

Research Paper

## Effect of Aggression over Romantic Relationship's Satisfaction and Life Satisfaction Among Youth

Ragini Aggarwal<sup>1</sup>, Vishal Gupta<sup>2\*</sup>

### ABSTRACT

Aggression in intimate connections is a proceeding with factor for separations, actual attack, hijacking, assault and even homicide. It is likewise connected with change troubles including peer dismissal, discouragement and maladaptive character highlights. Other than affecting one's heartfelt connections' fulfilment, hostility straightforwardly or by implication additionally impacts one's fulfilment with life level as it meddles with each huge part of life. This investigation is done with an objective to evaluate the association amidst Aggression, Romantic Relationship Satisfaction and Life Satisfaction particularly among males and females. 202 participants (n = 202) who fell under the age of 18-25 years (young adults) and were involved in a romantic relationship with significant other were taken into consideration which were further segregated as 102 males (n = 102) and 100 females (n = 100). The sample was drawn using random sampling technique. Men and Women had no significant differences with respect to Aggression, Romantic Relationship Satisfaction and Life Satisfaction. Aggression was found to be negatively correlated with Romantic Relationship Satisfaction and Life Satisfaction. A positive correlation was found between Romantic Relationship Satisfaction and Life Satisfaction. Existing hypotheses are utilized to clarify the outcomes. Suggestions for clinical work and future exploration are likewise examined.

**Keywords:** *Aggression, Romantic Relationship Satisfaction, Life Satisfaction, Gender Differences, Young Adults.*

What are the effects of aggression over romantic relationship's satisfaction and life satisfaction among youth? In today's scenario, most of the teenagers or youngsters are involved in romantic relationships in order to fulfil their social or belongingness need. Around one out of three 13 years of age has had a romantic relationship, and with age the percentage inevitably rises: at the age of 17, most of the young people had a romantic experience. Teenagers usually have more than one, mostly four, relationships in their teens. Another truth is that today's youth is much more aggressive than the previous generation due to many significant reasons.

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The reason is very simple. Today's youth doesn't know how to channelize their aggression in a more socially acceptable manner, rather they find it easy to shout on their partner and take out their aggression. Even if they don't shout on their partner or take out their aggression in any form, it keeps on accumulating inside their mind which directly or indirectly impacts their relationships. Aggression not only influences a person's relationships but also influences one's satisfaction with life level. To determine exactly how and to what extent aggression can impact an individual's romantic relationships' satisfaction and satisfaction with life, it is essential to study the three different variables in detail.

The word "aggression" is both a general term and a central definition in the context of psychology. Aggression against others become less desirable as individuals grow more social and advance, and pro-social genes become more prominent. Aggression is now universally accepted as a dysfunctional behaviour and harmful trait. Aggression, according to Green (2001), is conduct in which one individual delivers the aversive stimuli to the next with a desire to hurt and with the intention of inflicting that harm, while another individual is encouraged for resisting stimulant or run away.

Numerous examinations have given solid proof that sex contrasts do exist in aggression (Björkqvist, 1994). As per Orue and Calvete (2012) young men will in general experience forceful practices, threatening attribution and outrage contrasted with young ladies when they occupied with negative circumstances. However, Nichols et al. (2006) in a study discovered that young ladies displayed more prominent expansions in pace of hostility and shock in a longitudinal report when contrasted with young men.

As exhibited by the meta-coherent examination done through Card et al. in 2008 on young people and youngsters quick and indirect animosity, youthful colleagues develop more straightforward hostility, for example, physical and verbal hostility than young lady then young ladies are more arranged to backhanded hostility like dismissal, nonverbal clarification, talk spreading or social avoidance show up contrastingly according to youthful colleagues. Thinking about the ordinary clarification, female's lower genuine strength requires youths' dependence on variant hostility more than youthful colleagues (Björkqvist, 1994).

The connection among aggression and gender contrasts leaves us with an inquiry that what precisely is gender? How can it contrast from sex? What does gender distinction implies? The World Health Organization (WHO) portrays gender as: Gender suggests the socially evolved characteristics of women and men, similar to norms, occupations, and associations of and between get-togethers of women and men. It varies starting with one society then onto the next and can be changed. While sex compares to an assortment of creature and human organic characteristics.

Gender differences are fluctuations among guys and females that depend on biological variations that are something very similar for both sexes. This contrasts from sex differences in that sex differences are driven by genuine biological gender uniqueness (like particular physical differences) as opposed to by varying natural factors that influence our comprehension and conduct.

Romantic relationships play a major role in the satisfaction of our desires for love, a social partnership and sexual relations as well as other relationships in our lives. The romantic relationships of today's youth are very sensitive and gets easily altered through many

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aspects, and aggression is one major factor that influence relationships. With increasing level of aggression in today's youth, the chances of their romantic relationships being deteriorated also increases. It's hard for today's youth to understand how to channelize their aggression in more socially desirable manner rather they find it easy to take it out on their partner because they know that their partner won't go away because they love them.

Hostility in romantic connections is a strategy with factor for segments, genuine attack, getting, assault and even wrongdoing. It is additionally connected with change burdens including peer dismissal, awfulness and maladaptive character highlights. Some various cases of social animosity in close connections consolidate playing with others to make a heartfelt accessory covetous, finding ways to say one last goodbye to an assistant if the associate will not come, or giving an accessory the peaceful treatment when furious.

