



ROMANTIC RELATIONSHIP

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Abstract –

This article has been written to investigate the nature of romantic relationships. There are several factors that effect an individual's selection of romantic partner. Physical attractiveness, age, similarity are a few of them. Romantic relationships also effect the psychology of an individual casting an impression on well being, happiness, life satisfaction and self esteem. The termination of romantic relationships contribute towards psychopathology. This chapter also deals with extra dyadic involvement, personality types that are more prone to such involvements, gender differences and the effect of extra dyadic involvement on personality.

“Where there is love there is life.”

Closeness, emotionality, and the need for intimacy have all been used to define love relationships.

Romantic love is an affective state that is both profound and significant. Passionate love, which is a state of total absorption between two people, is the beginning of romantic love (Berscheid&Walster, 1978). Romantic love has a favourable impact on one's existence as the concept of "you and me" transforms to the concept of "us" (Aron et al., 1995). The mere presence of a romantic partner suppresses pain-related processes,(Eisenberger et al., 2011). Even the picture of romantic partner reduces pain and produces an effect similar to activation of the reward system (Younger et al., 2010). No wonder people like their mobile wallpapers are pictures of their lovers.

In romantic relationships, two persons have an effect on each other and are interdependent in the sense that a change in one person produces a change in the other and vice versa. Therefore, involvement in each other's life is indispensable in a relationship. The existence of a relationship implies that these people have maintained a long-term relationship; that their bond has unique characteristics, such as a sense of history and awareness of the relationship's nature; that they have an influence on each other's thoughts, feelings, behaviour and that they expect to interact again in the future (Reis, 2001)

A relationship is defined by a consistent pattern of contact between at least two people (Asendorpf&Banse, 2000) with each person bringing his or her own life experiences and basic inclinations to the relationship. Each relationship partner's personality is likely to have an impact on many parts of the relationship, which in turn has an impact on the individual's personality. This type of engagement, or transaction, reflects how people choose their relationship experiences, which can lead to or stimulate changes in personality traits. Continuous reciprocal transactions have a long-term positive impact on health, including well-being, life satisfaction, and lifespan (Neyer&Lenhart, 2006).

With the advent of social media, the time span of relationships has reduced drastically. Individuals meet on dating sites. How rapid relationship commences is exactly how fast it dissipates. So, what is the time span which differentiates a casual romantic encounter from a serious romantic relationship?

Intimate relationships are defined by powerful, frequent, and varied interactions that occur over a lengthy period of time (Berscheid, 1994). The phrase "intimate connection" describes a relationship in which intimate

exchanges happen frequently and predictably. Each partner in the relationship may anticipate and count on intimate interactions with the other at acceptable intervals since repeated personal interactions have a history.

Factors that make us attract towards a person

Attraction is a fascinating phenomenon. It's often impossible to say what draws you closer to one person over another, or what made you realize you can't stop thinking about them. There are various factors which somehow play a role in making us swoon over one particular person.

Physical appearance, of course, plays a significant influence in the earliest stages of attraction. We are attracted to beauty. What we find beautiful is although subjective but it is somewhere affected by the societal norms. There is a huge chance we find people beautiful if they resemble some popular movie star. This is primarily because movie stars are visually appealing and admired by a huge audience. Being in the company of good looking or beautiful individuals makes an individual feel good. Therefore, it would not be a stretch to state that the world is kind to good looking people as they possess aesthetic appeal.

But the criterion of selection varies with gender. What men find attractive might not be what females find attractive. According to evolutionary theory, men value physical appeal more and women value emotional ties, that dates back to our evolutionary past.

Proximity or nearness is another factor that plays a role in whether we are attracted to somebody. This is the reason why we find potential romantic partners in same college, same office or same neighborhood. **Mere Exposure Effect** refers to people's tendency to like novel stimuli more if they encounter them repeatedly. It is a psychological phenomenon in which being exposed to someone repeatedly is enough to make you like them. Next time when you need to woo a romantic partner you know the key to them notice you lies in your repeated exposure to them.

