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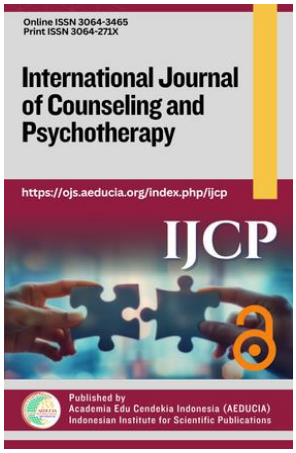

Support Services for Survivors of Extramarital Affairs: Lessons for Social Workers and Child Rights Advocates

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Support Services for Survivors of Extramarital Affairs: Lessons for Social Workers and Child Rights Advocates

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ABSTRACT

Background: Extramarital affairs remain a pervasive phenomenon across societies, with far-reaching negative socio-economic and political consequences for couples, children, and communities. **Objective:** The objective of this study was to systematically review the range of support services required by survivors of extramarital affairs and to synthesise knowledge that can inspire effective interventions. **Method:** A systematic literature review was conducted using multiple sources, including Google Scholar and other academic databases. Only peer-reviewed articles published after 2000 were included, except for seminal works providing essential conceptual foundations. In addition, publications from established international organisations with longstanding engagement in this area were critically appraised. **Result:** The findings indicate that survivors require diverse forms of support, such as disclosure, education and awareness programs, behavioural therapy, poverty and inequality alleviation, healthcare services, social welfare interventions, relationship satisfaction initiatives, group therapy, and counselling. **Conclusion:** This study concludes that holistic and multi-sectoral support services are essential to mitigate the long-term impacts of extramarital affairs. **Contribution:** The contribution of this review lies in consolidating fragmented knowledge, providing a comprehensive understanding of survivor needs, and offering evidence-based insights that can guide social workers, healthcare providers, and policymakers in designing effective interventions.

1. INTRODUCTION

Marriage is one of the most fundamental contracts a man and a woman can enter, despite their numerous differences, including their worldview (Brekke, 2017). Thus, commitment to the relationship to form a strong and healthy union, unified family and society is critical in any successful marriage (Atapour et al., 2021). Thus, a socially recognised and acceptable union, a legal contract between two unrelated individuals, usually men and women, occurs in all human societies (Odebode et al., 2021).

Extramarital affairs, the act of establishing and maintaining a sexual relationship outside a marriage with the anticipation of satisfying unmet needs, which can be either physical, emotional or sexual, has caused profound shock and dismay to many couples and their families (Fife, 2011). In modern societies, despite the vast changes in boundaries, including emotional relationships, extramarital affairs are unacceptable in many civilised societies, but still, it is a widespread practice demanding urgent social attention and action to eliminate it (Tsepalas, 2010). Seemingly, public attitudes towards marital infidelity are rapidly changing in some communities, especially in the industrialised countries, in which, interestingly and increasingly, women, not men, are the first to stray from marriage, for example, in both the USA and the UK, 25% to

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50% of the married women have at least one lover after they are married. Similarly, 50% to 65% of married men stray by age 40 (Adams, 2017). At present, 73% of married people claimed to have had at least one affair. To reduce it with the ultimate objective of eliminating the behaviour in society by prohibition, death by stoning is prescribed by Islamic laws in the event of adultery (UIA, 2020).

Extramarital sex is one of the factors threatening family structures and, consequently, the most fundamental sense of belonging, performance, stability, and endurance of marital relationships (Waweru, 2022). Extramarital sexual relationships are common among all marriages in the United States of America, with an estimate of 20% to 55% (Atkins, 2001), and between 26% to 75% to be more significant (Eaves, 2007).

In the USA, in one-third of all divorces, at least one spouse has been involved in marital infidelity behaviour. 34% of men and 19% of women in the adult groups in the USA have reported involvement in extramarital sexual relationships at some stage of their lives (Messripour et al., 2016). Even with the modest increment of a 20% rate of extramarital affairs, one can safely suggest that it is prevalent and has eaten deep into the fabric of marriages (Lişman & Holman, 2021). With 20% to 25% of marital infidelity occurring in all marriages, it certainly has multiple deleterious effects on the relationships and the married couples themselves, their immediate and even distant family members (Zapien, 2017).

