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# **DEADLY AFFAIRS: THEORETICAL AND EMPIRICAL ANALYSIS OF HOMICIDES TRIGGERED BY INFIDELITY IN INDIA**

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## **ABSTRACT**

This paper investigates the rates, patterns, and factors behind homicides triggered by infidelity in India. Through a comprehensive analysis of emotional, psychological, sociocultural, and situational influences, the study aims to identify significant trends and changes over the years in India. By examining major psychological, social, and environmental triggers, the research provides a detailed understanding of the underlying causes of infidelity-related homicides. Utilizing well-established theories, the paper contextualizes the motivations and behaviours associated with these homicides. Based on the findings, the study proposes comprehensive policy recommendations to prevent such incidents, emphasizing legal reforms, public awareness campaigns, support services, and fostering loyalty and satisfaction in relationships. The research contributes to global discussions on intimate partner violence, aiming to enhance the safety and well-being of individuals in India.

**Keywords:** Homicides, infidelity, intimate partner violence, India, marriage

## 1. INTRODUCTION

Marriage is a fundamental institution in human social organization and cultural systems, serving as a foundation for kinship and social structure. Anthropologists have long explored its meanings and functions across societies. Edward Westermarck defined marriage as a relation recognized by custom or law, involving certain rights and duties (Westermarck, 1921). George Peter Murdock described it as a socially approved sexual and economic union with mutual obligations (Murdock, 1949). Claude Lévi-Strauss viewed marriage as a system of exchange between groups, organizing relationships and reproduction (Levi-Strauss, 1971). Despite these definitions, the institution of marriage varies widely, reflecting cultural values and norms, but remains recognized for its social, economic, and emotional dimensions. In recent decades, marriage has faced significant shifts due to modernity, globalization, and digital technologies, leading to challenges like infidelity, which destabilize traditional foundations and raise questions about trust and loyalty.

Infidelity represents a profound breach of trust within intimate relationships, often sparking intense emotional responses such as betrayal, anger, and jealousy (Buss D. , 2016) (Shackelford, LeBlanc, & Drass, 2000). This betrayal manifests through love affairs and illicit relationships, including both emotional and physical affairs. In many cultures extramarital affairs carry significant social stigma, resulting in not only personal but also communal repercussions. Emotional distress caused by infidelity can escalate into physical violence, with cases of homicide becoming extreme manifestations of unresolved conflicts and societal pressures (Sy, 2020) (Dolan, 2017).

In India, marriage is deeply tied to notions of honour, morality, and societal stability. Infidelity, therefore, disrupts more than just personal relationships, it challenges societal expectations and family values. The cultural framing of marriage as a sacred institution exacerbates the consequences of extramarital affairs, often pushing individuals into emotional extremes. This cultural backdrop provides fertile ground for violent responses, where jealousy and rage can manifest in acts of fatal violence (LawCrust, 2023) (Abhasa, 2022).

Homicides linked to infidelity frequently emerge as reactions to perceived betrayal or attempts to reclaim lost honour. These crimes are not isolated incidents but part of broader socio-cultural patterns that intertwine individual psychology with collective norms. Studies in criminology and sociology, such as those by Donald Black in his *The Behaviour of Law*, explain how breaches of social norms, like infidelity, can lead to violence as a form of social control or

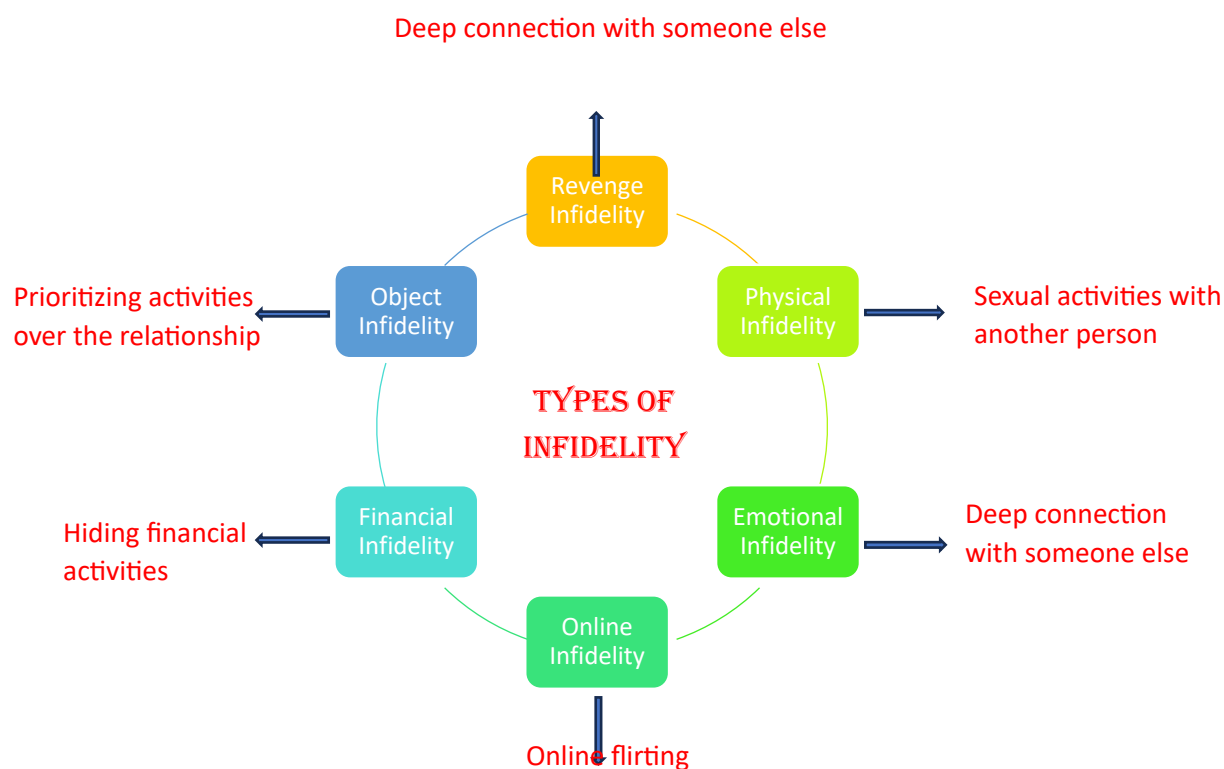
retaliation (Black, 1976). Additionally, Adultery and Infidelity are not punishable under Indian law, as the Supreme Court of India struck down Section 497 of the Indian Penal Code in 2018, declaring it unconstitutional (Gupta, 2023).

