

Abstract

The present study was exploring the different lived experiences to the victim of manipulative spouse. The aim of the study was explored out individual's perception regarding the manipulation experiences. The study was carried out through phenomenology tradition of inquiry. Through purposive sampling 3 male and 3 female (N=6) participants were selected on the basis of inclusion and exclusion criteria from department of Child and Family Psychiatry, Mayo Hospital, Lahore. Furthermore the participants for interview were selected in a screening process through scale called "tactic of manipulation" (Buss at al., 1987). Interview guide was developed for in-depth exploration of lived experiences of manipulation through semi structure interview protocol. Interpretative phenomenological analysis was used to identify the essence of manipulation phenomena. Four superordinate themes were derived as perception of manipulation, purpose of manipulation, impact of manipulation and dealing with manipulation. Results revealed that manipulator spouses used different tactics of manipulation as degradation, silent treatment, blame game, play the victim etc. The purpose of manipulation was to fulfill their demands due to their sense of superiority. Further the impact of manipulation had badly disturbed the home environment which inwardly impacted almost all areas of participant's lives which made them to displace their negative feelings. Furthermore some ways of dealing with manipulation were also revealed by the participants like compromising, being independent, seeking social support and being positive. Finding implicated on the improving relationship between the spouses by marital and family counseling.