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Post-Honeymoon Marriage Dynamics: Couples' Adaptation in Early Household Life

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ABSTRACT

Marriage after the honeymoon phase often shifts from romantic expectations to more complex domestic realities. This study examines how couples adapt to post-honeymoon marital dynamics and maintain household harmony. Using a descriptive qualitative approach, data were collected through in-depth interviews, observation, and documentation involving five married couples with 1–5 years of marriage. The findings reveal that communication problems, financial pressures, unequal role distribution, emotional exhaustion, and social media influence are the main challenges experienced by couples in early household life. However, couples who develop open communication, emotional maturity, mutual support, and collaborative problem-solving tend to maintain more stable and harmonious relationships. The study highlights that marital harmony is not solely determined by love and romance, but by the ability to adapt to changing realities and resolve conflicts constructively. The novelty of this research lies in its focus on post-honeymoon adaptation as a continuous relational process shaped by interpersonal communication, emotional resilience, and socio-digital influences in modern married life. This study contributes to family psychology and interpersonal communication studies by emphasizing realistic marital adaptation rather than idealized romantic relationships.

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1. INTRODUCTION

Marriage is a crucial stage in human life, not only uniting two individuals legally and socially but also establishing a lasting emotional, psychological, and spiritual bond. In society, marriage is often viewed as a symbol of happiness and the beginning of a new, hopeful life (Aini & Saifuddin, 2021). Many couples enter marriage with high expectations for a harmonious, romantic, and togetherness-filled home life. In the early stages of marriage, couples often experience a phase known as the honeymoon phase, a time when the relationship is filled with love, care, emotional warmth, and intense closeness.

The honeymoon phase is often considered the most beautiful period of married life because couples are still in a pleasant adjustment phase. Conflict tends to be minimal during this phase as each partner strives to show their best side. Life feels more romantic, communication is warm, and the attention between partners seems greater than in subsequent phases (Kartika & Fadhil, 2022). However, as time passes, married life begins to enter a more realistic phase. Daily routines, financial responsibilities, work, the division of domestic roles, and differences in character begin to surface and influence the dynamics of the couple's relationship.

Changes in relationship dynamics after the honeymoon are common in married life (Lestari & Rahman, 2021). At this stage, couples begin to understand each other's true colors more deeply. Differences in thinking patterns, lifestyle habits, communication patterns, and problem-solving methods often trigger marital conflict. Many couples feel disappointed because the reality of their marriage doesn't live up to their pre-marital romantic expectations. This can lead to emotional burnout, reduced attention, and even a strained relationship if not addressed effectively.

In married life, conflict is actually normal and unavoidable. Conflict arises as part of the adaptation process between two individuals with different family backgrounds, cultures, and life experiences. However, a couple's ability to manage conflict is a crucial factor in determining the quality of their marital relationship. Couples who are able to build healthy communication, understand each other, and work together to solve problems tend to have more harmonious relationships than couples who avoid communication or resolve conflicts with uncontrolled emotions (Maulida & Pratama, 2022).

The reality of married life after the honeymoon is also influenced by various external and internal factors. Financial issues are one of the biggest challenges in a household, especially for young couples still building financial stability. Increasing living expenses often trigger psychological stress and marital conflict (Ismail & Nugroho, 2021). Furthermore, the division of roles between husband and wife is also a complex issue. In some cases, an imbalance in domestic responsibilities can lead to feelings of exhaustion, disrespect, and dissatisfaction in the relationship.

Besides economic factors and role division, technological and social media developments also impact modern family life. Excessive social media use can diminish the quality of communication between partners (A. Putri & Mahendra, 2022). Many marital conflicts are triggered by misunderstandings on social media, a lack of direct attention, or jealousy arising from digital interactions. The fast-paced nature of modern life also leads to couples spending less time together due to their busy work and personal lives.

The rising divorce rate in various regions indicates that many couples struggle to maintain marital harmony after the initial stages of marriage (Yusuf & Prakoso, 2023). Various studies on family relationships indicate that the causes of divorce are generally related to communication problems, financial difficulties, infidelity, domestic violence, and emotional unpreparedness for married life. This demonstrates that marriage is not just about love and romance; it also requires mature mental, emotional, and social preparation.

