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Corresponding author:

Aniqa Razi Lahore Leads
University (LLU) Kamahan -
Lidher Rd, Formanites
Housing Scheme Lahore,
Punjab,
Pakistan. E.:
aniqa.razi3@gmail.com

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**EXPERIENCES OF MULTIPLE ROMANTIC RELATIONSHIPS MAKEUP AND
BREAKUP AMONG ADOLESCENTS**

Aniqa Razi¹, Wahida anjum², Muhammad Ghaffar²

- 1 Lahore Leads University (LLU) Kamahan - Lidher Rd, Formanites Housing Scheme Lahore, Punjab, Pakistan.
- 2 HOD Psychology, Lahore Leads University (LLU) Kamahan - Lidher Rd, Formanites Housing Scheme, Lahore, Punjab, Pakistan.
- 3 Lahore Leads University (LLU), DHA Phase V, Lahore.

ABSTRACT

Experiences of multiple romantic relationships makeup and breakup among adolescents is a very common issue in this era. The rationale of this research is to know the reasons and after effects of multiple romantic relationships make up and break up among adolescence. Semi structure interview of 3 females and a male of age fifteen years to twenty-six years is conducted to collect the data. IPA was used for the analysis of data. Results indicate that the communication and extra care towards opposite gender leads to the romantic relationships. The mental and physical health also damages in the result of makeup and breakups.

Key words: romantic relationships, extra care, adolescents, makeup, breakups.

Introduction

The age of adolescents is the very sensitive and crucial period. It is the period of age between 12 years to 18 years for adolescence. Home environment and society both affect the adolescents equally.

Following Diamond (2003, 2004), we define romantic love as a motivational state associated with feelings of attachment and therefore the inclination to hunt commitment with one partner, and that we define concupiscence as a motivational state that leads the individual to hunt opportunities for gender.

Society affects the adolescents very much but the parents' upbringing plays important role in a child's direction that how a child can receive both positive and negative vibes from the society. It totally depends on his/her upbringing style that how his/her parents trained him about the society. If he/she has a positive and friendly environment from his parents and siblings at home, the adult will definitely receive positive vibes from the society, in other words we can say that the adolescents lining in negative environment cannot receive positive vibes from the society. He always engages in bad activities, like developing unethical or romantic relationships with same or opposite Gender. Positive outcomes of healthy adolescent's romantic relationships includes relatively higher self-esteem, confidence, and a positive romantic self concept (Collins, Welsh, & Furman, 2009; Furman, Negative outcomes ranges from rejection sensitivity and self silencing to

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psychological maltreatment, depression, and poor academic performance Williams, Connolly, & Cribbie, 2008). UN favourable environment leads to more chances to engage in love and romantic relationship.

Triangle theory of love.

Sternberg's triangle theory of love presents three components of love, which are as followed:

- Passion is the extreme sexual desire of partners which they feel toward each other. It is the first stage of relationship and based on attraction.
- Intimacy is the power which compels the partners to share emotions, feelings, thought patterns and psychological attachments with each other. It is the middle stage and takes some time to develop; it is the stage of trust.
- Commitment is the conscious and final decision of partners to remain together. It is the final and most refined stage of relationships.

Makeup and Breakup of relationships.

All these components are very important in maintaining and developing any relationship, although these are not the baseline of any relationship.

Some of the adolescents go towards the multiple romantic relationship makeups and breakups. This affects their personality as well as their psychological and physiological health. There are three common reasons of multiple makeup and breakups (a) need for a person for sharing (b) deceiving from partner (c) parents did not agree for love marriage. Doing so again and again makes the individuals habitual for makeups and breakups.

Frames of relationship.

Davidson (1991) gave three frames of relationship.

1. **Highly dependent / a-frame:**

In A-frame relationships partners are highly hooked and depend on each other for survival. In this frame the breakups are divesting.

2. **Living parallel lives/h-frame:**

Partner lives parallel lives in H-frame relationships. They rarely spend time together that's why their sharing intimacies are very less. This relationship ends without suffering emotionally.

3. **Interdependent/ m frame:**

In M-frame relationship partners are interdependent. In spite of having strong connections with each other partners are always ready to end their relationships without any disaster. They became sad and hurt but ready to stay alone and for the ending of relationship. They love their selves a lot and have high ego, they prefer to keep their ego instead of relationship

Literature review

Christopher, Paulsen and McKinney (2015) conducted a series of same sex and same age groups from grades sixth to eighth and analyzed their responses about Erickson's concept of identity formation employing a grounded theory approach. This research

concludes that when early adolescent's associates with the new roles of romantic partners and that they also develop personal set of role expectations for this role; it needs for direct experiences, learning and maturation before the successful engagement during this role.