Adding on to this is an investigation done by Feiring et al. (2002) in which young women all the more positively shown being the guilty party of genuine hostility and young fellows genuinely will undoubtedly observe the endorsement of animosity and broken sexual viewpoints. For young women, a less secure association with best friends and lower levels of shame and fault were related to the use of hostility in close connections and supporting less solid attitudes about these connections. For young fellows, externalizing commitment in regards to harm to others was related to using genuine hostility in close connections and lower levels of fault and shame were related to the legitimization of sexual animosity.

Swart et al. (2002) in a research discovered critical relationship between the convictions about brutality in a romantic relationship, the seeing of actual viciousness in fellowship settings, the utilization of liquor and juvenile dating savagery. And a critical relationship between familial factors and juvenile dating savagery was just found for male members.

Besides influencing one's romantic relationships' satisfaction, aggression directly or indirectly also influences one's satisfaction with life level as it interferes with every significant aspect of life. Individuals often evaluate their life condition. Individuals are impartial until he achieves his aims, he would not be satisfied. It can be argued that any human being's ultimate aspiration is to achieve its aspirations and ambitions, and this achievement brings life fulfilment. Satisfaction with life is also at the heart of human well-being. It is the main objective and every person struggles across their life to attain this goal.

Denson et al. (2008) showed that quality removed animosity is connected with a wide extent of negative physical and enthusiastic prosperity significant outcomes. Specifically, it was found that trademark removed hostility was connected with extended usage of avoidant adjusting strategies, extended impression of stress, an extended number of self-uncovered real signs, decreased life fulfilment, and different other negative social outcomes (e.g., risky sexual practices, real animosity, indications of alcohol dependence, unlawful medicine use, catches, and local abuse).

The present study is essential as it adds to the existing literature regarding the topic. It also focuses on impact of aggression on romantic relationships' satisfaction along with satisfaction with life which is a less studied area. In today's time where the aggression level of youngsters is increasing at a higher pace because of the content shown in movies, we series and other OT platforms, it becomes more important to know how it is deteriorating the relationships of an individual and thus their satisfaction with life. Youngsters are living in an era where access to porn is very easy and watching porn is very common. This directly

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or indirectly alters their cognitive processes thus increasing their aggression. In order to minimise the aggression level of youngsters, it is essential to study what all aggression can lead to.

This study also attempts to know what effect did the lockdown due to pandemic had on the youngsters. Since people were locked in their houses for so long, it increased their aggression and youngsters being unable to do anything spent most of the hours in front of laptops or mobile phones either attending their online classes or playing games which ultimately added on to their frustration of not going out. Those in romantic relationships were unable to meet each other for months adding to frustration and aggression. During lockdown many different forms of aggression like sexual aggression, cyber aggression and cyber bullying also increased.

The main objective of this study was to evaluate the association amidst aggression, romantic relationship satisfaction and life satisfaction particularly among males and females.

### **REVIEW OF LITERATURE**

Adding on to this is an investigation done by Feiring et al. (2002) in which young women all the more positively shown being the guilty party of genuine hostility and young fellows genuinely will undoubtedly observe the endorsement of animosity and broken sexual viewpoints. For young women, a less secure association with best friends and lower levels of shame and fault were related to the use of hostility in close connections and supporting less solid attitudes about these connections. For young fellows, externalizing commitment in regards to harm to others was related to using genuine hostility in close connections and lower levels of fault and shame were related to the legitimization of sexual animosity.

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Supporting diverse researches was an investigation by MacDonald et al. (2005) that showed that more critical degrees of life fulfilment are connected with lower brutality.

Goldstein et al. (2008), demonstrated that females revealed more elevated levels of execution though guys detailed more significant levels of exploitation. They likewise demonstrated that relational aggression and exploitation were identified with every area of hazard for the two people, albeit various examples of discoveries arose for every space. For instance, people who detailed executing relational aggression in their romantic relationships accepted that aggression was generally worthy (social-intellectual danger) while people who revealed encountering relational aggression (as casualties) were bound to demonstrate that their self-esteem is dependent upon relationships and that romantic relationships are vital to them (dispositional hazard). Respondents who revealed either executing or encountering relational aggression had more elevated levels of selectiveness in their relationships and were bound to portray their relationships in anxious connection terms (relationship hazard). They additionally revealed more significant levels of burdensome and anxious indications (psychological wellness hazard).

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found that trademark removed hostility was connected with extended usage of avoidant adjusting strategies, extended impression of stress, an extended number of self-uncovered real signs, decreased life fulfilment, and different other negative social outcomes (e.g., risky sexual practices, real animosity, indications of alcohol dependence, unlawful medicine use, catches, and local abuse).

Goldstein et al. (2008), exhibited that females uncovered more raised degrees of execution however folks definite more critical degrees of abuse. They moreover showed that social animosity and misuse were related to each space of peril for the two individuals, though different instances of revelations emerged for each space. For example, individuals who nitty gritty executing social animosity in their close connections acknowledged that hostility was for the most part commendable (social-scholarly threat) while individuals who uncovered experiencing social hostility (as setbacks) will undoubtedly show that their confidence is reliant upon connections and that heartfelt connections are indispensable to them (dispositional danger). Respondents who uncovered either executing or experiencing social animosity had more raised degrees of particularity in their connections and will undoubtedly depict their connections in restless association terms (relationship risk). They moreover uncovered more critical degrees of difficult and restless signs (mental wellbeing danger).

Olson and Golish (2009) assessed the relationship among battle and animosity as time goes on in heartfelt, hetero connections. By using the Review Meeting Procedure (RIT) and an emotional system, the data assessment uncovered that "perilous direct of associate" was the most routinely uncovered of the nine subjects of dispute related with the usage of hostility. Additionally, five instances of hostility (raising, declining, consistent, redundant, and faltering) were inductively gotten from the individuals' RIT diagrams.

