

PANGAKONG NAPAKO: THE STORIES OF INDIVIDUALS
WHO EXPERIENCED INFIDELITY IN RELATIONSHIPS

A Thesis

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ABSTRACT

Infidelity is a complex and sensitive issue with profound effects on individuals and relationships. Researchers focused on women's experiences of infidelity in past relationships, noting that such betrayal can lead to feelings of dissatisfaction, low self-esteem, and personality changes. Women, being more emotionally invested, are deeply affected by infidelity. Charismatic Persona (2024) describes it as one of the most profound betrayals a woman can experience, leaving a lasting impact on her heart, mind, and self-esteem. This study delved into the narratives of four individuals who have experienced infidelity found using the purposive sampling method. A semi-structured interview was used in gathering data from the participants. The researchers also used Murray's Narrative Analysis (2018) to identify five main narrative themes with their respective sub-themes: Romance Consummate (Priorities and Compromise & Allusions), Emotional Abuse (Emotional Abuse & Pain of Lost Trust), Introspection (Self-doubt to Self-thought), Extrospection (Familial Influence & Friendship Influence), and Triumph (Journey to Healing). Often, individuals overlook signs of infidelity due to deep emotions, leading to a mix of tragedy and romance in their narratives. Infidelity triggers intense emotions like pain, anger, and insecurity, prompting reflection on their partner's background to rationalize their behaviours. Over time, with support, women find resilience, undergo personal growth, and learn valuable life lessons from their experiences, transforming challenges into opportunities for positive change. The findings suggest that personal experiences shape beliefs, values, and perspectives, showcasing the strength and resilience of the human spirit.

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