Good sex does not equal happy marriage. Sonia Ramachandran, Chandra Devi Renganayar. New Sunday Times 12-June-2011

By Sonia Ramachandran and Chandra Devi Renganayar

KUALA LUMPUR: Sex, or the lack of it, is not the main reason why couples divorce, say psychologists and marriage counsellors.

This was confirmed by a university lecturer and research supervisor, Dr Ida Karmeni, who said that the reasons for divorce are complex and involve a range of factors.

In a study conducted among 100 couples, Dr Karmeni found that factors such as lack of communication, financial problems, and infidelity were the main reasons why couples decide to end their relationships.

Dr Karmeni said that while sex is an important aspect of a marriage, it is not the sole factor that determines the success of a relationship.

University Malaya Department of Psychology and Counselling Associate Professor Dr Mariam Md Nor said that sex is not the main reason for divorce.

He said that other factors such as lack of communication, financial problems, and infidelity are more significant.

Dr Mariam said that couples need to work on their relationships and address any issues that arise, rather than relying solely on sex to keep the marriage alive.

He added that sex should be seen as a complement to a strong and healthy relationship, rather than the main driving force.

Dr Mariam said that couples should focus on building a strong foundation in their relationship, and work towards addressing any issues that may arise, rather than relying solely on sex.

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It’s variety they seek

MAX (not his real name) has been having an affair right from the first day of his marriage. He says he loves his wife but continues the affair because of his need for variety. “We can’t eat the same food every day, we do get bored but I do still love my wife.” So, if the wife behaves like a ‘first-class prostitute’, would he still stray? “Yes, it’s not about how good she is in bed but about having variety. Men would still stray no matter how good the wife is in bed.”

MAX says sex is important but not the main thing that keeps a marriage going. “There should be understanding and a give and take.”

“Then is the foundation of a strong marriage.”

Peter (not his real name) has been having an affair for the last four years. He has been married for 10 years. He has a beautiful wife who is a professional but he still looks elsewhere. “The more feathers in the cap we have, the better. I love my wife dearly and I provide her with everything she wants. “I take her on holidays every year and I would never leave her but at the same time, I also need variety.”

“It is not about how my wife performs in bed, it’s just about having more options.”