



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

To Study The Effect Of Romantic Relationships On Emotional Regulation And Decision Making In Young Indian Women

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ABSTRACT

Women in the age group of 20-28 years are in their young adulthood phase. During this time, they tend to explore a lot of relationships depending on their needs and wants. This age group involves a lot other aspects such as building a career, becoming financially independent, getting married. But with time, people just tend to see it a little more than that. They want to pursue their goals, travel the world, explore new places, get to know themselves better. This most likely affects the relationship they are in as they tend to give more time to themselves than to the relationship. The term “romantic relationship” is very deep and has several aspects. Such intimate relationships drive the need for attachment, more importantly secure attachments. Romantic relationships provide a space for people to trust the partner, that enables them to be vulnerable, further- to be themselves. All of these depend on various factors, especially the relationships that the person has seen at home, along their past romantic relationships. The previous studies have been conducted internationally and have not given emphasis to an additional aspect of how decision making is impacted in Young Indian Women with respect to Romantic Relationships. This study aimed to explore the relationship of Romantic Relationships with Emotional Dysregulation and Decision Making in Young Indian Women aged between 20-28 years. The data was collected from 121 participants using Relationship Assessment Scale, Emotional Regulation Questionnaire and General Decision Making Style Questionnaire. The statistics among Romantic Relationships, Emotional Dysregulation and Decision Making among Young Indian Women have been analyzed using Pearson’s correlation coefficient that was calculated using SPSS to be 0.000 for Cognitive Reappraisal facet; 0.000 for Emotional Suppression facet; 0.007 for Systematic decision making style; 0.860 for Intuitive decision making style; 0.862 for Dependent decision making style; 0.006 for Avoidant decision making style and 0.104 for Spontaneous decision making style. This indicates that there is a positive Correlation between Romantic Relationships and Emotional Regulation for

both the facets- Cognitive Reappraisal facet and Emotional Suppression facet. There is also a positive correlation

between Romantic Relationships and Decision making for Systematic and Avoidant Decision Making Style as shown in result table 1. Further, Multiple Analysis of Variance value from Result table 2 predicts that Romantic Relationships have a significant impact on Expressive Suppression Facet ($p=0.001$, $p>0.05$). For Spontaneous decision making ($p=0.045$, $p>0.05$). Lastly, for Avoidant decision making ($p=0.000$, $p>0.05$).

Key Words- Romantic Relationships, Emotional Dysregulation, Decision Making, Young Indian Women

Title- To study the effect of Romantic Relationships on Emotional Regulation and Decision Making in Young Indian Women

Introduction

1. Women in the age group of 20-28 years are in their young adulthood phase. During this time, they tend to explore a lot of relationships depending on their needs and wants. This age group involves a lot other aspects such as building a career, becoming financially independent, getting married. But with time, people just tend to see it a little more than that. They want to pursue their goals, travel the world, explore new places, get to know themselves better. This most likely affects the relationship they are in as they tend to give more time to themselves than to the relationship.

Giving time to oneself is indeed important but not for the wrong reasons, reasons that tend to only spiral when we overthink about them, such reasons must always be avoided in order to stay mentally healthy. "Communication is the key to healthy relationships", people say that a lot, but only a few tend to implement it in their romantic relationships as it requires a lot of effort from both people involved. Only one person sailing the boat cannot take it across the shore, it requires efforts from both ends so that less efforts are made and better results are achieved.

Especially in cases when one is aware that their partner is an over-thinker, and is emotionally vulnerable, it requires a little extra effort than usual. They need to be reassured every now and then, they need validation, acceptance and reassurance to get along and to continue to be with that person.

This study involves the exploration of how

Romantic Relationships tend to impact the emotional regulation and decision making in young Indian women.

2. "Romantic Relationships have been described in terms of closeness, emotionality, and the yearning for intimacy. These strong desires are attributed to the emergence of pubertal maturation and sexual interests. In the popular media, adolescent love has been portrayed in absolute terms to convey a sense of a deep passion, devotion, and selfless care for the loved one, which further contributes as an important key factor to their adult relationships. Empirical research shows that disagreements and conflicts are also integral to romantic relationships. While anger, envy, and contempt color all relationships, they pose a special risk to romantic relationships because of the voluntary nature of the affiliation and the heightened level of romantic emotions" (Felix, A., Lopez, M. et al. 2021).