### **1.1 Evolution of Infidelity**

Infidelity has evolved significantly across different ages and cultures. In Ancient Greece, it was seen as a selfish act and often punished by death. Ancient Rome treated adultery as a crime punishable by exile. In Medieval Europe, adultery was a serious offense, often leading to public humiliation and punishment. During the Renaissance, infidelity was both a source of inspiration for artists and a symptom of an immoral society (Infidelity Hub, 2023). In Modern Times, infidelity is viewed through various lenses, including psychological and evolutionary perspectives, highlighting its complex social and emotional implications (Planke & et al, 2022). Infidelity in India has evolved significantly across different ages. In ancient times, texts like the Manu smriti prescribed severe punishments for adultery, reflecting the importance of marital fidelity. During the British colonial period, adultery was codified as a criminal offense under Section 497 of the Indian Penal Code (IPC) in 1860, but only men were held criminally liable (Gupta, 2023). In modern India, the Supreme Court struck down Section 497 in 2018, decriminalizing adultery and shifting the focus towards civil consequences (Garg, 2018) (Gosain, 2018).

### **1.2 Types of Infidelity**

Infidelity manifests in various forms, each carrying its own ramifications on relationships. Emotional infidelity involves forming deep emotional bonds with someone outside the primary relationship. Physical infidelity entails engaging in intimate acts, while revenge infidelity occurs when one partner engages in infidelity to retaliate against their partner. Cyber infidelity takes place online through intimate communications or virtual relationships, and financial infidelity involves hiding financial activities. Object infidelity refers to developing an obsession with objects or activities, diverting emotional or physical attention away from the partner. Recognizing these types helps in understanding and addressing relationship issues (*Picture 1*). Healing requires both partners take an honest look into what led to the infidelity, and deal with the parts of the relationship that were unsatisfying. When both partners are committed to repairing the relationship, trust and intimacy can be rebuilt.



**Figure 1 Types of Infidelity**

### 1.3 Signs of Infidelity

Infidelity often leaves subtle traces that can disrupt the harmony of a relationship. Recognizing signs such as sudden changes in behaviour, unexplained absences, or increased secrecy around communication can be crucial in understanding the underlying issues. *Table 1* delves into the common indicators that may suggest a partner's unfaithfulness, offering insights to help identify and address these signs.

Sign of Infidelity	Key Points	Examples
Behavioural Changes	More Secretive, Protective of Phone	Hiding messages, using phone in private
Decreased Communication	Less Openness, Limited Sharing	Short answers, avoiding conversations
Emotional Distance	Lack of Intimacy, Increased Disengagement	Less affection, emotionally withdrawn

Unexplained Absences	More Time Away, Vague Explanations	Late nights, unaccounted trips
Changes in Appearance	Sudden Grooming Focus, New Wardrobe	New hairstyle, shopping for new clothes
Financial Discrepancies	Unexplained Expenses, Secretive Spending	Hidden purchases, unusual withdrawals
Guilty Behaviour	Overly Defensive, Accusations of Cheating	Reacting strongly to questions, projecting blame

**Table 1 Signs of Infidelity****2. OBJECTIVES OF THE STUDY**

1. To investigate the rates and patterns of homicides triggered by infidelity in India over the years, aiming to identify significant changes or consistent trends.
2. To examine the major factors and triggers that lead to infidelity-related homicides, providing a comprehensive understanding of the underlying causes In India.
3. To utilize well-known theories to understand the underlying motivations and behaviours associated with infidelity and subsequent homicides, offering a solid theoretical context for the empirical findings.
4. To propose comprehensive policy recommendations to prevent infidelity-related homicides.

