

Mental well-being in polyamorous and monogamous relationship

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ABSTRACT

The present study was conducted to compare the relationship between the mental well-being of polyamorous and monogamous couples. It was hypothesized there will be no difference in the mental well-being of polyamory and monogamy couples. The study was conducted on a group of 60 individuals, with thirty participants who follow a polyamorous relationship and thirty participants who follow a monogamous relationship. The age group of the participants was from 20 years old and above. The tool that was used to administer the mental well-being of the group is the Warwick-Edinburgh Mental Well-Being Scale. The data was collected and subjected to appropriate statistical techniques. Results showed that there is a significant difference in the mental well-being of polyamory relationship when compared to monogamy relationship. People in polyamorous relationships have shown to have greater mental well-being as compared to people in monogamous relationships.

Keywords: Polyamory, Consensual Non-Monogamy (CNM), Open Relationship, Consensual Relationship, Monogamy, Single Partner, Multiple Partners

There is no one way to make a relationship succeed. Similarly, there is no one correct format for a romantic relationship. Over the past few centuries in the Judeo-Christian West, the norm has been the heteronormative relationship. Basically, there is a marriage between one man and one woman. This model is often held as the blueprint for a modern, moral, effective relationship (Marcus, 2019). Even same-sex marriages, only recently legalized, generally stick to a monogamous model. However, alternative relationship types have made their case as being equivalent, rather than better or worse. Polyamorous relationships are perhaps the most popular example. More and more people are becoming open to relationships that are not limited to two people, that follow a different set of rules, and that is not proscribed by a societal definition. The psychological world is becoming more attuned to the needs of people in polyamorous relationships (Marcus, n.d.). Research by Morrison, Beaulieu, Brockman and Beaglaioich (2013) showed that polyamorous men and women have greater levels of intimacy in comparison to the monogamous counterparts were polyamorous men also reported stronger attitudinal and behavioural sociosexuality i.e. more favourable attitudes towards uncommitted/casual sexual activity and a greater number of casual sexual partners (Cohen and Wilson, 2016). While this research was conducted in the Canadian population, one might question its existence in India, which is not a new ideology that one has developed in the modern society in the name

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of modern love, nor is it to be blamed to this generation but existed long ago, since this has been practised for many centuries by cultures from all over the world including India. Though the purpose of polyamory was entirely different earlier, many individuals in today's world would refer it to as growing in one's full potential, discovering many interests, build trust and moreover have better well-being.

What is Polyamory?

Polyamory is the state of having multiple sexually or romantically committed relationships at the same time, with the consent of all partners involved. Though these days polyamory has been one of the most “newly” found interest for the teenagers to look beyond one partner, to explore, the main reason for this study is to understand their mental well-being of being polyamorous when compared to monogamous relationships. Though early researches have shown that polyamory has more benefits over being monogamy, there are circumstances where polyamory could be ‘toxic’ or impossible for one to go through it as it requires twice the amount of the efforts put in by an individual. Jealousy and possessiveness flood in and lying becomes more common (Jenks, 1985; Pines & Aronson, 1981, as cited in Pines & Aronson, 1983). It requires couples to be honest, understanding and extremely resilient in order to work out polyamory relationship. Having and pursuing interests, knowing and remaining true to values, maintaining emotionally healthy relationships and being optimistic are some of the key components that polyamory couples have problem with. Since these are all part of the mental well-being of an individual, understanding whether polyamorous and monogamous couples have similar or different in mental well-being would bring insight to their mental well-being.

Polyamory versus Monogamy

There are some fundamental differences between polyamory and monogamy. In a monogamous relationship, extramarital sex is prohibited. In fact, a monogamous partner may even see emotional investment in another person as infidelity. Members of polyamorous relationships, on the other hand, are at the least open to sex with other people and multiple relationships are totally acceptable. Some polyamorous relationships simply allow for it, while others go as far as to encourage it.

Furthermore, a monogamous relationship is by definition between two people only. In strong contrast to this, polyamorous relationships are generally made up of three or more people.

