WHY PEOPLE CHEAT

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A lot of people are engaged in a relationship, the relationship of every family member who cared for each other, the relationship with friends whom we can lean on, and the relationship with our special someone.

Having a partner in life, indeed, is the most wanted feeling of a person. The hope to meet someone who can love and respect us in everything we do and for who we are is endeavor of every person. That is why when we feel that we finally met the person that we longed for; we enter to the new level which is marriage. But then, just as any relationship, marriage has its ups and downs which can lead to any possibilities if not properly handled or worked-out. One of the factors of breakups is cheating or infidelity; it is the unfaithfulness to your partner that eventually ruins the family, particularly the trust and love that were established by partners.

In recent years, this topic has become more liberal due to technology and that many becomes more open about their marital status, and even how and why they fall into cheating from their partners. According to Schwartz (2015), most cheating falls into two main categories: the first category applies to people who are bored and not particularly happy with their sex lives, even if the sex isn't that bad, and the other category is for people in unhappy relationships.

These studies prove that infidelity is not something that suddenly happens, but a product of misunderstandings within the relationship. That is, people who commit cheating have unresolved issues with their spouse due to some factors.
Hence, studies imply that men are more prone to cheating compared to women. According to Lake (2016), 21% of men have ever been unfaithful to their spouse or significant other, women tend to cheat less, with only 15% acknowledging an affair in a current or previous relationship, 74% of men say they would step out on their partners if they knew they would be able to get away with it, 68% of women said they would green light an affair if there was no chance of their current partner finding out, 56% of husbands who admitted to cheating said that they were happy with their marriages overall, and 34% of wives who were surveyed claimed to be largely satisfied with the relationships they had with their spouses, identifying themselves as "happy" or "very happy".

Both men and women have their personal needs within a relationship. It may be physical or emotional, but what is important is to always try to understand each other’s point of view to make things better instead of sorting things out with someone else.

To sum it up, people who cheated were actually having a problem with their partners in a way, and tend to look for an outlet with someone else instead of dealing it themselves. However, Lake (2016) pointed out that finding out that the person you love has been carrying on a relationship with someone else is nothing short of heartbreaking. The good news is, statistics found that it may not occur as much as people think.

Having an intact relationship is still the best thing in a family. It is not just good for the children, but for the couples themselves to live a happy healthy life. Yes, temptations are inevitable, however, if we keep our faith and love even stronger, nothing is impossible for a relationship to last.
References:


