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## An Intensive Study of the Relation of the Four Basic Wishes to Family Maladjustment

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THESIS

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An Intensive Study of  
THE RELATION OF THE FOUR BASIC WISHES  
TO FAMILY MALADJUSTMENT

Submitted by  
Virginia Maes Haradon, B. A.

In partial fulfillment of the requirements  
for the Degree of Master of Arts  
Department of Sociology  
of  
The Municipal University of Omaha

1948

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To My Husband  
Fulfiller of Wishes

## PREFACE

The writer is very appreciative of the valuable assistance rendered by the many persons cooperating in this study. She is particularly grateful to Dr. T. Earl Sullenger for the generosity with which he has given of his time and knowledge. He has been an inspiration as a teacher and a friend and has lighted many a dark cranny in the writer's search for Truth. Without his guidance this project would have been a far greater task, and a much less enjoyable one.

My deepest appreciation to my husband for his encouragement and tolerant understanding of the time demands made by this project; and to Louise, who gave the phrase "friend in need" real meaning throughout the writing of this thesis.

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Table of Wishes

Case	Page No.	Recognition	Emotional Security	Financial Security	Sexual Response	Affectional Response	New Experience
1	18	x	x	x	x	x	
2	122	x	x		x	x	x
3	20		x				
4	22		x				
5*							
6	63	x			x		
7	95	x	x	x	x	x	
8	60	x	x		x	x	
9*							
10*							
11	45	x	x		x	x	
12	40		x		x		
13	59	x					
14	94	x	x	x	x	x	
15	37	x			x		
16	113				x	x	
17*							
18*							
19	27		x		x		
20	127	x	x		x	x	x
21	74				x		
22	75		x		x	x	
23	49	x		x	x	x	x
24	100	x	x		x	x	
25*							
26	82		x			x	
27	70	x	x		x		
28*							

\*Used statistically, not illustratively.



Table of Wishes

Case	Page No.	Recognition	Emotional Security	Financial Security	Sexual Response	Affectional Response	New Experience
29	28		x		x		
30	105		x	x	x	x	
31	53	x	x	x	x	x	x
32	109		x		x	x	
33*							
34	30	x	x		x	x	
35	83	x	x		x	x	x
36	78		x		x	x	
37	98	x	x		x	x	
38*							
39	82		x	x	x	x	
40	80		x	x		x	
41	32			x		x	x
42	44	x	x	x	x		
43	33		x		x		
44	34	x	x	x		x	
45	62	x					
46	115		x	x	x	x	
47	133	x	x		x	x	x
48	51	x	x		x	x	
49	57	x		x	x		
50	77					x	

\*Used statistically, not illustratively.

## INTRODUCTION

Nowhere more, perhaps, than in family maladjustment is the expression "merely the boy (or girl) grown tall" more apropos, for here we see the current difficulties to be so frequently, if not largely, carry-overs of difficulties having their incipience in childhood and adolescence. As a personal interview unfolds itself, time after time the problem is seen as an accentuation of, or outgrowth of past maladjustment of the individual or those in his immediate environment.

We in the field of Sociology have been of the opinion that just as in psychiatry and abnormal psychology much has been learned about the normal from the abnormal; so perhaps we may learn much about the normal family by a study of those which are frequently grossly maladjusted. For that reason we feel that the life histories in this research offer an excellent opportunity for study, and that it will be possible to come closer to the bases of family maladjustment by analysis of these life histories in relation to the four basic wishes.

The study was limited to 50 cases. While we realize that a 100 or even 200 cases would have been more desirable, still, we feel that the intensiveness of the study justifies it and makes worthy of consideration the findings.

Thomas<sup>1</sup> uses the terms "wishes and desires" interchangeably as does Bogardus<sup>2</sup> the terms "wishes and urges". We have followed the same policy in this study.

Ward<sup>3</sup> defines "desires" as . . . . the forces . . . . so to speak, the steam in the boiler that makes the engine go. "

Maladjustment, in this study, was taken to mean "the condition of being out of harmony with one's environment from failure to reach a satisfactory adjustment between one's desires and one's conditions of life."<sup>4</sup>

The four basic wishes; namely, the wishes for recognition, response, security and new experience were chosen as hooks upon which to hang the maladjustments, since, as according to Thomas<sup>5</sup>: "These wishes are the motor element, the starting point of activity. Any influences which may be brought to bear must be exercised on them." He states further that we may assume that an individual's life cannot be called normal in which all the four types of wishes are not satisfied in some measure and in some form.

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<sup>1</sup> Thomas, W. I., The Unadjusted Girl. Boston, Little Brown and Co., 1931. (Chapter I)

<sup>2</sup> Bogardus, Emery S., Fundamentals of Social Psychology New York, Appleton-Century Co. Inc., 1942. (P. 75).

<sup>3</sup> Ward, Lester F. (as quoted by Charles A. Ellwood,) A History of Social Philosophy. Prentice-Hall Inc. 1938 (P. 533)

<sup>4</sup> Webster's Collegiate Dictionary. G and C Merriam Co. Springfield, Mass. 1945

<sup>5</sup> *Op Cit - Thomas* 40.  
Ibid (P. 40)

The wish for recognition, as defined by Thomas<sup>6</sup> is expressed in the general struggle of men for position in their social group, in devices for securing a recognized, enviable, and advantageous social status.

Park and Burgess<sup>7</sup> define recognition as "the wish to rise as high as possible."

The rush for response according to Folsom<sup>8</sup> is an approach toward persons; it may also be an effort to get away from persons.

Fairchild<sup>9</sup> refers to this wish "as the desire for intimacy." He states that in original nature this wish is said to be under the dominance of sex, but in human nature it extends beyond mere sex and includes romantic love, parental love, family affection, intimate friendship, homesickness, lonesomeness, confession, prayer and the singing of hymns. In this study we have used response in its two-fold aspect of affectional response and sexual response.

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<sup>6</sup> Ibid (P. 31)

<sup>7</sup> Park, Robert R., and Burgess, Ernest W., Introduction to the Science of Sociology, Chicago, The University of Chicago Press. 1924. (P. 442)

<sup>8</sup> Folsom, Joseph Kirk, Social Psychology. New York, Harper and Brothers Publishers. 1931. (P. 141)

<sup>9</sup> Duncan, Hannibal Gerald, Backgrounds for Sociology. Boston, Massachusetts, Marshall Jones Company. 1931. (P. 640)

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The wish for security according to Thomas<sup>10</sup> is based on fear which tends to avoid death and expresses itself in timidity, avoidance, and flight.

According to Folsom<sup>11</sup> it stands for safety, protection, salvation; an assured place in the social order.

According to Bogardus<sup>12</sup> it functions behind most of the other drives much of the time. We have used both aspects of security, emotional and financial, in this study.

The wish for new experience, according to LaPiere and Farnsworth<sup>13</sup>, is the antithesis of the wish for security. It may be used to describe those actions that disturb the status quo of the individual.

Bogardus<sup>14</sup> points out that in the urge for new experience there is a craving for adventure; a search for the different.

Thomas<sup>15</sup> states that this search may function upon an intellectual as well as upon the physical plane.

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10 Ibid. (P. 12)

11 Ibid. (P. 147)

12 Bogardus, Emery S., Fundamentals of Social Psychology. New York, Appleton Century Co. Inc., 1942. (P. 30)

13 LaPiere, Richard T., and Farnsworth, Paul R., Social Psychology. New York, McGraw-Hill Book Co. Inc., 1942. (P. 415-416)

14 Bogardus, Emery S., Sociology. New York, The Macmillan Company, 1941. (P. 76)

15 Ibid. (P. 9)

Our purpose was to show that the behavior leading to family maladjustment is motivated by a craving for the fulfillment of one or more of these basic wishes. In this way we hope to show the intrinsic underlying causes of the maladjustment, often a far-cry from the superficial accusations of one or more of the family. These are frequently only symptomatic and much too over-simplified to be the real causation.

The fifty cases used were private maladjustment <sup>15a</sup> cases, and were not chosen because of known problem, but simply at random on the basis of whether or not the individual in the case was married or not. These interviews were limited to the person in the case history. The picture, then, is one gained from him; these are his wish frustrations, not what his mate or family see as his frustrated needs. It was an attempt, rather, to get all the case had to offer on the causes of his maladjustment. Since these cases were all married persons, it was inevitable that their difficulties lap over and affect the marital adjustment.

The problem of this study was, first, to discover the actual causes of family maladjustment and second, to ascertain from frustration of which of the four basic wishes the maladjustment arose. While, as might be expected, the wishes overlap, there were in all cases dominant unfilled needs that stood out.

The method used was the case method and the technique was the interview. The approach was the psychological. There appeared to be a dearth of specific literature on the relationship of the basic wishes to family maladjustment. The most pertinent material was found in Travis and Baruch<sup>16</sup>. While these authors did not write specifically from the standpoint of Thomas' wishes, they approached the problem of maladjustment in their chapter in marriage largely from the standpoint of dovetailing human needs.

Mowrer<sup>17</sup> also makes use of the wish for response in her chapters on domestic discord patterns.

The procedure followed was to abstract from the case history, many of which were 20 pages in length, those excerpts which would serve as illuminating illustrative material and to analyze them and tabulate findings.

The wishes were considered not as "something Freudian" but merely as Krueger and Reckless<sup>18</sup> say, "simply what men want." In this sense they are observable phenomena. In life-history documents we observe how a specific phenomenon gets its start and how it channels through human experience.

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<sup>16</sup> Travis, Lee Edward and Baruch, Dorothy W., Personal Problems of Everyday Life. New York, Appleton Century Co. 1941. (Chapter IX)

<sup>17</sup> Mowrer, Harriet R., Personality Adjustment and Domestic Discord. New York, American Book Co. 1935. (P. 149-191)

<sup>18</sup> Krueger, E. T., and Reckless, Walter C., Social Psychology. New York, Longmans Green & Co. 1931. (P. 171)

While we did not have Thomas' four wishes specifically in mind when these cases were interviewed, we were aware of the powerful motivating force to be found in a person's wishes, for at the end of every interview the person was always asked, "If you could rub Aladdin's lamp, for what three things would you wish?" This was frequently a most revealing procedure and served to clarify and organize the maladjustment factors not only for the interviewer but for the person, who at that time frequently suddenly displayed sudden insight into at least some phase of his problems.

If sex has been accented in this research, we have no apologies to make. To do a family maladjustment study without giving sex its proper weight as a frequent factor in disorganization would be placing squeemishness before science. Likewise, if there is anything herein which comes as a surprise or a shock to anyone reading it, we feel that that is even more reason for having written it. For an individual to establish a family or go into marriage girded with less knowledge than this or with any of the frequently manifested misinformation is, in this day of supposed enlightenment, we feel unthinkable.

We keenly hope that this study may be the basis or impetus for further research on this subject, so that before long we may have the scientific tools, both to prevent and to treat those needless tragedies of family maladjustment which, in our transitional, dynamic society, are increasing faster than the means to combat them.



## Chapter I

## THE FOUR WISHES AND FAMILY MALADJUSTMENT

In the earlier days of our society, even up to as late a date as World War I the basic wishes of response, recognition, security and new experience found much of their satisfaction in the home. However, with the advent of the new status of women, their working outside of the home, their greater leisure, the shrinkage of the modern family, we find the wish fulfillments of both the man and woman more and more coming from outside the family circle. When we see the whole transitional picture, we realize that this study is, at least in part, merely a segment of the failure of the family to make its adjustments to the total changing situation. Many of the cases in this study are, in themselves, the result of this transition and the resultant culture shock. It is particularly noticeable in the husband's clinging to old patriarchal customs and rights and being loath to give real acceptance to the new role women are playing in our present dynamic society. There is a constant conflict for ascendance in the marriage as the wife balks at the subservient and submissive role her feminine predecessors played and the male figuratively lashes out in aimless attempts to maintain the self-assertive, dominant role he feels to be man's inherent right. It is

so much a part of his cultural heritage that he frequently becomes emotionally ill when healthy opportunities for recognition are shut off or the wife attempts more and more to "wear the pants in the family."

When the ability to satisfy the normal craving for intellectual or personality stimulation fails, frequently the marriage itself fails proportionately. Since we may find the wishes valuable as causal factors in behavior, perhaps herein lies the value of research along this line; perhaps as we better understand human motivation we can better understand what motivates and inhibits the marriage which is so dependent upon the individual behavior of the two mates. In the final analysis there is a socio logical problem, rather than a psychological one, for as Faris<sup>1</sup> points out the desires came from the culture, not the solitary soul; that since personality is the sequel to a series of events, and is society produced, then the elements of personality will be found, not in the individual self at all, but in the collective life of the people.

Mowrer<sup>2</sup> says:

"Statistical studies, case analyses, and clinical treatment of unsuccessful marriages or cases of domestic discord reveal that what makes for or against conflict in marriage is not confined to the factors within the marriage relations as narrowly construed, but also includes elements in the life experiences of the partners."

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<sup>1</sup> Faris, Ellsworth, The Nature of Human Nature. New York, McGraw-Hill Book Company. 1937 (P. 186-189)

<sup>2</sup> Mowrer, Harriet R. quoted in Becker, Howard and Hill, Reuben, Marriage and the Family. D. C. Heath and Co., Boston. 1942. (P. 337)

Since the dominance of any given wish in the life history of an individual appears to be a socially conditioned fact, as is the amount of value, or preference he places on objects, it would seem appropriate to look to the individual's own world; to his particular integration of personality and his wishes to understand his present maladjustment.

Lasswell suggests that we form a central nucleus of those interested in a scientific study of biography, and proceed with our study from several angles.<sup>3</sup>

Lundberg<sup>4</sup>, too, notes the great value of life history material in suggesting hypotheses for more rigorous scientific tests, in throwing light on past situations giving rise to present conduct, and in a great variety of practical adjustment situations.

If we feel as does Thomas<sup>5</sup> that all four of the basic wishes of recognition, response, new experience and security must be satisfied in some measure in order to achieve a happy, adjusted normal personality, and that satisfactions belonging to one of the four classes can not be substituted for another class, we can readily see how the frustration

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<sup>3</sup> Duncan, Hannibal Gerald, Backgrounds for Sociology. Boston, Mass., Marshall Jones Company. 1931. (P. 643)

<sup>4</sup> Lundberg, George A., Social Research. New York, Longmans Green & Co., 1942. (P. 383)

<sup>5</sup> Thomas, W. I., The Unadjusted Girl. Boston, Little Brown & Co., 1931. (Chapter I)

of the wishes may lead to family maladjustment. Since the wishes are the basic urges of every individual in his social relationships, a major portion of the failure of the family can be traced to failure to satisfy these wishes.

If our hopes, fears, inspirations, joys and sorrows, as Thomas<sup>6</sup> believed, are bound up with these wishes and issue from them a study of their frustration should be productive of discord. Since frustration produces fear, hate and intolerance, which in turn take their toll on other wishes, a study of wish frustration and hope may add to the body of knowledge on family maladjustment.

In the paragraphs below we have given some miscellaneous information relative to this study.

Two of the eleven men and two of the thirty-nine women in this study were adopted children.

Residences of those included in this study were: 34 from Nebraska; 6 from Iowa, eight of the remaining 10 were from near-by states, and two from the South.

Three females and one male in this study had a social disease. In all cases it was acquired previous to marriage. All four cases had sex relations with someone other than the mate, but only one of these four had relations with the mate prior to marriage. It is of interest that while only six (12%) of the total 50 cases studied attempted suicide, two (33.3%) of these are found among these 4 cases who had a social disease

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<sup>6</sup> Ibid

Of the eleven men in this study, more than half of this small sample (6) were alcoholics. Recognition was the greatest wish need of all six. Next highest was sexual response, a need expressed by five of the men.

Of the 15 women diagnosed psycho-neurotic, 13 (86.6%) desired emotional security. Of the 12 diagnosed psychoneurotic depression, 10 (83.3%) wanted both emotional security and sexual response. Among the 7 schizophrenics, affectional response and emotional security were the greatest wish needs, desired by all seven.

One male and two females in this study had previously been divorced.

The women cases in this study averaged 3.5 years younger than their mates. Five of the 39 women cases were older than their husbands, two being one year older, two being five years older and one being six years older. Two of the 11 men cases were younger than their mates; one being one year younger and one two years younger.

The occupations of the cases in this study were, males: 4 farmers, 1 student, 4 owners of small businesses, 1 skilled worker and 1 unskilled worker. The occupation of all 39 women was housewife, though a large percent of them had at some time, either before marriage or early in marriage held a job, 6 of them having been teachers and 11 business women.

It is of interest that the majority of these cases were reared in small towns or on farms with a social

environment similar to their mates. The great majority were of Scandanavian or English, Scotch or Irish descent, and the mate was, usually, also of one of these descents. All of the cases were of the white race, and all were American born. None of the cases were from large cities.

Table 1 which follows shows the wish needs of the cases studied by sex in relation to the total number of cases studied.

Table 1

WISH NEEDS OF CASES BY SEX  
In Relation to the Total Number of Cases Studied

	Response Affec-tional		Sexual Response		Recog-nition		Emotional Security		Financial Security		New Experience		Total Cases Studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	6	54.5	8	72.7	9	81.8	6	54.5	5	45.4	4	36.4	11	22
F.	27	69.2	30	76.9	23	58.9	34	86.1	11	28.2	8	20.5	39	78

Of the 11 men studied, 81.8% desired recognition and 72.7 indicated a need for sexual response, while 54.5% needed emotional security and affectional response. Only 45.4% showed a need for financial security and 36.4% for new experience.

The greatest wish need of the 39 females was for emotional security with 86.1% having that need. The next highest need expressed was 76.9% for sexual response. This was followed by 69.2% having a need for affectional response with only 28.2% needing financial security and 20.5% wishing for new experience. Recognition, the greatest wish need of the males was needed by 58.9% of the females.

We conclude from the preceding data that the greatest wish need of the men in the cases studied was for recognition (81.8%) while the greatest wish need of the women was for emotional security. This is of great significance in family maladjustment as we shall attempt to show in this research. For instance, the men frequently seek recognition by resorting to drinking. The women frequently disrupt the home by resorting to conversion of security frustration into physical symptoms.

The cases in this study were on the average <sup>higher</sup> in education, compared with the Census figures for 1940, than the total population.

Table 2

FORMAL EDUCATION OF THE 50 CASES STUDIED (BY SEX)  
Compared with Census Figures for 1940\*

Amount of Education of 50 cases studied	8th grade or less		Did not finish High School		High School Graduate		Did not Graduate From College		College Graduate	
	M	F	M	F	M	F	M	F	M	F
By sex										
	2	6	4	8	5	25	3	22	2	3
Both	8		12		30		25		5	
% of Total	16		24		60		50		10	

Educational Attainment of Every 100 Adults

Amt. of Education	Both sexes	Both sexes	Both sexes	Both sexes	Both sexes
Both sexes	60	16	24	19	5
% of Total	60	16	24	19	5

\*Adults in U. S. Census, 1940: 73,700,000 (Persons 25 years of age or more)

These data show that 40% of the cases studied did not finish high school as compared with 76% of the U. S. Census cases which had reached the same educational attainment. Of the total population, as revealed by the Census figures, only 24% graduated from high school, but 60% of the cases with family maladjustment were high school graduates.

Of the total Census population who finished high school (24%), 5 percent of the total or 21 percent of this group, who finished high school, finished college. On the other hand, 60 percent of the subjects of the study finished high school and 10 percent of the total, or 17 percent of the group, who finished high school, were college graduates.

One might conclude from the table and the analysis of the figures it contains, that persons having more education are more liable to have marital difficulties. A more logical conclusion, however, is that those with more education are more inclined to seek aid in solving their emotional problems and their marital discord.

Burgess and Cottrell<sup>7</sup> in their study on Predicting Success or Failure in Marriage found that approximately 40% of the husbands and 60% of the wives, with only a grade school education had a poor marriage adjustment, while only about 25% of the husbands and 28% of the wives who had college educational status had a poor marital adjustment.

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<sup>7</sup> Himes, Normal E., Your Marriage. Farrar & Rinehart, New York. 1940. (P. 70)



/ There are other factors to be considered, such as the probably higher intelligence that usually accompanies better education. There is, however, definite need of further research in this field.

## Chapter II

### THE WISH FOR SECURITY

Because the wish for security can perhaps best be expressed in succinct form as "the wish to maintain satisfactory things as they are", it is the "conservative wish"; the wish of the status quo for what is certain. Bogardus<sup>1</sup> says, "The urge for security is aroused whenever some personal interest is endangered. It functions behind most of the other drives much of the time.

Its basis, according to Thomas<sup>2</sup> is fear which tends to avoid death. It follows that the individual who is essentially activated by this wish would tend toward timidity and if maladjusted, chronic apprehensiveness and anxiety. The need for security presents itself in two rather distinct forms: the wish for emotional security and the wish for financial security. In emotional security the individual clings to those things which afford him the greatest sense of protection and safety. If material sources fail him, he takes refuge in the salvation of religion. Financially the wish prompts establishment of financial groups and organizations. The family and the larger

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<sup>1</sup> Bogardus, Fundamentals of Social Psychology, New York, Appleton Century Company Inc., 1942. (P. 30)

<sup>2</sup> Thomas, W. I., The Unadjusted Girl, Boston, Little, Brown and Company, 1931. (P. 12)

organization, the state, are results of the wish for emotional and financial security. The wish encourages loyalty, for, in "others will do unto you what you have done unto them" there is security insurance. Those with an excessive fear of financial insecurity tend to live much in the future and frequently, quite aside from any desire to fulfill other needs such as recognition, tend to accumulate property far beyond their requirements and even without consideration for the drain on their health.

Security, perhaps more than the other wishes, tends to overlap with the other wishes for it may be dependent upon, for instance, the dependability and availability of response, or the attainability of recognition.

Case 1, Female, Age 31

The following case is a good portrayal of financial insecurity and of the driving need for recognition of a girl who was adopted in infancy by demanding, rigid parents many years her senior. The picture is further complicated by the emotional immaturity of the husband who, too, desires recognition by way of self-assertion and assumption of the dominating role in marriage. Sexual response is damaged by the husband's aggression in the sex act to the extent of permanently frightening his wife and bringing on feelings of insecurity in regard to the mate's stability. The wife is in a state of conflict because there is a need for response from her parents and loneliness when away, and yet she has a great need for recognition of herself as an independent successful person.

"In 1941-I had these crying spells then. It was before I was married and I thought our finances at home were about gone. I have always worried about money. I wanted to be like other girls and do things.

"I got a school job and met my husband. I had never taught but I had all the confidence in the world, and I got along alright teaching kindergarten for three and a half years. I like my work. When I am well I have a slight inferiority complex, but it seemed like with this teaching job I was floating on air.

"I was married when my husband was 24 and I was 29. My father is 5 years younger than my mother, too. I don't think I have ever been in love with my husband. A lot of the girls had dates and I was lonesome. I wanted to help him because he is nervous.

"I sent him money for a furlough. I don't feel that he ever appreciated it in a way. He said a man should support a home.

"It just about killed me to give up my teaching job and go down to my husband at camp and then spend all the money I had saved up to come home on. I wanted it to go to summer school and work toward a first-grade certificate. It always worried me that I didn't have one. I wanted to use the money to help my husband go back to finish his last year of college too. Now my money is all spent and I lost my confidence and everything.

"I am afraid what is going to happen to me. My parents are old. It seems like I am not like other adults. I wanted to be successful so I could take care of myself. I am just scared to death of the future.