Reuban, Obayemi and Oluwatosin (2016) predicted about the results of self-esteem and self-efficacy on pre-marital relationship. They also tried the predictive effects of attitude for premarital sex. Research concludes that the modifying psychological factors of self-efficacy, self-worthy and attitude toward pre-marital sexual activities could also be effective within the regulation of pre-marital relationships sexual relationship among in class adolescents.

Paun and Oliver (2017) investigated the magnitude of the associations between adolescent's romantic relationships quality, breakup and mental state outcomes. After investigation the researcher concluded that there are strong associations between romantic relationship quality, romantic relationship breakups and mental state. Associations are also stronger for girls than men but the nationality and age doesn't matter.

Xuanli, Huang and Chiung-Tao Shen (2019) examined the results of romantic involvement and dating behaviour on adolescents academic and psychological functioning in Chinese societies. Single adolescents having dating experiences in past showed greater depressive symptoms than people who never-dated or are currently in dating relationships. Boys having past dating experience showed higher self-esteem than their present dating or never-dated age fellows, while single girls having past dating experience showed lower self-esteem than their present dating or never-dated counterparts. Adolescents with dating experience, early dating, over-dating, sexual activities, and breakup experiences can undermine their academic and psychosocial well-being. Two studies presented by us conclude the functions and varieties of romantic love and sexual desire in romantic relationships.

Rationale

urpose of this study is to explore the experiences of multiple romantic relationships make ups and breakups among adolescence.As previous work related to romantic relationships among adolescence focused on few variables (e.g. Christopher, Paulsen and McKinney (2015); Reuban, Obayemi and Oluwatosin (2016); Paun and Oliver (2017); Xuanli, Huang and Chiung-Tao Shen (2019) and no other work has been done to know about reasons of multiple romantic relationships that why adolescents fall in romantic relationships So this study will be a pioneering work in indigenous perspective. The findings from current study could facilitate the counselors and psychiatrists in process of therapy to treat the adolescents while they fell difficulty in adjusting after breakups. Therapeutic interventions could be planned from the present research findings, and those interventions could support people to engaging in positive activities and challenging negative thoughts.Moreover, the themes form current study could be used in the indigenous context for the development of measurement tool. Recent researches on romantic relationship provide us knowledge about the reasons of makeups and breakups among adolescents.Complicated form of guilt can increase in mental illness. If we clearly understand the factors which increase this mental illness then we can enable us to control psychological problems in patients who suffers from

breakups of romantic relationships. So this research will help us for all this. With the help of this research we can prepare people for the losses that are to come in future and people can achieve a balance between avoidance and interaction with harsh truth or painful realities.

MATERIAL AND METHOD

Methodology

Qualitative research design and Snow ball sampling technique was used. Sample of this study was consisted of 4 participants ($n=1$ men & $n=3$ women). 4 in-depth semi structure interviews were taken from the people of different disciplines. Their age ranges varied from 16 to 26 years, education was from Metric to graduation (continue). Data was collected by in-depth interviews and In-depth semi structured interview were used for the in-depth interviews

Procedure

After seeking permission from the relevant authority 4 in-depth semi structure interviews were conducted on phone call and 4 in-depth semi structure interviews were conducted face to face. Time and place was selected according to the convenience of the participants. Written consent was taken from them after introducing their rights of participation. Confidentiality and anonymity were insured. It was volunteer participation. They have the right to quit at any time but they did not use this right. Each participant fully participated till end. They were encouraged to freely give their answers about the question. Interview was consisted of 20 questions (and multiple probes) which intended to find out participant's experiences of multiple romantic makeup's and breakup's among adolescence. This whole discussion was audio taped with the permission of participants. It took minimum average 19 to 45 minutes to complete the each interview.

Interpretative Phenomenological Analysis (IPA).

Data was analysed by interpretive phenomenological analysis (IPA). Audio taped material was transcribed in detail through 'Bottom-up process (Larkin, Watts & Clifton, 2006). This technique was selected because it generated codes from the given data instead to utilize the existing theory to identify the codes. The method of IPA concerned with exploring in detail how people made sense of their lived experiences (Smith, Flowers, & Larkin, 2009). Interpretative Phenomenological Analysis was associated with the quality and consistency of the individual's experience rather than the categorization of cause-effect relations (Willing, 2008). Researcher repeatedly studied the whole transcribed material in detail and highlighted the main points, later on these main points converted into meaningful themes, these themes were coded (from general concept to more specific form) then connections and dissimilarities were found between these codes, patterns were identified between these codes, this information was converted into major themes (super ordinate themes), later on related sub themes were extracted, these sub themes collected under the umbrella of major categories, finally these categories were interpreted according to the cultural context of Pakistan.