Mental Well-Being and Types of Relationship

Mental wellbeing is an integral part of overall health. Society often thinks of health as something biological and physical: the condition of our bodies, how healthy we eat, the physical exercise we do. A key component of health is missing from this, though. It's mental wellbeing, which encompasses our inner workings and the way we describe how we are in our lives. Mental wellbeing, in general, is the state of thriving in various areas of life, such as in relationships, at work, play, and more, despite ups and downs. Studying the mental well-being of both groups will show which group has more mental well-being and are likely to have deeper meaning and implication for their lives. It includes how a person thinks, handles emotion (emotional wellness), and acts (Peterson, 2018).

While some completely look upon polyamory as bizarre, others do look like an opportunity to meet new individuals with different interests and widen their horizon. Polyamorous people sustain their relationships through changes in part by being willing to try new things.

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If the relationship isn't working, then trying something else can be quite effective for both polyamorous and monogamous people (Sheff, What You Can Learn from Polyamory, n.d.). This means shifting expectations and letting go of former patterns, which can be both invigorating and frightening. Adjusting in response to changing circumstances allows individuals to be resilient and polyamorous families must routinely adapt to new familial and emotional configurations as they accommodate multiple partners. To manage their unconventional lives, polyamorous families try new things, reconfigure their relationships or interactions and remain open to alternatives (Peterson, 2018). Researchers have shown that couples who engage in a polyamorous relationship tend to have a strong relationship and satisfaction in their lives and lacks jealousy. While this could be true based on the country the research has been done, but they do possess some of the downfalls such as causing emotional disturbances and lack of mental well-being.

The purpose of this study is to understand the relationship between mental well-being among polyamory and monogamy couples. People who develop and experience wellbeing also have what psychological researcher, Angela Duckworth, calls grit. "Grit is comprised of passions and perseverance and means showing up for life. It's a never-give-up attitude. Grit doesn't mean failing, for failure is part of success and life itself. Grit means getting back up when you fall." Self-acceptance, Sense of self as part of something greater, Sense of self as independent rather than dependent on others for identity or happiness, Knowing and using our unique character strengths, Accurate perception of reality, Desire for continued growth, Thriving in the face of adversity (emotional resilience), Having and pursuing interests, Knowing and remaining true to values Maintaining relationships Optimism (hope—the mind-set that things can improve) Happiness that comes from within rather than being dependent on external conditions, Determination, Action (in contrast to a passive mindset and lifestyle, waiting for things to get better) (Peterson T. J., n.d.). Together, all of this defines mental wellbeing. It's purposely moving ever forward with determination and direction (Sheff, 2017).

Since most of the studies regarding polyamory are done based on the queer/ gay population and mostly outside India, this study would bring awareness about the existence of polyamory on their behalf in India and be an eye-opener to the society, along with their mental wellbeing. It also considers straight individuals with a wide range of age group who engage in polyamory. Also, most of the researchers that have focused on the comparing of monogamy and polyamory relationship in jealousy, intimacy and sexual satisfaction, they have completely ignored the mental well-being among polyamory and monogamy couples. Hence the current study focusses on the relationship between mental well-being in polyamory and monogamy couples.

REVIEW OF LITERATURE

Polyamory refers of having or practicing multiple relationships that is bound with emotional attachment were partners may or may not be sexually attached. Various research has focused to determine how polyamorous relationship vary. Balzarini (2018) investigates how polyamory individuals varies in different aspects of relationship evaluation such as secrecy, satisfaction, commitment, communication between the partners, sexual frequency, investment size and acceptance. Balzarini's sample were 1308 self -identified polyamory partners. He compared the perception of two concurrent participants within the relationship, i.e., primary and secondary partners. These participants reported less humiliation. On the contrary, they reported high satisfaction, commitment and greater communication. When comparing the sexual activity, partners engaged more with the secondary partner when

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compared to primary partner in a relationship. Even though there are certain differences, partners in the polyamory relationship are closer to their beliefs on a few mentally important points of the relationship quality such as commitment and fulfilment. In other words, despite rejecting hierarchical primary-secondary labels, many of the same relationship qualities differ systematically among partners in non-hierarchical relationships. Besides, pseudo-primary accomplices and primary partners in these connections are more comparable to monogamous partners than they are to secondary partners (Balzarini, 2018).

