

CRISIS IN THE COUPLE AND THE SUMMER (1)

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RESUMEN

Las relaciones de pareja entran en riesgo con la llegada del verano. Más allá de ser una percepción de la calle, la frase se sustenta en una base empírica: el aumento de consultas por este motivo en los gabinetes psicológicos, “obedece a un aumento de la interacción de la pareja al deshacerse de la rutina diaria y al incremento de las tentaciones debido a cierta relajación social”.

PALABRAS CLAVE

Pareja, crisis, verano.

SUMMARY

The relationship of the couple is at risk with the arrival of the summer. This problem, more than being an ordinary perception lays on an empirical basis. Consultations for this reason in psychological offices "have to do with an increase in the interaction of the couple once the daily routine disappears while temptations seem to be stronger owing to a certain social relaxation."

KEY WORDS

Couple, crisis, summer.

The increase of infidelity and childish discussions put the couple at risk in the summer. Consultations about possible splits increase during the summer period. Infidelity is not

worthwhile once we see the benefit we get out of it, and the destruction it brings (Pérez A, 2000). Professional life and the care we dedicate to the children and home controls the quality of the couple's life (SESPAS, 2006). When we arrange some free time this can be noticed very clearly. The couple has to be aware beforehand that violent discussions can arise for the least silly thing and must take measures. - by not feeding back that subject and avoiding the discussion. Increasing the frequency of sexual relations of the couple in summer contributes to create a climate of complicity. It is necessary to avoid misunderstandings and possible temptations, tied many times to the relaxation of social customs with the arrival of the summer.

In my opinion, "professional life and the care one dedicates to the children and home controls the quality of life between the couple (Moneo F, 2006). Also, once overcome the phase of being deeply in love which may last up to five years, one discovers that the person one is with is not the ideal one had imagined but someone different, each one with their virtues and defects (Spivacow M, 2005). Assuming this reality is no doubt a crucial challenge for the continuity of the couple. However, this does not always happen and it is described from the psychological point of view that after five years of relationship the risk of the couple splitting is much higher.

Conflicts arise when one can not talk about this because there is no communication (Berenstein I, 1990). We must take into account the importance and influence of the family in our society, which affect sometimes personal relationships. The arrival of summer with the relaxation of the customs and the provision of more free time reveals this reality in some cases in a crude way."

"In the same way, the relaxation of customs and the life style that take place in summer increase the chances of infidelity, which altogether lead to an increase in the rate of separations in this time of the year" (Asociación de divorciados y separados de España, 2006).

Suggestions to try to avoid this situations: "the couple must be aware beforehand that arguments may arise for the silliest things ("should we have mayonnaise in the salad?"). If we can notice this reality before it explodes, it is convenient to bear it in mind to try to identify why something like this is happening and try to reduce the problem".

Either way, the argument sometimes cannot be avoided. " In such cases it will be of big help if one of the two people involved avoids the fight. If there is no answer to the complaints from the other part, the feedback of the conflict is avoided, something important as time will show that such argument was childish".

Moreover, the summer is a unique opportunity to favour the development of the couple. We must realize that being married or living with our partner, does not only consist of taking care of the children, and since we have more time now it is necessary to share it, to increase indications of affection, and to show each other more loving and caring."

Therefore "we have to accept the differences of the other and assume that it is a law of life; that there are no two people the same. Showing your affection to the other will be an essential proof to let the other one know that you love him,/her , no matter if it is the ideal or not" (Puget J, 2006).

Other suggestions are the increasing of sexual activity of the couple now that they have more free time. In most cases this will reinforce the links between the couple, reducing complications and tensions in an important way.

In the same way we advice that " one must observe an extreme care in the relationship with other people, especially when they are from the opposite sex. It is necessary to avoid misunderstandings and possible temptations linked many times to the relaxation of social costumes with the arrival of the summer".

In a graphic way we must say that an "affair" is much more destructive than pleasant. If we put in a balance what it can offer and the damage it can bring to the couple relationship, there is no doubt that the person who carries on this way will end up losing. Infidelity is not worth it once we see the benefit we get out of it and the destructive power it brings, not only to the couple, but to the one who comits it himself - psychic unbalance, depressions, anxiety crisis - who ends up looking for psychological help, because he/she feels that a couple of hours of extra pleasure will end up with years of love in their marriage, couple. They feel guilty". It is then when psychotherapy sessions for the couple with an expert for a period of a year, one hour per week (advisable), can reconstruct the family.

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NOTES

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