
| RESEARCH ARTICLE

Digital Marital Betrayal in Elif Shafak's the Forty Rules of Love

Nihad Hasan Al-Ogaily

Directorate of Education of Dhi Qar Governorate, Iraqi Ministry of Education, Iraq

Corresponding Author: Nihad Hasan Al-Ogaily, **E-mail:** nihadalwan252@yahoo.com

| ABSTRACT

Digital marital betrayal can be defined as infidelity that occurs through social media, where one of spouses makes an illicit romantic relationship outside marriage through chat and audio or video calls. In most cases, it is developed into an intimate relationship. Since this problem has begun to invade societies, various authors have addressed it in their writings. The Forty Rules of Love (2009) by Elif Shafak (1971) is one of the contemporary novels that deals with the digital marital betrayal. This study aims to search the elements of the digital marital infidelity in the Forty Rules of Love. It depends on analytical method of research in which the researcher examines digital marital betrayal in depth and details in order to prove the wife's (Ella) cheating and the reasons behind this cheat. The study is divided into introduction, literature review, the reasons of the woman's betrayal in the Forty Rules of Love, the digital marital infidelity in the novel, and the conclusion.

| KEYWORDS

Digital betrayal, marital infidelity, social media

| ARTICLE INFORMATION

ACCEPTED: 12 February 2024

PUBLISHED: 03 March 2025

DOI: 10.32996/ijllt.2025.8.3.1

1. Introduction

Marital infidelity is considered one of the prominent problems that threaten the family and its disintegration in the societies. When one of the parties discovers that the other is betraying, the problems begin to increase. The relationship often ends in divorce, and the children will be victims (Lakshmipathi, 2023). This problem has begun to spread due to the openness to the digital virtual world, which has facilitated communication and acquaintance between the sexes. It has helped in the development of romantic relationships in private, starting with conversations, photos and videos, and ending with real encounters in reality, and real sexual practices. Marital infidelity is a social crime that is punished by law in most countries (Sol, 2023). Every crime has its reasons and justifications. This study analyzes how the wife Ella betrays her husband Dr. David with the writer Aziz Zahara, whom she meets through a digital coincidence that often brings two people together under the umbrella of love. As a regard of her marital status, the research must address the causes and justifications of Ella's betrayal. It also tries to answer the following questions: 1- How is the relationship begun. 2- How is it developed? 3- How is it ended?

2. Literature Review

2.1. Emotional, Physical, and Digital Marital Infidelity

The study talks about the digital marital infidelity. Therefore, it is necessary to highlight the previous studies of marital infidelity such as emotional, physical and digital (virtual) infidelity.

One study explains that the emotional infidelity is having an illegitimate relationship outside marriage, whether the manifestations of that relationship are direct words, correspondence, communication via phone calls, or meetings with emotional

goals and sexual feelings. It happens when one partner is emotionally attached to a third party outside of marriage. It is considered a betrayal even if the relationship does not reach the level of intimacy. (Wooddell, 2023).

Another study states that the physical infidelity is the most common one, which involves a sexual intercourse that occurs between partners without marriage. It is limited to one night or lasted for years. This type of betrayal destroys the trust between spouses and threatens their marriage (Leeker & Carlozzi, 2011, p.69)

The contemporary studies talk about the digital infidelity. It is defined as the infidelity that occurs between partners outside marriage through social media. It is begun as emotional conversations, romantic encounters and seclusion then it is developed into sexual photos and videos. In most cases, this betrayal is changed into dating and intimate meeting. Therefore, the digital betrayal is considered as a link between emotional and physical infidelity. The global openness and the technical revolution, which diversify the means and methods of communication, have increased the marital infidelity. The phone applications and online dates have expanded the limit of infidelity (Vossler & Moller, 2019, ps.3, 11).

This study deals with digital marital infidelity in Elif Shafak's the *Forty Rules of Love*. It discusses how the wife (Ella) betrays her husband (David) through e-mails with the writer Aziz. It discusses also, how Ella's betrayal is developed into emotional words, meetings, and a decision to leave her family and live with Aziz.

3. Methodology

The researcher uses analytical research strategy that involves critical analysis of *the Forty Rules of Love* according to the digital marital betrayal to draw a meaningful conclusion about this topic. The collective data is a general information about digital infidelity, its causes and its effects, which are collected from internet. The procedures are a close qualitative reading of *the Forty Rules of Love*, stating out the reasons of digital betrayal and seeking the elements of this betrayal in the novel. The study is limited to Ella's (the protagonist) betrayal and highlights the answers of two questions: 1) why does Ella betray her husband Dr. David? 2) How does she betray? Then the researcher sums up the findings of the study.