Goldstein (2010) in his examination recommended that social hostility happens all the more a significant part of the time among heartfelt accessories than among allies. A sex qualification in social animosity emerged in the heartfelt setting (females were more forceful), anyway no sexual direction contrast was found in the friendship setting. Relationship domination and regularizing feelings about social animosity expected forceful direct across settings, while rumination expected social hostility in the heartfelt setting anyway not in the cooperation setting.

Digital aggression has arisen as a cutting edge type of intimate partner violence which still can't seem to go through adequate examination important to recognize hazard factors that may improve the probability or seriousness of digital forceful conduct toward a relationship partner. Crane et al. (2010) in an examination announced that forty-two percent of the taken sample detailed executing digital relational aggression and 35% revealed executing digital protection intrusion during the year preceding investigation cooperation. Customary partner violence was related with the two types of digital aggression. Risky liquor use was just connected with security attack in the wake of representing segment factors and customary partner violence.

Different investigations have discovered that survey physical or relational aggression in the media can affect ensuing commitment in aggressive conduct. In any case, this has infrequently been analysed with regards to relationships. Coyne et al. (2010), nonetheless, discovered a connection between survey aggression in the media and execution of aggression; but, this relied upon the sex of the member and the sort of aggression estimated.

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In particular, openness to actual brutality in the media was identified with commitment in actual aggression against their accomplice just for men. Be that as it may, openness to relational aggression in the media was identified with romantic relational aggression for the two people.

Advanced animosity has emerged as a forefront kind of personal accomplice savagery which actually can't go through sufficient assessment imperative to perceive peril factors that may improve the likelihood or earnestness of computerized strong lead toward a relationship accomplice. Crane et al. (2010) in an assessment declared that forty-two percent of the taken example nitty gritty executing computerized social animosity and 35% uncovered executing advanced insurance interruption during the year going before examination participation. Standard accomplice savagery was connected with the two kinds of advanced hostility. Dangerous alcohol use was simply associated with security assault in the wake of addressing portion factors and standard accomplice brutality.

Various examinations have found that review physical or social animosity in the media can influence resulting responsibility in forceful lead. Regardless, this has inconsistently been broke down concerning connections. Coyne et al. (2010), in any case, found an association between study hostility in the media and execution of animosity; at the same time, this depended upon the sex of the part and the kind of hostility assessed. Specifically, receptiveness to real severity in the media was related to responsibility in real hostility against their assistant only for men. Nevertheless, receptiveness to social animosity in the media was related to heartfelt social hostility for the two individuals.

Young people's receptiveness to casual local area areas, for instance, Facebook is extending, close by the potential for such use to confound heartfelt connections. Nonetheless, little is pondered the covers between the on the web and detached universes. Elphinston and Noller (2011) uncovered that Facebook interference was associated with relationship disappointment, through burning bits of knowledge and surveillance rehearses. The delayed consequences of their assessment highlight the opportunity of certain levels of Facebook interference spouting out over into heartfelt connections, achieving issues like longing and disappointment.

Park et al. (2011) contemplated certainty, seen life fulfilment, awfulness and animosity according to the experience of pointless inspiration in youngsters. The results showed that certainty, seen life fulfilment, distress, and hostility differentiated essentially between the pointless inspiration pack and non-foolish drive bundle. The reckless inspiration pack experienced lower certainty, higher sorrow and higher hostility than the non-foolish drive bundle.

Rhoades et al. (2011) showed that experiencing a partition was connected with a development in mental wretchedness and a reduction in life fulfilment (from pre-to post deterioration). Additionally, a couple of qualities of the relationship or of the detachment were connected with the significance of the movements in life fulfilment following a partition. Specifically, having been living respectively and having had plans for marriage were connected with greater reductions in life fulfilment while having begun to date someone else was connected with more unassuming rots. An interesting finding of this investigation was that having higher relationship quality at the past wave was connected with more unobtrusive declines in life fulfilment following a partition. No relationship or

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partition characteristics were generally associated with the degree of changes in mental wretchedness after a division.

The delayed consequences of another assessment by Moore (2012) proposed humble, anyway inevitable associations between experiences of electronic hassling and misuse and young people's life fulfilment reports across an arrangement of huge life spaces. Exactly when the effects of portion factors were controlled, the association between electronic abuse and overall life fulfilment got non-gigantic, suggesting that overall life fulfilment reports may cover the effects of unequivocal life fulfilment spaces.

For what reason do individuals act forcefully toward romantic accomplices, and what can slow down this aggression? Incitement heartily predicts aggression in both private and non-personal connections. Four methodologically assorted examinations tried the speculation that incitement seriousness and relationship responsibility associate to foresee aggression toward one's romantic accomplice, with the aggression-advancing impacts of incitement reducing as relationship responsibility increments. Across each of the four investigations, obligation to one's romantic relationship hindered aggression toward one's accomplice when people were harshly (however not somewhat) incited (Slotter et al., 2012).