**3. SIGNIFICANCE OF THE STUDY**

This study sheds light on the often-overlooked phenomenon of infidelity-related homicides in India. By combining theoretical insights with empirical data, it reveals the intricate factors driving such incidents. Academically, it enriches anthropology, criminology, and sociology. For policymakers and law enforcement, it offers insights for developing targeted policies to address marital discord and reduce domestic violence. From a societal perspective, it raises awareness about the consequences of infidelity and the importance of conflict resolution. Overall, this research aims to contribute to global discussions on intimate partner violence and its socio-cultural dimensions, fostering a safer society.

#### 4. REVIEW OF LITERATURE

The *Table 2* represents a review of literature on various works related to homicides and infidelity.

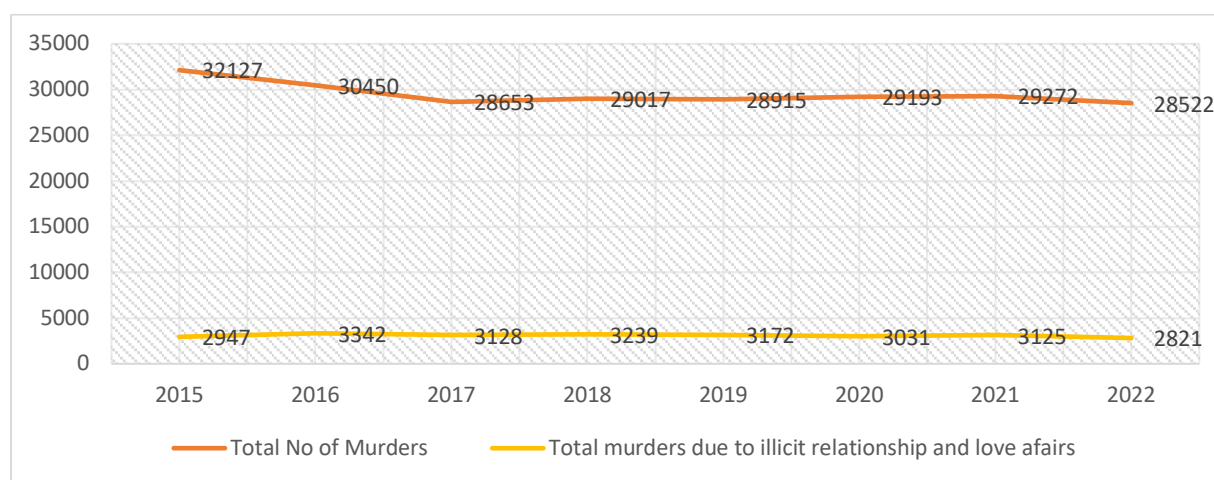
Title	Author	Year	Key Findings
Homicide	Daly and Wilson	1988	Emphasizes that infidelity is a common precursor to intimate partner violence and homicide, particularly when perceived as a threat to personal identity or social standing.
The dangerous passion: Why jealousy is as necessary as love and sex	Buss	2000	Argues that jealousy is an evolved emotional response aimed at protecting relationships but can also motivate acts of aggression.
Emotional reactions to infidelity	Shackelford, LeBlanc, & Drass	2000	Identifies 15 emotion components related to infidelity; men reported stronger reactions to sexual infidelity, while women scored higher on emotional insecurity.
Intimate partner violence: causes and prevention	Jewkes	2002	IPV is frequently triggered by perceptions of betrayal, with infidelity being a key factor in both male and female-perpetrated violence.
Online Infidelity: The new challenge to Marriages	Mao A & Raghuram A	2009	Highlights that extreme internet usage is a key factor in online infidelity.
The Evolution of Desire: Strategies of Human Mating	Buss	2016	Sexual jealousy is a significant driver of violent behaviour, particularly among men who perceive infidelity as a threat to their status or lineage.
Most Indians feel infidelity not a sin: Survey	Ashley Madison Survey by The Times of India	2017	In India, across ten cities, 76% of women and 61% of men do not consider infidelity a sin among 80% of married people.
Infidelity, betrayal and mariticide — a case report	Kumar, Sharma, & Narwal	2018	Case study report elucidates that 41% of marriages had one or both partners admitting to physical or emotional infidelity.

Marital Infidelity as a Potent Cause of Perilous Criminal Offences: A Critical Study	Kumar & Jakhar	2022	NCRB 2020 data reveals that 6% of murders in the country are due to extramarital affairs or infidelity.
Analysis of Judges' Considerations in Cases of Murder Based on Infidelity	Sidiq, Ibrahim, & Abdullah Suhaimi	2023	Differentiates between marital criminal and formal criminal; examines seriousness of murder in Indonesian law due to infidelity.