The term "Romantic Relationship" is very deep and has several aspects. Such intimate relationships drive the need for attachment, more importantly secure attachments. Romantic relationships provide a space for people to trust the partner that enables them to be vulnerable, more importantly- to be themselves. All of this depends on various factors, especially the relationships that the person has seen at home, along their past romantic relationships. These two majorly build the basic ground for their future relationships. Women tend to invest a lot of their time and energy in the relationship that they share with their partner. They want to be exceptional in whatever they do for their partner. They have a tendency to care like a mother and listen like a therapist when it comes to the person they love during this course, they tend to forget that they are also worthy of the same amount of love and care.

3. When two individuals share a close bond in a romantic relationship, they tend to seek emotional availability from the partner, thus building the ground for emotional dependence on the partner. "Emotional dependence on a partner implies an excessive and dysfunctional emotional attachment to the other person. A person is considered dependent when they perceive the current and past balance of their stable partner relationship to be negative and considers ending the relationship but feels unable to do so

even in the absence of economic dependence or threats to remain in the relationship. Emotional dependence may result in a series of negative emotional consequences, including anxious-depressive symptoms, obsessive thoughts, sleep disturbances, and withdrawal from social relationships and leisure activities. This dependence is also characterized by a skewed perception of reality, an intolerance of loneliness, and an inner emptiness" (Felix, A., Lopez, M. et al. 2021).

4. Relationships tend to bring together a lot of emotions that could sometimes be difficult to regulate among both men and women. It could be a result of certain discussions, arguments or suppressed thoughts. Romantic relationships are highly impacted in how people control their emotions and react towards them. Relationships can be confusing, spiraling and a lot of times exhausting too. This could be due to the varied expectations that people have from each other when they are together.

Especially when we talk about the relationships of people in their 20s, there exists unclear boundaries, dependence, ill-defined tags that come with the relationship. Usually, people are not aware of what they want from a relationship, which mostly is because of the fear of ending up alone, attention seeking behavior or the fact that they are not good enough to be loved by someone unlike their peers. These “needs” and “requirement for validation” is a very prevalent attitude in young adults.

5. These are the major reasons that lead to “Emotional Dysregulation”. *Emotion dysregulation is defined as the inability to regularly use healthy strategies to diffuse or control negative emotions*” (Schwartz, B. 2019). It tends to impact women on the higher ground as they have a high Emotional Quotient. Emotional dysregulation could be a consequence of the issues in the current relationship, or certain negative aspects of the past relationships that continue to be a barrier in the current one. It could further impact a woman’s Quality of Life which involves her ability to experience joy, fulfillment, and satisfaction in various aspects of life.

It can also have an impact on her relationships with various other people. She could feel socially isolated due to the inability to understand her own emotions which could make it difficult to connect with people. It is indeed all so connected, the fact that how one draining relationship with your partner can seriously impact the bond shared with other people. Chronic emotional dysregulation is associated with an increased risk of developing mental health issues such as depression, anxiety, and substance abuse disorders, along with self-harm behavior.

6. With respect to everyday life, if a woman is not satisfied with the relationship she shares with her partner, it may have a significant impact on her ability to make various decisions, even the trivial ones. She might incline her focus towards the reasons for yesterday’s arguments, or the ones before that, as they remain unresolved. This might lead to suppression of thoughts as she cannot willingly express it to her partner due to the fear of being judged.

Decision Making is a cognitive process defined as the ability of an individual, group, or organization to choose the appropriate alternative based on their values, goals, preferences and outcomes. There are five general decision making styles namely- Intuitive that refers to unsystematic information processing and reliance on premonitions and feelings; Avoidant which refers to trying to avoid making decisions; Spontaneous which refers to wanting to reach to a decision quickly; Dependent which refers to relying on advice from others; and Systematic which involves exhaustive information search, systematic evaluation of alternatives.