"I have always wanted to be a success it seems like. I have had several failures, and I took them awfully hard. I always wanted to hold down a job. I had a good one when I left to go to my husband. I have felt, 'What if my husband were a failure--then I would have nothing.' He didn't finish college. I don't know what he will do for a job when he gets out of the service. My husband wants me to stay home.

"Once he lost his temper and turned my hand back. (Patient later revealed that the occasion for his turning her hand back was: 'We were going to have intercourse and he hadn't shaved, his beard hurt my face and I pushed him back. That was when he hurt me. He was very sorry afterwards; he said he thought I was refusing to have intercourse with him'). He never did that again. I was always afraid of him when he got mad. I kept things to myself. I got to shaking. He got me to a field hospital. They said it was acute anxiety--there might have been a little homesickness there. When I was away before, I had my school.

"I feel the worst wrong in my life is that I married this boy because I am not sure I loved him and I feel that is wrong. I wanted to wait. I feel

that I was just worked, because he demanded that we get married. I kind of hold that against him, but I should have said I wouldn't. (Speaking desperately) But that's the way I am. I give up too easy when things go wrong. I feel it's impossible.

"I feel sorry for him. I have a lot of love for him in a way. I miss him. Once he said if I left him he would kill himself. That's why I stayed as long as I did. Something inside me just snapped through when he turned my hand back that time."

Case 3, Female, Age 42

This patient received an anonymous letter stating her husband was keeping company with another woman. Intense conflict resulted because while there was shock to her faith, at the same time she felt great need of her husband for emotional and affectional security.

"I never did believe that it was true; I have always had complete faith. Ever since the letter came it was hard for me to put it out of my mind. I asked him about it and gave him the letter. He said he didn't know anyone by that name. (Patient crying.) I have been married about ten years and we have never had one cross word.

"I have tried--I didn't want to show that it was worrying me. It was hard to write letters to him even. No one knows about this letter but my husband and myself.

"I just couldn't go on without him. I don't think he realizes how much it would mean to me if he would leave me. When the letter came and I read it I was all alone and I passed out. He never said anymore about the letter after I showed it to him and I didn't either. It was so hard keeping it all inside of me and hiding my feelings when he was home.

"I never refused intercourse even though I felt I couldn't always work with him. When your intercourse doesn't work just right you wonder if there is something wrong. I guess men go for that--when they can't get it from their wife they get it from someone else. If he thinks it's not the right way--I should have given it to him. (Patient was asked how much she knew about sex.) I guess I don't know anything. Not as much as I should know.

(Patient was asked why they had never had children.) "I guess he withdrew too soon. I would much rather have had a child. He didn't want me to get pregnant as I almost died with the other.

"I needed an operation when we were married. I had told him before. I was injured from child-birth. We put it off because we weren't financially able.

"My husband told me once that he thought I was sewed up too far. He had the idea that you have to reach the womb. That's what he thought he couldn't do. I think that being the way I am--more of a colder type person, it has been on my mind wondering if there was anything I could do about it--but I don't know how.

"My father was crippled (hand) and I worked from the time I was 12 doing housework. I only went through the 8th grade. I sometimes wonder if my lack of education--that this should be true--that maybe I wasn't educated enough for him.

"I have just felt like I was only a housewife--that I was only keeping house for him and now I was finished and the boys were grown (patient crying) now I could enjoy life--it was like it was all tumbling around me.

(Patient questioned as to what she wished for more than anything else.) "There is just one wish I've got--if my husband would just come to me and tell me that that letter didn't mean anything, and that everything would be the same between us like it was before."

In the foregoing case the patient is suffering most from a fear of insecurity. The causation for the marital problem stems largely from the husband's psychic need to feel sexually adequate and his feeling of frustration and impotence in conjugal relations with his wife. Seeking sexual stimulation and also salve for his ego elsewhere, the husband only complicates the picture, for as Duvall and Hill<sup>3</sup> say, "The triangle never fits into a family circle."

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<sup>3</sup> Duvall, Evelyn Millis, and Reuben Hill, When You Marry, Boston, D. C. Heath and Company. (P. 230) 1945

The patient's own response needs seem to have been adequately filled by her role as mother and housewife as evidenced by her cataloging herself as "a cold type", and her satisfaction with her life as it was before the other woman came into the picture. It is interesting that her lack of education is not a recognition problem but rather one of security since it might be a factor in the loss of her husband's affection. The same is true of her role of housework. She has always been satisfied with it. "That's all I live for, my family." It becomes a factor when the sphere in which she plays her role may disintegrate, leaving her insecure.

Fairchild<sup>4</sup> has a pertinent comment to make on fear in relation to one's needs:

"The role of fear in sociological causation is an interesting and somewhat complex one. Sometimes fear is included as one of the social forces, and in a certain sense this may be correct. But fear is certainly not desire; it is the antithesis of desire. And herein, perhaps, is found the most illuminating way to think of fear. Fear may be thought of as the obverse of desire; for every desire there is a correlative fear. Fear is merely the dread that some desire may not be realized."

Case 4, Male, Age 39

"My mother and father quarreled most of the time. They lived together but they weren't happy unless they were quarreling. Since that time I want to get away from trouble. That laid the foundation of my hatred of quarreling and trouble. My father--well he is a hot head. He is hard to get along with. I left home when I got married.

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<sup>4</sup> Fairchild, Henry Pratt, General Sociology, New York, John Wiley and Sons, Inc., 1934. (P. 146)

When things went wrong, I just shut up and walked the other way. I never talked back.

"I used to do something this last winter that was bad for me. If somebody don't see things the way I do, instead of saying anything and starting an argument, I shut up and then I brood. I shouldn't feel that he is taking advantage of me just by expressing his opinion. I imagine they call me a yes-man. I hate to get into anything because I hate trouble.

"Here is something I think about that might have lead to this. The doctor thinks it might be nerves. Right after our last boy was born, my wife had more or less of a nervous breakdown. She was irritable with me and the children--and we had been so close that that might have worked on me and I brooded an awful lot. I tried not to but I couldn't. That's all over now. It was a vitamin B deficiency, but during that time I misunderstood. She turned on the children and me and that just kind of set me off because we had always been so close that that was all I could think of morning and evening. Every night I would lie there and think of what I could do to figure a way out of that. I hate trouble, and I would rather do something extra or anything to dodge it than go through it. I think if I had understood at the start with my wife it wouldn't have drug on so long, but she was so nervous you couldn't reason with her--but I want you to understand that that is all patched up. We are closer now than ever.

"It seems like my wife and I go awfully well together. (Sex relations) I couldn't ask for anything better than the way it is for us. Until we learned to adjust it was sort of a mixed up mess--~~over~~ too soon. It only took about a month though. She is awfully responsive to it. I don't start it if something is bothering her. We never disagree on that.

"There is just one thing about our marriage--we have never had a quarrel until this business came up when she got so nervous. From morning until night you never heard a decent word out of her. It wasn't normal--like her. It just preyed on my mind although it was half way patched up when this breathing trouble started in my chest. It was abnormal for her. She is normally bright and cheerful, and good to all of us.

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"I try to keep as much of this to myself as I can. It bothers my wife. I catch her crying once in awhile, and I go upstairs and cry too. I just don't like to make it so tough for her.

Case #4 is an example of the hold-over of childhood emotional insecurity. When conflict arose in the marriage, due to the wife's poor health the original insecurity felt in childhood came to the fore and manifested itself in anxiety symptoms which were so severe as to persist even after the condition was remedied.

Case 12, Female, Age 40

(Patient told of a number of childhood experiences of a sex-curiosity nature which distressed her very much in retrospect and which she refused to tell if taken down): "I began to think this buzzing in my head was because of the sins I had committed. I felt that good must come out of good, because I have done all the good I could do. I have been a good wife and mother and daughter. I felt that this (masturbation) was why I couldn't reproduce myself. Our daughter is adopted. I didn't think of any of this for years until this came up and then I got to feeling that I was being punished. I have never been with any other man than my husband.

(Patient told about a slumber party when she was a child at which intimate contact with two other girls took place. The activity continued after that): "I would fall from grace and then not for a long time. It happened quite a few times. (Patient distressed very much by telling this). I felt like I had been awfully bad. I have always tried to be honest. I told my husband before we were married . . . he knows about the masturbation. It was a difficult thing for me to do. (Patient indicated that she hadn't gathered the courage to tell him about the activities with the girls.) This has all worried me and everything worries me. This has all made me feel that I am not worthy of my daughter."

The foregoing case is an example of how guilt feelings can creep out years later and the incident which caused the guilt take on the same proportions as when originally viewed through immature eyes.

Travis and Baruch<sup>5</sup> have a pertinent comment to make on the foregoing:

"Still another item which may rise as a spectre (in marriage) is the fact that as children, either partner may have carried on sex play. . . . Neighbor children experiment with each other. And frequently in early adolescence, particularly among girls, there are overt homosexual relations. Reactions may be violent. The people concerned may be overwhelmed with guilt. If they can only realize that such episodes are extremely common, they may be quite relieved."

As might be expected, the guilt feelings felt in relation to sex had an unfavorable affect on this patient's sexual adjustment with her husband.

Case 15 , Female, Age 37

"I guess I have a little what you call false modesty. I have more the last year--I have my spells--I think if I demonstrate much that I shouldn't. It kind of embarrasses me. Well, for instance I guess I always felt that it wasn't a woman's place to let on that she had the sex urge. Then I thought I didn't care--oh I just thought that maybe that was the way it should be--that you shouldn't have false modesty, but I kept on having it. I felt kind of common--well, I just felt common--that my mind wasn't on a very high plane. Before, I guess I felt I didn't let completely down. I always had a little pride about it. I don't know how to tell you. Now I am always ready. I guess he knows I don't care how long he makes love. The past year I have been sleeping inside. My husband and boy sleep on the porch.

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<sup>5</sup> Travis, Lee Edward and Baruch, Dorothy Walter, Everyday Problems of Everyday Life. New York, D. Appleton Century Company. 1941. (P. 255)

He just comes in when he wants to. A year ago I would be asleep. Now I don't go to sleep. Before I would have expressed my wishes. Now I let him any old time. I have felt if I couldn't do anything else, I could do that much.

"My husband is very self-sufficient. I would like to do more things for him. He may need me but he has never let on. While I'm up here, he'll get along if it is the last thing he does. He never would bother me with anything.

"I don't think I am jealous of him but I have wished he didn't have to have the girls in the store do things for him; that I could be the one."

Case #15 is a good example of a woman's need to be needed and thereby attain recognition through the gaining of a sense of personal value. The case is complicated by a poor sex adjustment which stems largely from inadequate informational preparation for marriage resulting in attitudes not conducive to a satisfactory participation in the sexual relationship.

Groves<sup>6</sup> says, relative to the most common psychological causes of marital difficulty:

"Another cause of trouble which in the nature of the case is found only among women is the habit of inhibiting sex desire by struggling against the appearance of passion. They suppress responsiveness to sex stimuli until eventually the ability to enjoy the marital experience is destroyed."

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<sup>6</sup> Grove, Ernest R., Marriage, New York. Henry Holt & Co., 1941. (P. 357)

Case 19, Female, Age 41

(Patient discussed husband's escapades before marriage.) "He tells of things he's done. I am afraid our son will hear. I always have been afraid. . . . I have had that fear that he would do those things. My husband ran away from home when he was young.

"When I get mad I throw it up to my husband about stepping out in the past, and then he throws it up to me about hitch-hiking that time, and once I rode in from a dance with a girl and two fellows.

"I have worried now that he might throw it up to me--that he might get mad some time and someone else would hear him throw it up to me. I'm ashamed of it. (Criminally prosecuted rape when a young girl)

"I suppose I was disgusted with men; that they were all after the same thing. At the time all this happened I was going with my husband.

"When we were first married I caught him stepping out. I kind of blamed myself because I was so flighty. I thought the world and all of him, but when he stepped out, I was very angry. I was pregnant.

"I think all marriage is based on sex. I think it would be better if we agreed there. But my husband never complains.

"I suppose I want my son to think I was perfect. You see, my sisters and I were talked about. We went to dances. We had pretty clothes--but we worked for every bit of them--what people said wasn't justified. . . . I think it was because our folks were poor and went with girls who weren't the right type. They thought we were like that."

In case #19, emotional insecurity is felt because of guilt over past experiences and because of fear that she and her husband may fail as examples for the son. The sex response is inadequate to some extent because of past sex trauma, and possibly also because the wife may be

unconsciously retaliating for the husband's infidelity during her pregnancy, and the fact that he had coaxed her to have intercourse and had gotten her pregnant before their marriage.

Case 29, Female, Age 30

(Patient's mother died when she was 4).  
 "My sister picked me up and cried and held me by the coffin. It seems like I can remember my brother standing by the grave and wanting to jump in. I can remember him screaming and crying there. (Patient burst into tears and cried quite hard at this point. She was asked what made her feel the worst): It just makes me feel badly--I always felt I didn't have as good a chance. I didn't have a mother. I just had to hoe my own row.

"I used to have brothers. We would be crowded sleeping in the same bed. They would try to pull me over to them. I figured it was wrong. I realized even then that that was where babies came from. It used to worry me. I used to imagine that maybe I might have a baby. I didn't know how much it took. I just realized that it was something that wasn't to be done. They had an erection--I don't think they ever got far enough to do anything. I hadn't menstrated then yet. I don't remember just when I started relieving myself. I felt it wasn't the right thing to do. When I was staying with my sister my brother was also there but in a different bed, but he would come over and sleep with me. I didn't cry because someone might find out. I felt ashamed. He was about 15. He would try to-- It hurt. I always thought he was awfully rough. I always used to try to fight him. I felt how terrible if I would get a baby. I always felt kind of cheap about it. I felt I was the only one in the world this had happened to. I have always kept it to myself.

"I have that fear of dying. If I could just get away from that, I feel I would be all right.

"I don't have sex relations so often--maybe 2 or 3 times a week. I think sex gets kind of old and tiresome.

"I have felt that I was plumb satisfied with my husband. I never cared about any other man. I feel I care as much about him as I ever did. There is nothing my husband wouldn't do for me. He has stuck by me when others might have gone and left me."

The above case portrays the difficulties met in making an adequate sexual adjustment when there are old unhealed psychic wounds from childhood sex trauma which have never been treated so that there is the right adult mental approach. There is also the problem of chronic emotional insecurity stemming from the blighting shock of the mother's death from which the patient as a child should have, to some extent, been protected. It is significant that the patient feels so loving toward her husband even though her sexual needs are inadequately met; probably because he so adequately fills her security needs which are more pressingly in need of fulfillment than her other wishes. A significant factor in the poor sex response is undoubtedly the husband's withdrawing.

Groves<sup>7</sup> says:

"Trouble (in marriage adjustment) may come from either the husband's or the wife's unfavorable reaction to the method of contraception they are using. This difficulty is most likely to occur among those who do not have a modern knowledge of contraception such as can be gained at a birth control clinic or from a trained physician, but who are using

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<sup>7</sup> Grove, Ernest R., Marriage. New York, Henry Holt and Company, 1941. (P. 357)

an inadequate form of birth control because it is the only one of which they happen to have knowledge."

Case 34, Male, Age 34

"My mother would help us in every way she could. My father thought about work and the money. I would have the thought that all my father wanted was to get everything out of me he could. Since I married he has borrowed a good bit and has never paid it back. When I was young I knew of several things my Dad did that wasn't just right. I was afraid he would do something that would get us all in trouble and himself and hurt the family's reputation. He was in court for stealing hogs. After that I was afraid something would happen to disgrace us more.

"My Dad was always hard up. I tried to go to school. I would work out to pay my class dues. I would give him half what I made summers. After I would give him the half for board and room he would try to get the other half. It seemed like he didn't help me to get through school. I just wanted to get an education so I would have it to show. I notice it more now. I'm always afraid that others will know more than I do.

"When I was about 6 I remember my girl cousin who was about 8--she had me take my clothes off and she did. I was just looking at her. My mother saw us. I can remember my mother came out and whaled the tar out of me on my legs and behind. I had welts.

"I started going with my wife when I was 15. After awhile I started going with just her. We had sex relations. I didn't think about it much. I knew I loved her and that she was the one. I just don't know what I would do if something happened to her. I just don't think I would have anything to live for then.

"We married when I was about 18 and my wife 16. We ran off and got married. My wife was about 6 weeks pregnant. We went to stay at her folks. I worked for my daddy-in-law. It was hard times. We just didn't really have enough to eat. I was really discouraged. My daddy-in-law always wanted to handle all the money. He didn't want to pay me--whether he was punishing

me for something--I always would have to do just as he wanted to do. I used to work from 4 in the morning until sometimes 7 and 8 at night. I tried to do things just the way he wanted. I got along with him. Others told me I was plumb foolish to let him work me that way and not pay me like he should--even his wife and daughter said it. I worked and he took everything.

"When my wife and I married, her father liked to had a fit. He calmed down after awhile. I felt I owed him something for getting her pregnant and hurting him that way. I knew he was beating me all the way through. I just wanted to tell him what I thought, but I didn't. I still haven't gotten money he owes me. He says I'll get it someday; that I'll get it when he dies.

"My wife had lacerations from having our daughter. We never had any money to go to the doctor. I always worried about getting her pregnant again. She had such a bad time the first time; that kind of scared us out. I wish we could have a boy. My wife still could have children. The doctor said she wouldn't be so nervous if she had a baby.

"My wife was 6 weeks pregnant about 6 years ago. She was afraid. Her sister told her where to go. I felt pretty bad about losing the baby, but I kept it to myself. I just kind of wanted it and it was gone and I didn't think it was the right thing to do, but the sister thought it was right because of the time before. I was scared for her.

"My wife kind of upset me when she was sick that time with her nerves. I got to thinking that she was thinking too much of the doctor. The doctor explained it that on account of the sickness she depended on him. Everytime anything came up to make her nervous, she ran to him. I didn't understand this at first. The doctor blamed me. He said that I should tell her that I loved her more. I thought I was doing everything anyone could do. At first I didn't know what to think. He told me of different cases where women had gone out and committed suicide. I worried day and night about this. This was about a year and a half to two years ago. I worried that I would lose her--that she would get away in some way or other--or commit suicide. I thought so much of her.



Case #34 gives a good background picture of how, as is so generally true, the tendency toward insecurity has its roots in childhood. In this case because the father's behavior was not dependable insecurity resulted. The patient's insecurity is increased because of his rigid conscientiousness which requires him to expiate for causing pregnancy in his wife by becoming a virtual slave to her father. He had already formed the habit-pattern by "cow-towing" to his own father. There is further frustration because the patient feels unable to "tell him what I thought" for the injustices and gain some recognition from self-assertion.

His extreme feelings of guilt at his pre-marital sexual activity with his wife perhaps are rooted in the punishment his mother gave him as a child for normal sex curiosity, so that he felt punishment was his due in order to feel a sense of personal worth again. The patient's recognition and security need is further frustrated by his wife's switching dependence in her time of need, to her doctor, as is his response need, which is already inadequately filled because of a desire for a son.

Case 41, Male, Age 36

"I started throwing up about 6 years ago. I had been working on the outside and when I went to working inside in industry I had to work under a boss. It's hell, I should have quit before I got this far, I felt tired all the time.

"I have been on the same job--feeding a machine. I always wanted to get off it. I'd just as well been in prison. At first the boss was always tormenting everyone. He was drinking and didn't know what he was doing. He was always finding fault.

"If I had someone to work with on the job, it would help, but I am always alone 8 hours--mostly wishing I was doing something else. I was always afraid to quit. I have always been afraid of being on the W. P. A. or the county.

"I haven't got a temper any more. That's my trouble. It just seems like I don't have the power to fight any more.

"When I am home doing what I want to, my nerves are quiet and I can sleep, but when I think about going to work, I can't sleep and I have to take phenobarbitol.

"I would like more children if I could get back in shape so I could make a living for them."

"Case #41 is an example of the conflict between the desire for new experience and the desire for security. The patient has a desire for a more stimulating job away from the dulling routine, yet fear of financial insecurity keeps him chained to it. This is an interesting example of conversion of job frustration into physical symptoms.

Case 43, Female, Age 41

"I guess I might as well tell you. I went with quite a few boys before my husband. I told him before we were married. I got to worrying about it when I was reading these sex books, but I have never done no wrong since my marriage. The doctor said my husband was sterile. He has prostate trouble. I thought that maybe there was something wrong with me that caused that. I was afraid I might have had some venereal disease from when I went with those boys that might have caused my husband to get that way--that prostate trouble. What worried me was what

caused it. The doctor never told me. I thought that maybe even though I never noticed it that there was something wrong with me all the time and my husband had gotten it. I felt very bad about this sex before I married. I hadn't gone with many--I married when I was 16. I felt so guilty.

"I thought I could punish myself when I was home. I am up here--haven't I punished myself? It wasn't because I didn't love my husband that I did it (tried to commit suicide)--it's things I did when I was a girl. I felt so bad about it--my husband and that prostate trouble.

Case 43 is an example of the eventual outcropping of intense, depressing guilt feelings held down for years, only to come out at last and manifest themselves in insecurity reactions of depression and anxiety. Of interest in this case is the postulation mentioned by Duncan<sup>8</sup>.

"Some would add a fifth wish, a metaphysical religious desire to do right. They claim that man has a tendency to follow the Golden Rule the same as he craves social response or security."

One often notices in psychiatric patients, intense reactions to deviations in personal integrity and righteousness, even though the transgression be a minor one. Perhaps it can be explained by some deeper force than a rigidity of conscience or adherence to the mores of the group.

As is so frequently true, this patient's feelings colored her approach to sex and the interview disclosed her response was not good.

Case 44, Female, Age 43

"I was considered an old maid by that time, maybe that's why I married him. After I was married I just kind of wondered why I guess I had no relations with anyone before I married.

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<sup>8</sup> Duncan, Hannibal Gerald, Backgrounds for Sociology, Boston, Massachusetts, Marshall Jones Co., 1931. (P. 637)

"When I was going with my first husband I got acquainted with another fellow. He was a soldier too. He was wonderful. I was crazy about him. I felt I didn't have a chance with him. When he went east I just felt like life had stopped. I had been going with my first husband and I married him. Yes, I guess I was still in love with this boy. I thought a lot of my first husband. It was more of a mother feeling. I never had the feeling for either of my husbands that I had for this boy. I heard from this boy. He didn't know that I was married. He was leaving to come visit me, but I was where my husband was at camp so I never saw him when he came. So I never saw him then nor since, so I just had to forget about him. I got this letter when I was married saying he was coming. I had a husband but I really wanted to come back to where I had been living. I never felt I had much of a chance with him--and yet--maybe--he came way from the east to see me. That's been 5 years ago. He was so clean looking and acting and his manners were so perfect. My first husband, when he would drink I would compare him to this fellow. Drinking was secondary to him. I compare my second husband to him, too. This fellow had such wonderful manners, and never looked at anyone but me. I compare their personalities more. I will always feel better having known anyone like that because I don't think there are very many men like that.

"I always felt sorry for my first husband. He always played upon my sympathy and worked on me a good deal. I feel about the same way toward this husband--sort of motherly.

(Patient was asked about her second marriage)  
 "Oh, it's all right. I'm making a go of it. I was lonesome. I married for the companionship. I have given him about as much to think about as he has me. He likes to look at the girls--especially the waitresses. I guess my husband figured I was jealous, but it was embarrassing to me--when a man is married. I don't think I was ever crazy in love with him.

"My sex relations went well with my first husband and with my second too. I don't think I have a sex problem. I have been faithful too. I think that is a lot more than you can say of a lot of army wives.

"I knew my second husband 2 years before I married.