In the research done by Bogaert and Rubel (2014), it scrutinized the relationships between Consensual Non-Monogamy (CNM), psychological well-being, and relationship quality where three types of CNM were observed. The three kinds were swinging, open relationships including sexually open marriage and gay open relationships and polyamory. Swinging are referred to people who exchange their partners with another member in a couple to engage in sexual activity. Open relationships refer to those couple who agree to date another individuals while having the primary partners but does not elaborate on their other partners; and polyamory refers to the practice of, or belief in, or willingness to engage in consensual non-monogamy, typically in long-term and/or loving relationships. Result in this research indicated that polyamory have comparable mental well-being and relationship quality as monogamists.

Conley, Piemonte, Guskova, and Rubin. D (2018) piloted a study on monogamous individuals who are believed to have better sex lives than those who are CNM. They compared the sexual satisfaction of polyamory and monogamous individuals while also considering the relationship satisfaction of participants. Result depicted that the polyamory participants showed slightly more sexual satisfaction when compared to monogamous partners. Partners in monogamous relationship had lower orgasm rates than those who are CNM. Point to be noted on his paper was that CNM here was contextualised to person who are involved in swinging and open relationship. Swingers reported higher sexual satisfaction while partners in open relationship had similar sexual satisfaction when compared with monogamous people. On the contrary, relationship satisfaction did not differ among CNM and monogamous people. This indicated that the beliefs that people in monogamous relationships had better sex than CNM participants was rejected. (Piemonte, Guskova, D. R., & Conley, 2018)

Morrison, Beaulieu, Brockman, and Beaglaioich (2011) conducted an experiment with a sample of 284 self-identified polyamorous and monogamous individuals and were assessed on various psychometrically sound indices of relationship well-being (e.g. intimacy and trust) as well as sociosexuality. Scores revealed that both polyamorous men and women proved greater levels of intimacy when compared to the monogamous equivalents. Polyamorous male as well described greater attitudinal and behavioural sociosexuality which means more constructive attitudes towards uncommitted or casual sexual interest and a superior amount of casual sexual partners. These discrepancies persisted statistically substantial, much when managing for socio-demographic variables such as age, income, educational attainment and sexual orientation.

Cohen (2016) conducted experimental research focusing on consensually non-monogamous relationships. The survey analysed the perceptions of relationship satisfaction of participants that were randomly allocated to environments in which they were presented with either an enactment of a monogamous, open, or polyamorous couple. Outcomes revealed a significant discrepancy amongst the parties subjected to the several relationship structures in terms of

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the perceptions of the proposed couples' relationship satisfaction. In Particular, the monogamous couple had higher relationship satisfaction than in the open relationship.

In the study organized by Mitchell, Bartholomew, and Cobb, (2013), polyamorous individuals completed online measures of need fulfilment, relationship satisfaction, and commitment for two concurrent romantic relationships. Participants reported high levels of need fulfilment and satisfaction in both relationships. Need fulfilment with one partner negatively predicted approximately one per cent of the variance in relationship satisfaction with the other partner; however, there was no association between need fulfilment with one partner and commitment to the other.

Even Though only a few studies have investigated jealousy in consensually non-monogamous relationships, findings implied that jealousy is more controllable in CNM relationships than in monogamous relationships (Bringle, R, & Buunk, 1991) and faced less noxiously (Ritchie, A, & Barker, 2006). In Spite of the popular idea that monogamy is a way to counteract emotions of jealousy (Conley, Moors, et al., 2012a), study has confirmed that heights of jealousy were essentially smaller for those in CNMs relationships than in a monogamous sample (Jenks, 1985; Pines & Aronson, 1981, as cited in Pines & Aronson, 1983).

Given that the illusion of people experiencing high sensational sex in a monogamous relationship, provided the anticipation that monogamy will generate a lifetime of desire for a monogamous partner, this relationship progress was disturbing to several individuals. The longer a person has been involved in a relationship, the more likely she or he is to be diagnosed with hypoactive sexual desire disorder (Beck, 1999; Braunstein et al., 2005; Clement, 2002). Of course, implying that monogamy is a cause of sexual desire disorders goes beyond the available data, but being in a monogamous relationship does appear to be a risk factor for the diagnosis of this disorder (Brotto, 2010). Thus, current evidence does not support the idea that monogamous relationships promote higher levels of sexual activity or more exciting sex than consensually non-monogamous relationships.