4. Summary of the Forty Rules of Love.

The Forty Rules of Love is a frame story, telling two parallel stories that reflect each other across two very different cultures and seven overlapping centuries. The novel includes forty rules of love. The events of the novel revolve around a story that takes place in 2008, about a forty-year-old woman, "Ella," who holds a degree in English literature. Ella enters a stage of depression after discovering her husband's betrayal, and the conflicts she experiences with her children. She works as a literary critic, who is assigned to write a report on the novel *Sweet Blasphemy* by Aziz Zahara, which takes the reader to the thirteenth century AD on a deep journey full of wisdom with the Sufi Shams al-Din Tabrizi and the jurist Jalal al-Din al-Rumi. *Sweet Blasphemy* becomes a link to a forbidden love between the married woman Ella, and the writer Aziz. At the beginning, they communicate through emails, and then the relationship is turned into dates and meetings. After that, Ella decides to complete her life with Aziz, but Aziz's death puts a sad ending to their story (Goel, 2020).

5. The Main Reasons of Woman's Betrayal in the Forty Rules of Love

The protagonist Ella lives a busy life with an empty heart. She has got married for years, but she is departed emotionally from her husband Dr. David. He used to have affairs with many women, but he is careless about her needs. As a lonely woman who is in need for love, she is attracted emotionally to unknown writer. And so on, she begins to betray her husband. Recent studies have proven that the rate of the wife's infidelity is much lower than that of the husband's, but they do not negate her infidelity. Psychologists say that any old or young woman needs love and attention, so she always starts searching for them, even the married woman (Smith, 2023). The researcher concludes three reasons of Ella's betrayal; her husband's betrayal, the monotony and stress, and the absence of religious motivation.

5.1. Her Husband's Betrayal

Ella's husband, Dr. David, lives freely. He cheats on her with many women and often leaves her alone and sleeps outside the house under the pretext of work. She knows everything about David's habits. It is easily for her to conclude that he was flirting with other woman and spending his night with her from his morning shower. Ella used to pretend that she does not know about his betrayal in order to make their life go on peacefully without problems:

[Ella] wasn't surprised to hear [David] in the bathroom taking a shower. Her husband could flirt with other women, and apparently even spend the night with them, but he would rather not take his morning shower anywhere other his own bathroom. When [he] finished and walked back through the room, Ella pretended to be asleep, thus saving him from having to explain his absence (Shafak, 2011, p.61).

As a man, David permits himself to establish romantic relationships with other women. He does not carry out his marital duties. Sometimes the man cares for many women except his wife. He tends to betray her. It is a painful feeling to discover that the person you love and trust is cheating you. It can be like a physical blow as you are reeling from the impact of realizing that the person you trust the most has deceived you (Smith, 2023). This pushes Ella to moral deviation because of being deprived from most of her basic rights, such as the woman's need for security, appreciation, and self-realization. Her husband neglects, and betrays her. She needs for tenderness and love that she watches in TV programs. She tends to get an ideal love. She needs a heroic man who cares and sacrifices for her sake. Ella is attracted to Aziz's first sentence about love "*May love find you when you least expect, where you least expect* (p. 55). He tells her everything about his travels, and shares her some details of his life. He is like a musician who treats her emotions as a flute. With him, she feels that she is important. What a woman seeks in heterosexual romantic partners, male friend, and men in general, is the same as what she seeks in any friend. The traits that woman tends to value and need most from her romantic partner are integrity, sensitivity, and intimacy. She needs a man in her life to be feminist allies (Ma, L. 2018), and Ella feels all these things with Aziz.

5.2. The Monotony and the Stress.

Ella's life centers on taking care of her children and house. Even her going to the cooking club focuses on cooking skills with some women's gossip and complaining from their husbands, and household responsibilities. Her life is empty from new things. It is just a daily routine about preparing three meals, cleaning the house and discussing her children's problems. One night, Ella was sitting alone in the kitchen after hours of the hard work watching the remains of the food. She thought of her life and found it is very boring. She felt very sorry about herself. She is a woman about forty who will not "able to make" any achievements in her life. Her heart is full of love, but no one demands.