From a family psychology perspective, the post-honeymoon phase is a crucial stage in the development of a marital relationship (Ramadhani & Kurniawan, 2022). At this stage, couples are required to adapt to changing conditions in their relationship, shifting from an idealistic to a realistic phase. This adaptation includes accepting their partner's shortcomings, adjusting their lifestyle together, building long-term commitments, and establishing healthy communication patterns. Couples who fail to adapt tend to experience prolonged conflict, which can lead to marital instability.

Furthermore, cultural differences also influence how couples view marriage. In many cultures, marriage is still considered a relationship that must be maintained under all circumstances (Fitriani & Ridwan, 2021). As a result, some couples choose to stay together despite experiencing marital unhappiness. Conversely, others choose to end their relationship when they feel unable to cope with the recurring conflict. These differing perspectives demonstrate that each couple has different dynamics and adaptation strategies for marital life.

Research into the reality of marriage after the honeymoon is important because it can provide a deeper understanding of the dynamics of couples' relationships in real life. Until now, images of marriage have often been influenced by media and social constructs that portray the romantic side of relationships, while the challenges and adaptation processes within the household have received less attention. However, understanding post-honeymoon dynamics can help couples prepare for relationship changes more realistically.

The transition from the honeymoon phase to the more realistic phase of marriage often creates psychological and emotional stress for couples. Many couples enter marriage with idealized expectations shaped by family values, social constructs, and media representations of romantic relationships. However, the realities of daily routines, work pressures, economic demands, and differences in character gradually transform the relationship into a more complex interpersonal process. From a family psychology perspective, this phase is understood as an adaptation phase that is crucial for long-term relationship stability. This phenomenon is increasingly relevant amidst the development of technology and social media, which influence how couples view the ideal married life. Comparisons with images of harmonious households on social media often give rise to dissatisfaction, emotional distance, and unrealistic expectations of their partners. Consequently, couples' inability to adapt constructively to the post-honeymoon reality can lead to prolonged conflict, emotional exhaustion, and even divorce.

Theoretically, this research is based on several key perspectives in the study of family psychology and interpersonal relationships. Family Systems Theory explains that marriage is an interconnected system, so that changes in the behavior, emotions, or responsibilities of one partner will affect the overall family dynamic. Meanwhile, Social Exchange Theory emphasizes that marital satisfaction is influenced by the balance between sacrifice, emotional gain, and reciprocity within the relationship. Furthermore, Attachment Theory provides an understanding that emotional bonds, security, and trust influence how couples deal with conflict and adapt after the honeymoon phase ends. These three perspectives demonstrate that post-honeymoon dynamics are not merely individual experiences, but rather relational processes influenced by communication patterns, emotional regulation, the social environment, and the couple's ability to adapt.

Previous research has extensively discussed marital conflict, family communication, and marital harmony. Dewi and Sudhana's research emphasized the importance of interpersonal communication in maintaining marital harmony, while Lestari and Rahman's research highlighted the role of self-adjustment in reducing conflict in young couples. Other studies have also explored the influence of economic pressure, role allocation, and social media on the quality of marital relationships. However, most of these studies have addressed marital conflict and harmony separately and have not specifically examined the post-honeymoon adaptation process as an ongoing relational transition (Anandita et al., 2023; Masudah & Yoenanto, 2023). Previous research has also focused more on the causes of conflict than on how couples rebuild emotional closeness, communication patterns, and relationship stability after romantic expectations begin to decline. Thus, there remains a research gap regarding how couples navigate and interpret the post-honeymoon adaptation process in the realities of modern married life (Afifah & Savira, 2023).

Based on these similarities, the novelty of this research lies in its focus on the post-honeymoon adaptation process as a dynamic and ongoing relational process influenced by communication, emotional maturity, economic adjustment, and socio-digital influences. In contrast to previous research that focused more on domestic conflict or divorce factors, this study specifically examines how couples reinterpret marital expectations and maintain marital harmony after the romantic phase begins to wane. Therfore, this study aims to examine the realities of life for couples after the honeymoon phase ends and how couples adapt to maintain marital harmony. It also aims to identify factors influencing marital stability, including communication, finances, role allocation, and conflict management. By understanding these dynamics, it is hoped that married couples will be better prepared to face the challenges of married life.