Blasband and Peplau (1985) provided some of the first research on gay men's CNM relationships. They found that among gay men, those in exclusive sexual relationships did not differ from those in consensually non-monogamous relationships in satisfaction with their (primary) partner, closeness in their relationship, love they felt for their partner, or relationship duration, compared to those in consensually non-exclusive sexual relationships. Similarly, Kurdek (1988) found that gay men in CNM romantic relationships reported higher levels of relationship satisfaction relative to gay men in monogamous relationships. Moreover, Kurdek found that 53% of gay male couples and 4% of lesbian couples had CNM agreements in their current long-term relationship; their status as monogamous or CNM did not predict relationship satisfaction. Instead, individuals with open agreements to have sexual relationships outside of their primary relationship were just as satisfied as those who agreed to be monogamous (Blasband and Peplau 1985; Kurdek, 1988).

In another study of gay men, Wagner, Remien, and Dieguez, (2000) found that CNM couples maintained strong primary partnerships. Men reported that their open relationships accommodated both their intimacy needs as well as their desires for sexual diversity. Moreover, the men in these partnerships often felt more intimate with their partner when they agreed to be non-monogamous. Just as monogamy can provide a sense of support and

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protection, consensual non-monogamy can provide the emotional support of a primary partnership while also allowing exploration of other sexual relationships.

Based on the personality traits in order to understand what dominant traits CNM couples have, Asendorpf, J. B., and Van Aken (2003) studied the difference between CNM and monogamous groups on three dimensions of The Big Five personality traits- extraversion, agreeableness, and openness to experience. Given the practical aspects of CNM relationships, especially the desire to seek out and meet new partners, people who are more extraverted may practice CNM to a greater extent than those who score low on extraversion. Since they are simply more comfortable with or successful at the aspects of relationships that are necessary to transition from more casual acquaintances to the emotional or sexual relationships that are characteristic of CNM. Also, CNM individuals are successful in maintaining multiple romantic or emotional relationships suggesting they may be higher in such relationship-stabilizing attributes i.e., agreeableness. Moreover, those who desire multiple close emotional and romantic relationships--which would be characteristic of the CNM style polyamory--may have a special affinity for a polyamorous relationship style. Given the current status of CNM relationships as highly unconventional and socially ostracized by contemporary society, people who choose to participate in them may be more curious and adventuresome (i. e., open to experience) than those who prefer the more conventional lifestyle of monogamy. Moreover, those who choose to participate in CNM lifestyles may have to be amenable to abstractions, ambiguities and complexities. That is because social scripts are lacking for the development, maintenance and progression of consensually non-monogamous relationships, those who prefer conventionality, traditionalism and predictability would likely find the untested waters of consensual non-monogamy aversive (Conley, Ziegler, Moors, Matsick, & Valentine, 2012).

Overall, most of the literature mentions that there is no difference in relationship satisfaction, intimacy, need fulfilment, in satisfaction with their (primary) partner, closeness in their relationship, love they felt for their partner or relationship duration between people who are in monogamous and polyamorous relationships. Just as monogamy can provide a sense of support and protection, polyamory can provide the emotional support of a primary partnership while also allowing exploration of other sexual relationships.

The rationale for the study

Though most of the studies on mental well-being and related constructs establish that there is no difference in the polyamory and monogamy relationships, the present study was undertaken to explore the same in the Indian context. Most of the studies have been conducted in the West and hence a study of this nature would be meaningful. The study may also destigmatize polyamory. This study compares the relationship between mental well-being among polyamory and monogamy couples. This study would bring awareness about the existence of polyamory, along with their mental wellbeing. Also, most of the researchers have focused on comparing monogamy and polyamory relationship in jealousy, intimacy and sexual satisfaction, while completely ignoring the mental well-being among polyamory and monogamy couples. Hence the current study focuses on the comparison between mental well-being in polyamorous and monogamous couples.

METHOD

Aim

- To compare the mental well-being of the couples in a polyamorous and monogamous relationship.

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Objectives

1. To measure emotional well-being in polyamorous couples
2. To measure emotional well-being in monogamous couples
3. To compare emotional well-being between them

Participants

1. **Participant characteristics.** Participants are adults who practice polyamory and monogamy relationship from Bangalore, with age population such as 20 years and above. For monogamous relationship group, participants were post-graduation students whereas for polyamorous, society groups were contacted from Facebook and tinder. Polyamory couples had to at least have 2 partners and are currently practicing it.
2. **Sampling procedures.** Participants who practice monogamy and participants who practice polyamory of age 20 years and above who met the eligibility criteria were selected for the study, they voluntarily participated in this study. Informed consent was obtained from all the participants. Purposive sampling was used.