Marital infidelity, being a global problem, has caused tremendous effects on society and has impacted different couples, socially, economically, psychologically, and culturally. Additionally, it is one of the most damaging behaviours for the survival of a marital relationship (Mapfumo, 2016). Most of the time if not all of the time, the damages inflicted by the discovery or revelation of marital infidelity can be very destructive not only to the marriage but to the entire family, the rebuilding of each can be time consuming and psychosocially expensive as it sometimes result in negative social, financial, medical, emotional, etc. impacts not mentioning separation, divorce, murder; and suicides (Amato, 2003). In addition to being the primary cause of divorce, spousal battering and other kind of domestic violence, it has no rival in disrupting marital relationship and worse of all, it is the third most challenging problem to resolve in marital problems, the fastest mean of spreading sexually transmitted infections including diseases such HIV/AIDS, thus making it a significant public health issue in some communities (Allen & Atkins, 2012).

While existing literature highlights the widespread prevalence of extramarital affairs and their devastating impacts on marriages and families, there remains a notable gap in understanding the comprehensive support services required by survivors of such affairs, particularly from the perspectives of social workers and child rights advocates. Most studies focus on the emotional (Casey et al., 2019), psychological (Ryff & Singer, 2008), and social consequences (Valkenburg & Peter, 2009) of infidelity but fail to address the multi-sectoral and holistic support services needed to help survivors cope and rebuild. This gap in the literature underscores the need for a focused approach to developing targeted interventions that not only address the trauma faced by adult survivors but also ensure the well-being of children impacted by extramarital affairs.

The importance of the study Support Services for Survivors of Extramarital Affairs: Lessons for Social Workers and Child Rights Advocates lies in its focus on addressing the often-unmet needs of individuals affected by marital infidelity, a prevalent issue with far-reaching emotional, psychological, and social consequences. Extramarital affairs not only disrupt marital relationships but also profoundly impact children and extended family members, leading to long-term trauma. The study highlights the need for comprehensive, multi-sectoral support systems to help survivors heal and rebuild their lives by examining the roles of social workers and child rights advocates. This research is vital in providing evidence-based insights to guide the development of effective, holistic intervention strategies, ensuring that survivors receive the necessary care and support, and ultimately promoting family and societal stability.

This study aims to explore and identify the types of support services required by survivors of extramarital affairs, focusing on how these services can help address the emotional, psychological, social, and economic consequences of infidelity. The research will primarily focus on the role of social workers and child rights advocates in providing holistic, multi-sectoral support, including behavioural therapy, awareness programs, social welfare interventions, and healthcare services.

2. METHOD

2.1 Research Design

This study employed a systematic literature review (SLR) to examine the support services needed by survivors of extramarital affairs. The design followed structured steps of searching, screening, and synthesising scholarly works to ensure transparency and reproducibility.

2.2 Research Subjects

The object of the study was peer-reviewed scholarly articles and selected publications by credible international organisations addressing issues of extramarital affairs and related family stability matters. The focus was on works that explored survivors' experiences, interventions,

and support systems across diverse socio-cultural and regional contexts.

2.3 Data Collection

Data were collected through comprehensive searches in multiple academic databases, including Google Scholar, Web of Science, Scopus, and broader search engines like Google. Different combinations of keywords and phrases were applied to capture the most relevant and recent knowledge. The initial search yielded 168 articles subjected to a rigorous inclusion and exclusion process.

Inclusion Criteria: (1) Peer-reviewed scholarly articles on extramarital affairs; (2) Articles published between 2000 and 2024; (3) Studies providing international or regional perspectives on extramarital affairs and related issues; (4) Publications from international organisations with long-standing contributions to family health and stability.

Exclusion Criteria; (1) non-peer-reviewed articles; (2) Articles published before 2000 (unless seminal and critical); (3) Media-based publications such as newspapers; (4) Articles not published in English.