In addition to providing theoretical contributions to the field of family psychology and interpersonal relationships, this research is also expected to have practical benefits for society, particularly young couples who are or will be entering into marriage. Understanding the realities of marriage after the honeymoon can help couples develop more realistic expectations for married life. A harmonious marriage is built not only through romance but also through good communication, commitment, sacrifice, and the ability to work together to face life's various challenges.

Based on this description, the research on "The Reality of Marriage After the Honeymoon Ends: Dynamics of Couples' Adaptation in Domestic Life" is relevant for further study in order to understand how couples undergo the process of changing their relationship from a romantic phase to a more realistic and complex phase of domestic life.

2. METHODS

This study employed a qualitative approach with a descriptive approach. This approach was chosen because the study aimed to deeply understand the experiences, emotional dynamics, and adaptation processes of married couples after the honeymoon phase ends (Sugiyono, 2022). Qualitative research is used to understand social phenomena based on the direct experiences and perspectives of research subjects, emphasizing meaning, processes, and a deeper understanding of the realities of married life rather than statistical measurements. Descriptive research, meanwhile, aims to systematically describe facts, characteristics, and relationships between phenomena in the lives of married couples without manipulating the conditions under study. This approach is considered appropriate because the dynamics of married life are complex social phenomena influenced by the subjective experiences of each partner. This allows researchers to understand adaptation patterns, marital conflict, communication patterns, and strategies for maintaining family harmony in greater depth.

The study was conducted in urban and semi-urban communities with married couples from diverse socio-economic backgrounds. The research location was determined purposively, considering ease of data access and the suitability of the research subjects to the research focus. The research period was three months, from January to April 2026, covering the preparation phase, data collection, data analysis, and report preparation. The research subjects consisted of married couples who had passed the initial phase of marriage or their honeymoon and were actively engaged in their married life. Informants were selected using a purposive sampling technique, with the criteria being couples who had been married for 1–5 years, had passed the honeymoon phase, were willing to participate in the research, and were able to provide open information about their married life. The informants consisted of five married couples with varying occupational backgrounds, educational backgrounds, and economic conditions to obtain a more diverse picture of the dynamics of married life.

The data sources in this study consisted of primary and secondary data. Primary data were obtained directly through in-depth interviews and observations of married couples regarding their experiences of married life after their honeymoon, the types of conflicts they encountered, communication patterns, and adaptation strategies for maintaining family harmony. Meanwhile, secondary data were obtained through literature review in the form of books, scientific journals, research articles, and other documents related to family psychology, interpersonal communication, domestic conflict, and marital dynamics. Data collection techniques included in-depth semi-structured interviews, non-participatory observation, and documentation. Interviews were conducted flexibly to allow informants to broadly describe their experiences, while observations were conducted to observe the couples' interaction and communication patterns in their daily lives. Documentation was used to supplement the research data, including interview notes, photographs of research activities, and other supporting documents related to the research (Creswell & Creswell, 2018).

In this study, the researcher acted as the primary instrument (human instrument), directly involved in data collection, observation, interviews, and interpretation of the research results. The researcher also used supporting instruments such as interview guides, field notebooks, voice recorders,

and visual documentation to help the research process remain focused and focused. Data analysis techniques employed the Miles and Huberman interactive model, which encompasses data reduction, data presentation, and conclusion drawing (Mattew B Miles, A. Michael Hubermann, 2014). Data reduction was achieved by selecting and focusing data according to research needs. The data was then presented in a descriptive narrative format for ease of understanding. Conclusions were then drawn gradually throughout the research process. To maintain data validity, this study utilized source triangulation and technical triangulation by comparing interview, observation, and documentation results to ensure more accurate and credible data. In addition, the research also pays attention to research ethics by maintaining the confidentiality of informants' identities, requesting approval before conducting interviews, and ensuring that all data obtained is only used for academic purposes.

3. FINDINGS AND DISCUSSION

3.1 The Reality of Post-Honeymoon Married Life: The Transition from Idealism to Relational Realism

The research results show that married life after the honeymoon phase undergoes significant changes, moving from a romantic and idealistic relationship to a more realistic and complex one. In the early stages of marriage, couples tend to display a high level of attention, affection, and emotional closeness. However, over time, daily routines, economic pressures, household responsibilities, and differences in personality begin to influence the dynamics of the relationship. These findings suggest that the post-honeymoon phase is a relational transition that demands emotional and social adaptability from partners to maintain marital stability. From the perspective of marital adjustment theory, these changes are a natural part of the development of a long-term relationship, where couples begin to renegotiate their expectations, roles, and interaction patterns.