"I was so afraid of losing my eyesight. I wish I could be calm and not afraid of anything. I am afraid all the time. I think that when my husband looked at the girls I felt that maybe he might get interested in them or them in him--maybe a younger girl and I would be left holding the sack. I worked and he did and put it in the business. I don't like to see it blow up. I don't want things to crack up and just be left on the outside."

The foregoing is an example of the complications arising from the patient's worrying because of loneliness with the spectre of the man she feels she really loved standing between her and her mate in both marriages.

It is interesting that she, herself, is aware that her feelings are more motherly than like those of a woman for her mate. It is noteworthy, too, that though she feels she was never "crazy in love with him" her second husband arouses considerable emotion when her ego is hurt by his noticing the waitresses. Both parties to the marriage show indication of failing to supply the other's recognition needs. Perhaps the most significant thing in this case is the fact that the patient apparently fears the loss of her second mate more from the standpoint of the loss of security that would come with the upheaval of certain mutual financial holdings than she does from a response standpoint.

It is of interest that she has converted her insecurity feelings into physical symptoms (in this case a morbid fear of loss of eyesight not warranted physiologically) as has the man in Case #41.

A number of family maladjustment factors stemming from or complicated by feelings of insecurity are brought out in the preceding discussion. There is the husband's rigid objection to the wife's working though she evidences a driving urge for the greater personality security she feels is to be had through the security and recognition to be found in a satisfying job. There is also an example of the conflict between the desire for new experience, which pulls away from, and the desire for security, which holds an individual to his job.

The factor of how old anxiety held over from an insecure childhood can complicate a marriage picture is brought out. We find, too, instances of the intense psychic shock and loss of security felt when "the other woman" comes into the picture; also the fear of resultant financial security.

Guilt feelings for episodes long past are shown to be underlying factors in the insecurity of the marriage relationship. Perhaps one of the most insecurity producing factors is illustrated in the feeling of not being needed; the feeling of the mate's being able to get along without the patient who has no other security-producing source outside of that accruing from her role as a needed partner in marriage.

Table 3 which follows shows the close tie-up between those cases who had a pre-marital affair with the mate and

the wish for emotional security. All of the cases in this study who had a pre-marital affair with the mate, in this instance 2 men (18.2%) and 13 women (33.3%), had a frustrated need for emotional security. It is of interest that the other frustrated wish need which was found in an equally high number of cases was the wish for affectional response, the wish most closely tied up with the wish for emotional security. Thus we find from the foregoing data that pre-marital affairs are important factors in family maladjustment.

Table 3

WISH NEEDS OF CASES WHO HAD A PREMARITAL AFFAIR WITH MATE  
In Relation to Total Number of Cases Studied

	Response Affectional		Response Sex		Recognition		Security Emotional		Security Financial		New Experience		Total cases		Total Cases studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	2	18.2	2	18.2	2	18.2	2	18.2	0	0	1	9.9	2	18.2	11	22
F.	13	33.3	11	28.2	7	17.9	13	33.3	5	12.8	2	5.2	13	33.3	39	78

Only two (18.2%) of the eleven men had a pre-marital affair with their mate; whereas thirteen (33.3%) of the 39 women had a pre-marital affair with their mate. The percentage of men needing both types of response, both types of security, and recognition was 18.2%, while only 9.9% wished for new experience. Of the 39 women the greatest number (33.3%) needed affectional response and emotional

security. This was followed by 28.2% needing sexual response, 17.9% needing recognition; 12.8% needing financial security and only 5.2% wishing for new experience.

Another factor which our data indicates is closely tied up with emotional security is the tendency to be unfaithful in marriage. (See Table 4) It was found that while, as might be expected, all of the cases who had extra marital affairs, which in this instance was 1 man (9.9%) and 7 women (17.9%), had a frustrated need for sexual response, an equal number of men (9.9%) and one less woman (15.4%) had a frustrated need for emotional security. As was the case in those who had a pre-marital affair with the mate there was an equally great need (9.9% of men and 15.4% of women) for affectional response.

Table 4

WISH NEEDS OF CASES WHO HAD EXTRA-MARITAL AFFAIRS (INFIDELITY)  
In Relation to Total Number of Cases Studied

	Response Affectional		Response Sexual		Recognition		Security Emotional		Security Financial		New Experience		Total cases		Total cases studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	1	9.9	1	9.9	1	9.9	1	9.9					1	9.9	11	22
F.	6	15.4	7	17.9	5	12.8	6	15.4	1	2.5	3	7.6	7	17.9	39	78

The preceding table shows that the one man in this classification showed wish needs in sexual and affectional response in recognition and in emotional security. The seven women indicated a concentration of wish needs in sexual



and affectional response and emotional security. In other words, of the total number of female cases studied, 18% indicated need for sex response, 15% affectional response, 15% emotional security, and 13% expressed need for the wish fulfillment of recognition.

We conclude from our analysis of the cases in this chapter that emotional insecurity is one of the most important factors in causing family maladjustment. In the total fifty cases studied (See Table 1) six of the men (54.5% of them) and 34 of the women (86.1% of them) had an unfilled need for emotional security.

Financial insecurity was not as large a factor as ordinarily might be expected since the cases studied were ones who were able to afford private psychiatric treatment. Even so, five of the male cases (45.4%) and eleven of the female (28.2%) expressed a need for a greater sense of financial security. It is significant that these were cases who had known great financial insecurity as children.

## Chapter III

## THE WISH FOR RECOGNITION

The wish for recognition, or superiority, arises from at least two early behavior patterns. According to Joseph Kirk Folsom<sup>1</sup>:

The first is what Thorndike calls attention-getting. The young child learns to attract the favorable attention of others because that attention is accompanied by food, caresses, and other satisfactions. To desire the attention of others is a universal attitude. The second is self-assertion, mastery, or domination. This is a pattern of kinetic habits and attitudes arising out of conflict experiences; it goes back to socially stimulated anger and fear.

Williams<sup>2</sup> has perhaps summed up the desire for social approval as well as anyone in his statement:

The key to modern human behavior is to be found less in the effort to save our physiological skin than in the effort to save our social 'face'. To 'count', to avoid the dread abyss of spiritual and social nothingness--this surely is the urge which seldom, if ever, ceases to press upon our very souls.

The desire for recognition is a two-headed hydra; for it is a desire not only for the approbation of others, but of one's self. Attainment of either seems to be a hollow

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<sup>1</sup> Folsom, Joseph Kirk, Social Psychology. New York, Harper & Brothers Publishers, 1931. (P. 150)

<sup>2</sup> Williams, W., Mainsprings of Men. New York, Charles Scribner's Sons. 1925. (P. 146-148)

victory without the other. Fairchild<sup>3</sup> says:

The desire for a good opinion of one's self is unquestionably the supreme spring of action in the whole dynamic equipment of the human individual, dominating even the fundamental urges of hunger and love. The one emotional state that is intolerable to all human beings is the lack of a good opinion of one's self.

In seeking recognition from others, the individual strives for prestige, for the admiration and respect of his social group; it prompts him to deeds which will draw the notice of others, deeds which may range all the way from the ridiculous to the sublime. Status is the goal of the recognition wish. Since it must be conferred by others, it follows that man spends much of his time in activities calculated to impress his fellowman and gain their attention for without it victory loses its flavor. It is a sociologically pertinent truism that one can know a great deal about a man by knowing the kind of people he is trying to impress.

As Williams<sup>4</sup> says:

It matters very much who the 'others' are to whom we look for notice. For the moment we change our choice of witnesses, we change not our inner force, but the direction in which it drives us.

Dependent to a great extent upon who his examples are-- upon whom he seeks approval from, the desire for recognition

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<sup>3</sup> Fairchild, Henry Pratt, General Sociology. New York, John Wiley and Sons, Inc. 1934. (P. 158)

<sup>4</sup> Ibid. (P. 394)

may range all the way from cold accumulation of vast wealth to selfless social service, the latter even to the point of martyrdom--anything to relieve the pressure of the driving need for distinction and social status; anything that will fill the desire to "be somebody"; to stand out from the man in the street.

Robert R. Park<sup>5</sup> says:

Perhaps there has been no spur to human activity so keen and no motive so naively avowed as the desire for 'undying fame' and it would be difficult to estimate the role the desire for recognition has played in the creation of social values.

Since we are largely a competitive society functioning under the "I" rather than the "we", it follows that a great deal of our activity is egotistic and carried on with the objective of asserting ourselves over those who must, because of our superiority, play the role of inferiors.

Bogardus<sup>6</sup> says:

Ideals will often be sacrificed for status. A person may have high status in one group and low status in another at the same time. Everybody wants to be a somebody. However, status is unscientifically awarded. It is based on feelings and opinions, and on values little analyzed or scrutinized. Therefore, a person is continually in a dilemma; he wants to develop a well-rounded personality and yet his urge for recognition may pull him in untoward directions and distort his personality.

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<sup>5</sup> Park, Robert R., and Burgess, Ernest W., Introduction To the Science of Sociology. Chicago, The University of Chicago Press. 1924. (P. 490)

<sup>6</sup> Bogardus, Emery S., Sociology. New York, The Macmillan Company. 1941. (P. 77)

Thomas<sup>7</sup> says, relative to the wishes and personality:

The importance of recognition and status for the individual and for society is very great. The individual not only wants them, but he needs them for the development of his personality. The lack of them and the fear of never obtaining them are probably the main source of those psychopathic disturbances which the Freudians treat as sexual in origin.

Bogardus<sup>8</sup> has a significant comment to make upon personality in relation to the social group:

If personality acquires status from social groups and if groups possess different sets of values, then one has personality selves, with a self for every social group of which one is a member.

The following case is illustrative of the foregoing and of the ego trauma suffered from loss of economic and positional "face", even though there is "acceptance" by the new social group.

Case 42, Female, Age 63

"I pushed sex behind me and went out and exercised and got it off my mind. Well, yes I did, I guess. (Masturbate). It started when I was 14. It just seemed to be the wrong thing. Mostly it was just relief. I felt I should have fought it off. I did as much as possible, I had

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<sup>7</sup> Thomas, W. I., The Unadjusted Girl. Boston, Little Brown, and Co. 1931. (P. 32)

<sup>8</sup> Bogardus, Emery S., The Development of Social Thought. New York, Longmans, Green & Company. 1941. (P. 503)

a sense of shame. For a couple of months after I was married I had to kind of coax it along (sex drive). I think I had squelched the sex feeling to a certain extent. I felt a sense of false modesty.

"My mother said I should adjust myself and be heroic about sex because that was necessary to a man more than to a woman,

"Our business set-up has changed. My husband was nicely set up in New York until five years ago. They merged and he was let out. My husband is on the police force now. I don't tell anyone. It might lead to some political position.

"Our status is, you know, rather funny though; there were times, of course, when it grated, naturally.

"I had a lot of false pride for awhile about "Dad" being on the police department. We're still accepted on the proposition "Dad" had. Poor Dad. He overcame it better than I did. A man with his capabilities. It's quite a blow, but we just rise above it. In a little town we are accepted. This has been an awful cross for him.

Case 42 exemplifies the conflict between the desire for recognition (status) and security, the loss of the husband's status bringing considerable ego trauma to this couple who put great value on such things as position. This case is also a good example of the carrying over into marriage of pre-marital conditioning and attitudes on sex.

Case 11, Male, Age 57

"My wife was cold, ~~she~~ she hasn't kissed me once in a year. If I try to, she thinks I am working for something.

"I told her if she kept nagging me I would go and drink. I thought that would stop her but it didn't. I'm pretty sensitive. It hurts when she nags me.

"I like to dance. I like to be around people.

"When my wife and I aren't getting along, I get pretty discouraged.

"I have been lonesome since I came here three years ago. My folks live elsewhere.

"I said before I would divorce her. I didn't mean it. We never had any trouble till our boy got big enough to make trouble.

"My wife was always jealous of my mother. She never wanted my mother to stay with her--but hers does. I can't forget these things. She said my sisters could take care of her. That damn sister of my wifes is driving me to hell. She is at our place about a third of the time. I ain't no angel; I don't want anyone to think I am. I have a temper. It's hard to hold it down once in a while. They are always rubbing it in because I take a drink.

"That sister of hers is a bear cat. What my wife don't think of she puts in her head. When I get mad--like I do at my wife's sister--I feel like I would like to give her a cussin' but I never do.

(Patient was asked why he thought he drank)  
 "Well, my mother-in-law . . . I like her all right, but she is old and my wife can't go out on account of her. We have to wait until she goes to bed. That don't set well. I don't kick keeping her, and I'll help with her burial. Two of her sons won't. We've kept her for quite a few years with us. The old woman--I shouldn't call her that--my mother-in-law--didn't want my wife to have children, and her word is law with my wife. I like children. Yes, I would like to have had more. I have three grand-children, my son's, boys - - - (patient broke down at this point crying, sobbing audibly, and shaking) My son's oldest boy don't have much to do with me, but the little one, no matter where I was he was always there. I think I have made a mistake with my boy. I should have brought him up to do better to me and his mother. We should have had more children than just him.

"If my wife and I could just be alone and not have a lot of dictators. If my wife would only go places with me and not always be tired. She has a lot of friends, but it is hard to get her to go out. It's this booze that's caused it all, but if she wasn't the way she is I would not have drunk so much.

(Patient was asked what he would like to be different in his life) "I would like to have my wife say once in awhile that everything is all right and that she is satisfied, and if I did anything good say so once in awhile. She ain't all to blame. I'm to blame too. When she growls about something I fly off the handle and say a lot of things and in 5 minutes I am over it. She never tells me that I do anything well--only that I work too hard. I tell her that she is a good cook and housekeeper--the only thing is that's the trouble--she always wants to work and no enjoyment. I have got her everything a woman could ask for.

"I give my wife plenty of money. As long as I do I don't think she should say anything about my drinking as long as I don't disgrace them. I never drink alone. I have lots of friends.

"What I am worrying most about now is my wife. She has heartaches. I am causing them to her because of this. If I had committed murder I couldn't feel worse.

The above case is typical of the fact brought out in the table which follows; namely, that alcoholics have an unfilled need for recognition and sexual response. Aside from the wife's failure to give appreciation and sexual response, the problem is further complicated by the interference of in-laws who frustrate the husband's need to assert himself and take his place as the head of the family, which leads to escape through drink, as in Case 6. It is interesting to note that though the wife fails as a fulfiller of sex response needs, the patient has a basically tender feeling toward her. The frustration felt as a result of the son's



failure to fill parental response yearnings, is an added heartache on an affectional response level.

Table 5

WISH NEEDS OF CASES USING ALCOHOL  
TO A DEGREE CONTRIBUTORY TO MARITAL MALADJUSTMENT  
In Relation to Total Number of Cases Studied

	Response Affectional		Response Sex		Recognition		Security Emotional		Security Financial		New Experience		Cases Studied		Total Cases Studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	4	36.4	6	54.5	6	54.5	5	45.4	3	27.3	3	27.3	6	54.5	11	22
F.	6	15.4	6	15.4	5	12.8	6	15.4	1	2.6	3	9.7	6	15.4	39	78

The above table shows that 54.5% of the men and 15.4% of the women used alcohol to a degree contributory to marital maladjustment. As indicated in the table, the six men in this classification (54.5% of the eleven males studied) all showed a need for sexual response and recognition. Five of them (45.4%) showed a need for emotional security, four of them (36.4%) needed affectional response. Three of them (27.3%) showed a need for financial security and new experience.

The six women (15.4% of the 39 female cases studied) all evinced a need for affectional response and emotional security, five of them (12.8%) needed recognition, three of them (7.7%) needed new experience and one of them (2.6%) needed financial security.

Case 23, Male, Age 57

The main thing it might help you to know, well, the kind of person I am. I always wanted to do things and couldn't get to do them. I would undoubtedly have been a doctor if I could have. I had to do manual labor, but my mind was going all the time. I worked for the government about 12 years ago and was happier than any other time except when I worked in the bank. I would like to be doing some clerical work. Another thing, when I grew up I craved music. Father objected. I couldn't see why. After sweeping up in the church once I tried to play the organ, and caught on to it right away. He made me get away from the organ when I came home and wanted to try. I tried to get a violin and he said, "I will smash it with an ax if you come in the house with it."

"I wanted to do something and use my intelligence and I couldn't do what I wanted to and that worked against me. I don't know why my father seemed to like me less than the rest. My father didn't want children so close together, but they came. She would get pregnant the first time after each birth.

"They always thought their way was right. Sometimes my mother hit me with anything she had in her hand just because I didn't catch what she wanted. I was quite witty when I was young. Many is the licking I got for that. They finally beat it out of me. Many times I felt like crying because I just got to be a dead head from overworking. I left home to work because I saw it was a way of getting out. They broke my true love for them.

"I was of a disposition that I wanted to be happy and never could find happiness; mostly because I was over-worked.

"I like to have someone respect me. I like them because they are happy with me, because it has been a strain on me. My wife, well, I couldn't get her to confide in me about how she spent money. Finances have been quite a strain on me. Then in later years when she tried to break up our marriage to satisfy her folks I forgave her but I never could get back to really being in love with her. It's a strain to keep her satisfied.

"My wife has been quite irritable through the years. I don't like to have anyone talk to me sharply. She does at times anyway not meaning to, but it gets me anyway. I try not to pay any attention, and very seldom answer and try to forget it, but I think about it afterwards some.

"When I feel good I don't mind so much, but when I am tired then it is like her saying that she thought I didn't want to instead of understanding it is because I couldn't drive myself to.

"As far as sex was concerned she was not exactly right for some reason. She didn't react to it much, although I was inexperienced and didn't realize it then. I didn't know there was anything wrong until years later, that it wasn't the way it should have been.

"Once in her sleep, about 5 years after we were married, I had relations with her in her sleep and she was like a different person. I think that made me realize it.

"I wasn't free when I was young. It comes to me now that I was driven under fear and think I could have done things if I hadn't been afraid of being abused. I think that made me feel kind of the way I did--depressed in spirits most. I just don't remember feeling very happy when I was home, because just as soon as I would feel happy, I got called down for it. My father was a sick . . . He was very nervous. I always had to work hard and was kind of run down . . . and one thing, I never had anyone to confide in and that sure hurt my feelings. (Real emotion in his voice when he said the foregoing). The way I feel now, you speak to me, it's just the first I ever could speak to.

Case 23 gives a good picture of the desire for new experience on an intellectual level and of the frustration felt because of years of not feeling free. While financial insecurity feelings are accentuated by the wife's lack of judgement where money is concerned, the marital response maladjustment arises essentially from a sexual maladjustment of many year's standing and the wife's failure to meet the

husband's recognition need for appreciation and understanding.

Travis and Baruch<sup>9</sup> state:

People crave understanding. They crave appreciation. They want to feel capable and able to meet what comes. In marriage they can go far to fill each other's needs. They can give each other tenderness and sympathetic accord. They can make each other feel worthwhile. The more aware they can be of the emphasis which each brings emotionally to marriage, the better will be their chances of working things out.

Case 48, Female, Age 35

"I have always felt inferior to my brother--- that I haven't come up to his expectation. He has hurt me by his remarks. In our family he was just about Mr. God.

"He is about 15 years older than I am. He used to act so surprised that I could do anything. I always have felt that I didn't have brains enough to go around the block alone without a family consultation . . . any job, the family had to o.k. it; mostly my brother. I was just like the rest. I felt he should.

"I haven't felt very well. I haven't enjoyed sex. I have felt it was my duty for a year. My husband has been very considerate. I don't consider him a highly sexed man. I don't feel he has gone with anyone else since we have been married. He is nice to me, but he doesn't compliment me. He takes those things for granted. He has been very understanding and had a lot of patience with my illness.

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<sup>9</sup> Travis, Lee Edward and Baruch, Dorothy W., Personal Problems of Everyday Life. Appleton Century Co., New York. 1941 (P. 266)

"I am ashamed of being ill. I feel that if it is nerves that I should be able to conquer it. It is a drain on the pocket-book. My brother has stood most of it. It is hard on him. I don't go visit him. His wife doesn't like me to . . . or any of our family. She doesn't resent his spending money on me or helping my husband. I have had a feeling that she resented the attention that my brother gave me. She acted like I was a bother.

"I used to have the feeling that my family felt that I was an inferior person and it used to bother me, but I have felt that their attitude has changed, especially since my illness."

The above case is an example of the gaining of status and recognition by illness. The patient has long gained her security feelings by being dependent on her brother. When, because of his marriage and her marriage the opportunity for dependency became weaker and weaker, it would seem she unconsciously furthered a dependence on him by taking to her bed in a state of exhaustion. In this way she became financially dependent on her brother and gained a recognition of sorts both from him and from her husband who does not otherwise adequately take care of her recognition or response needs.

John F. Cuber<sup>10</sup> has a comment to make relative to the patient's illness:

Conversion is usually defined as a substitution of a physical maladjustment for the psychic pain which attends frustration. Not

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<sup>10</sup> Cuber, John F., Sociology. D. Appleton Century Co., New York. 1947. (P. 214)

as much is known about conversion as it would be desirable to know, but it seems reasonably clear from the evidence that through some unconscious process, the psychic anguish becomes translated into physical illness.

According to Thomas<sup>11</sup> in his discussion concerning the frailty of women, we find:

. . . their illness, and even feigned illness is often used as a power device, as well as a device to provoke response.

Case 31, Male, Age 34

"When I was young I liked to be on the go and I couldn't play with the other kids. They had to come to our place. When I was about 10, we moved to the edge of town. Mother wanted to get me away from other children. I had practically no companion except for her until she died when I was 14. My mother played games with me. I could do what I wanted to around the house, but she was very firm if I wanted to get away.

"I had a great attachment to my mother, yet I can remember on her deathbed being relieved that she died, because before I was just beginning to gain my first freedom. I had feelings of guilt, but I think most of them were unconscious. I didn't even cry when she died. My grandmother was angry. Then I cried a little.

"I think I abhorred the attachment my mother had on me so much that I reject any attachment of love shown to me by attempting to frustrate it-- by doing something to make the person not like me.

"When I was younger I had repeated episodes of making a girl fall in love and have sexual intercourse. I would break the basis of virginity and then tell them to go to hell. I was having fun and a heightening masculinity, though I didn't know it then.

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<sup>11</sup> Thomas, W. I., The Unadjusted Girl. Boston, Little, Brown and Co. 1931. (P. 32)

"I went out and had intercourse with whom-  
ever I could put over the deal with between my  
marriages. I think my first wife gave the  
maternal affection to me that I desired and I  
rejected it.

"She went back to work. I stayed with my  
father. I don't think I was weaned away. The  
same ambivalence still exists. I am dependent  
and yet I have a desire for independence, and  
yet fear of independence for fear he would re-  
marry and I would lose my dependence. I think  
I more or less tried to take my mother's place.  
I wanted to gain the affection that she had  
gotten and I always wanted.

"I want the union of being with someone  
else, but I have too much resistance. I am  
afraid that they will dominate me.

"I never in my life had a job to amount to  
anything. My mother left me some money, and my  
father gave me money. I always felt I could go  
back to my father. I have had several jobs but  
I never stuck to them. I was afraid of letting  
myself succeed. I was afraid of losing my dependence  
on my father. I would project the trouble on someone  
. . . blame the boss for instance. My father's father  
lives with us. He is dependent on my father.

"My present wife is the type of woman that a  
person who is as unstable as I . . . well, it's hard  
to adjust to. She was independent and still is.  
That feeling of wanting her to be--to have her depend  
on me wasn't helped by Dad giving her the money be-  
cause he said I would get drunk and throw it away.  
That's true but it certainly didn't help the situ-  
ation--my ego, any.