When forced to pick between the two, women from a variety of cultures favor a man's status above his physical appearance, whereas men prioritize a woman's attractiveness over her status (Li & Bailey et al., 2002)

Age is another factor that plays in our mind while looking for a potential factor. It is no hidden fact that males are attracted to someone younger than them in age while females are attracted to someone older than them. One of the reasons can be that males find younger women more fertile which ensures the chances of continuation of species and females find older men more mature, understanding, cognitively compatible and patient. Women have been found to be more likely to respond to personal ads placed by relatively older men, whereas men tend to respond to ads placed by younger women (Buunk et al., 2001, Dunn, 2010).

Matching Hypothesis also is a big factor that decides who an individual will fall for. According to Matching Hypothesis, the age old theory of opposites attract does not come into play while selecting the spouse. It is the similarity which initially attracts people towards the opposite gender initially. Whether it is demographic attributes, personality characteristics, attitudes, values, physical attribute like attractiveness people do seek somebody who is on the similar level like them. During the initial of relationship period, when two individuals have not known each other, they assess the extent to which they resemble one another in varied dimensions like, values, interests, personality, and other characteristics. The perception of similarity promotes feelings of mutual rapport and positive sentiment between the two, as well as the expectation that further interaction will be rewarding. These feelings, in turn, increase the likelihood that their relationship will continue to develop. The tendency to marry someone who is similar to you is commonly referred to as homogamy or assortment. The perception of similarity promotes feelings of mutual rapport and positive sentiment between the two, as well as the expectation that further interaction will be rewarding. These feelings, in turn, increase the likelihood that their relationship will continue to develop. The tendency to marry someone who is similar to you is commonly referred to as homogamy or assortment.

We also enjoy things that are comfortable, predictable, and secure. There is the prediction that there will be less friction if you are more similar, making spending time together easier and more gratifying. Relationships built on differences rather than similarities can be harder to maintain – couples that are well-matched work well together. So, when it comes to the psychology of attraction, it appears that a variety of elements are at play, and it's crucial to remember that it's different for everyone.

Time also has a role in making us fall for someone. Not everyone falls in love at first sight. Sometimes a person grows on you. You eventually start feeling attraction and love for somebody. "Just because there isn't an early spark in a relationship doesn't imply feelings won't emerge with time." In other words, if you're emotionally interested in someone, it's probably best not to overthink it.

We are also drawn to characteristics that our parents possess, such as physical characteristics, personality characteristics. This could be due to the fact that we perceive them as our primary caretaker and correlate positive sensations with their appearance. Facial symmetry, crooked smile or beauty spots, some features also play a role in determining our attraction.

According to one study, masculinity, symmetry, and mediocrity were favourably associated with attractiveness in men, but obesity or being obsessive was found to be inversely associated with attraction. Femininity was found to be a positive predictor of attractiveness in women, while obesity was found to be a negative predictor.

Humans are attracted to people who differ to them genetically. The major histocompatibility complex (MHC) is a part of the immune system that helps cells recognise foreign molecules. When the MHC is vastly different from your mate's, this decreases the danger of mating with someone you're related to, and increases the genetic variability of any offspring you have.

Living beings are programmed to work for the continuation of their species. Therefore the selection strategy of living beings is such that their progeny is healthier. Females are attracted with deeper male voices. There could be a biological reason for this, as deeper voices have been related to healthier offspring, which is attractive about males. Men prefer women with a low waist-to-hip ratio (i.e., large hips and a tiny waist), a morphology that is likely to signal fertility, according to study. Women, on the other hand, like males who have a more masculine waist-to-hip ratio (Swami, et al.,2006).

Reciprocity also plays a role in our attraction. People who reciprocate our affection seem more attractive to us. However sometimes there is an exception to this rule. Different personality types react differently to this feeling when their love is not reciprocated by their romantic interest. The feeling of unrequited love stays with few people more than the others. Dopamine chase, cognitive dissonance, low self esteem, loneliness, emotional distress, childhood issues are be few of the several reasons why unrequited love is often a spiral which attracts us and we struggle to get out of it. It was found that neurotransmitters also affect our attraction. People with dopamine-dominant personalities (curious, creative, and adventurous types) are drawn to other dopamine-influenced explorers. People who are serotonin dominating (traditional, conscientious, and rule-following) are drawn to others who are similar to them. On the other hand, testosterone-dominant people (analytical, skeptical, and tough-minded) and estrogen-dominant persons (nurturing, contextual, and imaginative) are attracted to each other. "Humans all have all four systems and all have varied ratios.