By a wide margin, most examination on the direct of socially fretful people has zeroed in on the "flight" as opposed to the "battle" reaction portrayed in the conventional conceptualization of trepidation. Even more lately, regardless, there has been some hypothesis and arising check recommending that prevailing burden and antagonism might be related. Hanby et al. (2012) inspected social tension as a marker of dating enmity inside a late young adult model. Two kinds of dating antagonism were examined: genuine ill will, for example, slapping, utilization of a weapon, or constrained sexual action, and mental aggression, for example, beating entryways, aggravating, or declining to talk with one's partner. One piece of social nervousness, Fear of Negative Appraisal (FNE), arose as a fundamental marker of male dating antagonism, in any event, resulting to controlling for relationship quality. Strikingly, FNE was generally wise of expanded aggression of the two sorts when men moreover saw their nearby association with be truly limiting. Despite its showed significance as an intelligent variable, by the by, relationship quality didn't intervene the relationship among FNE and mental or genuine antagonism.

Wilson et al. (2013) analysed the connection between dyadic grown-up connection and aggressive practices inside romantic relationship, uncovering those relationships comprising of one insecurely appended accomplice had more elevated levels of aggression than secure/secure dyads, while uncertain/uncertain dyads had the most significant levels of aggressive practices among all gatherings.

Supporting to the above-mentioned research is another study done by Sharma and Raju (2013) where they demonstrated that males and females had critical contrasts concerning aggression in romantic relationships.

Stockdale et al. (2013) point by point that women use more verbal animosity than men in heartfelt connections; in any case, for the most part levels of verbal hostility use were decently lucrative little regard to sex.

Facio and Resett (2014) in an examination revealed that fulfilment in the heartfelt space is a predominant pointer of synchronous life fulfilment than work. At age 23, love anyway not

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work added submissively to the assumption for life fulfilment 4 years afterward. Significantly more grounded security was found in warmth than in work territory in their investigation.

Buelga et al. (2014) itemized that youngsters' certified and ideal reputations are associated both clearly and indirectly to strong lead. The atypical effects suggest that disheartening and life fulfilment mediate the association between youngsters' standing and their powerful lead. Wide investigation has dissected very close animosity inside youngsters' heartfelt connections, anyway little thought has been given to the piece of electronic progressions in adolescents' spread of these practices. Wright, M. F. (2015) in the wake of addressing sexual direction and past rehearses, related anxious accessory association with later assistant composed advanced animosity. In addition, in a comparative assessment precarious parental association from youngsters' mothers was associated firmly to unsure assistant association and by implication influenced their accessory composed computerized animosity through the intervention of fretful assistant association.

Adamczyk and Segrin (2015) communicated that singular individuals report lower life fulfilment and higher heartfelt despondency than participated individuals.

Lately, psycho-oncology has focused in progressively more on teens and young adults with harmful development (AYA). Various assessments have zeroed in on productivity issues in AYAs, yet close connections and sexuality have quite recently been investigated in part. A cross-sectional concentrate by Geue et al. (2015) examined AYAs' inclination of connections and sexuality fulfilment thusly perceiving sex contrasts. The results revealed that seventy-six percent of AYAs (N=75) evaluated their relationship quality as high. About 64% of patients declared having less sex since decision, a greater number of women than men (72% versus 45%;  $p = .011$ ). The prerequisite for help was most grounded for changes in sexual conclusions (N = 38; 38.3%). Length of relationship ( $\beta = -0.224$ ), being on crippled leave ( $\beta = 0.325$ ), and fulfilment with sexuality ( $\beta = 0.409$ ) were connected with fulfilment with relationship ( $R^2 = 0.256$ ). Fulfilment with sexuality ( $R^2 = 0.344$ ) was backslid on genuine limit ( $\beta = 0.419$ ), fulfilment with relationship ( $\beta = 0.428$ ), and male sex ( $\beta = -0.175$ ). Sexuality need ( $R^2 = 0.436$ ) was connected with exhaustion ( $\beta = 0.232$ ) and fulfilment with sexuality ( $\beta = -0.522$ ).

Ślaski (2016) in another assessment declared that Adult Posterity of Hefty consumers show lower life fulfilment and more raised degrees of hostility than the benchmark bunch.

Love and Holder (2016) in their evaluation tracked down that just for females was generally close connection quality unequivocally associated with life fulfilment, joy and valuable result, and inimically connected with unfriendly outcome and sadness. Basic degrees of psychopathy were found in 23.1 % of people and 7.4 % of females. Psychopathy tended to fundamental qualification in when in doubt relationship quality (7.0 %), obligation (14.1 %), fulfilment (9.3 %), appraisal (10.7 %) and trust (6.4 %) in close connections for people and in general relationship quality (3.2 %), commitment (5.3 %), and trust (5.9 %) for females. Heartfelt connection quality had the decision to intervene the relations among psychopathy and SWB and this intervention was facilitated by sex.

Disclosures of an assessment by Dr. B. P. Sharma (2018) uncovered that there is a basic positive co-association in animosity and life fulfilment among early reasonably matured



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woman while there was non-enormous negative relationship in hostility and life fulfilment among late modestly matured women.

Hefner, V. (2019) showed idealistic substance incited more grounded heartfelt feelings and more unmistakable life fulfilment than did sensible substance. To the extent feelings, revelations of a comparable investigation show that the idealistic and control conditions achieved an addition in heartfelt conviction endorsing. Folks and individuals in close connections itemized the most grounded guaranteeing of feelings and life fulfilment paying little psyche to which film they saw. At the point when everything is said in done, light-hearted comedies sway watchers vehemently, anyway exactly when the substance is dominantly cheerful. In like manner, the for the most part held conviction that each heartfelt farce, and simply this sort, lead watchers to make absurd social presumptions was not maintained in this investigation.