"Things went along pretty well in my first  
marriage, but what complicated things was I didn't  
tell my father. The reason was the fear that if I  
married he would. He found out about a year and a  
half later when I was a senior in ~~college~~ - - - -  
and went into a deep depression. This depression  
was precipitated by my wife's having an abortion.  
I had a deep sense of guilt, because I wanted her  
to have it. My anxiety was caused by my fear of  
losing my wife's affection--that she gave me from  
a maternal standpoint.

"It was always easy for Dad to talk me out of things. The only time I would stand my ground was when I was drunk. When I am drunk or under sedation I lose a great deal of my submissiveness.

"Alcohol gets you away from those feelings--self-accusatory--about the way I have conducted my life. When I am depressed, I see the failure I have made time after time in things I have started

"One reason that makes me feel that my present wife's motive in marrying me was to have a child. Before she was pregnant she was very willing to learn and respond to sex. After that she lost a lot of her responsiveness.

This is an interesting case of a college student with unusual insight and high intelligence whose youthful fixations on the parents were so severe as to make normal response and life with a woman next to impossible. Recognition is also a problem because of the ambivalence toward the father; on one hand the tremendous dependence, and yet the personality need for self-assertion and self-respect on the other. This need to be independent is carried over and frustrated in the marital relationship to a degree that at times the patient feels suicidal.

There is constant conflict because financial security brings with it the price of dependence on the father.

This is a good example of the importance of roles in marriage for the patient reveals in a number of ways his fear of having his role, as a little boy, usurped by the possibility of his wife's having a child. Sexual new experience may possibly be not only a means of self-assertion and escape from submissiveness but is also domination of the female in



reprisal for the restrictions suffered as a youth. Bergler<sup>12</sup> says:

"If we analyze these Don Juan or Casanova types . . . we may find an infantile repressed desire for revenge. Because they imagine themselves to have been in some way disappointed or ill-treated by those persons who took care of them when they were children, they identify the women with those persons and now bring disappointment to them in turn through their compulsion to abandon them."

Table 6

WISH NEEDS OF THOSE CASES WHO ATTEMPTED SUICIDE  
In Relation to Total Number of Cases Studied

	Response Affec- tional		Response Sexual		Recog- nition		Security Emotional		Security Financial		New Exper- ience		Total Cases		Total Cases Studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	1	9.9	1	9.9	1	9.9	1	9.9	1	9.9	1	9.9	1	9.9	11	22
F.	4	10.3	5	12.8	4	10.3	5	12.8	1	2.6	3	7.7	5	12.8	39	78

As indicated by the above table, 9.9% of the men attempted suicide and 12.8% of the women. The one man in this classification, representing 9.9% of the total number of eleven men, was desirous of having all of the wishes. Evaluation of the 39 women indicates that for the five falling in this classification, sexual response (12.8%)

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<sup>12</sup> Bergler, Edmund, M.D., Unhappy Marriage and Divorce International Universities Press. New York. 1946.

and emotional security (12.8%) are the greatest needs, followed by 10.3% desiring recognition and affectional response; 7.7% desiring new experience and only 2.6% wishing for financial security.

Case 49, Male, Age 37

"I think I would do most anything to make money. When I was little the others had lots of things that I didn't. About 10 or 12 years ago in the depression I had a hard time. Money is vital. Show me happiness without it.

"I don't eat too much. My wife bowls once a week and goes out two times to some study club. We eat lighter that night. There is no place much to eat in town. By the time I get off, there's not much left. My wife works in the store too. I think it would be better if I hired someone for her and she took care of the home.

"The doctor said because the baby was a breach baby that another might kill her. Then she wanted to get pregnant anyway, but she couldn't. She has never been able to since.

"What we should have done is started right out to have children. Everyone else seems to have a family. I have wished (very sincerely said) that we had more children. I don't think you can raise one child.

"I have been under a tension. I probably think about things when I should go home and take my wife out.

"I started drinking over an argument, more than anything, with my wife. I more or less figured things out. She is not able to. We're going to lose the whole thing if I'm not back there to direct things.

"It's hard to work side by side with my wife. I think a woman makes decisions that a man wouldn't make. I feel that there are too many bosses. It works for so long, but not year in and year out. You see, you get tired. We see so much of each other during the day that when we go home at night,

you feel like relaxing and going to bed and not out any place. On top of that, my wife likes to go out and relax. If she were home, she could do those things during the day.

"My wife and I worked in a dry goods store before. We got on each others nerves then. I sold the store and everything was all right, and things went along swell until we went into a store again. I think the reason for that is that we are both high strung. I like to be by myself some and think things out. That's why I go back to the store some evenings . . . so I can balance out in my mind how to advance my plans. I want more stores. I want to retire when I am 45.

"My wife harps at my drinking. If she didn't, I don't think it would happen.

"The whole thing is that I have tried to make too big a success too fast.

Case 49 portrays the driving need for recognition on a financial success level and for financial security. There is also competition with the wife over decisions and considerable underlying aggression toward her which probably produces the guilt reactions and depression he manifests by his aggression being turned in upon himself instead of toward her.

Much of the drinking appears to be done as an escape from his wife's wish to give advice and dominate the patient's actions. Interviewing revealed that the sexual response adjustment was a poor one. This condition was undoubtedly effected by the underlying lack of rapport between the couple and the clash in conceptions of what their respective roles in marriage should be.

Case 13, Male, Age 33

"When the Dean refused to let me go on to medical school I went elsewhere and took pharmacy. I was always going pell-mell from work to school.

"I am a great guy to worry about things. I think success was the thing I wanted most. I worked my way through the University without a cent except \$20.00 I started on. The doctor's in the building where I have my store are very good to me, and I try to show them I appreciate that. I want to have their respect. I wanted to be a doctor and got my pre-medic and the Dean wouldn't let me go on because I didn't have the money and he wouldn't let me work and go to school like I had been doing.

(Patient was asked what would bother him more than anything else.) "I would hate to be a failure - a flop.

"I think the world of my wife and daughter but I have been just going home and flopping-body and mind just fall there. My wife said I didn't show an interest in our home. I was doing too much at the store to do that too. I've been neglecting her - leaving her alone at home night after night.

"I realize now that I was living in a world all by myself and that if I had taken advantage of the confidence my wife and I have in each other and talked my problems over with her, I never would have gotten into this mess. The way I see this thing; working my way through school I was driven by the desire to be a success and then having this trouble with that partner--I was bound I was going to show him what I could do. I don't care if the treatment they give me for alcohol is rough. I'm going to cooperate with everything. I'm going to get well.

(Attempt was made to get the patient to evaluate himself. He said he didn't know just what to say. He was asked what he thought his little son thought of him. He couldn't seem to find an answer for this either, but thought his son thought a lot of him. He was then asked what he would like to have his son say about him. He looked up; his eyes filled with tears and his lip quivered visibly.) I'd like him to say proudly, 'That's my Dad'.

This case is based almost entirely upon the need for recognition and personal success, the situation being accentuated by the patient's frustration of his original goal toward a medical degree and the status accorded a doctor. The patient's insight into his problem, and the background factors in his drinking, is unusually good.

Case 8, Female, Age 36

Neither my husband nor I drank until we went to this town we're living in. After this trouble I began to drink alone. I had gotten the idea that my husband preferred someone who drank and was more glamorous than I was. I tried to be the way I thought he wanted me. In the crowd we travel with the men and women play up to each other. Others were better dressed than I was. I was jealous of others I thought he might prefer to me. I thought he was neglecting me and spending too much time with friends.

"I acted so silly I danced and after wards I felt that I hadn't acted very much like I was married and a mother. They would say some remarks that I didn't see through. (Patient excited). It seemed like I should know what they meant, but I didn't.

"Everyone seems to look at me and make fun of me. I am almost afraid to talk. I should see through something that I don't see through. People are making a fool of me. I just didn't know why they looked at me. Even my husband does.

"I always tried to 'keep up with the crowd'. That wasn't my pace. My husband always said I was so much better. I began to wonder if I didn't have reason to doubt my husband. I couldn't laugh at some of the things I did because I did get awfully tight. I was warned that I would be talked about.

(Patient states that about 3 years ago some girl friends of hers talked her into believing that her husband was not true to her and that he stepped

out on her when he was out working on his territory. They were dating and encouraged her to go along with them on dates. She says she went out a number of times, but that she felt that people were talking about her.)

"I didn't say anything to my husband. I was doing it to spite him because of what the girls said.

"I have tried to talk this over with my husband but I always cry. He has gotten a little disgusted. He wanted me to forget it. I was so afraid I was going to lose him. The more I would think about it the more muddled I would get.

(Patient asked why she thought her husband had ceased to have sex relations with her.) "It could be too that I thought that he was not forgiving and was disgusted with me. I took the attitude that I didn't want him to love me..

"I was childish enough to try to blame him-- that if he hadn't started doing so and so I wouldn't either.

"I know now that I haven't let my husband know how important he really is to me. I haven't shown him as much affection as I should have. I think perhaps I have been a little too cold. I have always been. I know now the things my husband has done for me that he has loved me an awful lot. I think I have taken it for granted--I have been too busy. I have been too busy with the children. I think that I have not made my husband feel that he came first and have not done a lot of nice little things for him like he has done for me. I think I have been spoiled and taken things. I think I have thought I was smart. I think he has thought that I didn't appreciate what he has done. I have had things my way all my life.

Case 8 portrays the complications arising out of a wife's feelings of inadequacy and her desire for recognition as being the type of person her husband would prefer in a group. Emotional insecurity and response difficulties are added as a result of her indiscretions with the opposite sex, followed by intense guilt reactions. This case is interesting because

of the wife's unusual insight into her difficulties and their causation. New experience is ruled out, because her activities were essentially acts of aggression and reprisal, rather than as means for stimulation; and the fact that her drinking was done for recognition and escape rather than as stimulation to new experience.

Case 45, Female, Age 30

"One thing that has been--well, I haven't been able to make myself--you see my mother-in-law, if there is anything wrong that she thinks it should be pointed out. For instance, after the doctor comes with the children I have to pay attention to her even when it conflicts with the doctor. I can't tell my husband these things. It would make him feel badly. She wants to know everything. She likes to lie and watch through her window and gets mad when I don't tell her where I am going. It has been a problem for 10 years since we were married.

"My mother worked out from the time I was knee high to a duck. Whoever was the handiest took care of me; dad when he was home or my older brothers and sisters. Mom felt she had to work out. After I got older I found out it wasn't necessary. Dad's income was enough. I had the feeling that it wasn't a matter of supporting a family but that my mother wouldn't accept her marriage obligations. I don't think she ever accepted the physical side of marriage. I sensed it from 14 or so on. There wasn't quarreling but we weren't encouraged to gush and goo over people.

"According to mother we shouldn't have any emotions, then a man couldn't make a woman go through labor. She gave me the idea that if a boy poked his finger at me I would get pregnant. Mother had a warped idea on sex, that a woman was just put on earth so a man could abuse her. My Dad was one of the finest people. I can't imagine his not being considerate.

"My husband always gives me a sense of protection. He is just as close to being like my Dad as I could find. My husband's perfect. . . just the closest man . . . like my Dad."

The situation in case 45 arises from the patient's desire for recognition as guardian of her own household, and rebellion at the tendency of the mother-in-law to interfere and try to take over her prerogatives. There is a possible identification of the mother-in-law with the patient's own mother. If so, it is conceivable that she has a feeling of aggression, that since her own mother neglected her to some degree as a child, this mother had no business trying to tell her how to raise her own children now. Other than this recognition problem, the patient's marriage gave evidence of being an unusually successful one, with all needs filled adequately.

Since the patient identifies the husband with her father whom she adored; if she identified the mother-in-law with the mother, there might be a more than ordinary sense of rivalry with the mother-in-law—a frequent problem in marriage at best.

Case 6, Male, Age 36

"This is all confidential, but my wife's side of the family haven't a lot of money. Her brother is the type that don't work a lot. He comes out to borrow money. My wife sticks up for me. She thinks he should work. I haven't the nerve to say no. It kind of gets me. She bawls me out for letting him have it. I would sooner give it than turn him down. I just hate to insult anybody. I would like to satisfy both of them. She thinks I shouldn't . . . that



he is dependent on us. I said, why didn't she tell him not to. She is nervous and wants me to. I just didn't have the nerve. You see, things like that I would think about. It bothered my sleep.

"My wife's brother-in-law got in trouble and his wife had him put in jail. Then she, my wife's sister, started coming to me and wanted me to get him out. I didn't give the money. The wife was afraid then that he wouldn't come back to her. I felt sorry for her. Then she got down on me and my wife got after me for wanting to get him out of jail. I felt sorry for him afterwards. I feel sorry for everyone I guess. I don't feel that my wife should have felt that way about it; that I was down pretty low to want to help a guy like that. It bothers me to make anyone feel bad.

"I want drink sometimes--beer. When they get after me, I would. I would think it would help. It would, but just for the time.

"She tells me she sleeps and I know she doesn't. I tell her I sleep just to make her feel better, and I don't.

"My wife doesn't get the satisfaction that I get. I have thought at times that might be what makes her nervous, but I didn't know because I don't know a lot about them things. My wife and I get along. I always let her have her way. I would rather do that than argue around.

Case 6 is an example of frustration of the recognition need of the ability to assert one's self. The patient's lack of backbone makes him feel weak and inadequate.

Conflict is set up between his desire to dominate the situation and the problem arising from the fact that it bothers him "to make anyone feel bad." The general personality maladjustment is added to by a poor sexual response adjustment and the tendency to escape through alcohol.

We note in the material in the preceding chapter, the distortions of personality which may arise from the desire for recognition, for while on the one hand a man may want to do the right thing in any situation, this urge drives him in various directions, even at times far-a-field from his basic ideals. This is of great importance in family maladjustment because clashes of opinion and values may arise.

We find in these data examples of the need for recognition and sexual response, so predominant in the wish needs of male alcoholics, those wishes being frustrated by all six (54.5% of the males) who drank excessively. Among the women who drank to excess there was a need for affectional response and emotional security by all of the six (15.4%) in this category.

Illustrations are given of how the individual may demand recognition by way of illness, if he is not able to have it accorded him on any other level. We find, too, an illustration of a man's need to be head of his own house, to assert himself as the one at the helm, and have the wife dependent upon him for the fulfillment of recognition need it gives.

An evaluation of suicide, in relation to the four wishes, was made in this study. Of the 39 women, five had attempted suicide (12.8%). All five had a frustrated wish for sexual response and emotional security. Only one man attempted suicide. He had a frustration of all four of the wishes.

A typical example is given showing how a man drinks as an escape from his wife's giving advice and attempting to dominate him since it is an affront to his recognition of himself as a dominant individual. An example is also given of the use of alcohol as a goad to lash a man on to success, his greatest desire, even when he is physically exhausted.

A need for recognition was a wish need of 23 or 58.9% of the women in this study, and 9 or 81.8% of the men. See Table 1, Chapter I, Wish Needs of Cases by Sex.

We conclude from the preceding data that the unfilled need for recognition is a very significant factor in family maladjustment.

## Chapter IV

## THE WISH FOR RESPONSE

The wish for response is made up of two components, the urge for sexual response and for affectional response. This desire is primarily related to the emotion of love and is based on intimate mutual interest and preferential exclusive possession with as many points of close contact as possible.<sup>1</sup>

Mowrer<sup>2</sup> defines response as that desire for the satisfactions which grow out of a mutual integration of individual behavior such that the reaction of one person is supplemented and enhanced by those of the other. The desire for response is universal among human beings. In the marriage relation it involves the demonstration of affection, the sharing of interests, aspirations and ideals, by husband and wife.

Response is an effort to get away from loneliness, being bolstered by the pleasure factor. While it is obtained predominantly from the intimate relationships of marriage and courtship including the affection felt for one's children and relatives it is aroused, and very strongly in some

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1. Park, Robert R., and Burgess, Ernest W., Introduction to the Science of Sociology. Chicago, The University of Chicago Press. 1924 (P. 442)

<sup>2</sup> Mowrer, Harriet R., Personality Adjustment and Domestic Discord. American Book Co., New York. 1935 (P. 150)

individuals, by other objects such as those in trouble who need sympathy, animates anything satisfying the craving for intimacy, even the excessive sentimental response felt by some for places and things. Also, included in this classification is the intellectual rapport and responsive companionship found in real friendships.

According to Thomas<sup>3</sup>

Self sacrifice is a sublimation of the response urge. This urge is probably more closely tied up with the need for security than any of the other wishes since it is only natural to feel more secure when in close contact and relationship with others.

Duvall and Hill<sup>4</sup> gives a good picture of how deviant an affection starved individual's behavior may become:

A hungry man eats without question. But an affection-starved fellow may aggressively demand attention, or he may hit his child who seems to be directing his wife's attention away from himself, or he may sulk or argue or slam out of the door or throw a temper tantrum; he may refuse to eat, or rarely, he may take the more direct approach and cuddle up to be kissed. . . . Prolonged or intense neglect of emotional hungers distorts the personality. Patterns of hostility or discouragement or both develop when the person feels chronically that he must fight for what he wants in a hostile world.

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<sup>3</sup> Thomas, W. I., The Unadjusted Girl. Boston, Little Brown and Co. 1931. (P. 31)

<sup>4</sup> Duvall, Evelyn Millis and Hill, Reuben, When You Marry. Boston, D. C. Heath and Company. 1945. (P. 19)

In this study we have taken the frustration of affectional and sexual response to mean a lack of warmth and closeness; a lack of mutual integration of behavior while the lack of intimate appreciation which is considered by some authorities<sup>5</sup> under response, we have placed under recognition since we feel it to be essentially the seeking of attention and recognition of personal worth.

As an example of how there may be a sharp distinction between appreciation of the individual on the response and the recognition levels, a man may give his wife's abilities scant recognition, having little appreciation of her intellect or talents; yet, he may be very responsive to her, enjoying loving and cuddling her and finding sexual union with her highly satisfying. To lump his whole reaction to her under response would be a too indiscriminating use of the wish, lessening its value as a distinct classification.

According to Folsom<sup>6</sup>:

Response satisfaction is absolute and not relative. In fact, it is debatable that there need be an emotional interference when the sexual or romantic desires of two individuals are fixated on the same person. The desire for exclusive possession in love is a desire for superiority rather than for response. Jealousy is simply a desire for power or prestige. The jealous

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<sup>5</sup> Burgess, Ernest W. and Locke, Harvey J., The Family. American Book Co., New York. 1945 (P. 312)

<sup>6</sup> Folsom, Joseph Kirk, The Family. New York, John Wiley and Sons Inc. 1934. (P. 155)

person is more interested in the relative value of a personal relationship than in its absolute value. He cares more for exclusiveness than for real intensity. . . . Response demands repetition of familiar situations rather than constant novelty; it is "sentimental."

The urge for response is probably the most social of the wishes. As Bogardus<sup>7</sup> says:

It is the generic force in group life. It seeks company. It fears being alone. Nearly everyone seeks response from other persons daily. To be cut off from all other human beings is a gigantic shock, the worst of punishments, the most disorganizing of experiences.

Case 27 illustrates the disorganizing effect of a long standing sexual and affectional response need

Case 27, Female, Age 23

"I never really felt my mother really loved or understood me. I don't know why I felt that way. She is a good mother and had seven children. I always had the feeling that I was the ugly duckling.

"I would like to have been able to have kids come to my home. All my life I have resented my family. I have always wanted to get away from home. I often thought of running away. I didn't because I was afraid I couldn't take care of myself. My family made me so disgusted because I couldn't do what I wanted--go places like other kids; (Patient was not allowed to dance) go with a gang or have kids come in. They always had something to say about everybody; there was always something they didn't like.

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<sup>7</sup> Bogardus, Emery S., Sociology. New York, The Macmillan Company, 1941. (P. 76)

"When my father is out in a crowd he is always a good fellow; at home he is always kind of short, no time for anything except what he wants to do. I don't like to have anybody not be considerate. My mother is a good mother. I always thought though that she thought I didn't amount to much. Sometimes she was real good and then some of the other kids would come around and she didn't have time for me. They always felt like I was awfully headstrong. I wanted to do things and always felt like I was doing things they felt I shouldn't be doing. I wouldn't do it but I resented it.

"I never had any real intimate friends because I was different, even to my family and relatives. I could never do anything quite as good as the next fellow. They didn't know how it affected me, but it just all has a bearing. I was just so humiliated. I was so young then. I always thought in those days that something physically was wrong with me, because no one ever told me different. I didn't know why I was so nervous. (Patient cries whenever she speaks of lack of understanding of her family.)

(Patient was asked if she had ever experienced a sexual sensation in her sleep. She blocked for a while and then said.) "Yes, when I was about 15. It was a wonderful feeling. Oh, it's getting-- I'm so worked up today. It's so hot in here. (Patient crying with a soft gasping whimper) It's so numb--my body! Oh, I'm so hot. (Patient became very hysterical at this point, crying and thrashing around in bed.) Oh, don't ask me any more questions. I can't talk to you. It hurts me to talk. (Interviewer left patient for awhile and made three attempts to re-engage patient in conversation subsequently, but each time patient became distraught and begged hysterically that no further questions be asked her.

Interview on following day:

"No, that sex feeling I told you about wasn't when I was sleeping. It happened when I was 15. I was running or walking fast. It would just come over me, when I had just been to the bathroom, more. I really didn't know what it was. That it was a sexual feeling. (After further blocking and considerable emotional reaction the patient admitted masturbating): I did it once a month or 6



weeks, I liked the feeling but my body - I never did know too much about it. I just relieved myself when I couldn't stand it any longer. (Patient asked if she used to fear that God would punish her for what she was doing). (Patient crying,) I think I am being punished.

"I don't feel it is my husband's fault that I am like this so I would like to get well without leaning on him. I feel that he was unlucky to have gotten me. I just don't have any desire for sex. I don't want to go to my husband while I am like this. I am afraid I would go all to pieces if I don't get help.

"It's just been that I couldn't plan on anything or count on anything. I never knew what might happen next. My husband could have gotten hurt or killed in the service. (Patient crying), All the years there was no one who really understood me that I could go to. I just didn't have anybody that I could talk to.

This case, 27, portrays a patient who has had a frustrated need for recognition and assertion of personality since childhood when she felt inferior and unwanted. Her emotional insecurity is accentuated by the added uncertainties of her war-time marriage. There is a blocking of her sex response because of masturbatory conflict with guilt reactions of long standing. (See following table)

Because of her past frustration and rejection, this patient has never learned to love on a healthy outgoing basis. As Duvall and Hill say,<sup>8</sup>

Love is not just an adornment of life  
about which we sing and toward which we turn

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<sup>8</sup> Duvall, Evelyn Millis and Hill, Reuben, When You Marry. Boston, D. C. Heath and Company. (P. 19)

as we begin to go dating. We need love from childhood to old age. Love is as necessary for us as is sunshine and fresh air for the tomato. With love and full acceptance we flourish, and grow strong and happy; without them we develop fears and other symptoms of ill health.

Table 7

WISH NEEDS OF THOSE CASES WHO MASTURBATED BEFORE MARRIAGE  
In Relation to the Total Number of Cases Studied

	Response Affec-tional		Response Sex		Recog-nition		Security Emotional		Security Financial		New Exper-ience		Total cases		Total Cases Studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	5	45.4	7	63.6	8	72.7	6	54.5	5	45.4	4	36.4	10	90.9	11	22
F.	11	28.2	15	38.5	9	23.1	15	38.5	6	15.4	3	7.7	15	38.5	39	78

Ten of the eleven men studied (90.5%) and 15 (38.5%) of the women masturbated before marriage. Of the men, 72.7% desired recognition, 63.6% indicated a sexual response need, 54.5% desired emotional security, 45.4% had a need for affectional response and financial security, and 36.4% desired new experience.