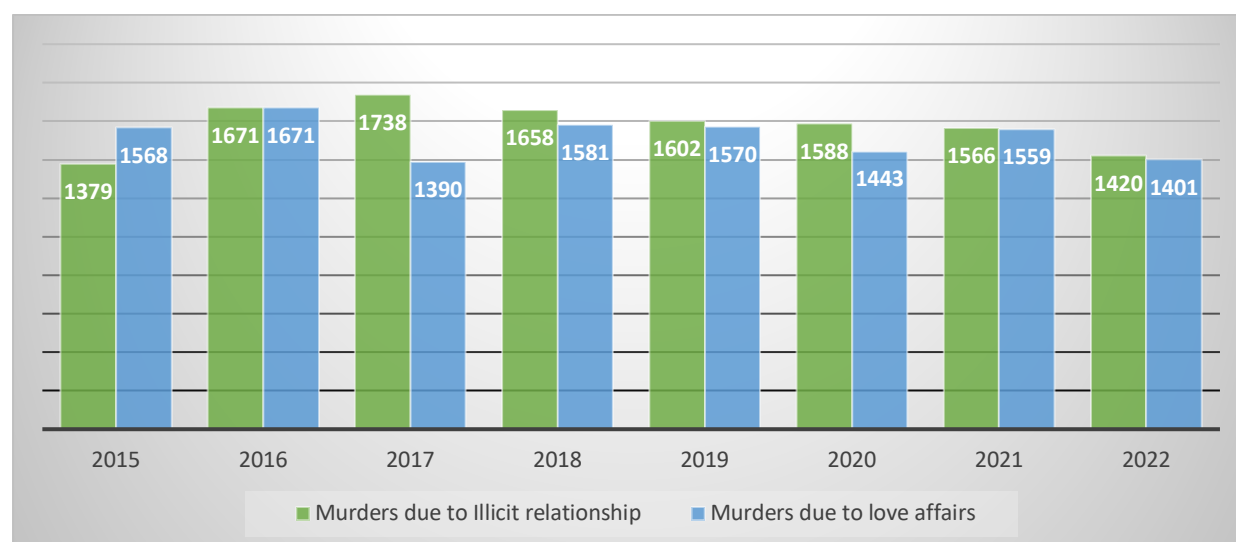
Table 2 Review of literature

## 5. TRENDS AND PATTERNS OF HOMICIDES DUE TO INFIDELITY IN INDIA

The *Graph 1* illustrates the trend of total murders and murders due to illicit relationships or love affairs in India (Including all states and UT) from 2015 to 2022. While the overall number of murders shows a gradual decline over the years, murders linked to illicit relationships and love affairs remain relatively stable with minor fluctuations. This suggests that infidelity-related homicides constitute approximately 10% of total murders despite a reduction in overall crime rates in 2022.



**Graph 1 Total number of murders and total murders due to illicit relationship and love affairs in India including States and UT (Source: National Crime Record Bureau)**



**Graph 2 Murders due to Illicit relationship and Love Affairs in India including States and UT (Source: National Crime Record Bureau)**

The *Graph 2* compares the annual number of murders due to illicit relationships and love affairs in India from 2015 to 2022. Murders due to illicit relationships consistently outnumber those due to love affairs, although both categories show minor fluctuations over the years. The trends suggest a slight decline in such incidents from 2020 onwards, possibly reflecting changes in societal or legal factors.

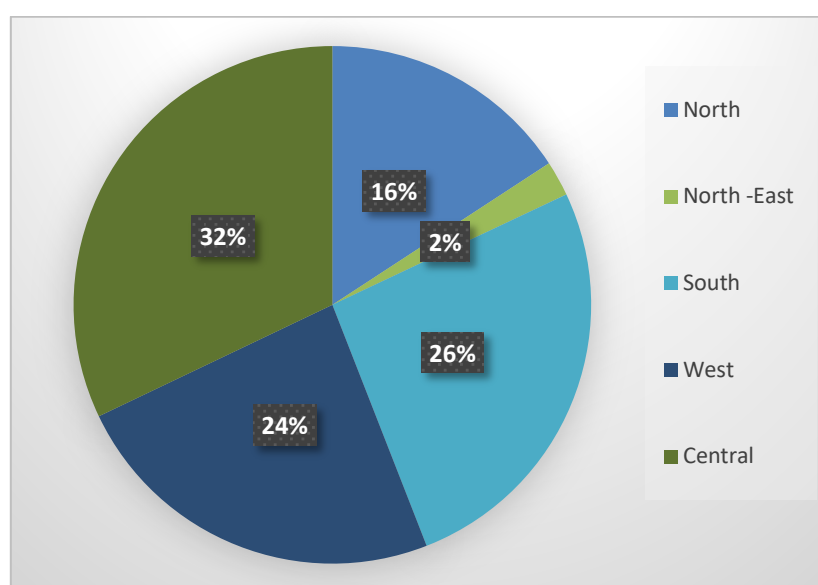
	State	2016	2017	2018	2019	2020	2021	2022
<b>North India</b>	Jammu & Kashmir	4	4	9	5	10	13	4
	Himachal Pradesh	12	16	16	10	13	14	9
	Punjab	93	104	96	100	92	85	73
	Haryana	59	55	56	84	72	60	50
	Uttar Pradesh	682	499	491	487	462	406	291
	Uttarkhand	27	17	17	20	23	10	12
	Assam	63	41	29	44	31	35	44
	Arunachal Pradesh	7	1	0	2	4	1	1