As there are as many minds as there are heads, so there are as many kinds of love as there are hearts. - Tolstoy, Anna Karenina

Effects of Romantic Relationship

'All you need is love'

Love is an enticing emotion. Living beings want love in their lives. Humans have a fundamental need to belong. Therefore, it is impossible for an individual to not experience love in one's lifetime. Romance changes a lot of things in our life. On one side an individual cherishes sunsets, music, flowers, candles but on a flipside there is a tinge of uncertainty, jealousy, insecurity, fear. When we share an emotional, physical and mental intimacy with another person there is an impact on us. Commitment and intimacy of romantic relationship enhances the well being of an individual by improving the physical, mental and psychological health. Because intimate romantic connections contribute to subjective happiness, the experience of pleasurable events associated to being in a romantic relationship may underlie this subjective boost of happiness. Thus, it can be said that being in a romantic relationship raises subjective happiness by providing positive experiences.

Romantic relationships help us deal with stress in a more effective manner. The production of cortisol, a stress hormone is reduced in committed relationships. This shows that people who are in a relationship are less vulnerable to psychological stress, and that the social and emotional support that comes with having a partner is a tremendous stress reliever. The physiological implications of prolonged stress are referred to as allostatic load, a psychological term coined in the 1980s. In both young and older cohorts, positive social experiences and better degrees of social integration and support are linked to decreased allostatic stress. Being linked to people in secure and loving relationships helps individuals cope with stress. So, it is safe to say that love is a stress buster. No wonder, in stressful situations we often phone our romantic partner before anyone else.

Romantic relationships also act as a cushion and protect us from psychopathological disorders like depression, anxiety, cancer and myocardial infarctions. Romantic Relationships makes an individual feel safe, secure and connected. It reduces social isolation and hence makes an individual feel healthy mentally.

It can be said that love has the potential to make an individual feel elated. Dopamine which is a feel good neurotransmitter or a mood intensifier, makes an individual feel tremendously cheerful and very appreciated when in love. Another neurotransmitter oxytocin also called the bonding chemical helps an individual feel connected and attached securely to the partner. Both dopamine and oxytocin plays a huge role in making us feel on cloud nine when we are in love. Romantic Relationships helps to take better care of oneself. This leads to increased self love and care. This is supported by Rogers, as in his theory he emphasizes how self regard stems from regards from others.

Romance and love also leads us to better regulation of our emotions and hence makes us more emotionally intelligent. Being in a relationship also increases self worth which leads to enhanced self esteem. A romantic relationship gives a person a new social role, which can lead to personality changes, such as increased self-esteem. This is because finding a mate is a major life goal, people who are in romantic relationships may feel better about themselves because they are closer to their ideal self. Society also has a more favourable opinion of people in romantic relationship. Social affirmation and social inclusion leads to feeling of higher self esteem. Self-esteem is shaped by positive social relationships, social support, and admiration. Romantic relationship also increases the life expectancy due to higher life satisfaction a person achieves when an individual is in romantic relationship. One of the most important effects of being in love is that love makes an individual sleep better. It is because perceived partner responsiveness which is the extent to which individuals feel cared for, understood, and validated by their partner reduces sleep problems by lowering depression and anxiety and increasing sleep efficiency. Also, romantic relationship helps us increase our resistance to pain. When both men and women were in the presence of their romantic partner, the researchers discovered that they were more resilient to pain. Furthermore, the higher the level of empathy in a love partner, the greater their pain tolerance. Not only this just imagining one's partner help us deal with pain more effectively. Being in love makes our immune system strong as people who are in supportive, pleasant relationships produce more oxytocin and appear to be less susceptible to stress, anxiety, and sadness.