When dinner was over, Ella sat at the kitchen table on her own, finding the stillness around her heavy and unsettling. Suddenly the food she cooked, the outcome of hours of hard work, seemed not only dull and boring, but easily replaceable. She felt sorry for herself. It was a pity that, at almost forty, she hadn't been able to make more of her life. She had so much love to give and yet no one demanding it (p.36).

The responsibilities and stress that fall on the woman, such as working inside or outside and looking after children have an impact on the balance of her personality. The daily life that imposes a lot of daily routine of doing work has a vital role in the woman's infidelity. Gradually the woman neglects herself. She cares for all except herself. By the time, she finds herself as a robot who repeats the same thing every day. She tends to get something new to change the boredom of her life. Something makes her feel younger, and happier. If she does not find it with her husband, she will search it with another man (Smith, 2023). Ella tends to a new life without responsibilities and she finds that with Aziz. He travels to different countries. His spirit is wandering from one place to another. She could know different cultures and news of different countries from his letters.

5.3. The Absence of Religious Motivation

Ella is a balanced Jewish American who spent her childhood and various excerpts differently from her peers, but she mentions in her conversations with Aziz that she is a non-religious American. She tells him that she would pray for him to thank him for his advice, but she did not beg God for a long time. She does not sure, whether God is still here or not:

I owe a big thank-you. I too would have prayed for you, but it has been such a long time since I last knocked on God's door that I'm not sure if he still lives in the same place. Oops, did I speak like the innkeeper in your story? Don't worry, I'm not that bitter. Not yet. Not yet (P.79).

One reason that leads to marital betrayal is the absence of religious motivation, which has the greatest role in protecting human in general and woman in particular from deviation. According to religion, marriage is sacred and it cannot be violated, and any relationship outside marriage or any marital infidelity is a sin that God must punish for it (Rokach & Chan, 2023, p.11). Ella keeps on sending emails to Aziz. For her, it is not forbidden to send and receive flirting from another man.

All the previous reasons develops Ella's desire to live in a romantic atmosphere full of love and attention from someone who provides her with everything she needs to fill full her emotional emptiness. She knows that she is strong enough to bear her family's responsibilities and David's affairs, but she wants love: "*Ella realized that despite her high-flying words denying it, and despite her ability to keep a stiff upper lip, deep inside she longed for love* (p.37)." She needs love and someone who makes her happy again, and Aziz is that one

6. The Digital Betrayal in *the Forty Rules of Love*

The protagonist Ella finds herself as a woman over forty, unable to understand her daughter who is about to get married or confront her husband because of his betrayal. A lonely woman who has lost her glow, unhappy, and in need for love. Ella spends

most of her time in the house. Therefore, she chose online work that enables her to stay at house and work. She works as a critic at a literary agency. Therefore, Ella enters to this hidden world. Most individuals enter digital world to search for what suits their social, cultural, and even their biological needs through social media, which has become an integral part of daily life. It is the most widely used means in the world to communicate with friends and relatives, search for information, exchange experiences, get to know each other and even search for love (Lakshmipathi, 2023). Ella finds Aziz by a chance online and he becomes the love of her life. She betrays her husband David and makes a relationship with Aziz. As an online relationship, it is passed through stages:

6.1. Getting Information

The agency asked Ella to write an essay about a novel, which is titled *Sweet Blasphemy*. When Ella reads Aziz's novel *Sweet Blasphemy*, she is drawn to its rules of love", the thing she is searching for. She begins to think about the writer's character, asking herself whether it is possible for her to meet and talk with him. Her curiosity drives her to google trying to find information or even a hint about him, and she succeeds: "*Curious about a man who had written the novel, she went online and Googled: A. Z. Zahara, wondering what would pop up but not expecting much* (p.42)." When a person begins to feel admiration for a specific person, she\he tries to get some information about her\him. Social media can help her\him to get this information by searching his\her personal page. She\he can read her\his hobbies and place of residence, and other information (Lowe, 2017, p.54). Ella succeeds to get his e-mail address.

6.2. The Initiative Stage

Ella initiates to write an e-mail to Aziz. In her first email, Ella tries to express her admiration with Aziz's novel, agreeing with his opinions about love, introducing herself as a literary critic who works at a literary agency:

My name is Ella. I am reading your novel *Sweet Blasphemy* in my capacity as a reader for literary agency I have only just begun, and I am enjoying it immensely. This is however my personal opinion and is not reflective of the views of my boss. Whether I like the novel or not, I have barely any influence on the final decision, as to whether we will take you on as a client (p.46).

