



Attitude towards romantic relationships in early adulthood.

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Abstract:

Objective: The perspective towards romantic relationships seems to be a controversy among young adults as everyone has a different point of view. The aim of this research is to study the attitude towards romantic relationships in early adulthood. **Methods:** Qualitative analysis was the method chosen for this study. 60 participants were used. 45 females and 15 males. The majority of the participants were aged between 18-25. **Results:** SPSS analysis was used to calculate the Spearman brown $r = .554$ which indicates positive correlation. For validity, content validity ratio was used which included panelists to assess the items on essential or not. Most of the items were considered highly valid to the test.

Keywords: attitude, romantic relationships, young adults, early adulthood.

Population and Sample:

The study consisted of 60 participants from early adulthood. The inclusion criteria to be a participant was that they should age between 18-30 years of age.

Introduction/ theoretical framework:

Romantic relationships are interpersonal relationships that involve physical or emotional intimacy. It can be sexual or non sexual involving family, friends or acquaintances. Romantic relationships play a vital role in the lives of early adulthood.

In Western culture, romance is common. It's portrayed in films, television shows, and ads. It can be heard in music. Literature, fortune cookies, and astrology all mention it. Even in sports, we see romance when one partner proposes to the other on the big screen.

These messages remind people of our basic emotional requirements and desires for deep interpersonal connections. According to Baumeister and Leary (1995), a fundamental human motivator is the need to belong and form meaningful, pleasant interpersonal relationships. They go on to say that non-romantic partnerships cannot provide the same level of happiness as romantic relationships (Baumeister & Leary, 1995).

The three components of love, according to Sternberg's triangular theory of love, are intimacy, passion, and decision/commitment. These principles can be applied to romantic partnerships as well as other types of interpersonal relationships. Seven different varieties of love are defined by the presence, absence, or mix of these three elements.

Friendship: Intimacy without passion or commitment

Infatuation: Passion without intimacy or commitment

Empty love: Commitment without passion or intimacy

Romantic love: Passion and intimacy without commitment

Companionate love: Intimacy and commitment without passion/sexual desire; this could also be called "platonic" love

Fatuous love: Commitment and passion without intimacy

Consummate love: Commitment, passion, and intimacy; represents an ideal relationship

The transition from adolescence to early adulthood takes place between the late teens and early twenties, roughly between the ages of 18 and 25. Detaching from physical and emotional dependence on parents, gaining financial independence, attending college, and finding a love partner are all important developmental goals for young adults at this age.

The establishment and maintenance of deep, romantic relationships is commonly regarded to be a fundamental developmental task in young adulthood.

Erik Erikson, a developmental psychologist, described this period as "finding oneself while losing oneself to another." For a person to be capable of committing to a deep and meaningful love relationship with another, they must first explore their identity and establish a sense of self. Capacity for intimacy is defined as the ability to share one's values and wants with one's relationship, as well as the ability to trust one's loved one.

The most important life objective for college students is to have a happy marriage or relationship. Young adults, on the whole, have not yet committed to life partners, but they are very interested in forming serious, long-term partnerships.

Young adults rarely receive direction about the components of a successful intimate connection from their families, schools, or communities, despite being developmentally competent to engage in such partnerships. As a result, people in their early adult years often have unrealistic and incorrect ideas about what constitutes a healthy relationship.

Literature Review:

Jealousy and Negative emotions:

For teenagers and young adults, romantic relationships are very new, and the ways in which they are similar to or distinct from more known sibling and peer relationships can be confusing and complicated at first. Transitioning from social contacts to love relationships can be especially difficult for youth who lack social skills, are inexperienced in communicating and handling conflict, and lack constructive strategies to cope with anger and sadness. Furthermore, because of the challenges surrounding sexual attraction and participation, emotions in romantic relationships are sometimes significantly stronger than in sibling and peer relationships. The most popular topic for problem-solving discussions among 17–18-year-olds (chosen by 15% of both young women and young men) was their partner's jealousy.

By the mid-twenties, this issue had dropped down the list of priorities, owing to the fact that relationships had become more stable and safe.

The triggering of strong negative emotions such as fear, grief, and rage connected with jealousy and other challenges in romantic relationships may be difficult for youth to handle.

Intimacy and Sexuality:

A happy love relationship is beneficial to both couples' health and quality of life (Hinchliff & Gott, 2004; Impett, Finkel, Strachman, & Gable, 2008). The couple's emotional intimacy is important because it helps to buffer daily stress and improves their well-being (Levine, 1991; Prager, 1997; Yoo, Bartle-Haring, Day, & Gangamma, 2014), as well as their satisfaction with their sexual relationship (Levine, 1991; Prager, 1997; Yoo, Bartle-Haring, Day, & Gangamma, 2014). (Impett, Muise, & Peragine, 2014; Yoo et al., 2014). Intimacy is thought to elicit sexual desire and can be viewed as a reward for experiencing sexual arousal and, in particular, orgasm (Basson, 2000). Intimacy, according to Sternberg (1986), is the sensation of strong sentiments of closeness, connectivity, and bonding.