Romantic love is an affective state that is both profound and significant. Passionate love, which is a state of total absorption between two people, is the beginning of romantic love (Berscheid&Walster, 1985). Romantic love has a positive impact on one's existence as the concept of "you and me" transforms to the concept of "us" (Aron et al., 1995). Furthermore, in an intimate connection, we can grow emotionally reliant on a spouse for satisfaction (Hazan&Shaver, 1987). Subjective happiness is associated with strong romantic relationships which lead to gains in mental health. Being in a romantic relationship is, in this view, one of the most rewarding and influential experiences of human adulthood (Diener& Seligman, 2002),.

Romantic love, which is fundamentally a human phenomenon, is prevalent across cultures and is assumed to be experienced by the vast majority of humans. Furthermore, higher levels of commitment in romantic relationships are linked to a tendency to undervalue attractive alternatives (Maner et al., 2009); thus, romantic love serves to keep couples together while reducing the desire to seek out new partners. In this sense, romantic love is a necessary component of human happiness and pleasant experience

Love is an intense emotion. Besides all the positive effects it casts on individual experiencing the relationship it does involve a flipside. Romantic relationships can also be overpowering. Romantic relationships also lead to an extreme feeling of dependence, attachment with the romantic partner. Some other emotions such as jealousy, possessiveness, uncertainty, fear of rejection, obsessive thought about the romantic partner takes well being for a toss. Negative actions during disagreement in relationships, such as aggression and criticism, have been related to negative mental health consequences.

High blood pressure, abdominal obesity, high blood sugar, high triglycerides, and low levels of "good" high-density lipoprotein were all linked to women who had more arguments and disagreements in their relationships.

Infidelity is gradually becoming one of the most common relationship issues. Infidelity or cheating can have disastrous implications for those who are involved. Anguish, sorrow, anger, and shame can all occur from being cheated in a relationship. According to Zola (2007), when it comes to women and affairs, there has always been a higher emotional need or tie, whereas males tend to have an affair simply for sex. In resolving this issue, it was shown that women are more likely to forgive sexual infidelity, whilst males find it the most difficult (Zola, 2007). Infidelity affects men and women differently, men are more distressed of affairs for sexual reasons, but women are more distressed of affairs for emotional justifications (Cann, Mangum, & Wells, 2001).

Perhaps due to their greater emotional engagement to romance girls appeared to be more emotionally vulnerable to the negative impact of romantic relationships. However, romantically involved males were likely to express their vulnerability in externalizing behaviors (Natsuaki, Biehl, & Ge, 2009). Besides this bad experiences from romantic relationship lead to various psychological issues such as identity crises, low self esteem, loneliness,

low self-worth, helplessness, fear, anxiety, despair, insecurity, paranoia. Toxic romantic relationships can cause deception on a continuous basis, Guilt-tripping, blame game, manipulation of emotions, physical violence, passive-aggressive behaviour which can cause detrimental effect to the mental health of an individual.

In 1979, psychologist Dorothy Tennov, coined the term “limerence” to describe a somewhat debilitating aspect of being in love. Limerence, according to her, is an involuntary, extremely intense, and tremendously passionate state in which the "limerent" individual becomes obsessed with and emotionally dependent on the object of their limerence. When this feeling of limerence is over, it leads to the feeling of hurt. When one partner is no longer interested in staying together, the other is emotionally torn apart. It might lead to feeling of devastation if one partner has given up everything in his or her life to be with someone and the other partner abandons.

Bad relationships have a detrimental effect of emotional health, makes an individual more stressed, anxious, depressed and more prone to psychopathological disorders. Bad relationships can also cause something as serious as Post traumatic stress disorder. The imprints of bad relationship makes an individual go through a stage of social isolation which makes him or her deceptive of people around and also makes him or her extremely guarded.

Are Romantic Relationships worth it?

Romantic relationships have both positives and negatives attached to them. Since humans have a fundamental need to belong and love is a basic emotion necessary for the survival of the human race. So thinking that a human can restrain from relationships is a far flung reality. Humans feel emotions, attractions and as a result they can not stay away from relationships for too long. There are different types of love as depicted by Sternberg in his triangular theory of love.

Fatuous Love: Some people with a strong physical attraction push for commitment early in a relationship.