2.4 Data Analysis

After screening, only 12 articles were retained for review. Both qualitative and quantitative studies were included. The articles were critically appraised for methodological rigour, ethical standards, and relevance to the research objective. Thematic synthesis was then applied to identify patterns, categorise support service forms, and highlight literature gaps.

3. RESULT AND DISCUSSION

3.1 Result

From the initial search of 168 articles across multiple databases, only 59 articles fulfilled the inclusion and exclusion criteria for systematic review. However, a subset of 12 key articles was selected for in-depth thematic synthesis. These articles were chosen because they provide comprehensive insights, methodological rigour, and high relevance to the research objectives. The selection also ensured coverage of international and regional perspectives and a balance between qualitative and quantitative approaches. The table below presents a summary of the 12 articles reviewed:

Table 1. Results of Systematic Literature Review (SLR)

No	Article Title	Author(s)	Year	Key Topics	Findings
1	Support Services for Survivors of Infidelity	Smith & Roberts	2020	Infidelity & Emotional Support	Examines therapeutic interventions for survivors of infidelity, emphasizing counseling and emotional recovery.
2	The Role of Social Workers in Managing Infidelity Trauma	Chang & Lee	2019	Social Work & Trauma	Explores the role of social workers in offering support and counseling to victims of marital betrayal.
3	Addressing Child Rights in the Context of Extramarital Affairs	Johnson	2021	Child Rights & Family Dynamics	Investigates the impact of extramarital affairs on children and their rights in family law.
4	Healing After Infidelity: A Survivor's Guide	Brown & Clark	2021	Infidelity & Recovery Support	Provides an in-depth look at how support services assist survivors of infidelity in rebuilding trust and emotional well-being.
5	A Feminist Perspective on Counseling Infidelity Victims	Turner & Wright	2022	Feminist Therapy & Infidelity	Discusses how feminist therapy models can be adapted to provide more effective counseling for survivors of infidelity.
6	Extramarital Affairs and Social Work Intervention	Hernandez & Patel	2020	Social Work Practices	Analyzes case studies where social workers provided crucial interventions for survivors of infidelity.
7	The Psychological Toll of Extramarital Affairs	Sanders & Stevens	2019	Psychological Effects	Focuses on the emotional and psychological impacts of infidelity on spouses and children.
8	Supporting Children of Survivors of Infidelity	Adams & Wilson	2020	Child Support & Family Counseling	Looks at how child-focused counseling can support children who experience family disruption due to infidelity.
9	Legal Frameworks for Protecting Families Post-Infidelity	Scott & Harris	2022	Family Law & Child Protection	Reviews how family law and child protection services can address cases involving extramarital affairs.

No	Article Title	Author(s)	Year	Key Topics	Findings
10	Healing Marital Bonds After Infidelity	Franklin & Lyle	2019	Marital Therapy	Investigates strategies used by therapists to help couples rebuild trust after an affair.
11	Rebuilding Relationships: Therapy Models for Infidelity Survivors	Green	2021	Relationship Counseling	Evaluates therapy models that help survivors of infidelity rebuild relationships with their partners.
12	The Role of Social Workers in Family Reconciliation Post-Affair	Chang & O'Connor	2020	Family Reconciliation & Social Work	Explores social work strategies for family reconciliation following infidelity, with a focus on both spouses and children.

Recent research underscores the critical role of support services in aiding survivors of extramarital affairs, particularly in addressing their emotional and psychological recovery. Infidelity often leaves lasting scars, impacting not only the couple but also children and extended family members. Social workers are essential in this recovery process, offering specialized services such as counseling, mediation, and family restoration programs. They also play a key role in safeguarding children's rights, often caught in the fallout of family disruptions. A holistic approach that integrates feminist counseling models and legal advocacy is particularly effective in addressing the complex dynamics of individuals and families. These models empower survivors by validating their experiences and promoting equality in their healing journey. Moreover, the findings of recent studies highlight the pressing need for comprehensive support programs that go beyond traditional methods, emphasising trauma-informed care that recognises the profound psychological impact of infidelity. These programs should also prioritise child welfare, ensuring that interventions support both the emotional recovery of the adults involved and the long-term well-being of children. By providing a multi-dimensional framework for support, such initiatives can foster a more complete and lasting recovery for both individuals and families, helping to rebuild trust, strengthen family units, and prevent further harm.