Social hostility in heartfelt connection suggests rehearses expected to harm or underhandedness one's heartfelt associate through the mischief or control of connections, including prompt and circumlocutory animosity, similarly as proactive and responsive animosity. Social hostility in heartfelt connection, centering at the relationship, can be seen as a kind of give and take procedure and is typically reciprocal. Investigators regularly use studies to assess social hostility in close connection. Social animosity in close connection can lessen relationship quality and mental prosperity level, and actuate real hostility and private assistant violence. It might be affected by sex, association, power in heartfelt connection, and social animosity in peer relationship (Hao and Guoliang, 2019).

Pre-adulthood and emerging adulthood are the two stages where close connections accept a basic part being created and can be a wellspring of both thriving and unfriendly outcomes. In any case, the foreordained number of studies going before adulthood, close by the variety of variables drew in with the heartfelt setting and the huge vulnerability incorporating the improvement of flourishing, settle on it difficult to show up at choices about the connection between the two wonders. An investigation by Lopez et al. (2019) uncovered the expressed heterogeneity in research on thriving and the way in which the shortage of appearances of disease are consistently used to measure it, while of course, they in like manner showed that heartfelt connections can be a huge wellspring of success for the two adolescents and emerging adults.

Suh et al. (2019) coordinated an examination and the results exhibited that most importantly, the individual purposes behind early youth have a positive (+) sway on the certainty life fulfilment and negative (-) influence on liquidity forcefulness. Additionally, despairing conversely influences life fulfilment, while action forcefulness has no effect. Thirdly, the transportability animosity of early youth antagonistically influences life fulfilment (-), and there is a midway media association among certainty and life fulfilment. Regardless, there is no media association among despairing and life fulfilment.

Rebecca and Rebecca (2020) investigated the association between the unfriendly attribution predisposition (HAB) and five kinds of personal accomplice savagery (IPV) execution (genuine abuse, trading off direct, sexual abuse, social hostility, and energetic and unpalatable assault) using an illustration of understudies. Besides, it was found that in close connections, more raised degrees of HAB were connected with male real abuse and subverting behaviour and female sexual abuse. In Companions with Advantages

Connections, more raised degrees of HAB were connected with female energetic and repulsive assault, and trading off direct and sexual abuse for the full model.

### **METHODOLOGY**

#### *Participants*

202 participants (n = 202) who fell under the age of 18-25 years (young adults) and were involved in a romantic relationship with significant other were taken into consideration which were further segregated as 102 males (n = 102) and 100 females (n = 100). The target population mainly comprised of undergraduates, post-graduates and employees. The sample was drawn using random sampling technique. The method of collecting the required data was done by sending google forms consisting of the questionnaires for measuring each variable (i.e., Aggression, Romantic Relationship Satisfaction and Life Satisfaction). Those participants were excluded from the research that fulfilled the age criteria but were married. Male and female responses have been recognised to provide a clearer view of the sample and to benefit all.

#### *Assessment Instruments / Measures*

- **Buss And Perry Aggression Questionnaire:** Created by Buss and Perry in 1962. The four subscales and all out score internal consistency varied from .72 (Verbal Animosity) to .89 (Absolute BPAQ score). Retest unwavering quality with BPAQ for more than nine weeks is additionally palatable (connections went from .72 for Outrage to .80 for Actual Hostility and for the complete score; Buss and Perry, 1992). Construct validity for the Buss-Perry subscales is upheld, somewhat, by their general relationship with other self-report proportions of character qualities.
- **Romantic Relationships' Satisfaction Scale:** The Relationship Assessment Scale (RAS) is a short tool of worldwide relationship fulfilment. It comprises of seven items with each item evaluated using a five-point Likert scale. Examination has exhibited the scale to be corresponded with different proportions of affection, sexual mentalities, self-divulgence, responsibility, and interest in a relationship (Hendrick, 1988). The instrument has been found to have worthy psychometric properties.
- **Life Satisfaction Scale:** The Satisfaction with Life Scale (SWLS) was created to survey fulfilment with the respondent's life in general. The scale doesn't evaluate fulfilment with life areas like wellbeing or funds however permits subjects to incorporate and weight these spaces in the manner they pick. As indicated by Diener and colleagues, the SWLS has been shown to have high internal consistency and moderate temporal stability with Cronbach's alpha of 0.87 and 2-month test-retest reliability of 0.82. Different analysts have revealed comparative outcomes. The SWLS likewise has satisfactory concurrent validity; it is identified with, yet separate from, constructs like nervousness, depression, joy, confidence, negative and positive affect, and mental pain.

#### *Research Design*

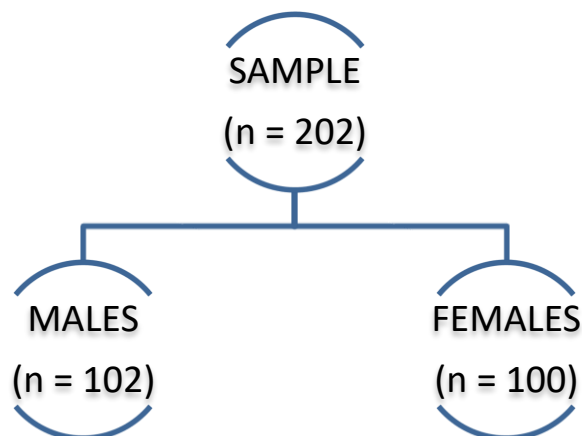
**Independent Variable:** Aggression: The word violence in psychology encompasses a variety of actions, which may affect oneself, people or things in the world both physically and emotionally. This form of action is about physically or psychologically hurting other individual. It might be a symptom of a psychiatric condition, of drug consumption or of a health condition.

