



## ROMANTIC RELATIONSHIPS IN ADULTHOOD

Dr. Firdous Ansari

Ph.D. (Statistics)

**ABSTRACT**

During the time of adulthood, majority of young men and women get involved into romantic relationships. Regarding their relationships, they feel very positive with high levels of satisfaction, commitment, and love. In this study we have considered various studies concerning with romantic relationships in adulthood. In the last section of the study discussion is made for further future perspectives.

**Discussion**

Modernization is playing a key role in changing of life style and romantic relationships have become an essential part of life especially in adults. Keeping in view, the change in life style, relationship education should be taken into consideration in the duration of adolescence to adulthood as these relationships may change the game of your life.

**KEYWORDS** : Romantic Relationships, Adulthood**Introduction**

The period of maturity which follows adolescence and generally begins at some time between ages 18 and 21, depending on the jurisdiction, with most regarding 21 as the official onset of adulthood. (Child Protection Act of 1984). It is a stage of the transition from adolescence to adulthood (Arnett J. J. 2007; Wood R. G. et al, 2008). According to a study, in 2001, 20 percent of people aged 18 to 25 were married; 20 percent were living with a partner in a cohabiting relationship; and 35 percent were dating (Scott M.E. et al, 2011). Numerous studies from the literature reported that satisfying romantic relationships have their impact on healthy development of successful relationships (Auslander et al, 2009; Meier, A et al, 2009). In present paper we have considered different studies those are in concern with romantic relationships in adulthood.

A study was found examining whether individuals with different personality types i.e. over controllers, under controllers, resilient, had different friendship quality development throughout adolescence. The study considered also investigated that whether personality types were indirectly related to romantic relationship quality in young adulthood, via friendship quality development in adolescence. This study considered two age cohorts of 1313 youths who had a romantic relationship during young adulthood, one age cohort from 12 to 21 years, (n= 923) and another cohorts from 16 to 25 years (n = 390), respectively. The mean ages for age cohort from 12 to 21 years were found to be 12.37 years (SD = 0.56) and 16.56 years (SD = 0.81) for the cohorts from 16 to 25 years. For both cohorts, the ethnic compositions reported were 91.9% Dutch and 8.1% ethnic minorities. It was observed in the study that 77.6% from the age cohort from 12 to 21 years and 46.4% from the cohorts from 16 to 25 years were completing further education. Significant differences were also pondered between participants who had a relationship and those who did not. In the same study the percentages of girls and native Dutch in the group with a romantic relationship were reflected significantly higher than those in the group without a relationship whereas, after controlling for gender differences, young adults with a romantic relationship were exposed perceiving more support from their best friend (F [1, 1099] = 10.61, p, .001, r = .10), less negative interaction with their best friend, and less dominance from their best friend (F [1, 1105] = 7.31, p = .01, r = .08 and F [1, 1083] = 4.83, p = .03, r = .07, respectively), than young adults without a romantic relationship (Yu R et al, 2014).

In another study considered, was conducted to explore the association between perceptions of childhood experiences with parents, attachment styles in romantic relationships, and relationship satisfaction in a sample of young adults. This study sampled 227 participants, 153 were university students and the remaining 69 were members of the general population with 78% female and 22% male having an age range of 18 – 39. After

completion of self-reported measures to assess their attachment style in romantic relationships and satisfaction in their current romantic relationship, results of the study revealed that majority of males had an avoidant-fearful style, while females tended to have an avoidant-fearful or secure style. Study found that participants' descriptions of their mother, father, and parental relationship were associated with their attachment style. As far as current romantic relationship is concerned, adults with a secure attachment style were observed much more likely to be in a relationship whereas those with an avoidant-fearful style were not. Secure participants were found to be more satisfied in their relationships than the insecure styles of attachment. In the same study no association between gender and attachment style was reported (Gwen Gleeson et al, 2014).

A study was found observed examining that whether romantic involvement, romantic security, and friendship closeness were independently predictive of late adolescents' depression and loneliness, and whether friendship closeness would moderate the negative effects of adolescents' lower degrees of romantic involvement and romantic security on depression and loneliness. In this study information was extracted from 110 participants as well as their parents and a same-sex best friend. In this study adolescents reported on their romantic involvement, romantic security, and psychological distress. Whereas parent reported depressive symptoms of adolescents' and friend reported closeness. In the same study higher degrees of romantic involvement and friendship closeness were found related to lower degrees of loneliness and higher degrees of romantic security were reported related to lower degrees of depression and loneliness (Chong Man Chow et al, 2015). Another study used the National Longitudinal Study of Adolescent Health, this study tested progression of involvement and intensity with age, relationship duration by considering relationship type and patterns of relationships over the course of adolescence and their influence on relationship formation in young adulthood. This study revealed that relationships became more exclusive, dyadic, of longer duration, and more emotionally and sexually intimate over the course of adolescence. Whereas, relationship experience in adolescence was found associated with an increased likelihood of cohabitation and marriage in young adulthood (Ann Meier et al, 2009).

A phenomenography was also observed contributing towards understanding experienced realities of emerging adults in the context of romantic relationships and its consequent developmental outcomes. In this study 30 romantically involved emerging adults, 15 women and 15 men were employed. Study disclosed that for emerging adults these relationships were more satisfying than dissatisfying. It was also revealed that romantic relationships have significant and lasting impact of an individual's development. In the same study both boys and girls were reviewed

reporting a positive change in the quality of life, which included positive feelings of happiness and reducing negative states such as anger and sadness (Gala J et al, 2013).

We came across another study having goals, investigation of gender differences in relational aggression and victimization within young adults romantic relationships, investigation of associations between romantic relational aggression and victimization and perceptions of romantic relationship quality, and exploration of parent and peer predictors of romantic relational aggression and victimization. Study considered, considered 70 females and 34 males college students who went through self-reports of romantic relational aggression and victimization, and parent, peer, and romantic relationship quality. Study disclosed that men and women had equal levels of romantic relational aggression, and men had higher levels of victimization than women. Aggression and victimization were found positively correlated with negative romantic relationship qualities and observed negatively correlated with positive relationship qualities. Regression analyses of this study signaled that romantic relational victimization and romantic relational aggression explained variance in romantic relationship quality (Linder J. R. et al, 2002).

One of the studies summarized findings on the development of romantic relationships, focusing first on the normative stages of mainstream youth and subsequently on atypical patterns of troubled youth (Connolly J et al, 2014).

A study was also considered, tracing developmental transitions into and out of romantic relationships from age 18 through age 25 in a sample of 511 young adults. In the considered study, the developmental antecedents of these different romantic relationship experiences in distal and proximal family and peer domains were also observed examined. Study unwrapped that these relationship outcome trajectory clusters were predicted by variations in competence in early relationships with family and peers. Findings of the study shaded light on normative and non-normative developmental transitions of romantic relationships in young adulthood (Rauer AJ, 2013).

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