She tells him that his novel is very interesting, but may her boss have a different opinion to accept him as a client. It seems as an introduction to know about him and get his attention. A man or a woman tries to bring other attention on social media by sharing specific person's own post or commenting with expressions of agreement with her\ him trying to clarify the fact that she\he cares about the same things she\he cares. Just as a man or woman is keen to put a "like" on any new personal photo published by a "certain person." It is a way by which both parties express their admiration for each other (Roberts, 2024).

6.3. The Opportunity of Speaking

At the beginning, to Ella, Aziz was just a name no more no less. She is attracted to his words of love. Nevertheless, she writes an e-mail telling him frankly that she and her daughter have different views of love, and she needs to speak with him. Since he is a writer of love and its rules, he may help her:

I am not writing because the "timing" of my reading *Sweet Blasphemy* couldn't have been more bizarre. Currently I am trying to persuade my elder daughter not to marry so young the day before, I asked her boyfriend to call off their marriage plans. Now my daughter hates me and refuses to talk to me. I have a feeling you too would get along well, as you seen to have very similar views of love (p.45).

These views became as an opportunity to speak with him again. She lets the speech open by asking him for advice. She is trying to lengthen the speech and getting an opportunity to build a friendship or something alike. Most digital relationships is passed on various topics. The most important of which are problems created by one of the parties. She\he interests in raising problems related to the issue that the other party specializes with and asks her\him for help (ibid).

6.4. The Friendship Stage

As an expected, Aziz replied on Ella's e-mails and gave her an advice. And so on, Ella started to write to Aziz about everything that happened in her life. Every day, she writes more than one letter and Aziz replies. And so on, their relationship became stronger until they began to flirt each other. Ella gives herself a justification that it is just an innocent relationship consists of exchanging messages only in a hidden world:

If there was a trace of flirtation in their exchange, Ella thought, it was an innocent one that might do them both good. They could flirt with each other, positioning themselves in distant corners within the infinite maze of cyberspace (p.143).

In the beginning, most people give themselves the right to create a relationship through social media because their partner's negligence and they also justify to themselves that they have not done anything wrong (ibid). Gradually, Aziz became her inspire, isolated corner, and secret shelter. Ella closed her laptop quickly to hide Aziz's emails, when her husband and children entered the

kitchen. She cared to hide her secret from her family. She wanted to keep this secret for herself. She was not ready to lose her secret friend for any reason:

Ella's gaze followed her husband's, and there on the open screen in front of her, she saw Aziz Z. Zahara's e-mail shining dimly. In a flash, she closed her laptop without waiting for it to shut down (p. 93).

In a hidden relationships, people try to switch off their phone or laptops to keep their secrets from others. This clearly appears when someone walks into her\his partner's room. She or he angles her\his phone or laptop. (Lux, 2023).

6.5. The Love Stage

Ella and Aziz's relationship is turned to be not only love but also an addiction. Ella was busy in checking her mailbox every time. She was sure enough that she loves him so much. She loves every detail about him. He does not become a part of her life. He is her life. His old or new e-mails were important to her because they were from Aziz:

Soon she was checking her e-mail at every opportunity – first thing in the morning and then again, after breakfast, when she came from her morning walk and while she was making lunch, [...] And every time she received a new message from him, she couldn't help breaking into smile half gleeful, half embarrassed by what was taking place. For something taking place (p. 143).

Most of online friendships between men and woman are turned into love, and both parties begin to express their feelings of happiness and admiration in the form of publications or songs that contain the meaning of love. They sometimes publish their personal photos together and writings that express the extent of longing between them. Their relations are turned into an addiction as one party begins monitoring the other party's messages (Ulanova, 2020, p.18).

6.6. The First Real Meetings

Ella planned to meet Aziz for the first time in Boston. To meet him, it was something like a dream. She imagined that she is speaking with Shams of Tabriz. She felt that she knew him. He is different from David. He is very simple and lovely. Their meeting was so emotional. Ella liked Aziz's words and personality. This meeting was a turning point in Ella's life, and helped her to decide whether this relationship deserves to risk or not. She could conclude that she wants this man and wants to continue with him:

She realized that she could love this man. She could love him so much. With that feeling, she put her arms around Aziz, pulling him towards her, ready to go further (p.304).

Many lovers find that the first real meeting is a reinforcement to their relationship. It is very exciting and intimate moments, as the relationship becomes more real than just a digital relationship. The first date is the important point in the development of love that previously began online. Some partners feel that they knew each other very well. They behave freely and express their inner feelings (Sharabi, 2023, p.13).