Inclusion criteria

1. Participants of 20 years and above were considered.
2. Polyamory participants who currently have at least two partners.
3. Participants who can read, write and understand the English language.

Exclusion criteria

Participants who were on medication for psychiatric conditions

Materials

The Warwick-Edinburgh Mental Well-being Scale (WEMWEBS) was utilized to measure emotional well-being. It is a questionnaire consisting of fourteen items in which subject is asked to put a checkmark in the blank in front of any item that applies to them in the last two weeks. Each item is a Likert type scale, scored 1 for strongly disagree to scored 5 for strongly agree. There is no reverse score. The scores can range from 14 and 70. It was developed by an expert panel, qualitative research with focus groups and psychometric testing of an existing scale. Internal consistency was assessed using Cronbach alpha (>0.70). Criterion validity was exposed in terms of correlations between WEMWBS and other scales such as PANAS-NA and GHQ-12 and moderate correlation was found.

Measures

Questionnaires were used to collect data. The questionnaire was collected with one on one meeting held in a well-lit room with no voice disturbances. Doubts were clarified and consent was taken.

Procedure

Participants were contacted through social media and were asked to meet at a particular location. All participants were educated on the topic and need for the research were provided for the study. Their informed consents were obtained and were briefed about the necessary instructions for completing the questionnaires. Participants provided their demographic details such as age, gender, ethnicity and socioeconomic status along with Warwick Edinburgh Mental Well-Being Scale (WEMWBS) consisting of fourteen statements. They were asked to fill in the questionnaire by considering how they felt in the past two weeks. Doubts were clarified. The results from each of the assessments were interpreted and

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analyzed using SPSS statistical tool. Using descriptive statistics on SPSS, independent sample t-test was conducted to determine if there is a significant difference between the mental well-being and polyamory and monogamy respondents.

Research design

A quantitative study with a quasi-experimental research design was used to provide more insight and examine if there is a significant difference between the polyamorous relationship and monogamous groups.

Hypotheses

H₀- There is no difference in the mental wellbeing between the polyamorous and monogamous groups

Variables

Independent variables. Type of relationship

Dependent variables. Mental well-being

Definition for variables

Polyamory: “The practice of engaging in multiple sexual relationships with the consent of all the people involved”. - Oxford dictionary.

Mental well-being: “mental well-being as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” - WHO

Data analysis

In this study, Statistics Package for Social Sciences 22 is used for data analysis. First of all, the mean and standard deviation are calculated. Secondly, to compare the relationship between the variables, Independent samples t-test was used.

Ethical Considerations

In order to maintain the ethical validity of the study, the researcher observed strictly the following guidelines while carrying out the data collection. Consent was obtained from the participants before collecting data. Data obtained was kept confidential. The confidentiality of the participants at no point during the course of the study or afterwards was breached for any reason. The research participants were given the right to withdraw their participation from the study if and when they asked for it. All the inclusion and exclusion criteria for the sample for the following study were ensured and followed. Confidentiality and anonymity of the participants were maintained throughout the study.

RESULTS AND DISCUSSION

This research was conducted to examine if there is a difference between mental well-being in Polyamorous and monogamous relationship. The research included 60 participants, 30 from monogamous individuals and 30 polyamorous participants of age above 20. The participants were given the Warwick Edinburgh Mental Well-Being Scale questionnaire to fill. The scores of each participant were then collected and independent-sample t-test was done to find if there was any difference between the two variables.

RESULTS

Table 1 Demography details of the participants

Sample size	Polyamory participants		Monogamy participants		Age range	Mean age
	Male	Female	Male	Female		
N=60	15	15	7	23	21-27	23.8

Table 2 Descriptive statistics for mental well-being in monogamy and polyamory

Group		N	Mean	Std. Deviation
WEMWBS	Monogamy	30	42.3	10.9
	Polyamory	30	54.4	5.36

Table 3 Independent sample t-test to find the difference between mental wellbeing in polyamory and monogamy individuals.

		t	df	Sig 2-tailed	Mean difference
WEMWBS	Equal variances assumed	-5.420	58	.000	-12.10
	Equal variances not assumed	-5.420	42.095	.000	-12.10

