

## GROUP 5LTAR - MIDTERM REQUIREMENT

# Getting to know the members of the family

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Marriage is a lifelong journey that takes a lot of commitment and compromise. According to studies on marital satisfaction, there are factors that contribute to a satisfactory marital union, namely these factors are: love, trust, respect, and fidelity (Kaslow & Robinson, 1996). Indeed a relationship is nothing without these factors. In this analytic essay we look into how these factors play a role in a newly married couple. We look into interviewing Rosario Elena Toral-Soledad on her relationship with her husband Carlo Soledad.

Mrs. Soledad initially emphasizes that marriage has not been easy for her and her husband. Despite the foundation of a 7 year relationship she and her husband still get relational bumps here and there. The main problems of their new married life mainly revolved around miscommunication. She stated several times that miscommunication has been one of the hardest challenges that she and her husband continually faces every now and then. This is due to the fact that they both have very different ways of communicating. Mrs. Soledad is more outspoken and likes to speak her mind while Mr. Soledad is the type of person to not really communicate what they feel. By explaining how they fix these bumps she mentioned one crucial factor stated by various studies, and that is mutual respect. At the end of the day they both respect each other enough to

know that an argument can always be fixed with a solution or compromise. As what poets say it always takes two to tango. Furthermore, when in a relationship, you will never be able to learn everything about your partner overnight or in a few years, because there is constant discovery of new things about your partner everyday for as long as you are attentive enough. This is true to the newlywed couple of interest in this analytical essay. When they decided to live together, Mrs. Soledad saw how organized her husband was while she was very messy. She mentioned that her husband was the type to easily get angry



because of how unorganized she could get. These are the kinds of things that also play a role in marital satisfaction and relationships. However, as a compromise she now slowly tries to be more organized with all the things she has. Choosing not to compromise would be parallel to having maladaptive behaviors that hinder couples from adapting to new or difficult circumstances (Bradbury, Beach, Fincham, & Nelson, 1996). Mrs. Soledad noted the importance of change and compromise to make sure that the relationship continues to be healthy, because challenges will always arise, which is why marriage is said to be a lifelong journey. The hardest challenge encountered by the newlywed couple is the lack of time for each other. It was stated that Mr. Soledad has decided to start his own logistics company and that this has affected the amount of time they have for each other. Mrs. Soledad mentions how this has negatively affected their relationship because of the lack of time to be together. She states how she feels worried that with the lack of time communicating they will eventually break up. However, just as every other problem that has surfaced she mentions how they find a solution through proper communication. She emphasizes that there are times she feels like her husband might find another woman, but she then reassures that she holds on to her trust for her husband that he will remain to have fidelity. She mentions that as much as possible they build their relationship on fidelity because without being faithful to your partner the relationship becomes shaky. Above all she emphasizes how love becomes the only reason they keep going. Love must have to be the strongest factor that has allowed this newlywed couple to survive 7 years of dating and less than a year of marriage. Despite the challenges that have arisen time and time again, they chose and continue to choose to try because of love, for love, and by love.

In conclusion, it is indeed true that fundamentality love, trust, respect, and fidelity build up and maintain a healthy relationship. Mix these with proper and effective communication, any relationship would surely be able to overcome any obstacle. It was seen directly through a real life interview how various challenges in a relationship can occur, but with proper communication, love, trust, respect, and the promise to always remain faithful, these problems were solved. May it be known to every man that to be in a relationship is a constant choice to keep trying regardless of the circumstances, to keep trusting regardless of the obstacles, and to keep loving regardless of what lies ahead in life.

#### References:

- Bradbury, T. N., Beach, S. R. H., Fincham, E. D., & Nelson, G. (1996). Attributions and behavior in functional and dysfunctional marriages. *Journal of Consulting and Clinical Psychology*, 64, 569-576.
- Kaslow, F. & Robinson, J. A. (1996). Long-term satisfying marriages: Perceptions of contributing factors. *American Journal of Family Therapy*, 24(2), 153-170.

*Proof*



I was only able to get one photo because I was concentrating on the interview and writing down what my sister said.