After their speaking, Aziz invited Ella to his room and she accepted. He flirted her, and she was having mixed feelings between happiness and guilt. She was happy to be with him, but she was feeling guilty because her family. Aziz knows her very well. He is like Shams of Tabriz in his ability to read her thought. Therefore, he did not drive her to a sexual intimacy. He loved her, and did not want to make her unhappy: "I don't want to do anything that would make you unhappy (p.304)." As usual, when lovers meet for the first time, they try to make some love (sex), but some partners avoid sex. Psychologists believe that emotional trust is an intimacy. As a contrast, sex is not a necessary intimacy. The idea that the deepest motive in human beings is to be significantly attached to other meaningful human beings: To know and have been known; to love and have been loved (Splinter, 2023, p.10).

6.7. The Announcement of the Relationship

Ella decides to join Aziz wherever he is, leaving her family and daily routine, performing her duty towards them as usual for the last time. After everyone knows the story of her relationship with Aziz, she declares a revolution against all restrictions and her monotonous life, following the call of her heart repeating Shams's rules:

It is never too late to ask yourself, am I ready to change the life I am living? Am I ready to change within?"
"Even if a single day in your life is the same as the day before, it surely is a pity at every moment and with each new breath, one should be renewed and renewed again. There is only one-way to be born into a new life: to die before death (p.336).

She is ready to change her life. She must renewed again with Aziz. Old Ella must die and new Ella must born instead. When the lovers reach a decisive stage, they often decide to announce their relationship through their emotional connection or engagement with some romantic words. Sometimes one of the parties announces this because of his strong attachment to the other (Sharabi, 2023, p.3).

6.8. The End

Aziz hides his fatal illness (the cancer). Nevertheless, he tells Ella about this very late. He is "*a man with no future*" (p.345). A time in which Ella decides to abandon her family and live with him. Therefore, she stands between two options: to go back or continue with him, to accept his medical condition, and what will happen later: "*Go back to your children and your house. You decide, love. Whatever you choose, I will respect your decision*" (p. 327). At the end of each relationship, either the two parties be together or the love between them ends in one way or another, leaving a wound in the hearts. (ibid). It is not possible to predict whether a particular person will be suitable for you or not. "No dating-site algorithm can accurately predict the human heart." Even if the partner has all the positive qualities of the relationship, it does not mean that it is a good chemistry between them, or they meet at the right time of their life to form a relationship. However, the need for love that lies within persons push them to take risks to realize the areas that deserve to establish a new emotional relationship after repeated disappointments (Ma, L. 2018). Ella decides to complete her life with Aziz even he will die at the end:

Thus, Ella decided to go through this experience, which began in a virtual world and moved to reality, bearing all the consequences that it would entail: "a woman abandoning her husband for another man, it was a woman abandoning her future for the present moment (p.346)."

She is strong enough to continue with Aziz and bear all the difficulties and people's gossip. She loves him and never lets him down. She wants to complete her life with him to the unknown future. Woman does not need partner who invests all his energy in trying to prove how strong, macho, or heroic he is. She just wants a man who is willing to meet her anywhere, treats her fairly and equitably and is able to keep the romantic spark between them burning (ibid).

7. The Conclusion

Achieving higher social status, diversity in gaining sexual attractiveness, weak moral principles, and absence of religion, heterogeneous and compulsory marriages and weakness of healthy satisfaction of the sexual needs are main factors of Infidelity. The easiest and fastest way to cheat among spouses are social media. Due to the wide and hidden space, which makes the betrayal very secret, as well as providing an ideal lover regardless of his reality. This betrayal has become common at the present time, where most men spending long hours with their mobile phones, without caring about what is happening around them at their houses, and most women are emotionally drawn to the legendary hero whom find accidentally online. This leads to the loss and disintegration of the family. The spouses are led by their emotions and instinctive tendencies. This is exactly what happens with Ella. She has got a secret relationship with Aziz, whom she finds online. There are reasons for her betrayal. First, David has betrayed Ella and neglected her. Second, Ella is a lonely woman in need for love and feels boredom from her daily routine and responsibilities. Third, the absence of religious deterrent and indifference to society's view. In spite of the reasons that lead her to betray, Ella is a betrayer. She is a married woman who makes a relationship with another person via social media. She tends to hide this relationship from her family. Moreover, she and Aziz begin as online friends then they change into lovers. Finally she announces her decision to abandon her family (husband and children) and live with Aziz. These wrong online relationships do not often succeed because the persons wake up suddenly from the virtual world (the world of illusion) and back to reality with a sad ending. It is like a slap that brings people back to their normal life but in a devastating way. This is what happens with Ella at the end. She loses her love Aziz as well as her family.