<b>North-East India</b>	Manipur	2	5	1	6	2	1	2
	Meghalaya	2	1	1	2	2	4	1
	Mizoram	4	3	3	3	4	8	4
	Nagaland	0	2	0	0	1	0	2
	Sikkim	3	1	1	1	4	6	2
	Tripura	9	5	9	7	7	4	5
<b>South India</b>	Andhra Pradesh	147	194	199	187	190	197	227
	Karnataka	126	167	175	173	182	203	152
	Kerala	17	21	13	14	11	17	13
	Tamil Nadu	303	252	266	264	249	244	203
	Telangana	117	116	109	104	114	138	130
<b>West India</b>	Rajasthan	46	74	86	114	108	125	114
	Gujrat	188	172	229	196	231	233	194
	Maharashtra	265	345	381	393	299	351	348
	Goa	6	1	2	2	6	5	7
<b>Central India</b>	Bihar	382	418	381	371	285	280	303
	Chhattisgarh	124	96	124	80	96	118	119
	Madhya Pradesh	272	272	285	264	298	323	273
	Odisha	58	58	38	52	59	67	68
	Jharkhand	81	93	109	75	98	99	89

	West Bengal	19	35	58	58	35	38	40
Total		3118	3068	3184	3118	2988	3085	2780

**Table 3 Region and State wise list of murders due to love affairs and illicit relationships excluding Union Territories (Source: National Crime Record Bureau)**

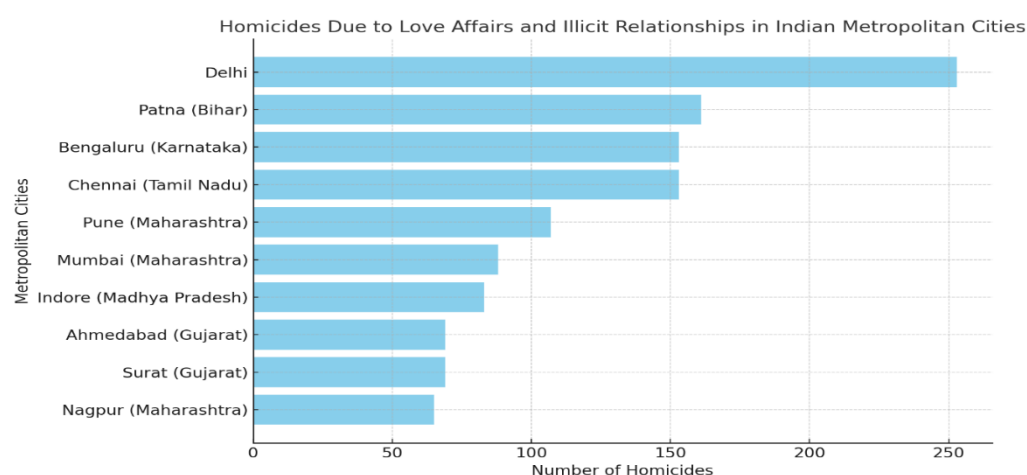


**Graph 3 Region wise percentage share of murders due to love affairs and illicit relationship in India in 2022 (Source: National Crime Record Bureau)**

The regional distribution of homicides linked to infidelity in India, as observed in 2022, reveals notable variations influenced by socio-economic, cultural, and demographic factors. Central India, accounting for 32% of such cases, leads in these incidents. This can be attributed to a combination of factors such as the deeply entrenched patriarchal norms, economic disparities, and strong societal emphasis on traditional values. States in this region, such as Madhya Pradesh and Chhattisgarh, often grapple with issues of poverty and lower literacy levels, which exacerbate interpersonal conflicts. Additionally, the honour culture prevalent in these areas may prompt individuals to resort to extreme measures when personal relationships are perceived to challenge family or community reputation. South India, with 26% of such cases, follows closely. Despite relatively better socio-economic conditions and higher literacy rates compared to other regions, patriarchal attitudes and traditional social structures persist in parts of the region. The rising urbanization and migration in cities like Bangalore and Hyderabad may also contribute to interpersonal conflicts, as these dynamics bring diverse cultures and modern values into contact, sometimes clashing with traditional beliefs. Western India accounts for

24% of cases, where urban centres like Mumbai and Ahmedabad might experience similar challenges as South India, particularly due to migration and urbanization. Additionally, economic pressures and social disparities in rural areas of this region can amplify conflicts linked to personal relationships. North India records a lower percentage (16%) of such crimes, which might be due to stronger law enforcement measures or underreporting caused by fear of social stigma. However, patriarchal norms and the honour culture remain significant, though societal openness about such incidents is relatively less, possibly suppressing the visibility of these crimes. Finally, the North-East region reports the lowest incidence (2%), which can be linked to its unique matrilineal or egalitarian social structures in many communities. These cultural differences may foster relatively more progressive attitudes toward personal relationships, reducing extreme reactions to infidelity. Furthermore, lower population density and stronger community ties might contribute to fewer incidents of such crimes.