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Gender Difference: Contrasts among guys and females can be founded on (a) real sexual orientation contrasts (i.e., people are really unique in certain capacities), (b) gender roles (i.e., contrasts in how people should act), or (c) gender generalizations (i.e., contrasts by the way we think people are). Gender norms and gender roles often represent real disparities in gender although not always.

**Dependent Variable:** Romantic Relationship Satisfaction: An intimate relationship is a kind of relationship where a person gets attracted to another, including his nature and, sometimes, physically. Other partner in the relationship reciprocates this. A romantic relationship is what exists between a beau and sweetheart (in a heterosexual relationship) or a beau and beau or sweetheart and sweetheart (in a gay relationship) or companions (in a marriage) or life accomplices (in a common organization or long haul unmarried relationship).

Life Satisfaction: The extent up to which a person discovers life rich, significant, full, or of superior grade. Various normalized measures have been created to give a file of an individual's life fulfilment in contrast with different regulating gatherings (e.g., Satisfaction with Life Scale). Improved life fulfilment is frequently an objective of treatment, particularly with more established individuals.



### Procedure

This investigation is done with an objective to find a correlation between aggression, romantic relationships' satisfaction and life satisfaction in a population of young adults. Aggressive conduct may be described as indignation or hostility, leading to offensive or aggressive actions. A close bond that includes emotional or physical intimacy is a romantic relationship. The manner individuals demonstrate their thoughts, feelings and expectations concerning their upcoming paths and choices is life satisfaction. Relevant literature was taken into consideration and evaluated in detail in order to provide evidence supporting the current study. A sample of 202 young adults was taken for the fulfilling the research purpose. The sample was further segregated into two categories based on their gender. For data collection three assessment tools were used viz. Satisfaction with Life Scale (SWLS), Buss and Perry Aggression Questionnaire (BPAQ), and Relationship Assessment Scale (RAS). The data was collected by sending Google Forms to the participants consisting of the questionnaires. Only those participants were considered for the research that gave their consent to participate. After collecting the required data, statistical analysis was carried out and sum, mean, standard deviation, correlation was found out between the total sample's scores of aggressions and romantic relationships, total sample's scores of romantic relationships and life satisfaction, as well as total sample's score of aggression and life satisfaction. t-test values were also computed between males and females scores of

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aggression, males and females scores on romantic relationships, and males and females scores on life satisfaction.

### Data Analysis:

- There were multiple hypothesis formed on the basis of the sampling an research question.
- There will be a significant difference in aggression level among males and females.
- There will be a significant difference in romantic relationship satisfaction level among males and females.
- There will be a significant difference in life satisfaction level among males and females.
- There will be a significant correlation between aggression and romantic relationship satisfaction.
- There will be a significant correlation between aggression and life satisfaction.
- There will be a significant correlation between romantic relationship satisfaction and life satisfaction.
- The statistical analysis is done with alpha coefficient as 0.05 or at the risk of 5%.

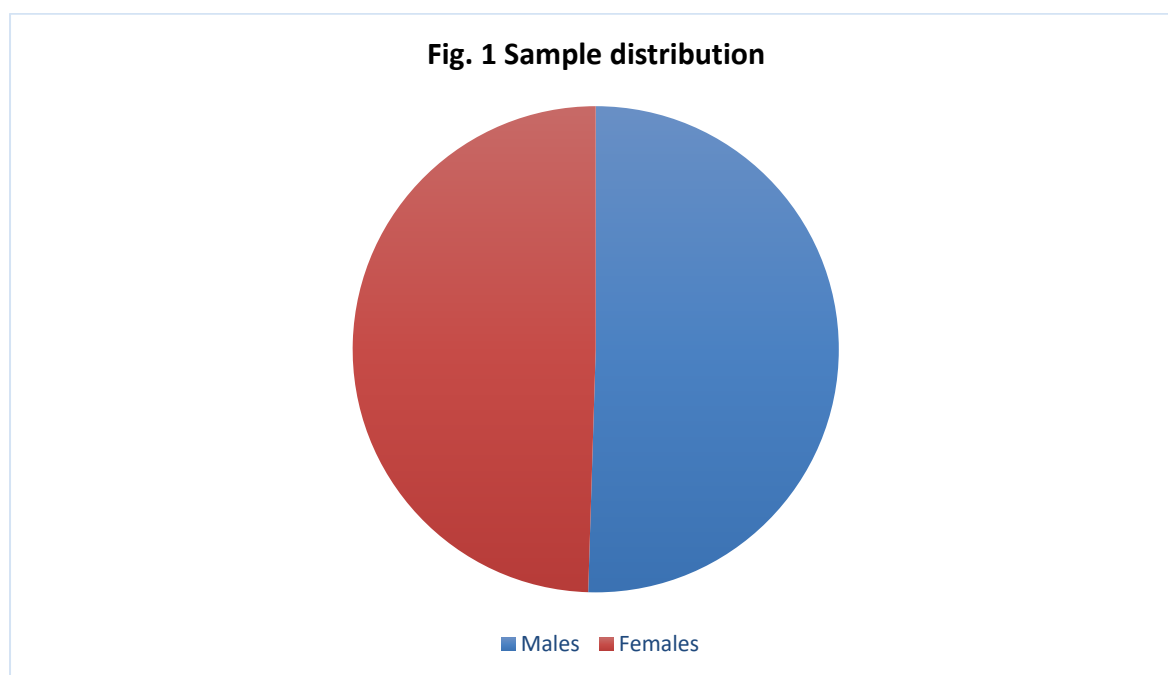
For statistical analysis following techniques were used:

## RESULTS

*Table 1. Demographic Characteristics*

Gender	n	%	Mean Age
Male	102	50.49	21.18
Female	100	49.50	20.42

The total sample size was 202 (N=202) comprising of 102 males (n=102) which accounts for approx. 50.49% of the total sample and 100 females (n=100) which accounts for approx. 49.50% of the total sample. Mean age of males was 21.18 ( $\bar{x} = 21.18$ , range 18-25) and mean age of females was ( $\bar{x} = 20.42$ , range 18-25).



