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**Dr. Babu g. Gholap**

(M.A.Mar.& Pol.Sci.,B.Ed.Ph.D.NET.)



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harshwardhanpubli@gmail.com, vidyawarta@gmail.com

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## EXTRA MARITAL RELATIONSHIP: A CAUSE OF CONCERN

Dr. Pratima Vijay Bandewar  
Assistant Professor,  
Narayanrao Chavan Law College, Nanded

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### Introduction:

Marriage is the unique bond between two people that links them together emotionally, spiritually and sexually in a union based on common values, love and commitment. The extra marital relationship can fracture this intimate bond. The reasons behind are diverse such as transferring of emotional energy or career or outside interests or friends. Under these conditions people may re-connect emotionally and spiritually with someone outside of their relationship by fulfilling ones need for acceptance and understanding.<sup>2</sup>

### Extra Marital Relationship:

Extramarital affairs are relationships outside of marriage where an illicit romantic or sexual relationship or a romantic friendship or passionate attachment occurs.<sup>3</sup> Extramarital affairs are relationships outside of marriage where an illicit romantic or sexual relationship or a romantic friendship or passionate attachment occurs.

Extra marital describes relationships that happen outside of marriage, between two people who aren't married to each other. The adjective extra marital is used to describe a romantic relationship or encounter that happens between a married person and someone who is not that person's spouse.<sup>4</sup> In this case, the Latin prefix 'extra' means 'outside' and 'marital' comes from Latin Maritals means 'of marriage or married people'. The synonyms are adulter-

ous or illicit i.e. contrary to accepted morality.

### Kinds of extra marital relationships:

According to Helen Fisher, a biological anthropologist, "Love is not really an emotion but more of a brain system. When it comes to love, we have three brain systems - first is the sex drive, second romantic love and third, partner attachment. And the brain architecture works in a manner that while being attached to one partner, we can feel intense love for another and sex drive for even more partners".<sup>5</sup>

According to Ramon Llamba, life and soul coach, "Different people react differently to extra marital affairs. Some are looking for self-reassurance that they are still desirable, others want to kill boredom or release stress, get even with their spouse or simply explore outside their marriage"<sup>6</sup>. Following are the kinds of extra marital affairs or relationship-

1. **Only lust affairs:** The two are in it only for sex as it makes them feel sexually liberated in a shush affair. They have no plans to leave their respective partners.

2. **Emotional Affairs:** It is also called as the affair of the heart. The two don't engage in a physical relationship, they are deep entwined in each other's minds. They are constantly flirting, exchanging messages, thinking about each other pretty much all the time. The two share every single intimate detail and are so much into each other that it drains the energy from their primary relationship.

3. **Revenge Affairs:** Such affairs happen often because of resentment towards the current partner. This affair materialises because the partner wants to get even with his/her spouse. They want to feel wanted by someone, without undergoing the intense pressure of dealing with his/her own disturbed relationship. Relationship expert and tarot card reader, Madhu Kotya explains, "Couples are so busy in their respective lives that they barely find time to work on the marriage and that's how resentment creeps in".

4. **Imaginary Affairs:** Human are capable of cre-