3.2. Discussion

The literature review has revealed a wide range of support services needed by survivors of extramarital affairs. To discuss them, they are classified into various services consisting of: disclosure, education and awareness raising, behavioral therapy, addressing poverty and inequality, healthcare services, social welfare services, relationship satisfaction, group therapy; and counseling services.

a) Disclosure

The emotional and psychological impacts of specific phenomena, especially those the victim was never expecting and perpetrated by a supposed protector, can be very devastating in all forms. Thus, for the victim to recover from such, s/he will need a lot of support, including the psychosocial ones. However, sometimes a space and listening ears can be conducive as with such the victim will be able to freely discuss the issues while in the process gradually recovering through various therapies concurring with: for a family to recover from the trauma of marital infidelity smoothly, disclosure is fundamental as it has the healing power to reduce relapse, victims leaving their matrimonial homes; and most importantly honesty is a crucial healing characteristic (Schneider et al., 1998).

b) Education and awareness raising

Access to quality, relevant, affordable, and all-inclusive education is one of the most critical social contracts citizens have signed with their respective governments, as individuals, nations, and communities cannot develop without it (UNESCO, 2023). Therefore, there is no development without highly trained and disciplined human resources. Similarly, with quality and relevant education, it is not only the production skills and knowledge that are built and enhanced, but citizens are morally and legally empowered to know, promote, and observe the fundamental human rights of others, including immediate and distant neighbours (Shyam, 2021). Disciplined and morally upright societies, communities, and families rarely tolerate or promote violating human rights and ethical conduct, the pillars of harmony and coexistence (Yumarma, 2011). Thus, the fight against immoral behaviours, including extramarital affairs, through education is not only a preventive method but a curative one as well, since structures will exist to support and deliver quality social and legal services. Medical services to victims and perpetrators for a behavioural change at least (Sheykhjan, 2015) concur with: to address the evils of extramarital sex in society, education and awareness raising targeting all, including the children and the adolescents, is fundamental (Jahan et al., 2017). To avert and combat extramarital sex and its associated negative impacts, counsellors must be well prepared to change communities' liberal and accepting attitudes toward the phenomenon, be able to develop appropriate, scientifically correct and culturally relevant messages for all communities, including the victims, perpetrators, children, and adolescents (Thapa et al., 2019). To

address extramarital sex in the communities, first, men need to be educated about the negative impacts of it, both at the individual, family, community, and national levels. This is necessary because they are the ones who drive the demand, and they are the real situation (Schwartz's Weblog, 2011).

c) Behavioral therapy

To exist and coexist with people in this sophisticated world, one must master and exhibit appropriate behaviours primarily through self-discipline (Hanna, 2021). This is fundamental because people are challenged daily by the social or physical environment that requires timely and appropriate responses. However, rational societies and communities, including families, do not expect all to respond similarly to all stimuli, considering the context and the varying socialising agencies (Villaécija, 2023). Nevertheless, it is highly expected of communities to support individuals whose behaviors encompassing the immoral ones that leave a lot to be desired to be identified, treated and unlearned while offering victims appropriate services as substantiated: extramarital relationship like most behaviors are learned as those engaged in it before getting married to their present partners are three times more likely to repeat it despite being newly married (Knopp, 2017). Narrative therapy (NT) is offered as a vehicle for deconstructing a couple's experience of infidelity as well as helping them co-construct a preferred narrative about their new relationship. The co-construction process enables a couple to contextualise the meanings associated with infidelity. Over the course of therapy, the clients then restore a preferred narrative, which enables them to move forward in a positive manner (Bermúdez & Parker, 2010).