The *Graph 4* highlights the number of homicides due to love affairs and illicit relationships in Indian metropolitan cities from 2016 to 2022, with Delhi consistently leading (253 cases), followed by Patna (161), Bengaluru, and Chennai (both at 153). These high numbers may stem from factors like population density, cultural norms around relationships, and urban stressors that amplify interpersonal conflicts.



**Graph 4 Top 10 metropolitan cities ranked according to murders due to infidelity from 2016-2022 (Source: National Crime Record Bureau)**

A survey highlighted that 77% of women on Gleeden (India's first extramarital dating app) in India cheat due to boredom in marriage, and 72% of them do not regret it. 37% of Indians believe one can cheat and still love their partner. Infidelity rates are nearly equal between men (59%) and women (53%), and 60% of married Indians are open to exploring non-traditional

relationships. Gleeden's survey highlights significant trends in Bengaluru, often referred to as the "Infidelity Capital of India" and ranked Bengaluru "No. 1 in infidelity" (Gleeden, 2023). According to the National Crime Records Bureau, love affairs are one of the major reasons for murders in Bangalore, accounting for a significant portion of the state's homicides (Belagere, 2020). Police records, media reports, and National Crime Records Bureau (NCRB) data highlight a troubling rise in homicides linked to marital discord and extramarital affairs, making this issue both relevant and urgent for academic investigation. The trends underscore how emotional, societal, and familial tensions amplified by changing lifestyles and relationship dynamics contribute to violent outcomes. This research, therefore, aims to explore the socio-cultural factors driving such homicides, while emphasizing the need for effective interventions like marital counselling, conflict resolution strategies, and awareness campaigns to mitigate this growing societal concern.

### **5.1 Patterns in Infidelity-Related Homicides**

Homicides resulting from infidelity exhibit identifiable patterns influenced by emotional, psychological, sociocultural, and situational factors. Typically, the unfaithful partner is the primary victim, with violent acts often driven by emotions of betrayal and a perceived loss of control. In some cases, the lover of the unfaithful partner becomes the target, usually due to jealousy and competition. Gender-based dynamics also play a significant role. Men are more likely to commit acts of overkill, such as multiple stabbings or shootings, fuelled by intense anger and a desire to regain control. Women, though less frequently offenders, may resort to discreet methods like poisoning, often in response to prolonged abuse or as a preventive action. The mode of violence in these crimes frequently involves extreme brutality, such as multiple stab wounds reflecting uncontrollable rage. Strangulation or suffocation is also commonly linked to infidelity-related homicides, particularly in domestic settings. In the most gruesome cases, bodies may be dismembered, with parts stored in freezers or even boiled and ground, revealing a level of premeditation and detachment.

Homicides often occur in the heat of the moment, immediately upon discovering infidelity, driven by impulsive, emotionally charged responses. In some instances, however, the act is premeditated, particularly when suspicions of infidelity have lingered for a prolonged period. Most incidents occur within homes, where confrontations related to infidelity are most common, although public spaces like workplaces or social environments can also be sites of these crimes. Sharp objects, such as knives, are frequently used in impulsive, emotionally-

driven murders, while firearms are typically chosen for premeditated crimes or when they are readily accessible. Post-crime behaviour varies, with many perpetrators confessing to the crime soon after committing it, indicating feelings of guilt and a lack of planning. In cases of premeditation, however, perpetrators may attempt to conceal their actions by staging the crime scene or disposing of evidence.

## 6. THEORETICAL FRAMEWORK

Theory	Key Concepts	Connection to Infidelity-Related Homicides	Example
<b>Strain Theory (Merton, 1938)</b>	Disconnect between societal goals and means to achieve them.	Strain from societal emphasis on marital fidelity leads to extreme reactions like homicide.	A spouse feels dishonoured by infidelity and reacts violently to restore their self-worth.
<b>Social Control Theory (Hirschi, 2002)</b>	Strong social bonds deter deviance; weak bonds lead to deviant behaviour.	Breakdown of relationships weakens social controls, increasing the likelihood of violence.	Loss of marital bonds results in homicidal rage toward the unfaithful partner.
<b>Routine Activities Theory (Cohen &amp; Felson, 1979)</b>	Crime occurs when a motivated offender meets a suitable target without a guardian.	Routine changes (e.g., increased work hours, digital distractions) reduce guardianship, enabling crime.	A partner becomes vulnerable to violence due to reduced supervision in a digital context.
<b>Labelling Theory (Becker, 1928)</b>	Societal labels shape self-identity and behaviour.	Labels like 'betrayed spouse' trigger intense emotional reactions and violence.	A person labeled as a 'jealous lover' commits homicide due to societal stigma.
<b>Evolutionary Criminology</b>	Jealousy and rage are evolutionary mechanisms to	Infidelity threatens genetic interests, triggering	A spouse reacts violently to infidelity