Of the women 38.5% showed a wish need for sexual response and emotional security, 28.2% desired affectional response, 23.1% need recognition, 15.4% need financial security and 7.7% crave new experience.

The following cases, 21 and 22, exemplify the lasting effects on the personality of pre-marital relations when followed by guilt reactions. Affected, too, in both of these cases is the subsequent sexual adjustment case. Case 22 is a particularly good example of the heartaches and subsequent maladjustments resulting from a pre-marital pregnancy.

Case 21, Female, Age 41

"My mother is very practical. She was not too affectionate. She never had time. I had a little fear of her. When she told me what to do I was afraid if it didn't turn out right I would get a whipping.

"I menstruated when I was 14. My mother explained about that, but not about sex. I learned about that from the other kids. I met my husband when I was 17. About a month before we were married we had intercourse. I was just petrified because I knew I shouldn't. Mother had taught me to think that wasn't right. My folks were very strict about sex. I am afraid where sex is concerned. I love to be loved and not go on with sex. Even when I kissed a boy I felt guilty because mother said we shouldn't.

"I didn't react to sex very good for some time. While I was pregnant with my first baby I enjoyed it more. I was so much in love with him I never resented him at any time. Personally to be truthful, I just like to be loved better than sexual.

"My husband and I have intercourse a couple of times a week. I take spells and have a good reaction and then for maybe 6 weeks I don't have any sensation at all.

"My husband and I have always gotten along very well.

"It's bothered me that I have been denied having more children because of my operation. They took out the tubes, ovaries and uterus. The doctor wanted to leave it so that I could still get pregnant but when he got in he found he couldn't. It just seems like the operation was one of the biggest disappointments in my life because I wanted children.

Case 22, Female, Age 41

(Patient queried as to whether there was anything in her past that troubled her. She admitted to pre-marital sex relations with her husband whom she met when she was 16 and went with until marriage at 19). "We were engaged in the fall of the year. I was 19. I didn't want to have relations but his idea was that in the sight of God we were the same as married. I was young and foolish and finally gave in. I just didn't like the idea. I felt it was wrong. I never got any satisfaction.

"I can't say that it has ever been what it should have been. It just happened before marriage once or twice. I was so afraid of getting pregnant. He didn't withdraw then, not until after marriage, and I got pregnant. He always thought I should get rid of it in some way and not get married. I didn't want to. I felt it wouldn't be right; I was willing to go ahead and have it. We went ahead and got married. I was 3 months pregnant.

"Naturally my family didn't like it. It hurt me a lot more than them because I didn't like the idea all the way through. It has bothered me all these years and made me self-conscious. I felt I should have refused him. I felt it was a disgrace for me; they could all know it because I had the baby too soon after marriage. I knew that God forgave me but just the same . . . .

"Even from the first, I guess we didn't understand each other. I think it's just because we weren't temperamentally the same. My ideas have always been different than his. Sex never was the way it should have been. I don't know, it seemed like we never could get together at the same time. Once in a great while I would have a feeling of satisfaction and then he didn't want to go ahead and finish.

He didn't care so much about children. He would withdraw. He wouldn't use any kind of contraception. This withdrawing was his idea.

"I almost feel that I have been punished enough. It might be that if I hadn't given in to him that I might not have gotten him and would have gotten the one who would have agreed with me and I would have gotten along with. It troubles me greatly that my daughter knows what I did."

Table 8

WISH NEEDS OF CASES WHO HAD HAD A PRE-MARITAL PREGNANCY  
OR WHOSE WIFE HAD HAD A PRE-MARITAL PREGNANCY  
In Relation to Total Number of Cases Studied.

	Response Affec-tional		Response Sex		Recog-nition		Security Emotional		Security Financial		New Experi-ience		Total Cases		Total Cases Studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	1	9.9	1	9.9	1	9.9	1	9.9	0	0	0	0	1	9.9	11	22
F.	5	12.8	4	10.2	3	7.7	5	12.8	1	2.6	1	2.6	5	12.8	39	78

The table above shows that one of the eleven men (9.9%) had gotten his wife pregnant before marriage and 5 of the women (12.8%) were impregnated before marriage.

The above cases include only those pre-marital pregnancies which were conceived with the person who became the present mate. There were two cases, one male and one female, in which there was a pre-marital pregnancy with some one other than the future mate. These were not counted.

The one man out of the eleven studied, who fell in the above classification, desired affectional and sexual response, (9.9%) recognition, (9.9%) and emotional security (9.9%.) He did not feel the need for financial security at present, nor for new experience.

The five women who were the only ones to come under this classification out of the 39 studied, indicated a desire for affectional response, and emotional security (12.8%), 10.2% desired sexual response, 7.7% felt a need for recognition and only 2.6% wished for financial security or new experience.

Case 50, Female, Age 54

"The first I noticed it was when my daughter moved to town so she wouldn't have to drive back and forth to school. I noticed that I started to get sick and lose my appetite. I was lonesome I guess.

"I kind of wanted to sell out and move to town, but my husband has his work on the farm and doesn't want to. I thought if I would get sick again we would have to move into town. Maybe I wouldn't be quite so lonesome. My husband said we couldn't afford to do it. I thought my daughter could be with us and we could all be together.

(Patient questioned about how adequate her sex response was). "Well, I might as well come out and tell you I think I enjoyed it as much as he. Maybe sometimes it was a strain if I was tired, but not often.

Case 50 portrays the need for affectional response from one's children and dependence on them for filling this need even after they are grown. The fulfillment of needs by the

husband seems unusually good, but still the wife's affectional frustration is so acute as to produce depression and some conversion of frustration into illness.

Case 36, Female, Age 28

(Patient ventilated how she had masturbated as a little girl and when the marriage relationship did not bring satisfaction to her she reverted to this sex outlet.) "My husband would go to sleep after we had intercourse. I would do it lying in bed beside him. I felt very guilty. He sleeps soundly, but I think at times I have worried that he might wake. I have wished that I hadn't done it and could talk to him. I didn't want him to think I had done such a thing; that he would think he wasn't doing me any good. I always acted like he was. Every time I did that I would think it was wrong. I was ashamed to ask God for forgiveness because I knew I was going to do it again. I have thought that maybe God might punish me by something happening to my husband or children.

"I remember one time my mother told me that if I played with myself she would take me to the doctor and have him sew me up.

"This sounds like blaming my mother, but I grew up thinking only morons played with themselves. There was next door, when I was growing up, a boy and he was kind of silly. He kept to himself. She used to say he went out in the barn and played with himself.

"My mother told me once that I should never let a man know I liked him; that if you showed him you loved him too much, he wouldn't love you. I think I listened too much to her.

"My sister had to get married. She told me never to let any man touch me before marriage. I always feared letting a boy get familiar. It was a month after marriage before my husband could have complete intercourse with me.

(Patient has rejected any intimate love play from her husband): "I guess the idea goes back to the idea that you shouldn't let a man get too familiar. I always considered myself a nice girl and thought maybe he would think less of me because of it.

"I was so thin. I thought my husband might meet someone else he would like.

"I wish that I could have intercourse with my husband and enjoy it and not be afraid. I was afraid of childbirth again.

Case 36 exemplifies the futile attempt to build a successful marriage relationships on a background of faulty sex education which has never been rectified. In this case, the whole past sex picture, plus the present fear of pregnancy, and the masturbatory conflict has led the insecure and response starved patient into a morass of self-condemnation and virtual frigidity.

Travis and Baruch<sup>9</sup> have the following to say regarding the problem of breaking through past rigid attitudes on the sexual side of marriage:

She (the woman) needs to participate actively in each sex episode. But frequently she is not emotionally free to do so. She has gotten the idea that it is coarse and unfeminine to be anything but passive. Her lack of freedom spells lack of co-operation. Her husband's attempts are handicapped.

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<sup>9</sup> Travis, Lee Edward and Baruch, Dorothy W, Personal Problems of Everyday Life. Appleton Century Co., New York 1941. (p. 251)



Table 9

WISH NEEDS OF THOSE CASES WHO MASTURBATED AFTER MARRIAGE  
In Relation to the Total Number of Cases Studied

	Response Affec-tional		Response Sex		Recog-nition		Security Emotional		Security Financial		New Experi-ence		Total Cases		Total Cases Studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	1	9.9	2	18.2	2	18.2	2	18.2	2	18.2	2	18.2	2	18.2	11	22
F.	5	12.8	6	15.4	4	10.2	6	15.4	2	5.2	3	7.7	6	15.4	39	78

As shown by the above table, 18.2% of the men and 15.4% of the women masturbated after marriage. Sexual response, recognition, emotional and financial security were the wish needs unmet by these male cases 18.2%; affectional response needs were unmet in 9.9% of these male cases.

For the female cases, the greatest unmet wish needs were sexual response and emotional security (15.4%). The next largest unmet need was affectional response (12.8%), recognition came next (10.2%) followed by new experience (7.7%). Financial security was the least needed.

It is of interest that two men (18.2%) and 5 women (12.8%) masturbated both before and after marriage.

Case 40, Female, Age 35

I'd gone with my husband about a year when we married. We have always gotten along well. The only argument we ever have is over gambling.

"You don't know from one month to the next if he is going to bring his money home. I have been imprisoned for 14 years, married to him. I even have to go to a show alone when I do get to go, which is seldom because there is no one to stay with the children. I am finally telling the truth on my husband. I have worked so hard. It would take a person with iron nerves not to say they wished they had never been born. He is away from home so much. He took all of his money and gambled it over the holidays. He has fooled me for the last time. I am always living under that strain, to know if he is going to bring the money home. He'd promise and then he would gamble it away.

"My husband and I have nothing in common. He comes home at 2 in the morning. Who could discuss subjects then.

"He doesn't drink much. I don't worry about other women. It's just the gambling.

("Patient was asked about sex satisfaction.) Who wants to be wakened at two in the morning and feel like making love. I think a marriage has to be balanced evenly. I think that if his work were so that he could be with his family, I think if he were... I wouldn't have this heart. I think a man and wife should be together even if it is in 3 rooms.

(Patient seemed sincere in saying she had a good reaction to sex.) "Even if I am awakened, I enjoy it.

Here is a case where the need seems to be almost totally for financial and emotional security, the insecure situation being caused by the husband's need for new experience by way of gambling stimulation. The affectional response is affected because of the wife's aggression toward the husband for his behavior, but she indicates her sexual response is not affected to the degree one might expect.

This is an interesting example of a case where the wife loses respect and response intellectually; yet is able to continue functioning adequately on a physical level

Case 39, Female, Age 37

(A baby was born prematurely, 7 or 8 months.) "That was one of my greatest shocks. I don't know what caused it. I was awfully tense afterwards. I was for 2 or 3 years. I took it on myself at first; now since more deaths and illnesses, I have come to realize that it wasn't my . . . that grown-ups do die. We were undernourished and overworked, and I felt that if I had had plenty that I might not have lost it.

"I was always afraid that we wouldn't have enough for the children if they were born. It's awful not to have enough food and maybe see your children starve. We have had some hard times financially. I had a great fear of charging and not paying bills.

(Patient blocked very much on sex. When pressed for how satisfactory a marital adjustment she had, she would only say): "We're people who have been overworked and we accept life as it is and not as it ought to be.

Case 39 is an example of security frustration and the frustration of affectional response because of financial insecurity, at least in the patient's mind, prevented the full term carriage of a desired child.

Case 26, Female, Age 43

"I had sex relations with my husband before we were married. I was afraid that I would get pregnant . . . see you are breaking out in perspiration on your face. (Interviewer was not).

"I didn't take anything to lose the baby that I think of. Oh, I should have answered those questions you asked first. The more I talk about that; the more nervous I get. I shouldn't have told you all these things. It's no use to. I should never have seen you because I had such a nice little gift I could visit with people back home and now you have me so I can't get on the line with them. I shouldn't tell these things. (Patient crying). Something happened that my husband and I got separated. I was afraid I was going through the change of life. I was afraid to face it. I wanted a baby so bad.

(Patient crying). "It was the year before I was married. I was 25. My husband got me pregnant. He didn't want to marry me. He was scared to get married, he said. He didn't have a job. He broke off with me for a while. My mother always said it was a sin to have sex relations before you married. I felt terrible for years. My husband wouldn't talk about it. When he didn't want to marry me, I used a crochet hook to cause me to lose the baby and started to hemorrhage. I was struck for it. That's it, now can you help me, I told it--now you did it. I wish I had never come here. No, I don't wish that either.

Case 26 portrays the emotional insecurity and eventual mental disorganization of a sensitive person, steeped in guilt for years because of aborting herself. Her conflict is accentuated because, as she reveals, one of her greatest needs is for the response fulfillment that a baby would bring.

Case 35, Female, Age 26

"I like my father in a way, but not when I was young. He drank an awful lot. He had no affection. He didn't care much about us that he showed.

"My mother was always arguing and fighting with my father. I even wondered why he didn't walk out, but she just tried to make him do better.

"I didn't have anyone I liked real well in school. I mostly played by myself. I never felt lonely, as a matter of fact. I used to imagine a friend like I wanted. I would talk to them. Mother heard me talking to myself, but I wasn't really because they were there with me. I think how it started; I did something and then my mother gave me a whipping, the only one I ever had, and it was for something I hadn't done; but she wouldn't listen and besides she showed no affection toward me. I used to think that maybe she wasn't even my own mother. I used to think there was that girl to talk to anyway.

"I never saw anyone actually. I just knew their character. In high school it was the same. I would go to a show, but not alone, because that friend was there and I talked to her. I imagined her, just someone I wanted to be just exactly the way I wanted a friend to be. I imagined I had the different types of friends I wanted. I guess I used my imagination an awful lot.

"At first I used to talk out loud, but mother heard me and made me stop it. It made me feel real funny because that person was really there. She said not to do that because people would think I was queer, so I never talked out loud again. I would talk the same as out loud only to myself.

"I would talk. I wouldn't talk for her--certain things, it was just like she was really talking. In a show it was just like she was sitting there beside me. I would talk to her about the picture, but not out loud. She would answer just like she was really talking. Her voice was different than mine. I did this until--I don't know when I stopped. I was in high school.

"I liked it much better to be by myself. I had someone to tell my troubles to, and to understand all I was saying. My mother never talked to me. I imagine I was real lonesome is why I did it. My mother never had time to talk to me or show affection to me. She liked both her two children, my brother and me, but she didn't show it.

"At home they never at any time asked my opinion. I never could even have the clothes I wanted. It had to be what (mother) wanted. They never told me anything. I never knew anything until it was all over. They cared . . . they paid more attention to my brother. They let him do anything he wanted,

"There was an ideal boy I imagined just like I used to imagine that girl friend. I used to imagine he was kissing me, but there was never anything more than that, nothing like sex. He was just like I wanted him to be. Even my husband--well, that could be more or less what's wrong with me. (Patient was asked if she was proud of her husband): When I met my husband he was just as close to that ideal as anyone I had ever met. I would like to feel like a normal person and have a normal reaction to sex--to care for my husband. I care for my children.

"The first boy I ever went with was when I was about 16. I didn't know much about sex and didn't have any idea of what he meant when he made advances, but I didn't want him to know I was so dumb. It was the first time I had ever been kissed. By his actions I knew something was going on. I just kept letting him go on a little further. I didn't know what to do. I didn't know what was going to happen. When he entered I was just so surprised I didn't struggle; then I didn't think anything until he had left and then I thought it was the worst thing that could happen to a person. I could not see anything wonderful.

"I thought that from then on that I wasn't any good, that my whole life was ruined. I cried all night. (Patient talking in a desperate tone of voice). I didn't have anyone to talk to; if I had it would have helped. I didn't worry about pregnancy; I didn't know that much. I just knew it was wrong; that my life was ruined. I liked this boy until then. Right then and there I didn't ever again like any more boys or men. I didn't have any use for any of them. I think probably I have never gotten over it. I never have told anyone all about this; no one ever tried to help me before.

"After that first boy, I felt I couldn't be any worse so I didn't care at all after that. If I liked a boy pretty well, he could talk me into

intercourse. Not the first boy; I got so I hated him. There was never anything pleasant about it. I never did it twice with the same fellow. I didn't like him after that.

"I decided to make an attempt to be better than that; that way my life wouldn't be worth anything. I went with quite a few boys after that, but didn't have relations. I don't feel like I have ever had a real desire for sex.

"I didn't really care for anyone until I met my husband. His parents are Scandanavian. I'm just plain old American way back. It did not bother me when he made love to me. I liked him. He didn't kiss me or anything right at first. He was nice. We didn't have intercourse until just before we got married. I didn't think he would do anything. I thought more of him than that. I wanted to see how far he would go. There was no difference; no sensation.

"I told my husband that it had happened (intercourse) before him. I didn't explain and he didn't ask. I was embarrassed. My husband is very jealous and gets very mad if I speak to anyone I used to know. My husband went with a girl before me and intended marrying her and had sex relations with her. That bothered me. After he told me, for a long time when we would have sex relations I would think about her and I utterly hated her. I was jealous of her, but in a way I was sort of glad because I had too; it made it even.

"Still, when I would think about her, I couldn't stand to have him touch me--her being first and me second. I think I was even more jealous of this girl's sister than of her. From the way he talked about her sister, I thought he thought she was superior to me. He used to talk about how he admired her. She flattered him. I guess she was like a big sister to him. When my husband and I would have intercourse I could just see a clear picture of him having intercourse with this girl he was going to marry. That's probably where our sex trouble first started. The picture would appear before my eyes and I couldn't stand it; I would freeze up inside.

"I started masturbating when I was around 11 or 12. The first year I was married it was completely forgotten. Then I started it again. I never got any satisfaction from intercourse. I tried to make him understand. I didn't get anywhere. My husband doesn't do much; he doesn't get me ready for it. I felt guilty masturbating. I would go and do it generally after we had intercourse. I stopped it; I felt that it was wrong.

"I felt there was something wrong with me because I couldn't have sex satisfaction with my husband, because I did at first when we were married. It was better not to start than to get left behind. It was real hard at first to stop masturbating. It was hard for at least a year. I couldn't sleep for a long time. I would lie awake nearly all night. I couldn't hardly stand it. I kept wanting to relieve myself, but I said, 'I won't' and tried to think of something else. After awhile I got so I didn't have any sex feeling any more and I started sleeping real well. It's been at least 3 years since I relieved myself at all.

"I would get to that point a great deal (orgasm) and then he would withdraw. I guess I just got so I wouldn't get to that point as it was worse than not at all. I can remember having satisfaction a few times before he did. I couldn't stand to have him continue. A queer feeling would go all over my body. I wouldn't let him finish. I couldn't stand to be touched even. Right after we were married it was that way. It wasn't something in my mind. It was an actual feeling. I just absolutely couldn't stand it. I didn't say what was really the matter. I wouldn't tell him that I had had an orgasm. I just said I couldn't stand it; to leave me alone. (Patient looked a little shamefaced):

"I guess I just didn't want him to know I ever got any satisfaction in it so I would have an excuse why I didn't want to, because generally he would withdraw before I had an orgasm. He wouldn't go on once he had an orgasm. He wouldn't care anything about me so I wouldn't about him. I wanted to make it even because most of the time he was the one who got the pleasure.

"Last summer my husband worked nights. My neighbor ladies and I would go to a show or to night clubs and watch people. We didn't do anything wrong, my husband thought we did. He had a



terrible fight over it. He thought someone would try to pick us up. He thought I did a lot more than I did. He has always been jealous. He does not want me to go any place he doesn't go. I don't like that. I like to go with other women better than him and he doesn't like that at all.

"You can't talk to my husband. That's his opinion and that's the way it stays. He says it's me. I like to be honest and say exactly what is the truth. I hate what isn't true, but I do lie a great deal. I suppose it's because I can't tell the truth to my husband. I don't like that. I like to be very honest with him and him with me.

"It makes me mad when he wants to go everywhere I do. I would much rather go to a show by myself than with anyone. I like it much more alone than with my husband. If he isn't there it is dark and peaceful. It's the only thing that helps me. I feel so different when I go home. I like to see a picture where two people really love each other and get along well. I don't enjoy it if there is anyone along.

"The more my husband isn't around the better I feel. I am more at peace. When he is there, I am always arguing. Sometimes I wonder if I love him when I don't have any normal feelings toward him like other wives.

"I have a terrible fear of pregnancy. I think I just freeze up when I have relations.

"It didn't seem right to have relations when I was first pregnant. It seemed like the lowest thing a person could do to me. That's when I first didn't want anything to do with it any longer.

"If my husband saw things I would like and got them for me, no matter how little, it would make me so happy, and yet he is thoughtful about doing things around the house. I like him to be affectionate when I know he isn't doing it for a purpose. (Sex) I never forget birthdays, etc. He never remembers. There is always some excuse, but it's no excuse. Sometimes I see qualities in other men that I wished my husband had--the way they dress. My husband dresses nice, but not young like a young man. I wish he would buy sport clothes, but he won't. He doesn't like to buy good clothes; he thinks we need it for other things.

"I always thought of someone who liked me real well, who would do anything for me--just small things--but constantly doing things to show how much he loved me, and show it all the time with no conflict at all.

(Patient was asked what her husband lacked in relation to the above); "Well, he doesn't show me in little ways that he cares for me and in my ideal there wouldn't be this continual arguing and he would have good manners and be courteous. My husband doesn't know he is doing it, but it annoys me--like when we are somewhere and he turns his back when he is talking and leaves me sitting. I get mad and get up and leave. He swears he doesn't know he does it, but it bothers me a great deal.

"I hate arguing. I heard it so much when I was growing up, that I walk out. I argue with my husband and when he argues back, I can't stand it. If he would just let me alone and let me get it out, but the more he argues, the worse I get. I always start the argument. If I don't feel good, anything he says or does I will argue about it. I just have to get away. After I am by myself I can see that it was all my fault; sometimes he doesn't do anything.

I went to someone for advice. He tried to talk to me. He kept telling me--he had me upset--that I didn't love my husband; that I had married the wrong fellow. I knew that was wrong. I did love him very much. When we were going together and when we married I had gone with lots of fellows and he appealed to me more than anyone because he was so different than the others. What this man said bothered me. I know my husband loves me. I haven't really cared about him since I got pregnant. I don't know why.

"I have always wanted to be loved for a long long time, but yet I can't stand to have him kiss me. I would rather have one of the children do it than him.

(The patient's baby died en-utero following a number of doses of a "medicine that will make you menstruate" given her by a neighbor.)

"It isn't the first time I took the medicine. I feel bad about it; but the second time, after I knew I was pregnant, I didn't actually think of losing the baby at all; if someone had only told me. I just didn't know what I was doing; I just never gave anything else a thought. If I had, I wouldn't have taken it. I don't know why I did not actually think that I would actually lose the baby. I knew something would happen; but it did not bother me as much as being so sick while I was carrying it. I didn't think about anything very much.

"Something just went wrong with me when I found out I was pregnant; I wanted the baby, but the thought of what I had gone through before was so bad. I thought that I would do anything to prevent it.

"I don't know what went wrong with me. I didn't act normal. I went around like in a daze. I would feed the children, but I didn't have a conscious thought of doing it. All the time my mind just kept thinking of some way of having something happen.

"I feel a terrible sense of guilt, like I have done something terribly wrong--that I can't ever make up for--that I will have to pay for even after I die; like God could never forgive me for committing that sin. I can't forgive myself, either.

"Afterwards I wanted the baby, and I could not have it. It was already dead.

(Note the Patient's ambivalent attitude of blaming and not blaming her husband in the following statement:) "I blame my husband for getting me pregnant, and so many things that are not his fault. It just makes him feel very bad. I blamed him for it for a long time. I guess he still feels like I blame him, but I don't.

