

The Impact of Obsessive-Compulsive Disorder on Marital Adjustment and Quality of Life

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Abstract: OCD, or obsessive-compulsive disorder, is a chronic illness that affects around 2.3% of people in general. Repetitive obsessions and compulsions are the main characteristics of OCD, a kind of anxiety disease. Because a marriage entails a man and a woman joining together as husband and wife, it serves as the cornerstone of family life. A person's feeling of social, emotional, and physical well-being is referred to as their quality of life. The study's goal must be to enlighten and investigate the quality of life and marital adjustment of those who suffer from obsessive compulsive disorder. Both manual searches and computerized databases. May argue that OCD has a direct impact on spouses and causes a great deal of misery and discontent in the marriage. Additionally, it is linked to social standing and the shame associated with the condition, which worsens spouses' quality of life.

Keywords: Psychological Impact, Social Well-being, Coping Strategies, Therapy Adherence.