Based on the interviews, three main categories of change were identified in the post-honeymoon phase: emotional changes, relational changes, and changes in marital expectations. Emotional changes are characterized by a decrease in the intensity of romance and an increase in psychological stress due to the demands of married life. Relational changes are evident in the shift from a relationship oriented toward emotional closeness to one that places greater emphasis on cooperation and shared responsibility. Meanwhile, changes in expectations occur when couples begin to realize that married life does not fully match the ideal image they had established before marriage. This finding reinforces the view that marriage is not just a romantic relationship, but also a continuous process of social and psychological adjustment.

This study also shows that couples' failure to understand the post-honeymoon transition often triggers emotional disappointment and marital conflict. Several informants expressed a loss of emotional closeness when their partners began to focus more on work, finances, and daily routines. This situation demonstrates that changing relationship dynamics are not always understood as a normal process in marital development. In the context of attachment theory, couples who feel emotionally secure tend to be more able to adapt to relationship changes than couples with insecure attachment patterns. Therefore, the post-honeymoon phase can be understood as a crucial phase that determines the quality of a couple's adjustment to the realities of modern married life.

Marriage is a long-term relationship that experiences dynamic changes over time. At the beginning of a marriage, couples typically experience a honeymoon phase, a time when the relationship is filled with love, attention, and intense romance. However, once this phase ends, couples begin to face the realities of married life. Daily routines, financial pressures, work, and household responsibilities begin to impact the quality of the relationship.

Research shows that most couples experience emotional changes after their honeymoon. The intensity of affection and romance decreases as couples begin to focus on daily life. This shifts the relationship from one filled with affection to one that is more realistic and focused on family responsibilities. These changes are a natural process in the development of interpersonal relationships. In the early stages of marriage, couples tend to idealize their relationship, influenced by strong feelings

of love . However, as they enter a more stable marriage, couples begin to see each other's flaws more clearly (Dewi & Sudhana, 2013; Young, 2016). Some informants in this study admitted to experiencing disappointment because their married life didn't fully meet their pre-wedding expectations. They realized that marriage isn't just about love and romance, but also about cooperation, sacrifice, and the ability to cope with the pressures of life together.

After the honeymoon, couples enter a more complex adaptation phase. Adaptation is a crucial process in maintaining marital harmony because each individual has a different family background, habits, and mindset.

Research shows that couples who adapt well tend to have more stable relationships. This adaptation includes understanding their partner's character, accepting their flaws, and adjusting to changing roles within the household. In everyday life, small differences often become sources of conflict if not handled wisely. For example, differences in financial management, home hygiene, and communication habits can trigger arguments. Therefore, couples need to cultivate tolerance and understanding to prevent conflicts from escalating into bigger issues.

3.2 Adaptation and Communication as the Core of Marital Stability

The research results show that communication is the most dominant factor in determining a couple's successful adaptation after the honeymoon phase ends. Communication not only serves as a means of exchanging information but also serves as a medium for building emotional closeness, conveying psychological needs, and resolving marital conflicts. Research findings indicate that couples who maintain open and supportive communication tend to have more harmonious relationships than couples who avoid communication or use aggressive communication patterns. From the perspective of family systems theory, the quality of communication determines relationship balance because any changes in interactions between partners will affect the overall family dynamics.

Research on family communication shows that a harmonious marriage is greatly influenced by a couple's ability to build healthy interpersonal communication (Dewi & Sudhana, 2013; Endria & Hasmira, 2026). Couples who communicate openly tend to resolve conflicts more easily than those who remain silent or avoid the conversation (Azkiya, 2024; Verolyna, 2019). In addition to behavioral adaptation, emotional adaptation is also crucial. Couples need to learn to control their emotions when facing differences of opinion. This study found that couples with higher emotional intelligence tend to be able to resolve conflicts maturely without resorting to verbal or physical violence.

Communication is the most dominant aspect in maintaining a stable marriage after the honeymoon. Based on interviews, almost all informants stated that communication problems were the primary cause of marital conflict. Communication in marriage is not just a process of conveying information, but also a means of expressing a partner's emotional needs, hopes, and feelings. When communication is effective, partners can understand each other's emotional states, leading to a more harmonious relationship (Alya, 2025). Conversely, poor communication often leads to misunderstandings and emotional distance in relationships. Previous research has shown that a lack of openness, aggressive communication, and unwise use of technology can reduce the quality of marital relationships (Hadiono, 2018).