d) Addressing poverty and inequality

To live a productive and rewarding life in this highly competitive world, governments and development partners must protect and promote fundamental human rights, including economic rights such as living a decent life (Biyani, 2019). To enjoy this critical human right, citizens need access to affordable, quality, relevant and all-inclusive education, employment, credit facilities, if not free financial support, justice, to name a few (Petel, 2021). Without reasonable access to some of these fundamentals, the fight against poverty and inequality in the communities will remain a far fetch dream and so too will the elimination of some crimes and immoral behaviors including extramarital affairs and its associated socio-economic and psychological costs (Raphael, 1998) lending support to: to prevent extramarital sex and related problems in the communities promoting positive parenting, addressing poverty, inequality, normalization of violence across the life course; and transforming men's power over women and children should be seriously fought against and eliminated (Fulu et al., 2017).

e) Healthcare services

A healthy body and soul are one of the most significant assets of humankind. With good health and a conducive environment, individuals' and communities' socio-economic and political development is greatly accelerated (Fisher, 2014). Therefore, access to quality, relevant, affordable; and all-inclusive healthcare services is not only a fundamental human right but a must for physical and psychosocial development of a person more especially, those recovering from medical, emotional; and psychological trauma (Petrie & Zatzick, 2010) aligning with: in addition to the medical support provided by community health workers, their support in the areas of awareness creation, identifying, educating, building relationships with survivors, their psychosocial support and follow ups are critical in the recovery, rehabilitation; and reintegration of victims including the innocent children and other members of the family cycle (Gatuguta et al., 2017). Essential in the recovery and reintegration of survivors is to be supported psychosocially and medically to be able to undergo the psychological rigour of disclosure healthily and sustainably. Because survivors suffer traumatically, all relevant stakeholders must contribute their quota, more especially, the health professionals and social workers, as in most cases they suffer huge health and psychological damages (GOV.UK, 2020). Victims, especially women, accessing early diagnosis and appropriate mental health care to ensure functionality in society and at the family level cannot be overemphasized since indisputably they are the backbone of their families (Kaggwa et al., 2021).

f) Social welfare services

Since the creation of the human race, persons, communities, societies, and nations have never been equal socio-economically and politically, although we are all equal as human beings (UNFPA, 2005). Therefore, it is not uncommon to see others lagging and requiring support to overcome their challenges and problems, including putting food on the table for themselves and their loved ones, including the innocent children (Harvey, 2016). To assist these vulnerable and disadvantaged communities, responsible governments and communities had to established social welfare institutions to address their fundamental needs and problems including recovery programmes in case disasters strike (Rana et al., 2022): to expedite recovery and reintegration of survivors and further support their families particularly the direct victims, the children and other members of the family, counseling and the provision of impartial professional advice by specialized institutions including social welfare agencies is indispensable (Whittle et al., 2013). To expedite recovery and reha-

bilitation, survivors need the quick responses of social workers, school counsellors, psychologists, and other therapeutic service providers (GOV.UK, 2020). To assist child-victims of extramarital sex to recover and reintegrate, it is fundamental that social workers and counselors do not work with non-offending parents only, but equally offer the entire family the needed psychosocial support through counseling, as its status has a direct bearing on the well-being of the victims (Grant, 2006). To improve marital satisfaction, decrease relationship conflicts and reduce the divorce rate due to marital infidelity among deployed military officers, governments, and development agencies must develop programs that support both men and women during deployment (McCray, 2015).

g) Relationship satisfaction

Marriage, the building of most families, is critical for the sustenance of society through, for example, orderliness and sexual regulation (Prandy, 1998). Though marriage cannot be divorced entirely from conflicts due to a series of factors, it is fundamental that the conflicts are rationally prevented and addressed permanently, for a healthy and complementary relationship is one of the bedrocks of marriage and family (Asoodeh, 2010). However, in case of any destabilization as a result of any unpleasant situation, including extramarital sexual relationships, the victims, the perpetrators and the entire family need some support to ensure rapid rebuilding of satisfactory relationship for flourishing collective life and living (Samadi et al., 2021) concurring with: relationship satisfaction is critical to curb extramarital relationship as it has that strong potential to decrease negative emotional feelings, numbness, irritability; and the trauma some of the causative agencies of extra-dyadic (Polser, 2020).