Review of literature

Rostami, Saadati et al. (2023) planned to explore the connection between the ability to appreciate individuals on a profound level and conjugal contentions. The members were 100 hitched couples who were

enlisted through comfort examining from various areas of Canada. The incorporation standards for the review were that the couples must be hitched for no less than one year and have no set of experiences of psychological instability. The members were approached to finish the EQ-I poll, which estimates the ability to understand anyone on a profound level, and the MCQ survey, which estimated the conjugal struggles. The information investigation was directed utilizing the Entertainer Accomplice Relationship Model (APIM). The outcomes for the APIM showed that the spouses' capacity to understand people on a deeper level ($\beta = -0.289$, $P < 0.001$) as well as the wives' ability to appreciate individuals at their core ($\beta = -0.320$, $P < 0.001$)

displayed a critical entertainer impact on their conjugal struggles. Essentially, husbands' capacity to understand individuals on a profound level ($\beta = -0.301$, $P < 0.001$) as well as the wives' ability to understand people at their core ($\beta = -0.342$, $P < 0.001$) showed a critical accomplice impact on their life partners' conjugal struggles..

Maloney, Molly et al. (2023) led an orderly survey and meta-examination breaks down the trauma center's relationship with IPV execution. 200 and 65 impact sizes from 62 interesting examples were incorporated for examination. Results recommended a little to direct relationship among trauma center and IPV execution, the extent of which differed by emergency room development, whether emergency room anticipated expanded or diminished IPV execution, and the sort of IPV execution estimated. The size of relationship among emergency room and IPV execution didn't fluctuate by test type or orientation. Ramifications of these discoveries were audited with regards to meta-hypothetical and clinically-engaged models of IPV execution and ideas for future examination were investigated.

Meyer and Sledge (2022) concentrated on The Connection between Struggle Points and Heartfelt Connection Elements. A huge, delegate test ($n = 1,013$) chose incessant couples struggle subjects and revealed relationship fulfillment and struggle ways of behaving. Results recommended interchanges was the most often detailed struggle point for all couples and nurturing was the most often announced struggle subject for guardians. Other ordinarily detailed subjects included individual/accomplice propensities, family tasks, funds, navigation, quality time, sex, screen time, job assumptions, and using time productively.

Ferguson, Karantzas (2022) tended to the general relationship of versatile self-guideline and versatile accomplice guideline techniques on close connection quality. A people group test of blended orientation couples ($N = 114$) who were prevalently happy with their ongoing connections - yet in any case actually experienced relationship struggle - were directed self-report evaluations of different self-guideline and accomplice guideline techniques as well as a proportion of relationship quality. Couples likewise partook in

a recorded conversation of an irritating relationship issue that was scored via prepared coders for verbal and nonverbal marks

of self-guideline and accomplice guideline techniques. Discoveries feature the significance of zeroing in on self-guideline in connections, as it is these techniques, over accomplice guideline procedures, that have more certain ramifications for the relationship quality experienced by regularly fulfilled couples.

Beckmeyer and Jamison (2020) researched the cycles prompting felt requirements in close connections. Utilizing information from inside and out interviews with 35 people about their relationship chronicles, we utilized grounded hypothesis methods to characterize and make sense of the most common way of entering and leaving associations with elevated degrees of felt requirement (i.e., stuck connections). The last example included 14 people examining 21 stuck connections. Members frequently entered stuck connections in their adolescents and mid 20s. In light of positive early encounters, couples immediately gathered boundaries to separation that supported the association in spite of decreases in relationship fulfillment. The choice to avoid stuck connections was frequently persuaded by developing with regard to the relationship or turning out to be more mindful of options.

Arbinaga, Sierra et al. (2021) expected to decide the connection between brutality, envy, and undecided sexism as per close to home reliance in young adult understudy couples. A total of 234 Spanish young people took part in the review. Members finished a specially appointed interview and a few approved tests. 40.6% showed high profound reliance and 14.5% outrageous close to home reliance. Very genuinely subordinate members showed contrasts in both brutality (sexual, social, verbal, and physical) and conflicted sexism and envy scores. Creating a prescient model of close to home reliance, with the variable desire and conflicted sexism as indicator factors, it was found that envy has the best prescient and major informative limit; with a $R^2 = 0.334$.

Güler and Telli (2021) analyzed the intervening jobs of relationship fulfillment, relationship change, and close to home reliance among separation of self, pardoning, envy, and compromise reactions among wedded people. The review test was non-dyadic and consisted of 240 wedded people from everyone. The review was written with a Turkish example. The information was gathered utilizing the Individual Data Structure, the Separation of Self Stock, the Multi-layered Envy Scale, the Profound Reliance Scale, the Conjugal Change Test, the Conjugal Offense-Explicit Pardoning Scale, The Reactions to Disappointment in Cozy Connections Convenience Instrument, and the Relationship Evaluation Scale. Separation of self was altogether emphatically associated with fulfillment, relationship change, absolution, and voice reaction and essentially adversely corresponded with desire and exit and disregard reactions.