Case 35 shows vividly the later results of childhood response needs which have never been satisfactorily filled, except in forms of escape such as day-dreaming. The carry-over of these mechanisms into marriage sets up only partially

satisfactory make-shifts for real experiences and responsibilities. The intense resentment she feels over the injustice in her husband's more adequate sexual response and over domination by her husband is probably accentuated because of what she felt to be an unjust lack of recognition of her individuality and wishes as a child. This history is a good example of the unhappy results of ignorant innocence where sex is concerned and the saving face by a false front of sophistication. Perhaps the outstanding need of this patient is for recognition of worth. One notes the intense reaction to the thought of being second in her husband's love life. The fact that her needs in relation to her husband are perhaps as much on a recognition basis as a response basis is brought out by the fact that the patient resented his former girl friend's sister even more than the girl friend with whom he had an affair because she felt her husband thought her sister superior to herself.

Her need for ego building is brought out clearly in her fantasizing of how she would like her husband to treat her. Her affectional response need conflicts with her fear of pregnancy and the complex sexual maladjustment with her husband, which no doubt stems to some degree from her pre-marital sexual affairs. (See table following)

While this patient's ability to fantasy intensifies her reaction to her husband's previous love affair, the tendency for previous amours in the connubial embrace still

rise like a spectre one of the most deadly influences on attainment of marital unity, and one of the most powerful arguments against pre-marital sexual relationships.

This patient has long had a need for new experience, the wish probably being one of the bases for her fantasying. It is also noted in her vicarious seeking after experience by way of watching others in shows and night clubs.

Travis and Baruch<sup>10</sup> point out that a constant push toward ascendance can be motivated by a desire to subjugate and punish a partner for any felt wrong. They feel, also, that ascendant behavior can constitute the living out of a punishing pattern acquired not in the present, but in childhood. The behavior can symbolically represent acts against a hated parent or brother or sister.

Relative to the inappropriate behavior of affection starved individuals, Duvall and Hill<sup>11</sup> state:

The emotionally starved individual is rarely a good marital risk; for even though he needs love desperately, he has been without it so long that his own defenses are apt to repudiate it. The art of loving is learned through years of practice in loving and being loved.

We see that we all need to love and to be loved. The expression of this need changes as we mature and as we learn more satisfying ways of meeting it. We may or may not express directly the desire to be loved. Our affectional hungers often go unmentioned and unsatisfied only to betray themselves in inappropriate tantrums and excessive demands on others.

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<sup>10</sup> Travis, Lee Edward and Baruch, Dorothy, Personal Problems of Everyday Life. Appleton Century Co., New York. (P. 244-245)

<sup>11</sup> Duvall, Evelyn Millis and Hill, Reuben, When You Marry. Boston, D. C. Heath and Company. 1945. (P. 21)

Table 10  
WISH NEEDS OF THOSE CASES  
WHO HAD PREMARITAL AFFAIRS WITH SOMEONE OTHER THAN MATE  
In Relation to Total Number of Cases Studied

	Response Affectional		Response Sex		Recognition		Security Emotional		Security Financial		New Experience		Total cases		Total Cases studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	4	36.4	6	54.5	7	63.6	5	45.4	2	18.2	3	27.3	7	63.6	11	22
F.	10	55.6	11	28.2	5	12.8	11	28.2	4	10.2	3	7.7	11	28.2	39	78

In the above classification 63.6% of the men and 28.2% of the women had a pre-marital affair with someone other than the mate. Recognition was the wish needed by more of the 11 men studied (63.6%) than any other wish. There was a need for sexual response by 54.5% of the 11 men; a need for emotional security by 45.4% and a need for affectional response by 36.4%. New experience was needed by 27.3%, followed by the least needed wish, financial security, with 18.2%.

Comparing the men and women in the above classification, we find that emotional security is the most needed wish by all of the 39 women in this group; just as recognition was the most needed wish of all of the men. Sexual response proved to be as equally needed as emotional security, both with 28.2%. There were 25.6% who had a need for affectional response. Only 12.8% needed recognition; 10.2% needed financial security and 7.7% needed new experience.

Case 14, Female, Age 48

"I married at 19. My husband was 19 too. I knew him in the neighborhood. He was the baby of the family. After we married, I found out he was lazy. Everything was too hard to do. I had to help him; get out and do more of the chores than him.

"We had sex before marriage--about 6 months. He talked me into doing it. I felt quite guilty. I had no sensation. I didn't enjoy it. You know what you will do to favor a man, even though it does you harm.

"Even after we were married, I didn't get satisfaction. He just went . . . and enjoyed himself and got out and turned over and went to sleep. It looked like that was all he had me for--turning his back--you know that hurt me. He was never loving and kind. He never struck me, but I was afraid he would because he got so mad and would cuss and that would hurt me so. I could never please him. I had 4 children in about 5 years. It was too much. I never had any help. I got pregnant again after that.

"When I was 25 just before I left him, I was three months pregnant. I was worried about going through it and didn't know what to do. I felt like I was all dead and worn out. A doctor did an abortion. I knew I shouldn't do it. I felt bad. I was relieved, but it kind of haunted me because I felt that I had killed the life of the child. We were taught that we always got paid for any sin. That has even come to me along in years that I should never have had that done.

"He would lie in bed and hollar for me to get up and make the fires. I thought the more I did for him the less trouble there would be, so I would. I couldn't talk to him. I just felt like a whipped dog. I couldn't feel any pride in my husband because I was just like I was under him; I had no say so at all.

(Patient asked what three things she would wish for if she knew they would be granted). "I want a good home, and a place to stay of my own. I have been living with my daughter. I would like a

good husband and the things that go with it; friendship, peaceful things. I feel like if I had this a lot of these little things would vanish. I want my health more than anything; yes, you want your health first, that's what I have been striving for. (Patient mentioned home and husband first. Her health as a wish had to be inquired about.) I feel like this is my last and only chance to get my health and I so want it; then maybe I can get these other things later. Life was always just making ends meet and hardly that--and so little enjoyment. I want a good companion; one who really loves me, and marry him. I feel I deserve it. I have done my duty toward my children. I am not the kind to not be married and have that. (Intercourse) I have that craving. I long for some enjoyment and money to do things with; a good husband who could show me the life I have missed.

Case 14 is an example of an immature phlegmatic, weak husband's attempting to compensate for his ineptitude by over-bearing domination of his wife. The patient's expressed wishes show her basic need for response and security.

Travis and Baruch<sup>12</sup> have a pertinent comment to make on one of the aspects of this woman's inadequate sexual relationship:

"Another matter which creates disharmony is the man's disregard for the woman's need of being loved both before and after coitus. A woman is not ordinarily aroused sexually as quickly as a man. A long period of loving and foreplay is needed prior to intercourse."

Case 7, Female, Age 38

"I started going with boys when I was about 16--or 15. I led them on, and then stopped short of having sex. I had no release from sex until after I was married. The first time I did have sex relations with a boy was

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<sup>12</sup> Ibid. (P. 252)



with my husband just before marriage, but I was in such a state of tension that there wasn't much sensation. I was afraid. My mother had told me that I shouldn't. I couldn't let myself go.

"I have never even told my husband but when I was 17 I squirted the shower spray over me and hit myself . . . . and I had a sex reaction. I did it after that. In later life when I haven't been able to have an orgasm I have thought that that was the cause. I remember such a sense of guilt from it. That guilt showed later in so many ways. I haven't been able to normally have sex release for the last 5 or 6 years.

"My husband and I married when I was 22 and he was 23 after going together one and a half years. Sex went well after marriage. Our daughter was born about a year and a half later. She weighed 10½ pounds. Before she was born the doctor came in and listened to me and shook his head. Afterwards my mother-in-law told me that he came out and said that the baby was dead and I would die too. She said my husband cried like a baby. After that when we would have relations, my husband would withdraw. The doctor didn't tell us anything. He said there was nothing that could do much good. I thought I was pregnant after that. My husband went to him and he said, 'If she is, she is; but if she is don't send her to me.' He had told me not to get pregnant. My husband was kind of timid about asking further. We went on this way until I got pregnant again a year and nine months later.

"I was sick all the time. The doctor wanted me to have a caesarian, but it frightened me for fear I would have a blood clot. My mother had one. I had an induction bag again. I was able to produce labor. He had had to take the first baby. This was a bluebaby. It just lived 5½ hours. They didn't let me see the baby, except what I had seen when it was born. I worried afterwards, that maybe I hadn't done right not to see it. I was never able to cry about it. I was surprised to be alive myself.

"After this I was even more afraid to get pregnant. We didn't have sex relations very often. For about 4 years he had the sensation of withdrawing and I had none or if any, very little.

"It seemed like it got so there was no feeling and there hasn't been. We talked it over. I went to a doctor several times to talk about it, but when I got there I just couldn't say anything; I just couldn't say it. We tried to work it out ourselves. My husband said he was tired of my not getting anything out of sex. My husband is so good to me. There just isn't anything he wouldn't do for me. We have always gotten along with each other so well. (Patient then became tearful and told of how her husband has tried to satisfy her from this time on by secondary sex activity.

"When I first started that way I seemed to get a lot of relief, but it got so I didn't; and when you do it because your husband thinks you should, I got so I didn't care to do it. He got so he thought he wasn't doing right by me. I would do it, not because I had a desire, but because I didn't want him to think I didn't want him to.

"I reason that in pregnancy I might come out all right the third time. That's what puzzles me; I have tried to reason and it seems to get bigger.

Case 7 is exemplary of a poor start in marriage partly because of faulty sex education and partly because of premarital built-up sex tensions complicated later by fear of pregnancy. The history seems essentially an emotional security problem, though there is also a concomitant sex-response problem arising from the fear of dying in childbirth. That it is not a total response problem is evidenced by the genuine concern of both partners and their desire to cooperate to seek a solution.

Case 37, Female, Age 33

"I had a wonderful childhood and lots of friends up until the time my father was hurt. After that when he got up and around he started to be abusive. He never drank or cursed before that. From then on he did. It made us children nervous and fidgety. We knew he was abusing our mother. He had a blood clot on the brain. If he leaned over, he would get glassy eyes. It made me afraid. I got so I didn't cross him. I was about 8 or 10 then. After about 5 or 6 years he got dangerous. We didn't want to put him away. After he started to drink, I couldn't get used to it. I am frightened to death of people who drink.

"He used to make us sit in one place and shut up. I was afraid. He would come in in the night and strike my mother. We children would cry sometimes. I couldn't sleep. It would disturb us. We loved our mother.

"My folks separated when I was about 15.  
(Tears in her eyes)

"The doctor told me it was a great mistake that they removed my organs. They ruined my life. I was from out of state. This disease (gonorhea) when I was about 15. I got in with the wrong crowd, just like a kid will. I have so many regrets. It wasn't my mother's fault. She worked her fingers to the bone.

"I was with this boy just this one evening. I knew him quite well. It was more or less rape. He pulled my pants off. I was so scared, and I didn't know just what was happening. I didn't understand yet exactly about babies and all of that. He hurt me so when he did it. I felt awfully bad about 3 days after. I didn't go to a doctor for about 6 weeks. I thought the burning was from having intercourse, it had hurt so. The doctor said I had a venereal disease. The doctor gave me some medicine. It seemed like I kept getting worse.

"I had pain in the right side. I went to my mother. She wasn't fixed to take care of me. So, I went to the girl's Institution. I was so dissatisfied. I got along well there. I had out-door detail. I left when I was about 21. I went

back to my mother. She wanted me. She said she hadn't known that they would keep me in that long. I was out about a year when, (in the meantime my father died) I had myself committed to the Women's Pennitentiary so I could get medical attention. I waited about 2 weeks, and I had to go to bed. I was terribly ill. I had terrible pains and a terrible discharge. I was there three weeks, in bed most of the time. Then they took me to the hospital and operated the next morning. I had thought they were going to be able to treat me without an operation. Perhaps they did what they thought was best, but my life was certainly riddled. I wanted children very much.

"My husband is older than I am. It just seemed like I took up with him right away. He is just the kindest man. It's just love. It isn't any giddishness. I just feel quiet and safe and like I was loved. That's what I have needed so long. Of course my mother loved me, but things were so hard for her. The feeling I had for that other boy I liked, it wasn't like this feeling I have for my husband. This is absolutely true love. We get along very well, and we have no financial worries. My husband is so kind and considerate. He is just wonderful. He wanted me to come here.

"He has two children in high school by a former marriage. They live with us. I would like a baby of my own. I love his children.

"Mother had taught us not to touch ourselves. I didn't do it much. It sort of left a brand on me. I am not very sexy today, even with my husband.

"I used to plan. Now I live from day to day. If I can stay back, not go up town much, I feel better. There are some catty women. I guess I think sometimes about that maybe they might find out why I went to the Women's Pennitentiary. They know I was there in town. I told my husband everything before I married him. I brood sometimes about the past--that people think that they are better than I am.

"I have made hundreds of friends since I came out of the Pennitentiary. People admire me for coming back and facing things. I feel like when I go up town that they are maybe standing back and

remarking. I feel sensitive that there might be things that they might know about my past; that they might tell things they don't know. This one woman tried to gossip about me. She said I was there because I had a baby. Some say this and some say that. I don't think I can be rightly condemned. I did what I thought was right.

"I would love a child. My, I would love it. I don't believe I would be so nervous if I had one. I could adopt one. It would help the child to have a home. I would never quarrel or argue or anything around it.

"I am ashamed of my past; of all that I have told you, very ashamed. If I could just have my health. I have a good husband. I could have had younger men, but most of them drink and I'm afraid of them.

This case portrays the poignant regrets of a girl, still young, who is denied her most cherished wish of children because of a youthful sex experience. Life subsequently has been, at times, a nightmare of insecurity over possible revelations of her past and damage to her status and feeling of worth. There is an interesting choice of a mate, who is a non-drinker, in contrast to her father, and who represents stability and security in contrast to the "giddishness" of youth which she apparently associates with her previous unfortunate sex experience.

Case 24, Female, Age 35

"In my home as I grew up, the one who yelled the loudest won; so it was father. My mother's only weapon was to weep.

"My parents sent me to college. I wasn't allowed to date. My husband, whom I married at 25 was the first man to kiss me.

"My husband said I wasn't ready to have a baby; that I had grown up not having any fun. He said I needed that and to learn to keep house; so I had an abortion. This is the only time I have fainted. I didn't want the abortion. It was he who was not ready to have the baby. I was. I should have asserted myself. I did not want to have a baby that my husband was not ready to have.

"I was never brought up to stand up to my father. It never occurred to me to do so with my husband; that he didn't know what he was doing, like with the abortion.

"My husband wants the men to like me. He picked a girl that no one else had wanted. I hadn't gone out like other girls. It hasn't flattered me that his friends made advances toward me.

"My husband had been married before. From what he has said, I believe his first wife went with other men. He's a small town merchant and his business took him to the city to buy at times. I think he found he couldn't trust her.

"I don't want to be a chorus girl; I want to be a mother. I would spend half my time making little chorus girl dresses to please my husband to go dancing around in at parties, and half trying to be a mama to my girls. My husband has to know that a woman is basically a mother, not a hot mamma and a chorus girl.

"To me, sex is a means for having babies, a catalytic agent for joining. You two are a unit and nobody else belongs in that unit.

"Physically he has built me up, but as a person whose opinions he would respect, he hasn't. I would have to quote someone else as saying it to get a thing over to him. He is the first person I couldn't talk to and have my opinions respected.

"My husband had himself sterilized. It all happened so quickly that I didn't have time to think it through--to know what it meant. I don't think he realized how opposed I was to the abortion; and as for the operation, I would just as soon cut off my tongue. I had always said I wanted six children. I couldn't talk to my husband; it involved coercion. He thought it was his responsibility. I was so confident that the

doctor would put a stop to it even if I couldn't make my husband understand. I asked my husband if something couldn't be done about the operation. He blew up. We had several lively sessions over it. I knew it was fantastic that the operation could be undone but I wanted to get back to a natural family life instead of this bacchanalian existence of going out night after night to parties.

"Our sex relations were practically on a routine every other night. There was no reading or anything. We would try sitting and visiting and get no place that way. We would go to these parties until 3 and 4 in the morning.

"My husband admits that he is using sex as an escape from worries and business and from old age when he won't be able to. He needs to know that he has me to go on. Of course I know he could have a little doubt after my going off the beam the way I did.

"My husband taught me little things I needed to know, but then he kept right on teaching me; telling me what to do.

"I think that he has always resented the children. He knows a lot about child psychology and is a good father, but I think he has resented them since they are older because it affects our having parties, and I read to them instead of playing with him.

A relative of his says he has an inferiority complex. He reacts to anything about books. I have this damned education. This grew on him. When we were first married, he read a lot. Now, he doesn't want me to. He objected when I started to study to get my mind off this problem.

"My husband dreads old age. He thinks we have to make up for all the time I lost by not having any intercourse until I was 25 and for the time lost when his wife died and for old age. My husband makes a mountain out of sex. I am no baby. I don't have to be taken care of. There is nothing wrong with me. I don't need a man to make me every night to keep me happy or him. There is more to life than just sex. He is not really that way and he needs to learn it.

"I am not worried about my husband's attention to me. He has been a darling. I have thought all about this and wondered; I believe one thing that has caused trouble is that my husband didn't kiss me in front of others, but he would other women.

"He is very casual in his attentions to other women. I don't feel that I have anything to be concerned about except that it might mislead others to thinking things.

"I always thought that if my husband ever looked at another woman they could have him. I only want love that is voluntary (patient stopped a moment and waved one hand helplessly)--only we have youngsters:

(Patient was probed on whether she thought she had any ulterior motive for tolerating the sort of life she had when she didn't like it.)  
 "Behind it all I think was the desire for a baby; if I could be the kind of wife he wanted me to be, learn to be free and easy, maybe he would change his mind. I had this wish, this hope that I could have another baby in spite of the operation. I realize now that I just never accepted it; yet I knew it was true. I couldn't talk to anyone about it, but I just kept on hoping. If I could only have talked to someone. I thought by telling people that I wasn't going to have any more babies, by getting it out, by saying I didn't intend to would help. I did say that. Two days later they had to bring me in here.

"I was going to go away and get a job. I had no chance to use my own judgement and will at home with my husband. He has no respect for my opinions.

"I think sometimes that my husband has been testing me to see that I didn't want the attentions of other men. He doesn't trust women in general; he had to test me out to find how far I would go with other men. He kept me assuring me that I didn't have to worry about other men trying to pet. I got out of several other situations that I did not tell him about. I wasn't going to get involved, but I could have.



"I had never mentioned that I wanted a baby for 5 years. It was in the back of my mind. If I tried to talk I would bawl. The girls were growing up. I felt so lost rattling around in the house by myself. I thought if I would smoke and drink I wouldn't think about having a baby. I drank because I knew inside that I wasn't going to have a baby to hurt by doing it, so it didn't make any difference.

"A woman sees few men that she would like to have for the father of her children, and as far as I was concerned, my husband was it.

"I don't want anyone but my husband making love to me. The remarkable thing is how well we get along. If we can just get this straightened out.

"I want this to work out so that my husband is at the helm. I wanted a man who was going to be a father and the head of the family, but he has to know of what I am capable and of what he is capable and each respect the other. Maybe I am peculiar in having such a strong mother complex; with me I feel this creativeness--in teaching or motherhood.

This is a case showing how fear of standing up to the father is carried over into the relationship with the husband where a tragic decision might have been avoided had the wife had the courage to oppose her husband and gain recognition of her opinions. It is a good example of difference in husband-wife values. The husband's sexual inferiority feelings, probably stemming at least in part from ego-sexual trauma in his previous marriage, make him over-emphasize sex and makes him come into sharp contrast with the wife's unusually strong identification of sex with her maternal feelings. There is a possibility for therapy on the problem of child frustration by transfer of the patient's creativeness

into teaching. Her emotional insecurity feelings stem largely from an underlying uncertainty about her husband's attention to other women, though she consciously gains reassurance by defending and minimizing his actions.

Bogardus<sup>13</sup> feels that Thomas' four-fold classification does not express all the universal urges and would add the urge to aid, the urge to be free, the urge to be treated fairly, and the urge to create. This latter urge is very dominant in the above discussed case. As Bogardus says:

Each person enjoys a deep-seated thrill when he succeeds in his creative efforts and produces something not achieved before.

Thomas<sup>14</sup> feels that the "creative impulse" is a part of the wish for new experience.

Case 30, Female, Age 30

"I loved my father, but I always was kind of afraid of him.

"My mother was more lenient than my father was. She was always embarrassed about sex matters. I was always uncertain as to how she would take things. She had a lot of good qualities though.

"They (mother and father) didn't get along. Always there was no much fighting and bickering-- I don't mean physical fighting. This made me so very unhappy. I used to wish for the time to come when I could get out of it. I had read books and I realized that always it wasn't like that.

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<sup>13</sup> Bogardus, Emery S, Fundamentals of Social Psychology. New York, Appleton-Century Company Inc. 1942. (p. 33)

<sup>14</sup> Thomas, W. I., The Unadjusted Girl. Boston, Little Brown and Co. 1931. (P. 9)

"My mother wasn't very affectionate with me. It's made me feel starved for affection. I felt left out of things. In my subconscious mind I have always felt resentment against her because she didn't take care of me so that I wouldn't get into trouble. And yet, I really did love her. I had to; she was the only mother I had but she didn't love me like a mother should.

"I was about 12, soon after I started menstruating. I practiced masturbation at that time. At that time I didn't feel any way about it, but afterwards I read that it was not nice. After while that feeling passed and I didn't do it any more. I don't think it's the normal thing to do. It makes me feel worse than going out with a man if I wasn't married to him. My husband was away when we were first married and I did it just a little bit. I got some abscesses in my ear and I thought that masturbation had done it. I also thought it weakened my body.

"When I was about 5 or 6 my brother was 12 or 13. He and my other brother took me upstairs and did something naughty. I don't remember, but they did something. It didn't hurt and they weren't brutal; they were just naughty. I remember him saying that my mother would whip me if I told her. He gave me the impression that it was all right if the parents didn't find out. It made me feel guilty and I worried about it when I got older.

"My mother said never to talk about sex because it was bad.

"I started menstruating when I was 12. Nobody had ever told me anything about it. Some of the girls had talked about it, but my mother hadn't told me. At school one day we went to take a shower and it started. It made me so depressed that I went ahead and took a cold shower and I had heard that that was bad for you. For several days I was sick. I felt mad at my mother because I felt I hadn't had the proper guidance or training when I was a child. I have tried not to think hard against her because she had a hard time. It probably affected my whole life. I have tried to overcome it. I was a little bit abnormal when I was little, and they didn't straighten me out. I withdrew a little from reality.

I had a terrible feeling of not having anyone to go to. Yes, it frightened me. I didn't go to my mother and ask her about it. I felt terribly alone. I wanted to more than anything else in the world, but because she had never said anything to me about it, I was afraid. I kept thinking she would come to me, and tell me about it. I was too sensitive and self-conscious about the whole thing.

"There were times when I got my feelings hurt and felt bad. I was too plump, and I was sensitive about it. I did feel self-conscious. My family teased me about it. I tried to go on diets. Once I was on one for 5 months.

"I met my husband right after that happened. (attack) I told him about it and he seemed hurt. I told him, 'You don't want to marry me', but he said yes. I didn't have a strong physical feeling for him, although I thought he was swell. He was much more a gentleman than the others. He is quite a few years older than I am. I only knew him 12 days before I married him. Of course, I wasn't in my right senses. If I had had a home or a family so that I didn't feel alone in the world.