<b>(Daly &amp; Wilson, 1988)</b>	ensure genetic survival.	extreme protective reactions.	to secure paternity certainty.
<b>Gender and Power Theory (Connell, 1987)</b>	Gender power imbalances reinforce control over women's sexuality.	Infidelity challenges patriarchal control, leading to violence as an assertion of dominance.	Honour killings to reclaim societal respect after perceived betrayal by a partner.
<b>Subcultural Theory (Cohen A. K., 1955)</b>	Cultural norms justify or normalize violence in response to infidelity.	Honour-based cultures condone violence to restore familial or personal reputation.	A man commits an honour killing to restore his family's reputation after infidelity.
<b>Honor and Shame Framework (Herzfeld, 1985)</b>	Social pressure to maintain honour; violence used to reclaim status.	Infidelity as dishonour leads to violent acts to restore social reputation.	A person kills their partner to restore family honour after public accusations of infidelity.
<b>Structural Violence (Galtung, 1969)</b>	Systemic gender inequalities drive infidelity-related violence.	Patriarchal norms create environments where violence is used to enforce control over partners.	A woman is killed due to suspicions of infidelity in a patriarchal society.
<b>Symbolic Anthropology (Geertz, 1973)</b>	Violence symbolizes reclamation of power and resolution of perceived injustice.	Betrayal and honour are tied to violent reactions as symbolic acts of justice.	A spouse kills their partner as a symbolic act to address personal betrayal.

<b>Conflict Theory (Marx &amp; Engels, 1848 )</b>	Violence stems from broader conflicts over power, control, and resources.	Infidelity-related violence reflects tensions in socio-economic and relational power dynamics.	A man kills his partner due to jealousy rooted in economic dependence and social control.
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**Table 4 Theories in relating to Homicides due to infidelity**

## **7. FACTORS, TRIGGERS, AND MOTIVATION BEHIND SUCH INFIDELITY RELATED HOMICIDES**

Socio-economic factors, legal and social taboos, media influence, lack of emotional support systems, and regional cultural divides also play roles in infidelity-related homicides (Caraballo-Cueto, 2018). Understanding these factors is crucial for developing effective prevention strategies and providing support to those at risk.

### **7.1 Social and Cultural factors**

Infidelity in relationships can stem from various factors. In India, traditional values and family honour significantly influence society. Infidelity is perceived as a severe dishonour, often leading to extreme measures to restore reputation, resulting in infidelity-related homicides. Infidelity can make individuals feel a profound loss of control over their lives and relationships. This perceived powerlessness can result in extreme actions as they attempt to regain control and assert dominance. Cultural and societal norms also play a role, especially in patriarchal societies where infidelity is viewed as a serious violation of social norms, prompting extreme measures to restore honour (Horder & Fitz-Gibbon, 2015). Gender norms in India allow men to feel entitled to control their partners, resorting to violence if these norms are challenged (Jejeebhoy, 2024). Weak legal and social support structures leave victims of infidelity-related violence vulnerable. Cultural stigma can push individuals to extreme measures. Past traumas, revenge, and situational forces like proximity to potential partners contribute to infidelity as well (Rokach & Chan, 2023) (Haseli & et al, 2019) (Pour & et al, 2019).

### **7.2 Psychological and Economic factors**

Infidelity-related violence in India is driven by complex psychological factors. Discovering a partner's infidelity can trigger intense feelings of jealousy and betrayal. This emotional turmoil can lead to irrational and violent reactions as the individual struggles to cope with the perceived loss and humiliation (Arnocky & et al, 2022). Economic pressures and financial dependency

exacerbate these issues, as individuals may feel trapped in unhappy relationships and resort to violence as a means of coping (Psychologists, 2024). Economic dependency, especially for women, increases tensions and the risk of violence. Emotional support and financial stability are crucial, their absence can strain relationships. Emotional or physical disconnects, marked by poor communication and lack of intimacy, also drive infidelity. Individuals with low self-esteem and insecurity often seek validation through extramarital affairs, and when these affairs are exposed, feelings of betrayal and inadequacy can trigger violent reactions. Narcissism and entitlement further contribute, as some individuals may believe they have the right to control their partners and react violently when their authority is challenged. Insecure attachment styles can lead to jealousy and possessiveness, escalating into violence when infidelity is suspected (NeuroLaunch, 2024).

