, the wife and the infidelity partner.
- Future research should also include a nationwide survey to solicit the views of men engaging in infidelity.

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