"We have relations 2 or 3 times a week. Sometimes I do feel kind of blue. Sometimes he finishes before I do and I feel worked up and restless, like I want to cry. I'm not perfectly satisfied with the sex adjustment. He's very considerate and tries to wait until I'm ready. He's not affectionate with me. He's not much for kissing. I don't think he uses enough of the love play. When he does it more I get more satisfaction. I don't think he thinks I do the actual intercourse right, and I don't think he does either.

"I was getting along all right until something crazy started to go on. I thought somebody was trying to make me quit smoking. They were watching me at work trying to play tricks on me and all that funny business. How did I know I was being watched? Can't you tell me when you are being watched?

"They said I was unfaithful to my husband, and that was true. I was never actually unfaithful to my husband, but I did go out with other men. I only did that when he was away. It was 4 or 5 years ago.

He was away from home all of the time. In a way I guess I was a little guilty about it. I think people have found it out and got the wrong impression entirely.

"Even when I went to shows, people would say things. They say things to try to hurt me. If they would come out and tell the truth, I think I could be helped. I don't know what they are trying to do.

Case 30 gives us a picture of the effects reaped from parental failure to give a young girl proper attitudes and information on sex. Of a basically sensitive nature, she early developed feelings of inadequacy and preferred to be alone. Unprepared for menstruation she was frightened and developed hostile feelings against her mother. Her marriage started on an insecure basis because of her recent sex trauma and the fact that she was marrying essentially as an escape from loneliness. An attempt to seek response elsewhere when marriage didnot come up to her ideals, served only as one more straw to break down her insecurely built house of mental health.

Duvall and Hill<sup>15</sup> have the following excellent comment to make concerning inadequate sex education in childhood, one of the basic sources of maladjustment for this patient:

Little children learn by watching, imitating, and exploring. This is as true in learning about how their bodies are made and function as in any other area. To get the facts they desire about themselves, and others little children explore:

1. by asking questions and talking about how their bodies work.

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<sup>15</sup> Duvall, Evelyn Millis and Hill, Reuben, "When You Marry". Boston, D. C. Heath and Company.

2. by watching and imitating adults
3. by looking at the bodies of others
4. by feeling and rubbing genitalia.

Now it happens, in our culture, that all four of these activities are considered taboo by some adults. Parents are sometimes uncomfortable at seeing little girls running about in abbreviated sunsuits and are shocked to see nursery children looking at each other at toilet time.

A great many parents and teachers have been so frightened by false stories of the evils of masturbation that they severely punish and shame little children who touch their genitalia. Too many adults still are embarrassed by the searching questions and interest of intelligent children naturally concerned about their origin, the function of their bodies, and the happenings in human and animal families around them. Consequently many children are left at an early age with the impression that there is something dirty and shameful about the sex organs, and something wrong about sexual sensations.

Adult embarrassment, uneasiness, and fear are transferred to the child almost without his being aware of it. As he grows older, sex references continue to bring feelings of guilt and shame. Dirty stories, giggles, and other indirect outlets are found to take the place of the more normal, complete responses of sex love. Feelings of personal unworthiness make it difficult to fall in love with desirable love objects, and control of the powerful sex urges become difficult. Parents who are more wholesomely conditioned and more aware of their own limitations clamor for guidance in the sex education of their children.

Case 32, Female, Age 29

"I don't think my disposition was very good when I was little. My mother crabbed and hollared and swore at us. I can't remember of my mother ever kissing me until I was 14. That was when she slapped me for something I didn't do. That's the only time I ever heard her say she was sorry for it. Mon was partial to the boys; we girls always got the blame regardless. She got so that I couldn't even do my studies. I had to do one of my brother's first. He had to have it explained because he couldn't get anything out of reading. I'm not sure about him (I.Q.) He was thin and never well.

"My folks got along well together. My dad was swell. No one could argue with him. I know I hated my mother as I grew up for the way she treated me and beat me. You can take it for a while, but then you want to feel that you are loved.

"My husband gets burned up that my mother wants us to do for her when she did so little for me; but she is my mother regardless, and I owe her something, if not to her, to my Dad who is dead and I can't do it for. You just don't know what to do. The one of my sisters who did the least for my mother--my mother has given her everything and now my mother comes to us for help. My brothers don't like it either and there is a constant turmoil.

"My husband says I give my family everything he gives me. I just want to keep peace. I can't stand the jangling. I would like to move out of town and get away from all of them, but we own our house and business. Even after mother is dead there will be a conflict because she never taught us children to love one another.

The school kids made fun of me having so many brothers and sisters. (There were 10) One girl said if Dad would sleep in his own bed I wouldn't have so many. I didn't understand it exactly. I bawled.

"When I was about 11 my brother who is 6 years older . . . . I had no idea what he wanted . . . . we were hard up and 4 of us slept in one room. It was easier to heat. He climbed in bed with me and told me if I said anything he would tell Mom and she wouldn't have believed me no matter what I had said, and would have said I was lying and beat me because she was so partial to the boys. It was very painful having him have intercourse; and it has been very painful to do that ever since. When he did it, I didn't understand it. I didn't know about pregnancy. All I knew was that I didn't like it. It was about every night. He would do it to my sister in bed beside me first and then he would turn to me in a little. There was no love or affection. He was just getting his own desires. There was no pleasure in it and has never been.

"I just didn't like sex. I never have. My husband is aware of that. I told him about my brother and me--most of it. No, it doesn't

bother him. He is that kind of guy. He is just willing to leave me alone. It was so terribly painful when we were first married. We usually have relations about once a month. He isn't very passionate. We don't see much of each other; not enough to see if we get along or not. He is gone working from early until late. He doesn't get to see the children much. He is never home for a meal with the kids and me. He has a store. It's kind of discouraging but there is nothing you can do about it. I don't worry about money. It's pretty lonesome to be alone so much. I have never felt that I couldn't trust my husband. I have never been jealous.

"I would like to help my husband (sex relations) but the more I try the more I tighten up. When I start to get where I might enjoy it, why it's all over. I might have, if it had lasted a little longer . . . not that he doesn't try. Of course not doing it so very often, it's hard for him to make it last.

"I guess maybe my conscience is guilty over . . . well, it's hard to forget about all that with my brother.

"When my husband withdraws it's like he is pulling everything I've got inside with him.

"I guess I have always envied my boy. I guess because everyone thinks so much of him. Even after I got him he never belonged to me . . . always to my husband's folks. If they or my mother wanted him they came and got him; not to be mean, but because he was so cute and so smart.

"I wish I had more patience with my husband. He is so tired when he comes home; he wants to sleep and I want to talk or go some place. Don't ask him to change; he has done everything for me he knows how.

"I don't know--maybe that's why I don't love my youngsters the way I should; especially my boy. I think because my mother was so partial to my brothers, I almost hate my boy and what hurts me is that he tries so hard to please me and to do things for me. I have tried so hard to overcome it, but I turn and hollar and hit him just like my mother did. I tell him I am sorry. I tell him to stay away. He is one of these children who is sensitive. All you have to do is speak to him to hurt him.



"I would do anything for my girls. My folks took him away from me for a year; that is, my husband's folks. I feel I don't know my boy. Until he was 7 I didn't have the full responsibility. My husband's sister loves children and practically took him away from me. I know that is a poor excuse and it isn't that I don't love him; that's why it hurts me to be so mean to him. It never hurt Mom when she was mean to us. She never showed a bit of feeling. Sometimes I could just kill my boy for doing something that is so little that it doesn't even count; mostly that he is so slow. If my boy is home I have these spells sometimes once a day. All I feel is that I hate him at the time. It is an awful feeling toward your own child. I didn't have any feeling when he was laid in my arms. He was sick. The girls have been healthy.

"When I get to feeling like I do sometimes, I am just likely to pick up anything and let him have it. I just want to be left alone. We were allowed to hit each other as kids; we just battled it out; it's hard to change. What troubles me is that my boy gets most of it. I want to love him.

(Patient asked what three things she would wish for) "I would even be willing to keep my headaches if;

1. I could learn to be good to my boy; learn to love him
2. If I could have more time with my husband
3. Get some of this arguing with my family settled so there wouldn't be this constant jangling between them and my husband. They all tell their troubles to me and I am in the middle. They have a feeling of dislike but tell me and not each other.

Case 32 is an example of unfilled sexual response need as a result of poor sex adjustment caused at least in part from sex trauma in childhood. There is a possible identification of the son with the brother or brothers and a carry-over of accumulated aggression and hatred. There is marked

ambivalence toward the mother as a result of mal-treatment in childhood. It is possible the patient's aid to her in view of the past is an unconscious attempt to buy the maternal affection she craved as a child.

Regarding the carry-over of childhood sexual attitudes Graves<sup>16</sup> says:

The emergence of guilt feeling on account of some past occurrence in the early sex history may produce marriage incompatibility. It matters not whether the event against which there is reaction was a real or imaginary importance. It is the strength of the reaction and not the character of the offense that decides how serious this feeling will be in antagonizing wholesome sex relations.

Case 16, Female, Age 36

"I really love my husband but the only time I really enjoyed my husband (sexually) was when I got pregnant. I'm sure I actually remember the time it happened. It was when we were first married. I have never had it since, that sense of release. It is over for him too soon and I would always have a let-down feeling and want to cry--like nothing happened to me. He would be upset because I would cry. Neither of us understood it.

"We never quarrel. The only thing that ever causes trouble is when the doctor would tell him not to pamper me. He would take a distant attitude toward me and it would upset me. I would cry sometimes . . . that no one cared about me. My husband and I like the same things and it breaks my heart to cause him this trouble. I love him so. If he is near me, I am alright.

"My husband is timid about fondling me. I haven't wanted to say much to him. I haven't wanted to hurt him. I spoke to him coming here about maybe that was it (that there was something wrong with their sexual adjustment) and he said that he wondered too. He wants to do anything that's right. I didn't go into it a lot like I have with you. I haven't wanted to hurt him.

"I have used no contraceptives except suppositories after our son was born for awhile. My husband doesn't withdraw. I just don't get pregnant. In fact, I have wanted to have another baby. Three months ago I tried to find one to adopt and couldn't.

Case 16, like case 7, is an example of the need for objective counselling on sex mal-adjustment since there is a tendency to cover up in this instance. There is particular need for re-education of the husband as to a concomitant of a successful sex act, especially accenting love play since the wife expressed a need for fondling.

Travis and Baruch<sup>17</sup> point out:

Many men do not know that special care must be taken in locating the area of most intensive response..... In the matter of manual stimulation, it is sometimes repudiated where it might be helpful. Either the man or the woman is apt to identify it with earlier masturbation.

Relative to facing the issues in the marital situation Folson<sup>18</sup> says:

Where there is acute or definitely progressive conflict, it is a great mistake to think the conflict can be solved through superficial politeness and self-control, resolutions to "be good to him," suppression of one's own feelings, etc. Indeed, it would be better if many concealed conflicts came sooner into the open. Even if one thinks one is emotionally the stronger partner, he cannot hold indefinitely this position of strength if he continues to be frustrated. One cannot lift oneself psychiatrically by his own boot-straps.

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<sup>17</sup> Ibid (P. 252)

<sup>18</sup> Folson, Joseph Kirk, The Family. New York, John Wiley and Sons Inc., 1934. (P. 482)

Case 46, Female, Age 35

"I masturbated when I was 18. It happened just a few times. Not long after that I heard that it drove people crazy; that was enough for me. It wasn't hard to stop. I don't think I had very much need for sex. I never let it bother me. I have never admitted this (about masturbating) to any one. My husband has asked me about it and (Patient looked guilty) I have denied it because it was only a few times that I did it. I felt cheap. I felt it was a terrible, terrible thing to do.

"I started going with boys when I was 14. I had sex relations the first time when I was 18. I had drunk too much. I was very drunk. I was very ashamed over it. When I was about 21 I thought I was in love, and did it again. I don't know why I did because I didn't feel like it and I didn't get any kick out of it. I was afraid of getting pregnant. After him, I didn't go with anyone for several months until I met my husband. I had no intercourse with him before marriage.

"The first time I had sex it was terrible. I was so tense. It bothered me to go to bed with him. I felt ashamed. I didn't get any kick out of it.- After the baby was born, then I was always afraid of getting pregnant again. It was the depression.

(Patient asked if her husband built up her desire by making love to her. She threw up her hands): "I can't stand anything like that. I just don't like pawing around. I get tense because I think he is going to grab me here or grab me there. If he is going to have intercourse I want him to get on with it and get it over with. I don't want all this fiddling around. It's just once in awhile that I have felt passionate during my whole married life. I never think of those things or talk about them." (Patient grabbed her head and shook it. She stepped with a rather vague expression on her face): "I had a pain in my head.

"About 5 years ago my husband did a lot of gambling. I got disgusted so I didn't care if he came home or not. I gradually got weaned away from him. This only lasted about a year. I never worried about other women; just about the money he was losing.

(Patient asked what three wishes she would like to have come true.) "We drift around so much. He has been a salesman; we have moved so much. I have always thought that security--that it would be nice to settle down and stay in one place. Second--well, I have always been such a worry wart. I would just like to be so relaxed that nothing would bother me. Third, when I lose my temper in front of the children I feel badly and wish I could have controlled it. It seems like I lose it so fast I don't have time.

"The thing I am most afraid of--I have this fear of insanity.

Case 46 appears to be essentially a problem of poor sexual response, the causation lying in early guilt from masturbation and pre-marital sexual activities which were fraught with guilt and anxiety over pregnancy. The patient's husband's desire for new experience by way of gambling, sharply conflicts with the patient's basic need for security; her disgust over his gambling transferring to her affectional response toward him.

Relative to the foregoing case, it is of interest that 31 of the 39 women (78.1%) and one of the 11 men (9.9%) in this study mentioned at some time during the interviewing that their parents had given them incorrect or insufficient informational preparation for the sexual side of marriage.

We note examples in the preceding material of how the response need is one of the most driving urges active in the family relationship and one of the most productive of maladjustment. Illustrative material was given showing how a lack of healthy response can produce all sorts of

personality disfunctions. It is particularly noteworthy that lack of normal response outlets in childhood and youth make for inability to love normally and deeply in adult life.

The case studies indicated that five of the men in this study (45.4% of the males) and eighteen of the women (46.2% of the females) had a definitely expressed affectional lack in their home as children.

Data in this study on masturbation before marriage indicated that 90.5% of the males masturbated before marriage and 38.5% of the females. Of these men, 72.7% had a frustration of their recognition need and 63.6% indicated a sexual response need. Of the women, 38.5% showed a wish need for sexual response and emotional security, followed by 28.2% wishing for recognition. There was considerably more difficulty getting the females to admit to masturbation during the interviewing than males.

Examples were given showing the lasting effects on the personality of pre-marital relations when followed by guilt reactions. When they resulted in pregnancy it was indicated to be particularly productive of later family maladjustment.

Relative to wish needs of those who had a pre-marital pregnancy, or whose mate had, one of the men (9.9%) and five of the women (12.8%) fell in this classification. These included only those pre-marital pregnancies which were conceived with the person who became the present mate.

The greatest wish need of this man was for affectional and sexual response, and for recognition and emotional security (9.9%). He did not feel the need for financial security nor new experience.

The greatest need of the five women (12.8%) was for affectional response and emotional security (12.8%). We might conclude from the foregoing that affectional response and emotional security were particularly urgent needs in both the men and women studied, eclipsing sexual response for the women.

Relative to those who masturbated after marriage, 18.2% of the men and 15.4% of the women studied fell into this category. An equal need for sexual response, recognition and financial security was indicated by these males. The greatest unmet wish need of the females was for sexual response and emotional security (15.4%) followed by affectional response (12.8%). Two of the men (18.2%) and five of the women (12.8%) masturbated both before and after marriage.

There is an opportunity to see, in this chapter, the later maladjustments arising from affectional response lack because of loss of children--either by death, abortion or growing up and moving away.

The part of day-dreaming and the "fantasy ideal" are shown particularly in case #35 and the difficulty of establishing a satisfactory realistic marriage upon a

background wherein these mechanisms predominate in the emotional life. The tendency of the wife to punish the husband for sexual response inequality, often unconsciously, is brought out clearly in this case as is the tendency for a desire for ascendance to run back into childhood.

Data in this study indicate that seven of the men (63.6%) and eleven of the women (28.2%) had a pre-marital affair with someone other than the mate. Recognition (63.6%) was the wish needed by more of these men than any other, followed by a need for sexual response (54.5%). Emotional security (28.2%) and sexual response (28.2%) were the wishes most needed by the women studied.

It is significant that of the 39 women in this study (~~69.2%~~) showed a need for affectional response. Six (54.5%) of the eleven men showed a need for affectional response and eight (72.7%) for sexual response. (See Table 1)

The need for sex education in youth was frequently brought out in the illustrative cases where case after case gave evidence of the present family maladjustment having stemmed at least in some degree from this lack.

We conclude from the data brought out in this chapter that unfulfilled affectional and sexual response needs are a significant factor in family maladjustment.



## Chapter V

## WISH FOR NEW EXPERIENCE

The wish for new experience may perhaps best be described as the desire to escape that which palls because of routine; that which has become boring. It might be called "the wish ~~of~~ the young" particularly since as Bogardus<sup>1</sup> points out, "it wells up out of human energy, especially surplus energy."

It is the opposite of the desire for security. While the latter makes individuals cling to the status quo, the desire for new experience prompts them to new associations, activities, and places that will in actuality or vicariously satisfy this urge and act as a stimulant to the personality. The change may be merely one from dull, fatiguing routine or it may be one promising high adventure. The difference is merely one of degree--it is the need for the fresh stimulation of change that makes it new experience.

Park and Burgess<sup>2</sup> point out that in the single forms the desire for new experience may be seen in the prowling and meddling activities of the child, and the love of adventure and travel in the boy and the man. It ranges

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<sup>1</sup> Bogardus, Emery S., Fundamentals of Social Psychology. New York, Appleton-Century Company Inc., 1942 (P. 30)

<sup>2</sup> Park, Robert E., and Ernest W. Burgess, Introduction to the Science of Sociology, Chicago, The University of Chicago Press. 1924 (p. 489)

in moral quality from the pursuit of game and the pursuit of pleasure to the pursuit of knowledge and the pursuit of ideals. Because of his instability, he may be a complete failure or a conspicuous success if he converts his experience into social values.

One might wonder at the world's being as conservative as it is with this drive behind so many activities. The reason is, perhaps, because the average man seldom wants something entirely new; the radical disturbs his sense of security, the wish which is, perhaps, the most basic of all the wishes since it underlies all the others and is tied up so closely with the very perpetuation of life itself.

Duncan<sup>3</sup> points out:

"Innovations, fashions, fads, and crazes have little place in the lives of those dominated by the wish for security because they prefer the familiar, and are dominated by traditions and customs."

The wish for new experience, on the other hand, prompts the individual to reach out for that which deviates from the ordinary, even though to do so may require him to disregard the standards and group interests that prevail. This may be what Mowrer<sup>4</sup> refers to as the "unconventional life pattern".

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<sup>3</sup> Duncan, Hannibal Gerald, Backgrounds for Sociology. Boston, Massachusetts, Marshall Jones Company, 1931 (639)

<sup>4</sup> Mowrer, Harriet, Personality Adjustment and Domestic Discord. American Book Company, New York, 1935. (p. 49)

A good example of the foregoing is seen in case #2, a patient whose avid need for new experience resulted in a decided tendency to "kick over the traces"; to trample on social forms and customs as they blocked her search for stimulation. Since humanity tends to become more conforming and conservative with age, one wonders when this does not take place, if perhaps there is not the urge in these cases a sort of arrestment at the new experience level. Might not this be a possible explanation of why so many of the cases like the following tend to have a disinclination to grow up and accept the social obligations of maturity?

Case 2, Female, Age 31

"I was always 'overprotected' because I wasn't 'strong'. I don't know what was wrong. I always felt good. My parents lost their first baby. They planned me. I think I have always been aware that I was a disappointment to them . . . because I didn't have a good disposition. They never knew how to handle me; they tried spanking me. It would just make me meaner. I would holler so all the neighbors would hear me and feel sorry for me. I knew I could always hold the whip over mother . . . and that isn't the way a mother should be acted toward.

"I talked back to mother. She always took so much more than Daddy from me. Mother has told me that if she had known what I was going to be like . . . she has said it to other people in front of me . . . that she would never have had me. She said it in a kidding tone, but it has always come up after something I did that she didn't like. I think I became more definitely aware of it during adolescence.

"So many times I would say, 'Daddy, why are you not letting me do this or why are you making me do that,' He would say, 'Because I say so. That's all the answer you need.'

"I can remember making mother cry. At the time I felt disgusted. I resented her crying-- that she couldn't handle me. Afterwards, I would think how awful I was, yet I couldn't apologize. I have never been able to with people close to me.

"I skipped the second part of one of the lower grades. I never was the same since. I had been at the head of my class. I was thrown with an older bunch that I had kind of been in awe of. From then on I was just one of the crowd. I think from that time I began to have an inferiority complex as far as people in general were concerned. I no longer led the class.

"I started menstruating when I was 13. Mother told me before about it. I was so embarrassed when she told me. She got so embarrassed I sort of brushed it off. My folks have never told me a thing about sex. I learned most of it in Boarding School when I was 15 from dirty jokes.

"I have never been inclined to tell my mother anything. I never thought she would understand or she would start talking about something that would embarrass me. I never felt like I could discuss sex or dates with her. I don't like anyone to see that I am upset. I just recoil from anything that would embarrass me.

"We were at a resort and the folks were in a bed behind a screen. They were laughing and moving around. I may be mistaken but I am sure I remember being conscious that I thought they were having intercourse. I thought it was dirty. I thought that a little more about my father, I think.

"Whenever something bothers me terribly I always seem to want my father. Men just seem stronger all the way around.

"I am so darned ashamed of being so promiscuous. I have always been seeking for something, and that seemed to be the way I sought it--through sex. I think I wanted someone who would love me for myself. I think most all the fellows except Herman loved me because I was a good necker and dancer.

"I always did tell Herman that he spoiled me too much. I turned against him. Everybody goes through the same pattern with me. I just turn on them. I don't care what I say to them, how I treat them, or anything. I can be awfully nasty and not have it bother me too much, or show it does. It might show that I am a little weak. Boy, if people just knew how weak I was. If anyone had called my bluff--I don't think I would have disliked it exactly. Like with Herman, if he had gone ahead with just the right technique when I refused to let him kiss me, I probably would have let him go ahead--if he had used just the right amount of force--not too much; that would have gotten me to fighting. I used to tell him that if he just knew how to handle me and not give in so much he could get anywhere in the world he wanted to with me.

"As time went on and I knew he was really in love with me and I knew I could have him any time I wanted him, I just gradually turned against him. I treated him just terrible.

"I started getting that feeling that I didn't want him around me; that there was something dirty or nasty--I can't explain it. It's that feeling I get when I turn against someone.

"Men have told me that they get scared of me; that they are afraid to upset me . . . anything I say is law and I just hate that. I want a man to tell me what to do and have a good reason. He can't just push me around with no reason. I don't want to lean on anyone to a great extent. I just want to work in cooperation with someone who knows what he is doing. I can do anything with my husband I want to do.

"I never have to worry about another woman with my husband--maybe a little competition would do me good.

"I am sharp and quick and I don't want a man who can't outwit me. It bothers me when a man isn't strong physically.

(Patient asked about sex relationship in marriage). "Oh--it was terrible--he was just awful in sex relations. We still have trouble. I have had him talk to doctors. I don't think I faced the fact that I didn't know him well enough, but I knew deep down, that I hadn't. I think deep down I was afraid I would turn on him the way I had the others, if I waited. I think

if we had had any sex relations before marriage I would never have married him. I would have known right then that he didn't know very much. From the first night of our honeymoon--he has never been able to arouse me like he should. He is clumsy. He never did anything gracefully along those lines . . . it was like he was ashamed to forget himself.

