

ABSTRACT

This study is a phenomenological exploration of how Maltese Women experience marital conflict. My aim was to attain a wider perspective of the phenomenon. By exploring the meaning and experience of women in couple conflict, the literature in relation to marital conflict was compared, reviewed, and subsequently discussed, in relation to the findings of the study.

A phenomenological approach was used in both the collection and analysis of the data. Eight participants took part in the study and the generation of the data was collected and achieved through semi-structured interviews (McLeod, 2003).

The data findings were subsequently organized by grouping the common factors into five overarching categories. These themes indicated how the participants experience 'Lack of communication', 'Withdrawal', 'Individuality', 'Mutual Understanding' and 'Resolution' in their marriage.

The conclusions of my analysis would appear to propose a useful model for Gestalt psychotherapists while working in assisting couples develop their relational skills. I present my findings by critically evaluating the implications with Gestalt psychotherapy.