Halmos, Leone et al. (2021) inspected the direct impact of feeling guideline on the relationship between relationship disappointment and actual IPA execution inside a dyadic structure. Members were 583 weighty drinking couples (N = 1,166) with a new history of mental as well as actual IPA enrolled from two metropolitan urban communities in the US. Staggered models were utilized to look at impacts inside an entertainer accomplice relationship structure. Orientation, Entertainer disappointment, and Entertainer and Accomplice feeling guideline were related with more noteworthy actual IPA execution. Entertainer relationship disappointment anticipated fundamentally more noteworthy actual IPA execution in Entertainers described by powerless versus compelling feeling guideline. Besides, accomplice relationship disappointment anticipated altogether expanded actual IPA execution in Entertainers announcing feeble, versus solid, feeling guideline. Orientation didn't altogether cooperate with model factors.

Bellot, Rivaz et al. (2021) decided the changeability of close to home dysregulation among ladies with various sorts of IPV revictimization and post-horrible pressure. The cross-sectional overview included 120 ladies who went by the Coordinated Checking Arrangement of Orientation Viciousness of Madrid, Spain, because of an orientation savagery protest. The presence of post-awful pressure issue (DSM 5 models), close to home dysregulation (Profound Handling Scale (EPS)), adolescence injury, and kind of revictimization were assessed. Group investigation found three profiles of close to home guideline: Genuinely Controlled, Evasion/Non-Devastated, and Profound Overpower. The outcomes showed that the Profound Overpower bunch was portrayed by an overall dysregulation of close to home encounters and a more noteworthy power of post-horrible pressure side effects.

Berretz, Rook et al. (2021) meant to examine genuine feelings by keeping couples in their homes utilizing versatile EEG innovation during embracing, kissing and profound discourse. they zeroed in on imbalances in full of feeling handling as feelings have been shown to be firmly lateralized in the mind. It was found higher alpha and beta power unevenness during kissing and embracing on front facing cathodes during close to home kisses and discourse contrasted with an unbiased control condition demonstrative of more grounded left-hemispheric enactment. It was likewise tracked down lower alpha power imbalance at parieto-occipital terminal destinations in the profound contrasted with the nonpartisan condition demonstrative of more grounded right-hemispheric actuation.

Sels, Cabrieto et al (2020) researched its consistency and directing variables, by analyzing profound reliance across various sorts of feelings, timescales, and situational settings, and by reviewing relationships with marks of relationship closeness. The discoveries show restricted proof for profound relationships. The general mean degree of reliance was fundamentally bigger than that of haphazardly created couples, yet just a minority of the couples showed profound relationships to a more prominent degree than these pseudo-

couples. In addition, how much couples displayed profound reliance showed little consistency across timescales and settings, and was not plainly connected with relationship closeness.

Materials and Methodology

Plenty of research has been performed on how relationships impact the thought process of people, the way they create new perspectives about what they want and what they really need. But very few have focused on the Emotional Regulation with respect to romantic relationships and how it is impacted especially in women. Women are perceived to be highly emotionally sensitive (Fischer, A., 2018), which is a major reason that a woman in love experiences every related emotion on a deeper level in comparison to the male partner. Very few studies especially in the Indian population focus upon how it further impacts the decision making in women. The rationale behind this study is to study the Effect of Romantic relationships on Emotional Regulation and Decision Making in women aged between 20-28 years.

The objective of this research is to study the effect of Romantic Relationships on Emotional Regulation and Decision Making in Young Indian Women. It includes women in the age group of 20-28 years. This age group mainly includes women who are either studying in college or are working professionals. Thus, fourteen hypothesis were put forward- There will be a significant relationship between romantic relationships and Cognitive Reappraisal Facet (Emotional Regulation) amongst young Indian Women; There will be a significant relationship between romantic relationships and Expressive Suppression Facet (Emotional Regulation) amongst young Indian Women; There will be significant relationship between Romantic Relationships Systematic Decision Making amongst Young Indian Women; There will be significant relationship between Romantic Relationships Intuitive Decision Making amongst Young Indian Women; There will be significant relationship between Romantic Relationships Dependent Decision Making amongst Young Indian Women; There will be significant relationship between Romantic Relationships Avoidant Decision Making amongst Young Indian Women; There will be significant relationship between Romantic Relationships Spontaneous Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Cognitive Reappraisal Facet (Emotional Regulation) amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Expressive Suppression Facet (Emotional Regulation) amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Systematic Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Intuitive Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Dependent Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Avoidant Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Spontaneous Decision Making amongst Young Indian Women.