Empty Love: This type of love may be found later in a relationship or in a relationship that was formed to meet needs other than intimacy or passion.

Romantic Love: Intimacy and passion are components of romantic love, but there is no commitment.

Companionate Love: Intimacy and commitment are the hallmarks of companionate love.

Consummate Love: Intimacy, passion, and commitment are present in consummate love. This is often the ideal type of love.

Each time an individual gets attracted to somebody there might be reasons which are very different from the previous times he or she felt in love. Love is an emotion that can give innumerable positive strength to a human that it is definitely worth it to take a plunge into a romantic relationship. No wonder lack of independence, autonomy are few of the troubles that an individual's face in the relationship but maturity and improved self concept, the sheer ability of knowing oneself well before knowing somebody else helps us to experience love and romance in better light without facing the side effects of it.

Types of Relationships –Unmarried couples, Married couples, Extra dyadic Involvement .

The basic classification that can be done of romantic relationships is unmarried dating couples, cohabiting unmarried couples and married couples.

Singh(2012) in the paper psychology of love found that passionate love and romantic infatuation were much higher in females than males in both unmarried and married couples. Unmarried couples, on the other hand, had substantially more passionate love than married ones. There was no substantial gender difference in romantic fixation between unmarried and married couples. In the case of romantic love, while there was no significant difference between males and females in unmarried couples, there was a substantial difference in married couples, with males scoring higher. Males in unmarried partnerships were shown to trust their spouses more than females, whilst females in married relationships were found to trust their partners more than males.

There are perks of being in dating unmarried romantic relationship. It leads to boost in self esteem, gives feeling of companionship, increases subjective happiness and well being, erases loneliness from the life and reduces depression, anxiety and other psychopathologies. But the downside of being in unmarried romantic relationship is less time to focus on self, relationship stress due to dynamic interpersonal relationship, relationship depression, intimidation, hostility, dependence etc. Unmarried couples who aren't co habiting meet each other for a limited time and as a result the mystery surrounding the other person remains. Although challenges include longer time interval between meetings, lack of intimacy, jealousy, suspicion, infidelity etc. Individuals can learn how to relate to people through dating and experience the joys of creating a "couple" relationship. Dating

enables individuals to engage in a variety of circumstances, allowing them to assess compatibility and learn about tolerance and commitment.

“A happy marriage is a long conversation which always seems too short.”

–Andre Maurois

Marriage adds certainty to the relationship. Married individuals have better health, better quality of life, stability and financial assistance, care, greater level of security and in most cases children. But the other aspect of marriage is that it leads to burden of raising a family, monotonous routine life, infidelity, lack of individuality, lack of freedom, jealousy, mate retention etc. Marriage also leads to low sleep quality in mid to late life (August, 2022).

Human connections are thought to be fragile and complicated. Couples prefer cohabitation to satisfy their diverse needs because of the pressures and responsibilities that come with marriage. Before exchanging vows, staying in with your partner for a trial period brings clarity about the other person. When you start living with someone, you get to know them a lot better because you learn more about their day-to-day habits. Co-habiting relationships bring with them lesser responsibility, shared financial responsibility, freedom from legal hassles, individuality in companionship; the main advantage of live in relationship is also its main disadvantage which is lack of commitment. Besides that societal stigma, knowing each other from so close also makes the couple lose charm of their relationship rapidly. Insecurity about future and also getting out of the relationship in case its getting toxic also becomes a bit difficult.

Extra-dyadic involvement (EDI)

Extra-dyadic involvement (EDI) is broadly defined as physical and/or emotional intimacy occurring outside the context of a committed relationship and without the knowledge or consent of one's partner (Allen & Baucom, 2004). Because infidelity has such a high emotional, interpersonal, genetic, and financial cost (Gordon, Baucom & Snyder, 2004). Men are more likely to be upset by a partner's sexual infidelity than women are by a partner's emotional infidelity. It is hypothesized that these variations are the result of various adaptive forces in the history of humanity (Harris, 2003). Men are more likely than women to end a current relationship as a result of a partner's sexual infidelity than emotional adultery. Men also find it harder to forgive sexual infidelity than emotional infidelity (Shackelford, Buss & Bennett, 2002)..

