

Theory of brain complexity and marital behaviors: A network neuroscience approach to explain the complexities of marital behaviors

Abstract

The extant theories on the quality and stability of marital relationships have some difficulties in explaining some of the complexities of marital behaviors. Theory of brain complexity and marital behaviors (BCM) is an initial attempt to explain the complexities of marital behaviors based on the science of complexity and network neuroscience. BCM proposes a new theoretical framework relying on this simple argument that marital behaviors, as one of the most complex human behaviors, are the product of one's brain's complex adaptive system (CAS). Hence, to understand the complexities of marital behaviors, a movement toward familiarity with the brain's CAS involved in marital behaviors needs to be started. Being on the rails of complex systems (CSs) will cause fundamental changes in the science of marital relationships because the laws governing CSs fundamentally differ from the laws of simple or even complicated systems and reductionistic perspectives. BCM might inspire interdisciplinary studies of marital relationships, complex systems, and neuroscience and may have considerable practical implications.