This study found that some couples experience difficulty communicating due to work commitments and emotional exhaustion (Hananiah & Sanjaya, 2023; Napitupulu et al., 2023). As a result, couples often communicate briefly and functionally rather than emotionally and deeply. Several informants also admitted to using social media more often than talking directly with their partners. This condition leads to a decline in the quality of interactions within the household. This phenomenon demonstrates that modern technological developments can impact couples' interpersonal relationships if not used wisely.

Apart from communication problems, economic problems also become a problems are one of the biggest challenges in married life after the honeymoon. Financial pressures often trigger stress and affect a couple's emotional well-being (Dwima, 2019). Research shows that some couples argue due to

differences in how they manage their finances. Some couples focus more on future needs, while others prioritize lifestyle and entertainment. These differing priorities often lead to conflict if not discussed openly.

This study identified three typologies of post-honeymoon couple communication patterns: constructive communication, defensive communication, and passive communication. Constructive communication is characterized by openness, empathy, and the ability to solve problems together. Couples with this pattern tend to be able to handle conflict maturely and maintain emotional stability in the relationship. Conversely, defensive communication is characterized by mutual blame, egotism, and poor listening skills, making conflicts more difficult to resolve. Passive communication occurs when a partner chooses silence, avoids discussion, or limits emotional interaction, ultimately creating emotional distance in the relationship. This typology demonstrates that communication quality is determined not only by the frequency of conversation but also by the couple's ability to build healthy emotional interactions.

In addition to interpersonal communication, this study also found the importance of emotional adaptation in maintaining marital harmony. Couples with better emotional regulation skills tend to be able to manage conflict without resorting to verbal or emotional abuse. From an attachment theory perspective, emotional adaptation is influenced by feelings of security, trust, and the quality of emotional support between partners. Therefore, communication in this study is understood not only as a verbal activity, but as a primary mechanism for building relational stability and emotional resilience in couples after the romantic phase begins to wane.

Research results show that economic pressure is one of the most dominant sources of conflict in post-honeymoon married life. Economic issues are not only related to financial constraints but also to differences in spending priorities, lifestyle, and family financial management. In many cases, couples experience emotional stress due to increasing household needs and demands for economic stability. These findings suggest that economic issues have a direct impact on the quality of communication, emotional closeness, and marital satisfaction. From the perspective of social exchange theory, marital relationships are influenced by the balance between sacrifices and benefits perceived by partners. When one partner feels financially or emotionally burdened, relationship quality tends to decline.

In addition to economic pressure, the division of household roles is also a source of tension in modern married life (Saidiyah & Julianto, 2016). Research shows that couples who both work often experience conflict regarding the distribution of domestic duties. Some wives feel a double burden, having to fulfill the role of both worker and homemaker, while some husbands feel burdened as the family's primary breadwinner. From the perspective of gender studies and role theory, this situation demonstrates the persistence of patriarchal structures in domestic life, where women are still expected to carry out domestic responsibilities despite their public activities (Halimatussyadiah, 2024). This role imbalance often leads to emotional exhaustion, feelings of disrespect, and relational conflict within the household.

However, this study found that couples who are able to flexibly negotiate roles tend to have more harmonious relationships. A division of tasks based on cooperation and mutual agreement allows couples to build a more egalitarian and supportive relationship. These findings suggest that modern household harmony no longer depends on traditional role allocation, but on the ability of couples to build equitable collaboration according to the family's needs household (Agustin & Hendrati, 2013; Maslamah & Muhsin, 2023). Thus, economic pressures and role division are not merely practical issues, but also relate to the process of negotiating identity, power, and gender relations within the household.