DISCUSSION

From table 3, it is seen that people in polyamorous relationships have high mental well-being than monogamous relationships. The t-test value for polyamory relationship was -5.420, with a degree of freedom of 58, a significance level of 0.000, which is significant ($p < 0.05$) and a mean difference of -12.10. This rejects the null hypothesis, thus establishing that there is a significant difference between mental well-being of polyamory relationship and monogamy relationships. These results question the existing research done on well-being and relationship quality for both monogamy and polyamory individuals which suggest that polyamory have similar psychological well-being and relationship quality as monogamists (Bogaert & Rubel, 2014). Those in open relationships had equivalent levels of satisfaction to those in monogamous relationships. Relationship satisfaction did not differ between polyamory and monogamous groups. (Piemonte, Gusakova, D. R, & Conley, 2018).

With the findings of this study, which contradicts the previous work, one could say that the mental well-being of the people who engage in polyamory lifestyle is higher than the mental well-being of the monogamy individuals. Polyamory relationship provides more knowledge and hand inexperience in understanding more people than the monogamy couples and they thrive in various areas of relationship and are likely to have deeper meaning and implication for their lives, including how the person thinks and handles emotional wellness (Peterson, 2018).

Polyamory people try out new things and if the relationship does not work, they try something else which means it shifts expectations and let go of former patterns. These individuals have high resiliency and adapt to a new routine as they accommodate multiple

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partners along with a never-give-up attitude. For them being true to oneself and others stand on the top point in a relationship (Peterson, 2018).

Moreover, polyamory is now being adopted by people who might have been monogamous earlier, not least because the internet makes it easier than ever for poly-curious people to educate themselves about polyamory and connect with like-minded individuals. People get the idea that it's possible to be happy and healthy without being monogamous. These days' young people feel that they don't have the same need to self-define by what they like to do in bed, or in relationships. "They let their relationships flow whither the current takes them, relinquishing themselves to the whorls and eddies that change all romantic partnerships over time" Janet Hardy, the co-author of the polyamory handbook *The Ethical Slut* mentioned.

SUMMARY

Mental well-being plays an important role in an individual. In polyamory relationship and monogamy, one major factor that contributes to happiness is mental well-being. Your beliefs and ideologies are also often influenced by them.

The aim of the study was to compare mental well-being in polyamory and monogamous relationship. A quantitative study was employed for this study. The research included 60 participants, 30 from monogamy individuals and 30 polyamory individuals of age above 20. The participants were given the Warwick Edinburgh Mental Well-Being Scale questionnaire to fill. Once they were done, the total of the scores was taken and entered into SPSS, and independent sample t-test was done to see if there was a difference in mental well-being in polyamory and monogamy relationship. Results indicated that mental well-being is high in a polyamory relationship.

CONCLUSION

Our goal of this study was not only to synthesize research in light of unique and shared benefits of polyamory but also to identify avenues for future research instead of considering sex or intimacy with multiple people controversial which is merely another way of having a relationship. For some, polyamory affords wider possibilities for relationships than exists within conventions of monogamy. However, for others, monogamy fits their ideas, desires, and goals perfectly. Both relationship styles have their "pros" and "cons;" thus, it will be helpful to better understand how adopting principles and strategies of one type of relationship could benefit the other.

Limitations

1. Since the sample size is only 60, it does not represent the whole population.
2. The study was conducted only on the literate population, so it can't be applicable to the general population.
3. Various factors like religion, upbringing and role model of parents, teachers, and relatives, significant character strengths, past experiences, culture, and self-imposed high expectations, etc. weren't taken into consideration.

Recommendation

This study can be replicated with larger coverage within India as it is diverse and various cultural factors can be known regarding their take on polyamory. Embarking on polyamory research presents new and exciting directions yet posing many challenges. The main goal as researchers should not be to strive for the answer to an unobtainable question: which type of relationship is superior? Instead, we should employ methods and theory to understand the

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uniqueness of polyamory relationships, for what they are. Family functions of polyamory and monogamy relations can be considered for future research. Media influence of being 'polyamory is good' can also affect their thought processes regarding the open relationship. By considering these factors more can be derived about the mental well-being of the individuals.

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Conflict of Interest

The author declared no conflict of interest.

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