RESULTS

Seven major and multiple related sub themes were extracted from the data by using the

Interpretative phenomenological analysis. The results of these themes are as follow: They trust blindly on their first partners. But after deception they lost their trust on love. They face difficulties in trusting new partner and cannot trust blindly to their new partner. Extra care & friendship with opposite gender, words and promises made by apposite gender attracts for love. Personality, more time spending and gossips are the reasons for multiple romantic relationship makeup. Electronic media creates fantasies through dramas and movies. The teenagers and their associations with media oriented stories and fantasies are the reasons of romantic relations. Social media especially Face Book is the very familiar platform where new relationships develop. Mobile Phone is the pathway for more communication due to which romantic relationship strong. The print media including novels and poetry develop love emotions. They are in very pleasant & happy mood while they are in relationship with their partner but after depressed and anxious when conflict with partner. They are motivated and spent goal oriented life when in relationship and spend hopeless life after break up. They remain depression phase for arrange 1 to 6 months after break up. The romantic relationships break due to deception and more than 1 relationships of the partner at a time. One more reason of break up is arrange marriages in our society due to our cast problems. Parents did not agree to marry his / her of spring by their choice. Result also indicates that fantasise of teenage and fun is the most common reason of multiple romantic relationship. Habit of being in contact with opposite gender, again and again deception, choice of love marriages, and love with spouse and relation for time pass are the reasons of multiple romantic relationships. Their mental and physically health affected badly. They also feel difficulty in adjusting with spouse. They remain always in the state of fear and depression. They also feel anxious for their ex-relations after their marriages.

DISCUSSION

The aim of the current study was to check the experience of multiple romantic relationship makeup and break up among adolescents. Seven major and related multiple sub themes were extracted from the data by using interpretative phenomenological analysis.

Acker & Davis (1992), reported first major and related multiple sub themes describe the trust level on love and on the partner. Results showed that there are four aspects of the victim's trust level on love that the affected adolescence who trust blindly on first love partner cannot love again blindly feel difficulty in trusting again and again.

Second theme deals with the reasons of attraction for romantic relationship. The result of showed that the butter word, extra care ,charming personality, friendship with opposite gender and more time spending with them are the reason for romantic relationship.

Whereas, Fox et al., (2013) reported Third major and related multiple sub themes describes about the role of media and showed that we cannot ignore the role of media while discussing about the reason of engaging in romantic relationships.

Electronic media create fantasies, novels and poetry help to develop romantic emotion, Face book provided a platform for met ups and development of romantic relations and mobile phone help to strong the relationship via communication.

Third major theme is the effects of romantic relations on mood and behaviour. The multiple sub themes covering this major theme resulted that the partners have very

relaxed, pleasant and happy mood when in relation. They were goal and life oriented adolescents and stay motivated to achieve their goals. They only feel anxious or depressed when there is any conflict between them. It also indicated that the adolescents became hopeless towards life and their goals and entered into depression phase for four weeks to 6 months.

Fourth major theme is the reasons of break up. The results showed that the relationships break due to the deception, more than one relationships at a time. One more reason is culture based. Which showed that the parents do not accept the love marriages that's why the relationships broke down. Lemieux & Hale (2002)

Fifth major theme and multiple related sub themes describe the reason for multiple makeup and breakups. The results indicated that the teenage fantasies and attraction for opposite gender are the reasons for makeup.

This research showed that the reasons of multiple makeup and break up are again and again deception from partner, for time pass, for the sake of fun. One more results indicated that love for spouse and try for love marriage leads to the multiple romantic relationships.

Seventh and last main theme describes the effect of the multiple romantic relationships. The results showed that multiple makeup's and breakups damaged their mental and Physical health badly. Results also showed that society treats them roughly and poorly. They lost their trust on opposite gender. They also feel difficulty in adjusting with spouse and always fearful and stressed after marriage.

CONCLUSION

Multiple makeup and breakup is not a newly born issue in the society. it is running in the society from centuries. This research shows that the attraction for opposite sex, extra care towards opposite gender and communication with them leads to the multiple romantic relationships. This research concludes that media plays a very vital role in the development of romantic relationships. This also concludes that the multiple romantic makeup and breakups damage the mental and Physical health of adolescents. it also low-down their self-esteem and confidence level.

This also indicates that these relationships do not need base, such relationships are only for fun and time pass. This research also tells the reasons for the breakup is cheating and deception.

IMPLICATION.

Study has wide Implication for the researcher's and psychologists, especially for clinical and counseling psychologist. It helps to understand the reason for involving in multiple romantic relationships. In helps to gain a positive thinking that from where adolescence can cope up their selves. It will also help the parents to keep safe their children's from romantic relationship. It can also help the staff of Educational Institution to keep the students far apart from these relationships and to groom their minds and personalities in a very positive way it it can also help to build an environment in which opposite gender can respect each other. This research also develops the understanding to keep save that daughter of Hawa from the son of Adam.

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