

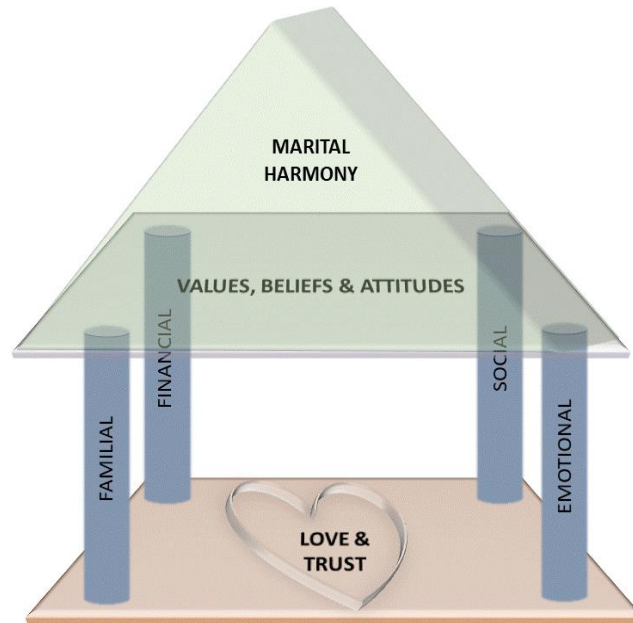
THE MAGIC OF MATHS AND SCIENCE IN MARITAL HARMONY

Marriages are “made in heaven” used to be the yesteryears philosophy. Now it is made during trekking trips, at work, through social media and with dating apps. Although the number of divorcees has doubled over the past two decades, a report from United Nations titled "Progress of the World's Women 2019-2020: Families in a Changing World" highlighted that despite increasing rates of divorce, only 1.1% of women are divorced, with those in urban areas making up the largest proportion in India. The report said that as the women's rights have advanced over the past decades, families around the world have become not just a place of love and solidarity but also one where fundamental human rights violations and gender inequalities persist. The report adds that the age of marriage has increased in all regions, while birth rates have declined, and women have increased economic autonomy. Can this be a game changer in the institution called marriage? We will explain how it need not by weaving human psychology into maths and science.

We recognize that marriage is a social construction to a family that has been practised since civilization. Although contemporary India is going through the radical change of live in's, the institution of marriage is still revered and practised majorly. How can a couple sustain a healthy and harmonious marriage? Just like a minimum activation energy required to start a reaction, the foundation for the chemistry between any couple is Love and Trust. Stronger these two catalysts, stronger is the bond between them. Their presence can be observed based on effective communication, understanding of content and context, patience, tolerance, respecting boundaries, interdependence, and forgiveness. Let us call this Accelerating Factor.

Accelerating Factor = (Love + Trust)

The **four pillars** resting on the above foundation are Familial (original & inherited), Financial, Social and Emotional factors. Spousal interactions contributing to marital harmony depend on the strength of these four elements. Stronger these four are the more functional, flexible, or positive the harmony is and weaker means dysfunctional, rigid, or negative. Given below is the diagrammatic representation of the concept:



Familial Pillar – Refers to the family the couple inherit after marriage. It applies to both spouses. If the family dynamics are functional, then the relationship is democratic and smooth. If the family dynamic is dysfunctional, then we witness chaos and unhealthy relationship leading to misunderstandings and fights. Just imagine a partner coming from a functional family is interacting with a dysfunctional family he/she inherits, certainly this can impact the foundation or the catalysts.

Financial Pillar – Savings, spending, loans, how fair are they in spending money to buy gifts for their families. Is it going to be “your” money, “my” money, or “our” money? How transparent the couple are going to be with each other in their financial management also has an impact with the two catalysts.

Social Pillar – Social psychologists say that man is a social animal. How the couple choose to spend their leisure time, do they believe in working for social causes, interests in extra-curricular activities, hobbies all play a vital role for this pillar to be strong. The accelerating factors are sabotaged, where there is control or deprivation of the social needs.

Emotional Pillar – This is another major cornerstone for a healthy marriage. Bonding and nurturing, validating feelings without being judgemental, secured relationship all play an important part for a strong bond. Intimacy also comes under this pillar, where we bifurcate it into physical and sexual intimacy. Although sexual intimacy plays a small role in bonding,

too much or too less of it can break the very foundation of love and trust. The reaction between these elements of chemistry can be called as Strength Factor.

$$\text{Strength Factor} = \sum \text{Strength of the 4 elements}$$

As mentioned in the diagram, the pillars are supported and held intact by the values, beliefs, and attitudes that the couple bring into their marriage. **Values** are fundamental principles which govern our perceptions and actions. **Beliefs** are conclusions made on observations and experiences and conclusions are not always constant. **Attitude** according to Carl Jung is a “readiness of the psyche to act or react in a certain way and it comes in pairs, one conscious and the other unconscious”. Attitude is the outcome that impacts our behavior, enables us to view self, others, and world in a favorable or unfavorable manner.

$$\Delta \text{ Attitude is directly proportional to } \Delta \text{ Values and } \Delta \text{ Beliefs}$$

(where Δ represents the measure of change)

Along with the strength factor and accelerating factor contributing to the marital harmony is the attitude adjustment factor that helps in balancing the whole relationship equation.

To summarize, Marital Harmony can be achieved by building on the Love and Trust, strengthening the 4 pillars along with the amalgamation of couple’s Attitudes.

Derivation of the Marital Harmony Equation

Step 1: Accelerating Factor = (Love + Trust) where the value of each component must be greater than zero.

Step 2: Strengthening Factor = \sum (Family Dynamics Strength, Financial Management Strength, Social Life Strength, Emotional Support Strength).

Step 3: Adjustment Factor (Attitude) = f (Values, Beliefs) – Attitude adjustment can be the amalgamation of the couple’s values and beliefs.

Marital Harmony = Accelerating Factor X Strength Factor X Adjustment Factor

Major Formulas to remember:

- *Basic Foundations Love and Trust swapping from lack of it to adequacy*
- *Family strength alternating from dysfunctional to functional*
- *Financial strength ranging from secrecy to transparency*
- *Social strength moving from deprivation to fostering*
- *Emotional strength transforming from conditional to compassion*
- *Beliefs ranging from rigid to flexible*
- *Values contrasting from detrimental to desirable*
- *Attitude adjustments from unhealthy to healthy*

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