The sample of the study consisted of 121 individuals that included only Women either studying in various colleges or who are working professionals in India basically to understand the level of both the variables during the young adulthood years for Women. All the women who are a subject if this study were in the age group of 20-28 years, which mainly consisted of women either studying in various universities or working in different industries in India . These women were randomly selected as per the criteria of the study.

The following three tools were used for the purpose of this study:

1) Relationship Assessment Scale

A 7-item scale created by Hendrick, S. S. (1988), intended to quantify general relationship fulfillment. Respondents answer everything utilizing a 5-point scale going from 1 (low satisfaction) to 5 (high satisfaction). The Relationship Assessment Scale ("RAS") is an instrument used to gauge general relationship fulfillment. The RAS is fitting for use with any people who are in a personal connection, like wedded couples, living together couples, drew in couples, or dating couples. This instrument is 7 inquiries in length. Its quickness builds its utility in clinical settings, and examination has demonstrated the scale to be corresponded with proportions of affection, conjugal fulfillment, sexual perspectives, self-exposure, responsibility, and interest in a relationship.

2) Emotional Regulation Questionnaire

A 10-item scale created by J.J. Gross and O.P. John (2003), intended to quantify respondents' propensity to direct their feelings in two ways: (1) Mental Reappraisal and (2) Expressive Concealment. Respondents answer everything on a 7-point Likert-type scale going from 1 (firmly dissent) to 7 (unequivocally concur). The Emotional Regulation Questionnaire (ERQ) is a self-directed, Likert scale survey for grown-ups that evaluate individual contrasts in the ongoing utilization of two feeling guideline methodologies: mental reappraisal and expressive concealment. The ERQ gives scores to reappraisal and concealment, and it catches individual propensities to reappraise and to stifle the outflow of feelings. The ERQ has been assessed for its psychometric properties, unwavering quality, and legitimacy.

3) General Decision Making Style Questionnaire

It is a 20 item questionnaire, developed by S.G. Scott and R.A. Bruce (1995). It consists of three alternatives next to each item. These are true, somewhat true and false. The respondents have to select one of the alternatives that they find most appropriate for themselves with respect to each item. It is used to measure the decision making styles of the person such as intuitive, systematic, dependent, spontaneous and avoidant styles.

Results

Correlational Analysis

	RAS	ERQ (CRF)	ERQ (ESF)	DMSQ (Systematic)	DMSQ (Intuitive)	DMSQ (Dependent)	DMSQ (Avoidant)	DMSQ (Spontaneous)
RAS								
ERQ (CRF)	.000**							
ERQ (ESF)	.000**	.000**						
DMSQ (Systematic)	.007*	.001**	.001**					
DMSQ (Intuitive)	.860	.019*	.019*	.000**				
DMSQ (Dependent)	.862	.614	.614	.001**	.000**			
DMSQ (Avoidant)	.006**	.844	.844	.174	.001**	.000**		
DMSQ (Spontaneous)	.104	.014	.014	.000**	.000**	.000**	.000**	

Table 1: Correlational Analysis

** Correlation is significant at the 0.01 level. (1-tailed)

Table 1: Pearson's correlation among Romantic Relationships, Emotional Regulation (Cognitive Reappraisal facet- CRF and Emotional Suppression facet- ESF), and Decision Making (Systematic, Intuitive, Dependent, Avoidant, Spontaneous) among Young Indian Women in the age group of 20-28 years

The correlation among Romantic Relationships, Emotional Regulation (Cognitive Reappraisal facet and Emotional Suppression facet), and Decision Making (Systematic, Intuitive, Dependent, Avoidant, Spontaneous) among 121 participants was calculated using SPSS. Pearson's correlation is used. The calculated value for correlation between, which is significant at 0.01 level (1-tailed).