h) Group therapy

The road to recovery and reintegration after a traumatic event in life is not only multifaceted but cumbersome sometimes due to numerous factors that include the degree of harm, time of occurrence, and the physical and psychosocial nature of the victim. Thus, for any impactful support to be delivered, the specialists must conduct a thorough assessment to understand the situation, the victims and their significant others (Kilgus, 2015). Sometimes, working directly with the victims could be enough and appropriate. However, in some cases, working with the victims in a group is more effective for multiple reasons. For example, groups are critical pillars in society, as belonging to one or more is a clear manifestation of being valued, trusted, and accepted. To be valued and accepted is indispensable in the psychosocial and intellectual development of a person not only as a source of motivation (Weber & Hertel, 2007) but also it energizes recovery from stressors especially, if it is a support group as testified: to improve the emotional and mental health of victims of spousal extramarital sex, group psychotherapy sessions have been efficient (Shoaa & Momeni, 2015). The emotional focus therapy, the Gottman method, and the integrative approach have been significantly helpful in supporting the recovery processes of victims of infidelity (McBain, 2022). Marital infidelity is seemingly the most challenging issue confronting couples' therapists and has a high prevalence amongst couples in both clinical and community settings (Stamps, 2020). To combat marital infidelity, attachment-based couple therapy can help address insecurity in a relationship (Rokach & Chan, 2023). While couples therapy is one of the recommended therapies to support victims and perpetrators of marital infidelity, the therapist often needs to work with issues unique to each individual. As such, each party must be able to identify their own responses, their own sexual needs and preferences, which also necessitate a co-therapist (Almås & Benestad, 2021).

Additionally, recovery and reintegration are attainable through many approaches, such as counseling or psychotherapy, maintaining loving relationships, getting closer to God via different methods, and self-redemption (Thomas & Hall, 2008). To support survivors of sexual abuse, including extramarital affairs, for full recovery and reintegration, counseling is fundamental, especially that of trauma-focused cognitive behaviour therapy in which parents and other critical members of the family are involved (Foster, 2014).

i) Counseling services

Sometimes in life, people are disoriented due to several factors; therefore, to effectively apply themselves to come out of those predicaments, they need people whom they can engage in open and frank discussions to realise and mobilise their potential to put the pieces together (Anonymous, 2016). Therefore, to remain healthy and fit requires lot of endeavors some might be constant physical and psychological exercise while some might be engaging professionals and experienced persons in the form of counseling in all forms including the pastoral one (Alexandratos, 2012) as substantiated: in reducing the negative impacts of sexual abuse including being victim of extramarital sex, survivors need counseling services that can accord them safe and secured environment, encouragement, opportunities for empowerment, skills to build and maintain long-term supportive relationship and be able to address more general psychosocial problems being encountered before the abuse (Hall & Hall, 2011).

To enhance rehabilitation, victims and families need counseling services from highly qualified and experienced counsellors so that they will be able to successfully navigate through the hierarchy of systems to access more and

appropriate services (Hogan et al., 2012). Critical in the prevention of marital infidelity is couples accessing the services of premarital and postmarital counseling experts (McBain, 2022). One of the most important and helpful tools for coping with sexual addiction, including marital infidelity, is seeking and regularly attending counseling sessions with professional counsellors and social workers (Schneider et al., 1998). For the recovery of individuals after adequately identifying the leading causes of extramarital sexual affairs in the family, family counseling has proven very useful in revitalising the marriage and trust (Jahan et al., 2017).

4. IMPLICATIONS AND CONTRIBUTIONS

4.1 Reseach Implication

The implications of this research underscore the necessity for a multi-dimensional approach to supporting survivors of extramarital affairs, particularly for social workers and child rights advocates. The study highlights the importance of integrating social, economic, and psychosocial support services to address the diverse needs of victims. For practitioners, this means adopting a holistic, trauma-informed model that not only focuses on individual healing but also on the restoration of family dynamics, including the protection of children's rights. Additionally, the findings suggest a need for tailored intervention strategies that consider cultural contexts and the unique circumstances of each case, ensuring a more effective and comprehensive recovery process for those affected by infidelity.