*Figure 1. Displays the proportion of males and females participants in percent.*

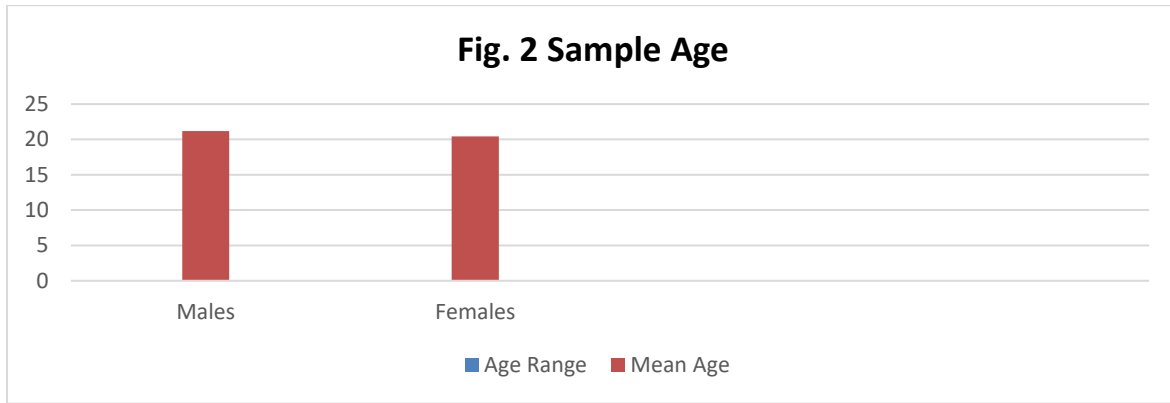


Figure 2. Displays the mean age of males and females participants.

Table 2. t-Test results comparing males and females on level of Aggression

Grade Level	n	Mean	SD	Variance	t-cal	df	p
Male	102	83.22	21.78	474.61	0.025	200	$\leq 0.05$
Female	100	76.89	17.75	315.09			

The calculated value of t is less than the critical value (t-crit = 1.962) therefore the Hypothesis H<sub>1</sub> is rejected. It further suggests that males and females do not differ significantly on the level of aggression.

