

Relationship – Cheating through Technology

Is there an upward trend of married men and women using apps like Tinder, FinalSip and WeChat for casual hookups and to cheat on their significant other?

Technology had been used by people to carry out their activities such as calling, messaging and emailing. These activities change with time. With smartphones becoming the norm and data becoming more affordable to most people, many apps have started capitalising on this, including those that helps you to make friends with people in your area.

While singles are using them to get dates and perhaps find their significant others, married men and women are using them for affairs. There are more cases of these in the recent years, though it is hard to determine the percentage of people that use these apps to cheat. Tinder is one of the apps that are used frequently. However, people do not only use one apps. Furthermore, if one goes oversea frequently, they tend to have other localised apps in Cambodia and Thailand. Even Mi, the China-made smartphone, has MiFinder.

What are some signs of cheating?

There are a few indications that a significant other is cheating on the other. Below are some.

- Being on the phone frequently
- Placing the phone face down
- Switching off the notification for messages
- Changing passwords on the phones
- Locking their apps that contain chats
- Turning away from the other significant other when using the phone
- Being extremely upset if someone uses their phones

However, it is important to remember that these are not all the signs. Having one of the signs does not immediately mean that they are cheating. Instead, a couple is encouraged to be open and communicate frequently.

Why do people cheat on apps that allow individuals to meet new people?

Most of the times, people who use a certain apps are like-minded people. Most of these apps are created to replace texting and to connect with friends; it is not created for cheating. However, the developers start adding in extras to differentiate themselves. Some would have functions to locate friends while others have functions such as shaking the phone to find friends nearby or to find new friends and to connect with them.

Some of these social apps become abused over time and become more popular tools for like-minded people to find no-strings attached relationships.

Moreover, it is thrilling for some people to not know who they may be talking to. They can also like the anonymity of the text as they can have the thrill of sexting with different people. They may not have the actual physical sex itself. Others may browse through the photos of the men or women before they text them. There are some phone apps that allow the users to shake their phones, determine the radius of where to find these girls, fix an extremely small radius and then make up their choice of who to text. They can then observe who are replying the texts and decide if they want to continue.

In addition, some people have sexual addictions. Some are addicted to the fantasy world such as having phone sex and sexting, but not the actual physical sex. Therefore, the phone apps are useful for instant gratification. Others are intrigued by the different styles that each woman or man has and they love to do it with different nationalities, feeling like they can “conquer” the women and men around the world. They hunger and crave for the needs to be satisfied. Sometimes, it may not be because they are having poor sex with their wives or husbands but it could be because they have addiction issues. For men, some of them seek out different women because they feel inadequate. There are some who are henpecked, have low sperm count and dominated in the workplace. As such, by using this method to seek out women and being able to make decisions and choices, it make them feel more manly.

If you are concerned about sexual addictions, The Therapy Room is here to help. The Therapy Room consists of a team of psychologists – led by Geraldine Tan, the principal psychologist – and is experienced in working with clients who have sexual addiction. Should you have any inquiries, please feel free to click [here](#) to contact us and find out more.

Are there more men or women who cheat on their significant others?

While more women than men approach therapists for the matter of being cheated on, there are women cheating using these apps too. This is evident from how men can find other women on the app.

Despite the stereotypical view of assuming that only men cheat, women who are cheating are on the rise. Some women who approached the therapists said that their husbands were too focused on work and they were not communicating properly and the sex life was almost nonexistential. Others said that they were busy taking care of children and had not been feeling sexy or beautiful for a long time. These are only some of the reasons why women cheat.

On the other hand, some men may have sexual fantasies. Others may state that they are stressed at work and in order for them to lessen their stress, some cheat so that they can feel “powerful” when they have many women.

How will a significant other be affected if they found out they are cheated on?

Most of the time, the significant other may try and hide the fact that they are cheating. They may make use of a few avenues to make contact with different parties in order not to be found out. However, having an affair is not as easy to hide because most people use texting on their phones to communicate. As such, this makes it easy for the other significant other to find out because phones are usually lying around.

As aforementioned, most of the times, it will be women approaching the therapists. They would be devastated and would attempt to make sense of everything that they found out. They may want to work on herself and rebuild the marriage. It may take a long time for them to recover. To them, it may have felt like the marriage has been a lie as they question the cause of the husband's infidelity. They may also feel worthless, dirty and belittled. If they are children involved, many women will worry over how the children will be affected. It is a painful and emotional time for them.

In addition, the significant other is not the only one affected. Children of these parents, especially those that have a third party involved, are usually children who are angry and filled with hatred. This is understandable as he or she may feel the negative emotions from both his and her parents and be affected by them. However, the child may not know where to direct these negative emotions and may direct them to himself or herself or his or her friends.

At The Therapy Room, a team of psychologists – led by Geraldine Tan, the principal psychologist – is experienced working with children and conducts play therapy. Play therapy focuses on using play to understand and communicate with children their feelings, behaviours and thoughts. In addition, Geraldine Tan also has a wealth of experience working with many people with marital issues over her years as a psychologist. Should you have any concerns or inquiries, please feel free to click [here](#) to contact us and find out more.

What could one do to reduce the possibility of his/her significant other cheating?

The first thing to note is whether one's significant other has a tendency of going to a pornographic site, having paid service or had cheated before. These may be signals to be more vigilant, especially if one tends to continue the relationship.

It is easy to forget to date each other. After being comfortable with the routine of married life, the thrill of chasing and dating fades and we forget how good it feels until we are reminded of it by someone else. It is encouraged for couples to constantly date and chased after each other, even and especially after the child is born. If you cannot afford long dinner dates or movie time, it is okay; picking up your significant other's favourite food or giving a five minute massage to him or her is good enough.

In addition, physical contact is just as important. Some males who had went to therapies said that they have sex outside but it is still not as fulfilling as going back to their wives. When probed further about what they need from their wives, they said they wanted cuddling, massages and skin-to-skin contact. Instead of receiving these, they said that the wives just want to have their own time or are running after the children. The males and females both acknowledge that they need physical contact; it does not have to be sex.

Most people may use the lack of communication with their significant other as an excuse to cheat. To a certain extend it may be true. The husbands that stray claim that they cannot tell their wives about their stress at work. The wives that stray feel that their husbands do not listen and share their stress at home and issues with the children. However, couples are encouraged not to let it culminate to that point that they are not able to share with each other and need to find an avenue outside to do so. Too often, couples tend to shut their significant other away from their world. Couples are encouraged to make an effort to keep their significant other in their world, not just in name and in routine but to learn, grow and mature together.