Techniques to detect relationship threats have evolved over time in both men and women. This is called “Mate Guarding”. Compared to women, men's mate guarding is more powerfully triggered by being paired with young, physically appealing women, coming face to face with interested rivals who have better financial resources or prospects, and having a partner who exhibits indicators of sexual activity with a rival. Comparatively speaking to men, women's mate guarding is triggered by being partnered with men who are high earners and status seekers, rivals who are more physically beautiful, and having a partner who exhibits emotional engagement with another woman (Buss, 2002)

Women are more sensitive to infidelity indicators than men, and they tend to focus their attention on prospective rivals in their mate's nearby surroundings, whereas males are more attentive to their own partner's intentions

Biological effects may be a cause behind many gender disparities in relationship methods and responses to relationship challenges, according to the evolutionary model of psychology. Males were more distressed by their partner's sexual infidelity, whereas females were more distressed by their partner's emotional infidelity.

Arantes et al. (2019) revealed that in comparison to women, men have higher levels of extra dyadic behavior, higher levels of sexual desire, place a higher value on physical appearance, and regard their existing relationship to be of lower quality. Those who think of themselves as more attractive likely have more sexual desire and better relationship quality. However, there are more gender variances. Women who thought of themselves as being relatively more attractive had a higher level of sexual desire than women who thought of themselves as being relatively less attractive.

Factors

There are several factors that lead to extra dyadic relationships. Although society does not approve of such relationships but sometimes there are causes that pull a person towards such relationships. Existential life crises, low relationship quality of present relationship play a role. Sometimes a person grows apart from the current partner due to personal or professional reasons, sometimes possessiveness or jealousy makes a person go distant from the current partner. Also there are times when self gratification needs of a person get more dominant and a

person thinks about own pleasure rather than the societal norms. Fading of love and charm with the committed partner makes a person fall head over heels on somebody who is attractive. Monotonous life with the current partner, regular life hassles takes away the zing from one's life. In such a scenario a person that brings a different perspective seems fresh and alluring. Profession also sometimes brings people closer. Great work chemistry with someone is sure to cause attraction. Compatibility with someone on work front makes a person feel understood and thus attracted.

The Dark Triad traits (Machiavellianism, psychopaths and narcissism) are the traits have been independently linked to relationship infidelity. For the Big Five Factors, conscientiousness was linked to lower infidelity; extraversion and agreeableness were associated with higher infidelity while neuroticism and openness showed mixed results. For HEXACO, individuals scoring low on honesty-humility scale had stronger relationship with infidelity. The chance of romantic infidelity may be predicted by sexually liberal attitudes and attachment patterns that include concern about abandonment? Individual differences, such as a lack of "conscientiousness," could also play a role.

Personality also determines whether a person will be enticed towards extra dyadic relationship. Big Five personality traits and found that extraversion (Barta&Kiene, 2005), low agreeableness (Barta&Kiene, 2005), high neuroticism (Barta&Kiene, 2005; Buss &Shackleford, 1997; Whisman et al., 2007), low conscientiousness (Barta&Kiene, 2005; Buss &Shackleford, 1997), and high psychoticism (Buss &Shackleford, 1997) all contribute to a greater likelihood of engaging in extradyadic relations.

Several studies have revealed that education is linked to infidelity, with highly educated people being more likely to disclose adultery than those who are less educated (Atkinset al. 2001). Women seem to believe that love and sex go together and that falling in love justifies sexual activity, but males seem to divide the two. Compared to males, more females feel falling in love justifies extra dyadic relationship (Glass & Wright, 1992).

Breakup / Termination of a relationship

Hearts will never be practical until they are made unbreakable.

Every individual unfortunately goes through at least one romantic relationship termination in one's life. Drifting apart from person who shares such an intimate bond is quite taxing mentally or psychologically. This challenging period leads to several mental and physical abnormalities in an individual. Depression, anxiety, trauma are few psychological manifestations of broken relationships whereas there are several psychosomatic symptoms like headaches, migraine, dullness, weakness etc. Unhappy lovers showed clinical depressive symptoms and blood oxygen level dependence changes in a brain network that has been linked to major depression when compared to joyful lovers. This could be a hint as to why grief and sadness are so closely related. (Stoessel et al., 2011)

In this turbulent phase an individual starts looking at the world in a very pessimist light. Breakups cause immediate loss of positive affect or sudden affection which leads an individual to feel mild, moderate or severe depression (Verhallen et al., 2019).