Multiple Analysis of Variance

Source	Dependent Variable	Type III sum of squares	df	Mean square	F	Sig.	Partial Eta squared
Romantic relationships	Cognitive reappraisal facet	1682.888	22	76.495	1.534	.080	.256
	Expressive Suppression Facet	1793.036	22	81.502	2.671	.001*	.375
	Systematic decision making style	92.105	22	4.187	1.642	.052	.269
	Intuitive decision making style	85.541	22	3.888	1.168	.294	.208
	Dependent decision making style	123.284	22	5.604	1.295	.194	.225
	Avoidant decision making style	283.828	22	12.901	2.859	.000*	.391
	Spontaneous decision making style	154.272	22	7.012	1.679	.045*	.274

Table 2- Multiple Analysis of Variance

Romantic Relationships as a predictor of Emotional regulation and decision Making among Young Indian Women.

A Multiple Analysis of Variance (MANOVA) was calculated to predict the effect of Romantic Relationships on Emotional regulation and Decision Making among Young Indian Women.

Discussion

Women in the age group of 20-28 years are in their young adulthood phase. During this time, they tend to explore a lot of relationships depending on their needs and wants. This age group involves a lot other aspects such as building a career, becoming financially independent, getting married. But with time, people just tend to see it a little more than that. They want to pursue their goals, travel the world, explore new

places, get to know themselves better. This most likely affects the relationship they are in as they tend to give more time to themselves than to the relationship.

Giving time to oneself is indeed important but not for the wrong reasons, reasons that tend to only spiral when we overthink about them, such reasons must always be avoided in order to stay mentally healthy. "Communication is the key to healthy relationships", people say that a lot, but only a few tend to implement it in their romantic relationships as it requires a lot of effort from both people involved. Only one person sailing the boat cannot take it across the shore, it requires efforts from both ends so that less efforts are made and better results are achieved.

Especially in cases when one is aware that their partner is an over-thinker, and is emotionally vulnerable, it requires a little extra effort than usual. They need to be reassured every now and then, they need validation, acceptance and reassurance to get along and to continue to be with that person.

Brandão, Matias et al. (2019) inspected two or three individuals' feeling guideline procedures as possible middle people of secure heartfelt connection direction and mental well-being. 119 heterosexual couples finished self-report estimates on connection style, mental prosperity, propensity to stifle feelings, and feeling articulation. Examinations were performed utilizing the entertainer accomplice reliance intervention model that recognizes intrapersonal and relational impacts. Results showed that controlling for relationship length, there was an intrapersonal roundabout impact of connection evasion on mental prosperity through feeling concealment. Additionally, relational circuitous impacts were found (a) with individual connection evasion being related with accomplice's mental prosperity through own feeling articulation and (b) person's connection uneasiness being related with accomplice's mental prosperity through both one's feeling articulation and accomplice's feeling concealment.

Findings from the present correlational study, lend further support to this growing body of literature. This study involves the exploration of how romantic relationships tend to impact the emotional regulation and decision making in Young Indian women. The subjects were asked to fill a Google Form that consisted of three tools namely Relationship Assessment scale, Emotional Regulation Questionnaire and General Decision Making Style Questionnaire. The entire form had a total of 37 statements. The aspect of emotional regulation is further divided into two sub categories namely- Cognitive reappraisal facet that refers to changing the way one thinks about potentially emotion-eliciting events and Emotional Suppression Facet that refers to changing the way one behaviorally responds to emotion-eliciting events. These facets help to describe the aspect of Emotional regulation in detail. The other dependent variable, Decision Making has five subtypes to it namely- Intuitive that refers to unsystematic information processing and reliance on premonitions and feelings; Avoidant which refers to trying to avoid making decisions ; Spontaneous which refers to wanting to reach to a decision quickly; Dependent which refers to relying on advice from others; and Systematic which involves exhaustive information search, systematic evaluation of alternatives.

There were fourteen hypothesis for this research- There will be a significant relationship between romantic relationships and Cognitive Reappraisal Facet (Emotional Regulation) amongst young Indian Women;

There will be a significant relationship between romantic relationships and Expressive Suppression Facet (Emotional Regulation) amongst young Indian Women; There will be significant relationship between Romantic Relationships Systematic Decision Making amongst Young Indian Women; There will be significant relationship between Romantic Relationships Intuitive Decision Making amongst Young Indian Women; There will be significant relationship between Romantic Relationships Dependent Decision Making amongst Young Indian Women; There will be significant relationship between Romantic Relationships Avoidant Decision Making amongst Young Indian Women; There will be significant relationship between Romantic Relationships Spontaneous Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Cognitive Reappraisal Facet (Emotional Regulation) amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Expressive Suppression Facet (Emotional Regulation) amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Systematic Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Intuitive Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Dependent Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Avoidant Decision Making amongst Young Indian Women; There will be a significant effect of Romantic Relationships on Spontaneous Decision Making amongst Young Indian Women.