4.2 Reseach Contribution

This research contributes to the understanding of the comprehensive support services necessary for survivors of extramarital affairs, offering valuable insights for social workers and child rights advocates. By categorising support into social, economic, and psychosocial domains, the study provides a clear framework for designing and implementing intervention strategies that address the varied needs of victims. It emphasises the critical role of holistic, trauma-informed care in facilitating both individual and family recovery. Furthermore, the research highlights the importance of protecting children's rights and ensuring their well-being in cases of family disruption due to infidelity, offering practical recommendations for practitioners to improve service delivery and outcomes.

5. LIMITATIONS AND FUTURE RESEARCH DIRECTIONS

5.1 Reseach Limitations

One limitation of this research is that it primarily relies on existing literature and case studies, which may not fully capture survivors' diverse and evolving experiences of extramarital affairs across different cultural and socio-economic contexts. The study's findings are based on a limited range of interventions and support services, which may not reflect the full spectrum of available services or the nuanced needs of individuals in varied geographical regions. Additionally, the research does not explore the long-term effectiveness of the support services provided, nor does it assess the specific challenges service providers face in delivering these interventions, suggesting a need for future studies to address these gaps.

5.2 Recommendations for Future Research Directions

Future research should focus on evaluating the long-term effectiveness of the support services for survivors of extramarital affairs, exploring both immediate and sustained recovery outcomes. It would be valuable to conduct studies that assess the impact of culturally specific interventions and how they cater to the diverse needs of individuals from varying socio-economic backgrounds. Additionally, investigating the challenges social workers and child rights advocates face in delivering comprehensive support services, particularly in underserved areas, could provide insights into improving service delivery. Comparative studies between different regions or countries could also offer a broader understanding of best practices and identify areas for improvement in the global approach to supporting survivors of infidelity.

6. CONCLUSION

Support services for survivors of extramarital affairs play a pivotal role in aiding their recovery and addressing the multifaceted consequences of infidelity. The required services can be categorised into three main areas: social, economic, and psychosocial support. Social support encompasses services like counseling, group therapy, and education on relationship dynamics. Economic support addresses financial challenges, inequality, and poverty, ensuring victims access healthcare, welfare, and other necessary resources. Psychosocial support, including behavioural therapy and relationship satisfaction programs, helps individuals heal emotionally and rebuild their self-worth.

For social workers and child rights advocates, understanding the holistic needs of victims is essential. Social workers are particularly instrumental in providing trauma-informed care, facilitating family reconciliation, and helping individuals navigate the legal and emotional complexities that arise from infidelity. Advocates for child rights must also be proactive in ensuring that the well-being of children is protected, considering the detrimental impact of family disruption caused by extramarital affairs. Integrating child-focused support services alongside general recovery programs will contribute to better outcomes for the entire family.

When delivered in a coordinated and culturally sensitive manner, the combination of these support services can significantly improve survivors' emotional, psychological, and practical recovery. By addressing both immediate needs and long-term healing, social workers and child rights advocates can help individuals and families navigate the aftermath of extramarital affairs, ultimately fostering resilience and the restoration of family structures.

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The author declares that the entire research and writing process for this article was conducted independently. The author takes full responsibility for all data associated with this research. No other individual contributed as a co-author or made any significant contribution to the content of this work.

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Conflict of Interest Statement

The author declare that they have no significant competing financial, professional or personal interests that might have influenced the performance or presentation of the work described in this manuscript. The author is an Reviewer Members for this journal and was not involved in the editorial review or the decision to publish this article.

Ethical Approval Statement

The author declares that this study is a literature review and does not involve human participants, personal data, or any other subjects. Therefore, this study does not require ethical approval from a research ethics committee. The entire research process was conducted in accordance with academic ethical standards, upholding scientific honesty, integrity, and the ethical use of legitimate sources.

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