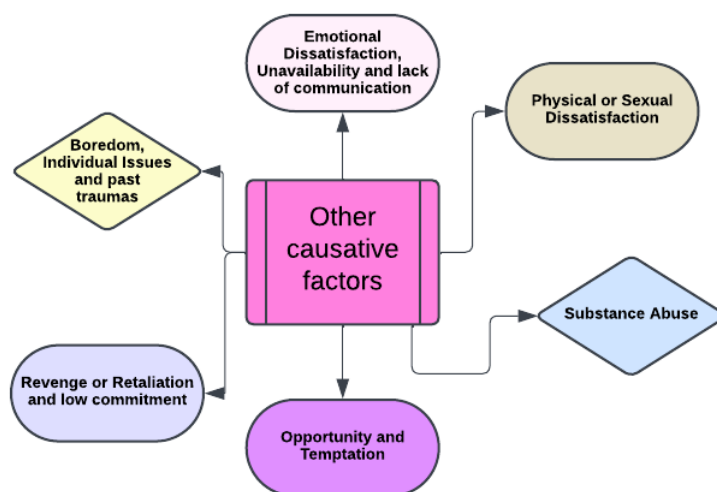
Emotional distress is another significant trigger. Discovering a partner's infidelity can evoke intense feelings of anger, betrayal, and humiliation, leading to violent behaviour (WHO, 2012). Underlying mental health problems, such as personality disorders or depression, can exacerbate the emotional turmoil caused by infidelity. These conditions can impair judgment and increase the likelihood of violent behaviour. Underlying mental health problems, such as personality disorders or depression, can exacerbate the emotional turmoil caused by infidelity. These conditions can impair judgment and increase the likelihood of violent behaviour (Serran & Firestone, 2004). Individuals may experience intense fear of abandonment, leading them to commit desperate acts to prevent perceived loss. Those with narcissistic traits can view infidelity as a severe blow to their ego, resulting in violent attempts to restore their damaged self-image. Extreme possessiveness may cause some individuals to see their partners as personal possessions, prompting violent reactions when trust is betrayed. The desire for revenge can also drive individuals to seek retribution through violent means, fuelled by feelings of humiliation and betrayal. Additionally, emotional dysregulation can lead to impulsive and violent reactions when faced with the intense emotions triggered by infidelity. Understanding these factors is crucial for developing strategies to prevent such tragic outcomes and to provide support to those at risk (Arnocky & et al, 2022).

### **7.3 Technology driven factors**

Technology, such as social media, dating apps, and encrypted messaging apps, facilitates infidelity, leading to jealousy and violence when discovered (Schokkenbroek, Ponnet, & Hardyns, 2023). Digital evidence and online anonymity further contribute to this violence. The



changing lifestyle provides increased opportunities for extramarital affairs through frequent travel, late working hours, and social events. Dating apps and social media platforms facilitate these relationships, leading to jealousy and violence when discovered. The absence of adequate legal and social support structures leaves individuals feeling isolated and without recourse.



**Figure 2 Other causative factors for infidelity related homicides**

## 8. POLICY RECOMMENDATIONS

To address the issue of infidelity-related homicides in India, it is crucial to implement comprehensive and effective policies. These include enhancing the legal frameworks, conducting public awareness campaigns, and providing support services.

- Public awareness campaigns can play a vital role in preventing such homicides. Educational programs and media campaigns can help raise awareness about the consequences of infidelity and domestic violence, promoting healthy relationships and conflict resolution.
- Providing accessible counselling and therapy services for couples experiencing relationship issues is also essential. Establishing more shelters and safe spaces for victims of domestic violence will ensure their confidentiality and protection.
- Community engagement is another important aspect. Encouraging community watch programs to identify and report potential cases of domestic violence and forming local support groups can provide emotional and practical support to victims.
- Training law enforcement officers to handle domestic violence cases with sensitivity and efficiency is crucial. Establishing quick response teams to address such incidents promptly

can save lives.

- Research and data collection are necessary to understand the patterns and trends of infidelity-related homicides. Creating a national database to track these cases and funding research initiatives to study the sociocultural factors can lead to evidence-based interventions.
- Legal reforms, such as strengthening protective orders and providing free legal aid to victims of domestic violence, can ensure their immediate and effective protection. Healthcare interventions, including screening programs in healthcare settings to identify victims and increasing access to mental health services, are also essential.
- Lastly, fostering a culture of self-satisfaction and adjustment in evolving relationships is important. Individuals should strive to be loyal to their partners and prioritize open communication and mutual respect. If individuals are unhappy in their marriages or wish to pursue other relationships, they should first seek divorce and separation. This approach can prevent harm to their spouses and promote healthier, safer relationships.

## 9. CONCLUSION

This study highlights the complex interplay of emotional, psychological, sociocultural, and situational factors driving infidelity-related homicides in India. The analysis of patterns and trends over the years reveals significant insights into the motivations and behaviours associated with these crimes. By examining the major psychological, social, and environmental triggers, the research provides a comprehensive understanding of the root causes of such homicides.

Preventing these tragic incidents requires a multi-faceted approach, including legal reforms, public awareness campaigns, and robust support services. Strengthening legal frameworks, promoting educational programs, and providing accessible counselling and safe spaces are essential steps. Additionally, fostering a culture of self-satisfaction, adjustment, and loyalty in relationships is vital. Encouraging individuals to seek divorce and separation rather than resorting to violence can prevent harm and promote healthier, safer relationships.

Through continued research, education, and community involvement, India can make significant strides towards reducing infidelity-related homicides and ensuring the safety and well-being of its citizens. This study underscores the importance of a proactive and holistic approach to addressing infidelity-related homicides, contributing to the broader global discourse on intimate partner violence and its socio-cultural dimensions.

## Conflict of Interest

The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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