The data was collected from 121 participants who were women in the age group of 20-28 years. Correlational Analysis in result table 1 shows the statistics among Romantic Relationship which is the independent variable and Emotional regulation- Cognitive Reappraisal facet and Emotional Suppression facet, and Decision Making- Systematic, Intuitive, Dependent, Avoidant, Spontaneous style both of which are the dependent variables; have been analyzed used Pearson's correlation coefficient that was calculated using SPSS.

The value for Pearson's Correlation Coefficient was calculated to be 0.000 for Cognitive Reappraisal facet; 0.000 for Emotional Suppression facet; 0.007 for Systematic decision making style; 0.860 for Intuitive decision making style; 0.862 for Dependent decision making style; 0.006 for Avoidant decision making style and 0.104 for Spontaneous decision making style. This indicates that there is a positive Correlation between Romantic Relationships and Emotional Regulation for both the facets- Cognitive Reappraisal facet and Emotional Suppression facet. Thus, both hypothesis 1 and 2 stand true. There is also a positive correlation between Romantic Relationships and Decision making for Systematic and Avoidant Decision Making Style. Thus, hypothesis 3 and 6 stand true. It rejects hypothesis 4, 5, and 7 as the values for correlation are greater than 0.05 for Intuitive, Dependent and Spontaneous Decision Making.

Further, from result table 2, that depicts Multiple Analysis of Variance (MANOVA) was used to test the impact of Romantic Relationships on Emotional Regulation- Cognitive Reappraisal facet and Emotional Suppression facet, and Decision Making- Systematic, Intuitive, Dependent, Avoidant, Spontaneous Decision Making. It was used as there were two dependent variables (along with subparts for each of the two) in the research study. Result table 2 predicts that Romantic Relationships have a significant impact on Expressive Suppression Facet ($p=0.001$, $p>0.05$); thus hypothesis 9 stands true. For Spontaneous decision making ($p=0.045$, $p>0.05$); thus hypothesis 14 stands true. Lastly, for Avoidant decision making ($p=0.000$, $p>0.05$); thus hypothesis 13 stands true.

Further, it can be interpreted that Romantic Relationship does not have a significant impact on Cognitive Reappraisal Facet (aspect of Emotional Regulation), Systematic, Intuitive and Dependent decision making style in young Indian Women in the age group of 20-28 years; thus rejecting hypothesis 8, 10, 11, and 12.

Previous research done internationally has shown the relationship between Romantic Relationships and Emotional regulation. This study had an additional element of decision making to it. It is crucial to consider the fact that when the relationship is impacted, several facets related to it involving the person are also impacted. This study was inclined to understand that impact in the Young Indian Women population. Additionally, this study can also be used for further researches to understand the relationship between Romantic Relationships and Coping Mechanisms in Young Indian Women.

Conclusion

From the study, it can be concluded that there is a significant relationship between Romantic Relationships and Emotional Regulation for both the facets- Cognitive Reappraisal facet and Emotional Suppression facet in Young Indian Women. There is also a significant relationship between Romantic Relationships and Decision making for Systematic and Avoidant Decision Making Style in Young Indian Women aged between 20-28 years. To be generalized, it shows that Romantic Relationships tend to affect the Emotional Regulation in Young Indian Women, wherein women tend to suppress their emotions that further leads to the avoidance of many important decisions of everyday life or otherwise.

Further, Romantic Relationships is a significant predictor of Expressive Suppression Facet (Emotional Regulation), Avoidant Decision Making style and Spontaneous Decision Making style. It can be generalized as the fact that Women who are impacted by their Romantic Relationships tend to use Avoidant Decision Making mostly so as to not deal with other aspects of their life that doesn't involve much effort. They can also act spontaneously on other certain aspects when their mind is way too occupied with their relationship problems and tend to be quick with a random decision that they might analyze later.

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