8. Recommendation

The marital life depends on three important elements: love, trust and understanding. The spouses must take care of these elements to stop any sort of marital infidelity. The following is a brief explanation of these elements importance:

8.1. Love is very important to marital life. The lack of love drives one part or both to search for a third source of love, and so a betrayal happens. Therefore, both spouses must express their love for each other, help, and support each other.

8.2. Trust is necessary to strengthen the relationship between spouses. They should not hide anything from each other or behave suspiciously.

8.3. Understanding is the best way to solve marital problems. Instead of quarreling and intolerance in taking the family decision, the spouses must sit together and find out solution to each problem they have faced.

Funding: This research received no external funding.

Conflicts of Interest: The authors declare no conflict of interest.

Publisher's Note: All claims expressed in this article are solely those of the authors and do not necessarily represent those of their affiliated organizations, or those of the publisher, the editors and the reviewers.

References

- [1] Brody Wooddell, B. (2023), *The Impact of Social Media on Modern Relationships*, WFLA, May 30, <https://www.wfla.com/bloom-tampa-bay/bloom-relationships/the-impact-of-social-media-on-modern-relationships/>
- [2] Goel, P. (2020), *Book Review – Forty rules of love by Elif Shafak*, Medium, Sep 5, <https://www.instagram.com/bookreviewsbypooja/>
- [3] Kempniński, U. (2021), *Online Betrayal-Research Review*, Research Gate, <https://www.researchgate.net/publication/349370236>.
- [4] Lakshmipathi, A. (2023), *Digital world*, Dec 13, 2023, <https://www.linkedin.com/pulse/digital-world-aarthi-lakshmipathi-ishoc/>
- [5] Leeker O.& Carlozzi A. (2011), *Effects of Sex, Sexual Orientation, Infidelity Expectations, and Love on Distress related to Emotional and Sexual Infidelity*, Oklahoma State University, <https://core.ac.uk/download/pdf/215287359.pdf>
- [6] Lowe, C. (2017), *Developing and Maintaining Online Romantic Relationships*, Walden University, <https://scholarworks.waldenu.edu/dissertations>
- [7] Lux, D. (2023), *The Rise of Digital Betrayal: How Technology is Fueling Infidelity in Modern Relationships*, Medium, Aug 8, <https://medium.com/@luxeleonor/the-rise-of-digital-betrayal-how-technology-is-fueling-infidelity-in-modern-relationships-832765691f09>
- [8] Ma, L. (2018), *15 Things Women Want From the Men in their Lives*, June 4, <https://www.psychologytoday.com/us/blog/lifetimeconnections/201806/15-things-women-want-the-men-in-their-lives?p.1>
- [9] Rokach, A. & Chan, S. (2023), *Love and Infidelity: Causes and Consequences*, International Journal of Environmental Research and Public Health, <https://doi.org/10.3390/ijerph20053904>
- [10] Shafak, E. (2011), *the Forty Rules of Love*, England: Penguin Book.
- [11] Sharabi, L.(2023), *The Enduring Effect of Internet Dating: Meeting Online and the Road To Marriage*, Sage, <https://www.researchgate.net/publication/363038906>
- [12] Smith, S. (2024), *Why Do Women Cheat on their Husbands: Top 10 Reasons*, marriage.com , 15 june, <https://www.marriage.com/advice/infidelity/what-makes-women-cheat-on-their-partners>
- [13] Sol, P. (2023), *Online Cheating: Exploring the World of Virtual Infidelity*, SPYNGER, July 14, <https://spynger.net/blog/online-cheating-deep-dive-into-digital-betrayal>
- [14] Splinter, J.(2023) , *An Essay On Love*, p.10, <https://www.professays.com/wp-content/uploads/2009/12/Love-Essay-Sample.pdf>
- [15] Ulanova, E. (2020), *The Influence of Social Media on Modern Romantic Relationships : A Literary Analysis of New Media Studies*, Elizabeth Ulanova, <https://www.researchgate.net/publication/344469069>
- [16] Vossler, N. & Moller, N. (2019), *Internet Affairs: Partners' Perceptions and Experiences of Internet Infidelity*, Research Gate, Sep. 2019, <https://www.researchgate.net/publication/335664626> Internet Affairs Partners' Perceptions and Experiences of Internet Infidelity.