"Later on it was alright although it wasn't what I thought marriage should be. I like a little variety in my love making and I could tell you from one minute to the next what was going to happen. It got to be an old old story. I didn't say anything; I have always felt a little modest. He makes me feel a great deal ashamed of my normal feelings.

"I would love to have men push me around if they knew how to do it. They are so darn dumb. There is nothing exciting being married to a man like my husband. I don't see why the excitement has to go out of life.

"Well, for instance, he'll say, 'This is a good dinner;' but he never comes up, pushes my face back and kisses my nose and says it. He doesn't know what it means to let himself go and I have gotten so I can't let myself go. He is so dignified.

"My husband is a business man and has to be away from home for a week-end in connection with his store quite often. I have been going out then. It gives me a sense of being wanted. It makes me feel like doing my best.

"Nearly everytime I have gotten myself in a situation I have been drinking. When I am tight I can do a lot of things that I would not think of when sober; like getting up and singing.

"I have a terrific fear of being made out a fool or idiot or something. So I don't give myself away. I cover up.

"My reaction to marriage is that you don't know what you are marrying until you have been married about five years. I like the excitement of something new.

"I still adore movies. I would rather go than eat.

(Patient was asked to describe her fantasy ideal) "Dark wavy hair like any number of people-- tall and rather graceful--my husband is awkward-- a good dancer; a lot of fun--exchanging remarks-- always have something to laugh about, with your own private secrets. My husband and I don't have that. He is too much an idealist. I think people who are too much like that are too hard to live with. My husband is so slow.

"I would love to have another baby but the way I feel about my husband, I'd like at least one, a daughter. We have a son.

"If life itself were different, I think I would like to play the field instead of being married to one man.

"I fight within myself all the time. I have to quit this hunting someone else all the time, or divorce my husband. I have always wanted to be so much in love that I didn't care what a man did-- everything would be marvelous. The thing more than anything else; he would have to have a quick mind-- and that something they call poise and savoir faire.

"I think sometimes of being a nurse. I like to feel valuable for other people. It gives me a sense of self-respect.

Case 2 is an example of the need to be dominated to fill security needs. The patient was insecure as a child because of the vacillating discipline of the parents. Her only affection and emotional security came from her father who dominated her. Her present insecurity was evidenced by her desire for physical strength in a man, and the emotional security of his having "poise and savoir faire."

The patient's poor sex response is to some extent influenced by the husband's embarrassment during the act. This is associated with the mother's similar reaction when conveying the facts of life, at which time the patient was upset and distressed by her mother's attitude.

This patient is a good example of the driving need for new experience. She craves stimulation and that which is high-gearred and dramatic in her contacts, particularly in love-making and sexual relations. It is even carried over into her aversion to triteness of expression or slowness of reaction in conversation. Her need to feel valuable and for recognition of worth of personality perhaps stems to some extent from the trauma suffered from loss of status attending her skipping a grade in school.

Thomas<sup>5</sup> has a remark to make pertinent to the "Bohemian" social type represented by the patient:

"The flirt is one who seeks new experience through the provocation of response from many quarters." And again

Concerning the patient's drinking, Thomas<sup>6</sup> states:

"The organism craves stimulation and seeks expansion and shock even through alcohol and drugs."

One notes in the patient's remark, "I like to feel valuable for other people . . . it gives me a sense of self-respect," a "need to be needed" for the fulfillment of a need for personal worth.

#### Case 20, Male, Age 38

"Father didn't take as much interest in me as mother did. When I would hurt mother's feelings, I would feel so bad after wards.

"My wife had sex relations before marriage. I always accepted it. I knew I wasn't perfect. I accepted this affair. She has a couple of

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<sup>5</sup> Thomas, W. I., The Unadjusted Girl, Boston, Little Brown and Co., 1931. (P. 18)

<sup>6</sup> Ibid. (P. 22)



other affairs she didn't tell me about before marriage, and I didn't accept these.

"Of course, I didn't know all this at the time--not until after we were married. I heard from another man before we were married and she said there was nothing to it. She never admitted it until about 4 years ago. I'll admit I threw it up to her these last few years when she nagged me about drinking. I guess it's natural to be jealous if you think a lot of a person.

"I married when I was 21 and my wife was 21 too. When we were first married, her mother and father started out to dictate to us just what we should do. She would phone to see if we were ready to go to church. If we didn't go, she would come down after church to see why. She more or less bossed my wife as to what she should do. My wife is talented. She wanted her to take part in everything that came along.

"Her folks interferred if we would go to a dance . . . they thought we were going to hell for sure . . . that it was a terrible sin. They would rail into her. I used to go fishing Sundays. My wife's folks just raved about that, so I haven't gone lately.

"I didn't want to farm. Dad forced me into it. He had the place rented and he took it away from them and the first thing I knew he was buying machinery for me to farm. I had had a business education. After about 5 years I quit farming and went to managing a company. That was fine. I liked the work but the doctor said that I had to get out in the open . . . so I started to farm again. It went just fair . . . I never had had the interest in it I should have had. I dreamed about other things. I didn't know what I wanted to do. I found a hobby and started studying it. One winter I hired out to a man in town. I liked the work swell. The job took me out around the whole country. (Patient gave an enthusiastic happy smile), I hired a man to work on my farm and I worked at that job for a year. My father raised cain about it and so did my father-in-law, and my wife. They thought I should be home. I was away from home a good bit. I wish I had stayed on it through the war. I was making good money. They thought I shouldn't jump into something else. I would rather work at what I was doing. I could

have bought an interest in a company in 1942. They didn't want me to. I was very disappointed, especially when I found out how much the other boys were making. I went back to farming and quit my other job. I was disappointed and little blue. I made more money that way than I did farming.

"In the spring I had the same chance again and had to give that up. It was the same thing again. They said they didn't know what I was thinking about to do that and leave the farm. During the winter I left the farm and went to work in a defense plant. I liked that swell. I stayed until spring then I went back to the farm. It was just the same way. I wasn't interested—too lonesome, I guess. It seemed like as soon as I got back to the farm it was the same way again. My wife or her folks, or my folks nagged me. It seemed like every morning they had a set schedule for me. Father was right there to wake me in the morning, and he is an early riser. I always had my work planned—what he wanted me to do—as though I couldn't do it. I might have had some plan. I built up a little resistance. My wife had been a teacher, so she is quite authoritative. She is so used to giving orders that it seems like she can't sit back and relax and let a person plan his own work. She likes to wear the pants. (Patient asked, 'about what?') About everything in general—it seemed like that anyway. If it got too bad, I would go to town and drink beer where I could get away from it.

"I drink when I get irritated with things at home. I just drank occasionally in the early days of marriage. I have drunk to excess for 2 or 3 years—from the time I worked on my other job. The times I was home then, there was always a conflict. I just got to drinking later in the evening and dreading to go home. There was not nearly so much time to argue that way.

"My wife nags—just little things. She doesn't realize that she does. She is just nervous and high strung all the time.

"I have been wanting another child for quite a few years. Four or five years ago I did quite a bit of withdrawing. I have been wanting us to have a baby. It seems like she always didn't want one. I would go ahead not wearing anything, hoping I would get her pregnant, then she would say to withdraw. She would cool off if I didn't promise. I would. Each time I started, I hoped she would say yes.

"I would like a daughter, too. She talked this summer about . . . that we would have another one. She let herself get pregnant. It was the first time since we were married that we did do that. (Patient asked about their son). Well, that was accidental. I was a pretty happy man. Then I really don't know how it started. I think it started over a small argument, and got larger. She got angry and she took ergot. I didn't know it. I still don't know where she got it. She was very sick. That was how she came to tell me. She was very angry at the time, and told me . . . to let me know that my hopes were all in vain, that we were not going to have a baby. She said that she was never going to get pregnant. She said it was because she didn't want to have a child by me. I went to town and got drunk. I drank beer for 3 days at town and at home. I told her if she was going to do something like that there was nothing-- there was no need for me to quit drinking. I think she told me to go ahead and drink myself to death if I wanted to; it didn't make any difference to her.

"Our little son is very nervous, but then he couldn't be like his mother and not be. My wife is very neurotic--she has been ever since we have been married. She worries about her health. My wife is very passionate. Sex has gone well. I am a little faster than she is. She is disappointed. I have been trying to control myself. When things are normal and we aren't squabbling we usually have sex relations 2 or 3 times a week.

"I know that she says and does things that ordinarily she wouldn't do if she was not worked up to such a pitch inside all the time. I don't know what makes it. For one thing, there is too much work. She wouldn't need to raise so many chickens. She also took some substitute teaching and is the leader in a community group. I had talked her into quitting a few years ago, but she wanted to start again. I don't know if she drives herself to do things to punish me or does them to let off steam. I don't know.

"It seems like I have always been run by somebody from the time I got out of school. I couldn't do what I wanted to do--it was always what my in-laws or folks wanted me to.

"I'm sure I could run things if people would just have confidence in me. That's why I should like to get away from there. When I have been away, I have always been able to get people to have confidence in me.

"It always seemed like Father never had any confidence in me. He had so many hired men that he made me feel like one. He always bossed me-- what to do and how to do it. He always wanted me dependent on him unless he was right there.

Case #20 is largely a problem of recognition and the seeking of self-respect and assertion of individuality, after years of being dominated. There is also a yearning for new experience by way of a job where there is an escape from routine. The problem in the husband-wife relationship is essentially one of response difficulty on a sexual plane, stemming partly, no doubt, from the wife's deception about her pre-marital sex life and the contraceptive method of withdrawing. The husband's response need is additionally frustrated because of his desire for another child (See table following) and his feeling of loneliness on the farm.

Relative to withdrawing, Berger<sup>7</sup> says:

"Those men who practice coitus interruptus must concentrate their minds on watching for the right moment to withdraw and so artificially disturb the physiological cause of the act . . . on the whole the form of intercourse is dangerous because it is as undependable in its preventive effects as it is conducive to neurosis though only after a rather long period of incubation."

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<sup>7</sup> Berger, Edmund, Unhappy Marriage and Divorce. International Universities Press, New York. 1946. (P. 85)

This patient's case is particularly interesting because he is a good example of how a person's wishes may be blocked not only by other wishes, as Brown<sup>8</sup> says but also by the efforts of others--in this case the parents, mate, and in-laws.

This brings up the significant question of altruism and whether it is possible for any human being to have really unselfish behavior. In this case one is moved to conjecture whether the other individuals are projecting their own desires or whether they are really altruistically motivated to aid the patient to do "what he ought to do" for his own good.

Table 11

WISH NEEDS OF THOSE CASES WHO HAD ABORTIONS  
OR WHOSE WIVES HAD ABORTIONS  
IN RELATION TO THE TOTAL NUMBER OF CASES STUDIED

	Response Affect- ional		Response Sex		Recog- nition		Security Emotional		Security Financial		New Exper- ience		Total cases		Total Studied	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
M.	3	27.3	2	18.2	3	27.3	3	27.3	1	9.9	2	18.2	3	27.3	11	22
F.	8	20.5	7	17.9	6	15.4	8	20.5	2	5.2	4	10.2	8	20.5	39	78

Three of the eleven men (27.3%) had wives who had had abortions. All three of these men desired recognition, both kinds of response and emotional security (27.3%). The next most desired wish was for new experience (18.2%), and financial security (9.9%) was the least desired.

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<sup>8</sup> Brown, Lawrence Guy, Social Psychology. New York, McGraw-Hill Book Company Inc. 1934. (P. 380)

Eight of the 39 females had had abortions (20.5%). All of these felt the need of affectional response and emotional security; 17.9% desired sexual response, 15.4% needed recognition, 10.2% wished for new experience, and 5.2% needed financial security.

The abortions of six of the above eight women were for babies conceived after marriage. Two of the eight were for pre-marital conceptions and the abortion took place before marriage. In no case was there a pre-marital pregnancy followed by abortion where the couple later married.

Case 47, Female, Age 26

"My mother used to put on my father's clothes-- his hat and coat and come to the window to make us go to bed.

"Sometimes I don't feel like I am myself-- like I am somebody else. I can name everything off, but it's like a dream. At night I have a scared feeling since my father died this year. I saw my father drop dead. I couldn't take my eyes off him. I was cold and numb. I was very close to my father. I worked for him for awhile and got to know him very well--better than my three sisters did. The excitement of the relatives after he died--I stayed in my room. I couldn't stand being with people. I was afraid to go down--there was fear in me. It's that way now. I am home and my husband comes home and I hear him coming upstairs and I get scared--I get a scared feeling.

"We live with my mother. I can hardly stand living in the house where my father died. We had always planned on a home of our own, but I don't feel like leaving my mother alone. We don't feel free to have our friends to our house. There is more or less of a tenseness all the time.

"I have felt like if we could just be alone by ourselves--and yet when I am alone at night-- this sinking--I've felt that way ever since my father died. My mother won't give up her place and all the relatives would raise a row if I moved out.

"I knew my husband about four years. I hadn't gone with him much until about six months before marriage. I was 25 when I married and my husband was 20. He was in the Army. He is a Civilian now. He went just through high school. We have a lot in common, but I feel that I have been around more with a better class of people--being in the service, he didn't have the chance. I felt I had been a bit better cultured than he. It bothered me more at first. The fellows I had been going with had been just so--and he being in the service.

"None of these (affairs) amounted to much. I was so fickle I didn't know what I wanted.

"I was engaged once before marriage. I have always been this way all of my life. I get tired of someone. I went with him a year and I was so tired of him I couldn't stand him. He got on my nerves."

Case #47 portrays the desire to be recognized as a self-sufficient adult, to break with restraint and parental control. It is a good example of what Bogardus<sup>9</sup> calls "the urge to be free."

Despite the patient's conscious belief to the contrary, there is quite possibly at least some unconscious tie-up between the present fearfulness and the insecurity following the father's death and the mother's method of exacting bedtime obedience from the patient as a child. The interview indicated the patient had some tendencies toward a father fixation; also some identification of the husband with the father. There is a basic fickleness and a desire for new experience in this patient's make-up, which makes attainment of real marriage unity difficult, if not impossible of accomplishment.

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<sup>9</sup> Bogardus, Emery S., Fundamentals of Social Psychology. New York, Appleton-Century Company Inc. 1942. (P. 32)

The illustrative material in this chapter brings out an example of a woman who is disinclined to accept the conservative behavior of maturity, the individual craving instead the stimulating, novel and dramatic in all contacts, particularly on the sexual response level.

From the standpoint of the male need for new experience the material is exemplary of the veering toward new experience to some extent because of a desire to escape the status quo, which on this occasion was an inhibiting and dominating family.

The difficulty, if not impossibility, of a successful ~~mental~~ adjustment is evident in the case where there is a basic fickleness of long-standing; a chronic urge for new experience which brings eventual dissatisfaction with the love objects when they are no longer stimulating, exciting new experiences.

The statistics on abortion among the couples in this study are included in this chapter because we found that abortion was intimately connected with the wish for new experience. In the total number of cases studied (50) four of the men (36.4% of them) and eight of the women (20.5% of them) had an unfilled desire for new experience. Twelve percent of the total abortion cases in the study had a desire for new experience.

It is perhaps significant that all of these illustrative cases of desire for new experience also had a wish for



recognition which was unfilled in the marriage.

The material given points to the conclusion that the desire for new experience expressed in different ways is a causative factor in family maladjustment.

## SUMMARY AND CONCLUSIONS

Our Data concerning family maladjustment in relation to the four basic wishes show the following:

1. Not only sexual response needs, but emotional insecurity is closely tied up with the family maladjustive factor of infidelity. While all the cases who had extra-marital affairs, which in this instance was one man (9.9%) and seven women (17.9%), had a frustrated need for sexual response; this one man, and six (15.4%) of the seven women also had a frustrated need for emotional security. As was the case in those who had a premarital affair with the mate there was an equally great need (9.9% of men and 15.4% of women) for affectional response.
2. That the need for emotional security as indicated to be a frequently unfilled need in family maladjustment is shown by the following data: In the total 50 cases studied, six of the men (54.5%) and 34 of the women (86.1%) had an unfilled need for emotional security. Despite the fact that this was a select group, since the cases studied were ones who were able to afford private psychiatric treatment, five of the total male cases (45.4%) and eleven of the total female (28.2%) expressed a need for a greater sense of financial security. It is significant that these were cases who had known great financial insecurity as children
3. Among the total males studied (11) the greatest wish need was for recognition (81.8%) Among the total 39 women the recognition need (58.9%) was their fourth highest need, being exceeded by the wish for emotional security, (86.1%), the wish for sexual response (76.9%) and the wish for affectional response (69.2%). It is noteworthy that all 39 of the women studied were housewives, though a large percent of them had at some time, either before marriage or early in marriage held a job, six of them having been teachers and eleven business women. In view of

the large number (58.9%) who expressed a need for recognition, a need for more adequate fulfillment of that wish in the housewife role, or more recognition of the wife's worth by the husband, would seem to be indicated.

4. Of the eleven men in this study, more than half of this small sample (6) were alcoholics. The need for recognition and sexual response showed themselves to be predominant in the wish needs of male alcoholics, those wishes being frustrated by all six (54.5% of the males) who drank excessively. Among the women who drank to excess there was a need for affectional response and emotional security by all of the six (15.4%) in this category.
5. Of the 39 women in the study, five had attempted suicide (12.8%). All five had a frustrated wish for sexual response and emotional security. Only one man attempted suicide. He had a frustration of all four of the wishes. While only six (12%) of the total 50 cases studied attempted suicide, two (33.3%) of these are found among the 4 cases (1 man and 3 women) who had a social disease.
6. Five of the men in this study (45.4%) and eighteen of the women (46.2%) had a definitely expressed affectional lack in their home as children.
7. Data in this study on masturbation before marriage indicated that 90.5% of the males masturbated before marriage and 38.5% of the females. Of these men, 72.7% had a frustration of their recognition need and 63.6% indicated a sexual response need. Of the women, 38.5% showed a wish need for sexual response and emotional security, followed by 28.2% wishing for recognition. There was considerably more difficulty getting the females to admit to masturbation during the interviewing than males. Because of, among other things, the hedging; attempts by the individual to indicate that she did not know what was meant, even after an explanation, coupled with indications of guilt in the facial expression lead us to feel that 14 more of the women quite possibly had at some time engaged in this activity. If true, this would make the total for women 29 (75.2%) instead of 15 (38.5%)

Relative to those who had a pre-marital pregnancy, or whose mate had, one of the men (9.9%) and five of the women (12.8%) fell in this classification. These included only those pre-marital pregnancies which were conceived with the person who became the present mate. The greatest wish need of this man was for affectional and sexual response, and for recognition and emotional security (9.9%). He did not feel the need for financial security nor new experience.

The greatest need of the five women (12.8%) was for affectional response and emotional security (12.8%). We might conclude from the foregoing that affectional response and emotional security were particularly urgent needs in both the men and women studied, eclipsing sexual response for the women.

8. Of those who masturbated after marriage, 18.2% of the men and 15.4% of the women studied fell into this category. An equal need for sexual response, recognition and financial security was indicated by these males. The greatest unmet wish need of the females was for sexual response and emotional security (15.4%) followed by affectional response (12.8%). Two of the men (18.2%) and five of the women (12.8%) masturbated both before and after marriage.
9. Seven of the men (63.6%) and eleven of the women (28.2%) had a pre-marital affair with someone other than the mate. Recognition (63.6%) was the wish needed by more of these men than any other, followed by a need for sexual response (54.5%). Emotional security (28.2%) and sexual response (28.2%) were the wishes most needed by the women studied.
10. It is significant that of the total 39 women in this study, 11 or 69.2% showed a need for affectional response. Six (54.5%) of the total eleven men showed a need for affectional response and eight (72.7%) for sexual response. There was a close tie-up between those cases who had a pre-marital affair with the mate and the wish for emotional security. All of the cases in this study who had a pre-marital affair with the mate, in this instance two men (18.2%) and thirteen women (33.3%), had a frustrated need for emotional security. It is of interest that the other frustrated wish need which was found in an equally

high number of cases was the wish for affectional response, the wish most closely tied up with the wish for emotional security. Among the total 39 women in this study, eight (20.5%) had a desire for new experience. Of the total eleven men, four (36.4%) had a desire for new experience. Among both the men and women there was less need for fulfillment of this wish than any of the others.

11. Three of the eleven men (27.3%) had wives who had had abortions. All three of these men desired recognition, both kinds of response and emotional security (27.3%). The next most desired wish was for new experience (18.2%), and financial security (9.9%) the least desired.

Eight of the 39 females had had abortions (20.5%). All of these felt the need of affectional response and emotional security; 17.9% desired sexual response, 15.4% needed recognition, 10.2% wished for new experience, and 5.2% needed financial security.

The abortions of six of the above eight women were for babies conceived after marriage.

12. In this study, 31 of the 39 women (78.1%) and one of the 11 men (9.9%) mentioned at some time during the interviewing that their parents had given them incorrect or insufficient informational preparation for the sexual side of marriage.

‘If society is to survive, the institutions of marriage, and the family, which are its very foundations must be preserved. With one marriage out of three in urban America ending in divorce, it is imperative that all available insight be brought to bear on the subject in as scientific a manner as possible.

We hope that we may have turned some small ray of light upon those frustrations and those results of frustrations which prove disorganizing to the family. In view of our findings, we feel at least two recommendations

might logically be made: There is a need in many cases for further outlets for women's talents than are to be found in the traditional housewife role. When the routine tasks are completed, the wife needs either to find creative outlets and possibilities for the use of her talents in the home, or in some employment suitable for a married woman who seeks greater expansion and recognition of the self. For many this may be done in the normal functions of wife and mother. For those whose ego demands an enlarged circle, there must be further research and education so that their bid for recognition and new experience does not come at the expense of the unity and successful functioning of the family groups.

Perhaps sex has been more freely discussed in this paper than some might consider propietyous for so controversial a subject. If so, it is because our experience as an interviewer has convinced us that there is no sphere of family relations so productive of maladjustments and of inappropriate behavior--the temper tantrums, the guilty feelings, the unconscious retaliative actions when there is inequality of sexual satisfaction, the conversion into neurotic physical symptoms--all those blighting, disruptive actions which cause misery within the family circle. On the other hand, sex can be the means of cementing the whole marriage relationship. In the sense of belongingness and security growing out of its satisfactions can rise a firm foundation, a gentle tolerance, a feeling of personal

adequacy which stands as a shield against adversities which would wreck a less deeply and intimately bound union.

Secondly, we feel that it is imperative that sex graduate from the too common stage of "mud-pie thinking" where it is looked upon as something pleasant but somehow dirty. The conflict inherent in such an approach makes an eventual satisfactory marital adjustment almost impossible. Remedial work is always difficult, and is particularly so in thinking so emotionally charged as it is in matters connected with sex. We need preventive work, and that must come through education. Those who stick their heads in the sand and hope that if they don't look at sex it will go away are quite frankly, we feel, not only wasting their time, but blocking urgently needed social progress.

Since the normal person will not think less of sex, for it is too dominating and omnipresent an urge for the healthy to look upon as non-existent, our plea is for education wherein from early youth upward, with all the church, home and school facilities available we are taught to think better of it. Only then can it be viewed with that blend of healthy recognition that it is not only normal in its place, but that it is a goal worth waiting for; no less sacred in the light of knowledge; and that it is still, in the final analysis, an awe inspiring mystery that connects us with immortality and lays upon us the sobering task of improving the human race.

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