3.3 Conflict Dynamics, Social Environmental Influences, and Strategies for Maintaining Marital Harmony

Conflict is an inseparable part of married life and a crucial part of a couple's adaptation after the honeymoon phase ends. Research shows that conflict most often arises from communication problems, economic pressures, and differences in character between partners. Differences in thinking, lifestyle

habits, and expectations of their partners often trigger arguments in daily life. However, conflict does not always have a negative impact on marital relationships. In many cases, conflict actually provides a means for couples to understand each other, learn to accept their partner's shortcomings, and improve the quality of their relationship when resolved in a healthy manner. Couples who are able to discuss openly and find solutions together tend to have stronger relationships than couples who choose to avoid conflict. This finding aligns with research on couples' interpersonal communication, which shows that the quality of communication has a significant relationship with marital harmony. Therefore, a couple's ability to manage and resolve conflict is a key factor in determining the quality and sustainability of a marital relationship. Several informants stated that the experience of facing conflict together helps them build emotional maturity, increase mutual trust, and strengthen the emotional bond within the household.

Besides internal conflicts within couples, the social environment also has a significant influence on the dynamics of married life. Extended family, societal culture, and even social media often put pressure on married couples, especially young couples who are still in the early stages of adjusting to married life. This study found that family interference is one factor triggering conflict, particularly for couples who are still economically dependent on their parents. Family interference in household decision-making can create tension and reduce couples' independence in building their own married life. On the other hand, social media also influences how couples view their marriage. Many couples compare their relationships to the harmonious and perfect marriages portrayed on social media. This often leads to dissatisfaction with their relationships because couples have overly high expectations of the reality of marriage. However, the marriage life portrayed on social media generally only shows the positive side and hides the true conflicts (S. Putri & Haryanto, 2022). Discussions on social media indicate that the success of a marriage is not solely determined by the ideals socially constructed, but rather depends on the compatibility, communication skills, and commitment of the couple to living together.

In facing these challenges, this study identified several strategies couples employ to maintain marital harmony after the honeymoon phase ends. These strategies include building open and honest communication, maintaining emotional closeness through quality time, managing conflict maturely, supporting each other in the face of economic pressures, respecting the differences in each partner's character, and strengthening commitment and responsibility within the relationship. Couples who successfully implement these strategies tend to have more stable, harmonious relationships and are able to withstand the various pressures of married life. They recognize that marriage is not based solely on love, but also on a process of growing together, learning to understand their partner, and building emotional maturity to face life's challenges. Thus, marital harmony is not created instantly, but rather through a process of adaptation, communication, and cooperation that couples continually build in their daily lives.

4. CONCLUSION

This study shows that married life after the honeymoon phase experiences a significant dynamic shift, from a romantic relationship to a more realistic and responsible one. This change is a natural process in the development of a husband and wife relationship, marked by various challenges such as communication problems, economic pressures, division of household roles, and differences in character between partners. This study found that a couple's ability to adapt is a key factor in maintaining marital stability and harmony. Couples who are able to establish open communication, manage conflict maturely, and understand and support each other tend to have more harmonious relationships than couples who avoid communication and problem-solving. Furthermore, the social environment, such as family interference and the influence of social media, also influences the dynamics of marital life, both in shaping expectations and triggering marital conflict.

Theoretically, this study contributes to the development of studies in family psychology and interpersonal communication, particularly regarding the adaptation process of couples after the

honeymoon phase ends. This research confirms that the success of a marriage depends not only on love and romance, but also on the couple's ability to communicate, cooperate, and demonstrate emotional maturity in facing the various challenges of married life. Practically, the results of this study can serve as a source of reflection and education for young couples, helping them gain a more realistic understanding of married life. Furthermore, this research can serve as a reference for family counselors, premarital education institutions, and the community in developing family development programs that are more adaptive to the dynamics of modern household life.

This study has several limitations that should be considered. First, the limited number of informants (five married couples) means the results cannot fully describe the dynamics of married life in general. Second, this study focused only on couples with marriages lasting 1–5 years, thus not encompassing the dynamics of couples with longer marriages. Third, this study used a qualitative approach, so the results are contextual, based on the subjective experiences of the informants and cannot be broadly generalized. Furthermore, cultural, religious, and socioeconomic factors differing among couples may also influence the results.

Future research is recommended to involve a larger and more diverse number of informants to gain a broader picture of the dynamics of married life after the honeymoon. Future research could also examine couples with longer marriages to understand changes in adaptation and conflict patterns over a longer period. Furthermore, future research could use a mixed methods or quantitative approach to more deeply measure the influence of communication, economics, and the social environment on marital harmony. Studies on the influence of social media, digital culture, and changing gender roles in modern marriages are also important to develop, given the increasingly complex challenges of contemporary marriages.

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