Attitudes toward Romantic Love Among American, German, and Japanese Students:

The Hobart (1958) and Knox-Sporakowski (1968) scales, which measure views toward love and romance, were completed by university students from West Germany, Japan, and the United States. The findings support Goode's (1959) theory that romantic love is highly valued in less conventional societies with few strong extended family ties, but is less valued in cultures where kinship networks affect and sustain marriage partners' relationships. On average, Japanese participants agreed less with attitudes valuing romantic love than did West German participants. The responses of American individuals were in the middle of the two civilizations.

Data and sources of data:

The data was taken through a google form containing items to understand attitude towards romantic relationships. The google form had 20 items which were selected from an item pool. The items were made considering the three main aspects to measure attitude; cognition, behavior and emotions.

Variables:

Unidimensional.

Operational definition of dimensions measured:

This test measured a unidimensional variable. As this was a qualitative survey, it focused on only one variable, that being attitude towards romantic relationships.

Methodology:

Rationale:

Romantic relationships are interpersonal relationships that involve physical or emotional intimacy. It can be sexual or non sexual involving family, friends or acquaintances. Romantic relationships play a vital role in the lives of early adulthood.

My purpose to take up this study was to have a mere understanding about this wide topic which does not seem to have one firm or fair opinion about. Since we were understanding attitude towards certain things, what better way to understand attitude towards romantic relationships in early adulthood as it is such in different terms for the past few years. My main purpose to study this was when my peers always seem to have conflicts over relationships and constantly fighting with their partners over some or the other feud. I asked myself a few questions, “what are romantic relationships after all?” “two people spending time with each other?” “a track which leads to marriage?” etc.

My study helped me discover some answers to these questions. There were few things which I focused on while making my test. To understand the attitude towards romantic relationships people need not be in a relationship just to have an opinion about it. So, my test included statements which were general in nature which aimed on answering statements based on the point of view of these relationships and not focusing on having a partner.

Procedure:

The items were typed out in the google form and were sent out for responses from the early adulthood age group (18-30 years). The form included clear instructions that the data will be kept confidential and used for academic research use only so that the participants were comfortable sharing their personal details in the forms. Consent was asked before the survey started, they were allowed to proceed only with their willingness to participate. As the form was sent out, responses were collected. The sample size was 60 which included males and females from early adulthood.

Results and discussion:

To calculate reliability, the second most common type was used. Split half reliability is the second most common after cronbach's alpha.

To calculate that SPSS software was used. The received data from 60 participants was pasted in the data view of the sheet. For split half reliability we find the value for spearman brown correlation, it is .554, which shows that the test was split in two equal halves to calculate this. The Cronbach's Alpha for the same is .564 and .342 for part a and part b respectively. (the images from the software while commuting are attached below) For validity, content validity was considered. The process to calculate content validity started with making another google form with the statements with the options, “essential”, “useful but not essential”, and “not necessary”. The google form was sent to 10 experts for assessment of the statements. The experts had to categorize the statements according to their understanding whether the statements qualified for the study or not. Who are these experts? These experts are people who have a masters degree in any field from psychology. (teachers, professors, licensed practitioners in the psychology field, etc.) the statements were then assed.

Statistical analysis -

The descriptive statistics for split half reliability of this test was selecting item, scale and scale if item was excluded with

correlation option under inter item. Anova table being none and then calculating the same. The split half reliability was calculated with the correlation matrix. (tables for the same attached at the end).

Content validity was calculated with the help of the formula $CVR = \frac{N_e - N/2}{n/2}$ for each item.

The results were analyzed using the data from google form responses. The sample size for this test was 60. Around 45 (75%) and 15 (25%) females and males respectively participated in this study.

To understand if dependency was established on your partner in a romantic relationship, around 18-20 people moderately agreed. We have seen that people who are in relationships have lost their own opinions and seem to be lost in what both the partners in the relationship have to say, but around 22 people moderately disagree with people losing their individuality in a romantic relationship. As we know the common thing where we have heard that people often feel like they have no privacy at all in their romantic relationships, as 20 people have seen moderately disagreeing with people losing their privacy in a romantic relationship. Possessiveness and being jealous has been one of the trivial parts of the relationships, as this study states that around 22 people are bent towards strongly agreeing with this.

Romantic relationships can be temporary in nature? Well not everyone can have the same opinion but around 25 people from this study surely think that they are temporary. Around 45 people agree that romantic relationships can be mentally tiring with the wrong person, well it does challenge you on an emotional level. , around 18 people strongly disagree with emotionally vulnerable people being in a romantic relationship. This could be because that considering that one person makes another person well enough to be feeling good about themselves this could happen. The need for being sexually educated received around 45 people strongly agreeing which considers that it really is important not only in a romantic relationship but also otherwise. PDA, one of the ways of showing affection in public, seems to be pretty common as around 24 people agreed to that. Intimacy has yet again proved to be one of the ways of showing affection/romance in a relationship as 31 people from this study agree to that. You know how we say that communication in any kind of relationship is very important. Being vocal about your thoughts and feelings can go a long way. Well, even in a romantic relationship, around 52 people think communication and trust are one of the important aspects. Mutual respect, one of the very important things in a romantic relationship established with around 56 people agreeing to the same.

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