Gender also plays a role in how an individual deals with this period. Women were more likely than men to report negative emotions following a breakup, including sadness, confusion, and fear. To cope with the breakup, both genders utilised a variety of tactics, ranging from high base-rate strategies like discussing the split with friends to low base-rate strategies like threatening suicide. The most significant sex difference in coping methods was seen in the act of shopping, which was employed by both women Rejectors and women Rejectees as a means of improving their appearance before reentering the mating market. Perilloux&Buss(2008).

Females are emotional beings. Maybe this is the reason females may be more likely to tolerate sexual infidelity. When a partner cheats, the chances of splitting up increase, and there is no gender difference in the likelihood of breaking up. Couples who do not have fidelity requirements are more likely to end their relationships (Flanigan, 2007).

Besides depression, anxiety and trauma, memory functions also take a toll on an individual while the person faces breakups. Memory retrieval and mental imagery is affected by the stress of romantic breakups. Basically working memory alterations were reported after romantic breakup (Verhallen et al., 2021).

An individual invests a lot personally when in a relationship. So, when romantic relationships end, many people experience a loss in identity or loss of self with subsequent psychological distress (Manvelian et al., 2018). The loss of a romantic partner can, to some extent, cause the loss of the self.

The tendency for people to get overly invested in their psychological experiences after divorce predicts a higher risk of unhappiness in the months after divorce. Bourassa et al., 2019).

Self esteem plays a role in how an individual deals with a breakup. individuals who scored higher on self-esteem reported less distress after break-up, individuals measuring high in rejection sensitivity and anxious attachment style experienced the most adverse effects to romantic break-up and rejection, those measuring higher in avoidant attachment styles reported less adverse effects to break-up and rejection, Total symptoms for adjustment to romantic break-up were higher than grief symptoms due to loss (Robak& Griffin,2012).

Every heartbreak changes an individual in some way or the other. With each relationship dissolution, an individual somehow starts putting up walls around himself or herself. An individual becomes guarded for future.

Due to extensive use of social media, relationships begin as well as end on phone. However, women were found to be more inclined to use direct-open communication to dissolve the romantic relationship., The anxious style was significantly associated with avoidant-withdrawal communication, while avoidant attachment (i.e., skeptical about close relationships in general) was found to be negatively associated with direct-open communication during dissolution of the relationship(Hoffman, 2020).

These days the most effective way to deal with romantic dissolution among the youth seems to be “The Rebound”. Rebound relationship is basically a relationship which a person enters prematurely just for avoiding the pain of past relationship. Men were predicted and found to be more likely to enter rebound relationships in the aftermath of a relational termination based on lower levels of social support, more emotional attachment to an ex-partner, and displaying the ludus (or game playing) love style. Rebound relationships were employed by men as a distraction from their feelings of emotional attachment for their ex-partner, but also as a source of support and due to inherent ludic characteristics.(Shimek& Bello, 2014).

It won't be surprising to wonder that romantic relationships can cause post traumatic stress disorder (PTSD). The study's findings revealed that romantic breakup, when experienced as a significant and traumatic stress generates a sense of loss, influencing one's expectations of the desired relationship as well as one's preconceptions about safety. As a result, the person has chronic feelings of emptiness and impatience, a lack of a coherent sense of identity, increased self-destructive behaviors and the use of ineffective coping strategies, increased psychological, emotional, and physical distress, and is thus more vulnerable to emotional disorders (Rezapour et al., 2021).

Thus we can conclude that romantic relationships are a vital part of every adult's life. Since interpersonal human relationships go through their own share of highs and lows, therefore these transitions in romantic relationships impact individuals enormously. Therefore one should know their self before hopping from one relationship to the next so that they know what do they bring to the table. **Ultimately it is not who we are with rather it is who we are that effects our romantic relationships.**

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