

The Pain That First Wives Go Through In Polygamous Families

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Abstract: Polygamy has received a lot more attention in recent years on the public, political, and scholarly levels. Different domestic issues that beset polygamous couples arise frequently from co-wives' envy of the husband's affections and resources. This article presents the pain that most first wives pass through in their marriages, suggests recommendations and conclusions.

Keywords: First wives, Polygamous families, Psychological, children

Introduction

A marriage in which one spouse (man or woman) has numerous additional partners is referred to as polygamy. When a man has more than one wife, that is the most prevalent type of polygamy (Al-Krenawi, 2012)

In Uganda, polygamy has been pervasive. Due to the strain of polygamous family life, mothers are more susceptible to psychological problems. Although polygamy is a serious public health issue worldwide, it was unknown in Uganda how stressful it was for polygamous women. There are three different types of polygamy: polygyny is defined as "one husband [who is] married to two or more wives." Polyandry is the marriage of one woman to two or more husbands, and polygynandry is the marriage of two or more women at the same time to two or more husbands. Low marital satisfaction is linked to polygamy, which is also known to involve the husband abusing his wife physically, sexually, and emotionally. The experiences of moms in polygamous homes are less well understood.

It is common knowledge that polygamous families have a variety of mental health issues as a result of discriminatory husband conduct and unequal treatment of his wives. These include a lack of trust, unhealthy rivalry, unhappiness in marriage, jealousy, and a variety of other mental health conditions.

Polygyny is a bitter and unpleasant pill to swallow for the majority of women. A variety of feelings, such as fury, jealousy, pain, emotional misery, rivalry, loneliness, emptiness, grief, and a lack of connection with their spouses, are difficult for women to deal with.

Social and economic problems with polygamy

It might be challenging to meet everyone's needs in a polygamous marriage. The spouse should provide for all of his family members equally, including with food, clothing, and school materials. The wives are required to work extremely hard and take on multiple occupations in order to pay for their daily costs because the husband cannot give all these necessary resources for all the wives.

Sometimes a husband could have a favorite wife or bias toward the new wife.

The financial issues are made worse by the possibility that he would donate the funds to his favorite charity. They might also give their preferred individual all of their possessions, including land.

The condition makes the first woman's life challenging and creates emotional stress. In polygamy, time given to household chores and child rearing is distributed unequally among the first married woman, the husband, and the co-wives.

To be able to take care of her husband, the earliest married women had to take care of themselves.

The children must be located so that she can provide their needs, which include an education.

Due to their excessive drinking practically every day, husbands of polygamous wives annoy the women in their lives. In addition to the psychological and social repercussions, this makes the family's financial issues worse and even more vulnerable

There are a lot of difficulties and disagreements among polygamous households between the husband, co-wives, and kids. Verbal, emotional, sexual, and physical abuse are all forms of abuse. Most of the participants in our study claimed that their husband might be violent, especially if he consumed alcohol.

Competition and Opposition. There is a strong contest for love for the husband. One uses every kind of power to win his love. They often become enemies and oppose one another as a way of pulling off from the marriage relationship. They also tell their children bad things about the other women.

Greed and envy for possession

There is a lot of greed for resources among the wives and a case where the husband is one sided. This can result to conflicts and hatred among the partners.

Gossip. Is also one of the weaknesses in polygamous marriage which women do with the outsiders talking bad about other wives in their absence

In the polygamous family, the husband, co-wives, and kids are all involved, and there are a lot of tensions and arguments amongst them. Verbal, emotional, sexual, and physical abuse are all forms of abuse. Most of the husbands might be violent, especially if they consume alcohol.

Women in polygamous marriages are lonely and require a confidante with whom they can share their worries, yet without this support, they may experience depression and tension.

Women who live in polygamous marriages are more likely to come from poor families. This is most likely a reflection of the polygamy's economic environment, which places a significant financial strain on the families of polygamous marriages.

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Women who live in polygamous households are more likely to experience stressful life events since they are in charge of supporting the entire family, including the main income source. In addition, husbands intimidate them verbally and nonverbally by calling them names, encouraging them to commit suicide, or making death threats.

The first wife to be married is abusive in a polygamous family, and the other spouses experience a range of psychological problems like loneliness, emptiness, despair, fury, mistrust, and a lack of closeness with their husbands.

Recommendations

The psychological, familial, and economic repercussions of polygamy on women and their children should be known to practitioners and policymakers.

The effects of polygamous marriages on children's wellbeing should also be looked at. Additional research is required to compare women in polygamous marriages based on their order (first, second, and third, etc.).

Policymakers need to be made aware of how polygynous marriages affect the health and wellbeing of women.

In order to reduce the negative effects of polygamy, awareness of its right practices needs to be raised.

Agencies engaged in polygamous behavior ought to widen and deepen their comprehension of ethical polygamy.

Conclusion

Contrary to assertions to the contrary, polygamous women insist that divorce is not an option for them. Legislators and law enforcement agencies should pass legislation to protect

the rights of polygamous women. They must receive training through numerous seminars and programs in order to manage the stress and other impacts of polygamy.

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