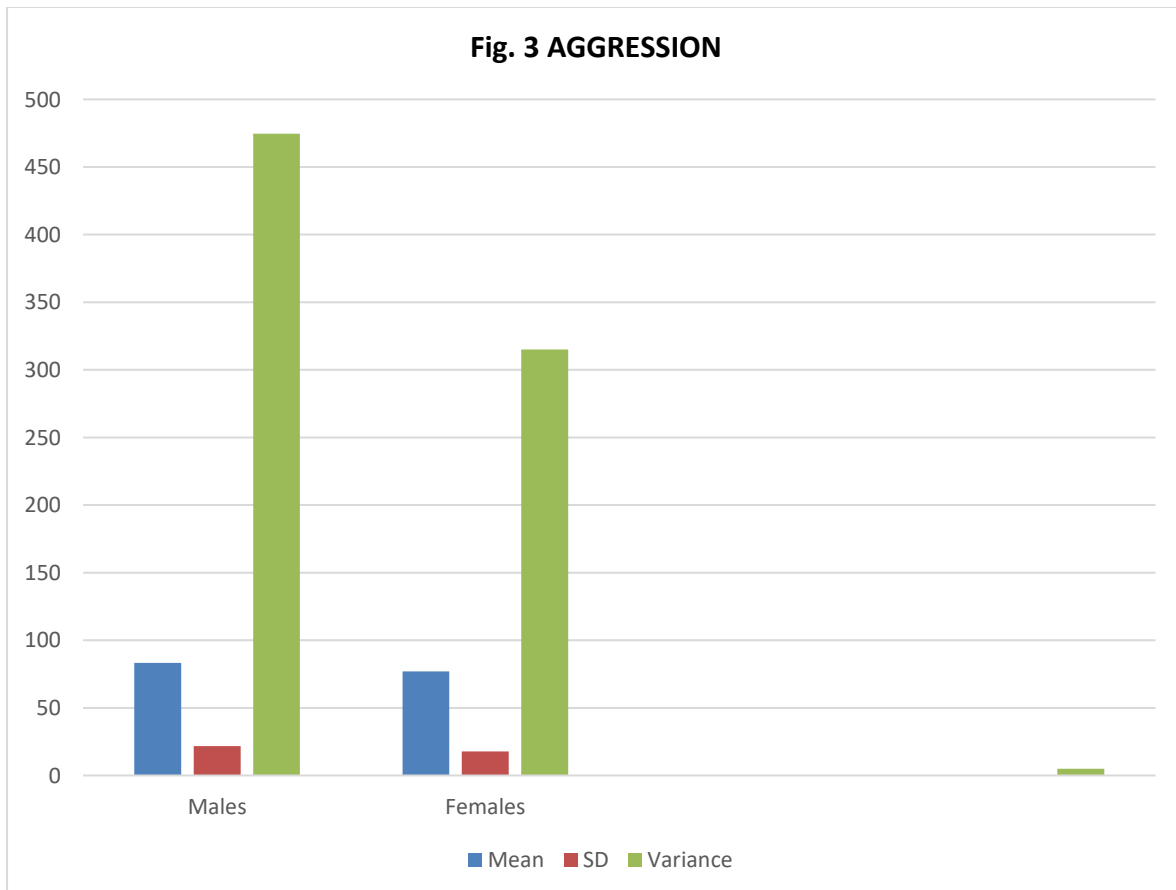
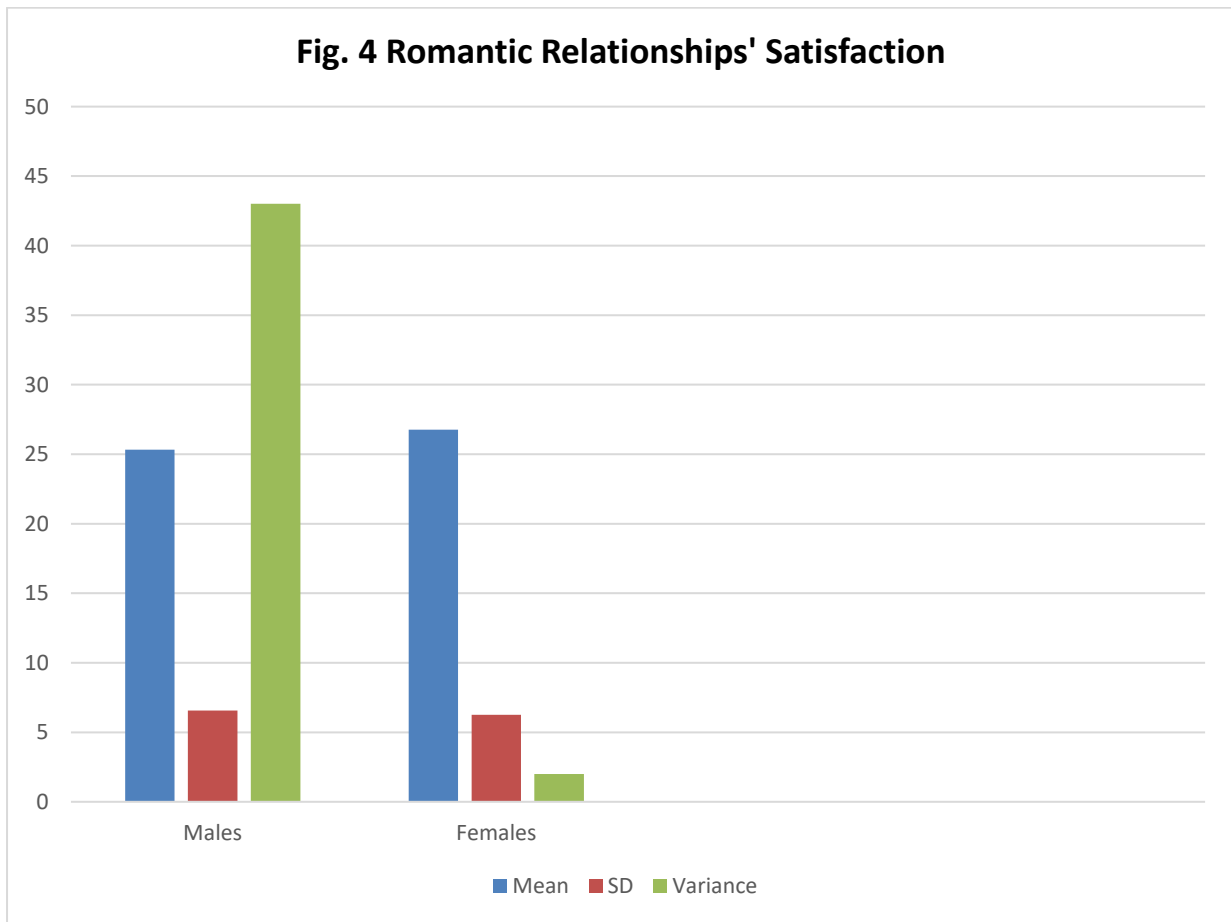


Figure 3. Displays the mean values, standard deviation and the variance values obtained for aggression scores for both males and females participants.

**Table 3. Calculated t-Test results comparing males and females in Romantic Relationships' Satisfaction**

Grade Level	n	Mean	SD	Variance	t-cal	df	p
Male	102	25.33	6.56	43.02	0.113	200	≤ 0.05
Female	100	26.77	6.25	39.05			

The calculated value of t is less than the critical value (t-crit = 1.962) therefore the Hypothesis H<sub>2</sub> is rejected. It further suggests that males and females do not differ significantly in Romantic Relationships' Satisfaction.



**Figure 4. Displays the mean values, standard deviation and the variance values obtained for romantic relationship satisfaction scores for both males and females participants.**

**Table 4. Calculated t-Test results comparing males and females on level of Life Satisfaction**

Grade Level	n	Mean	SD	Variance	t-cal	df	p
Male	102	22.17	6.42	41.27	0.731	200	≤ 0.05
Female	100	21.86	6.21	38.58			

The resulted value of t is less than the critical value (t-crit = 1.962) therefore the Hypothesis H<sub>3</sub> is rejected. It further suggests that males and females do not differ significantly on the level of Life Satisfaction.

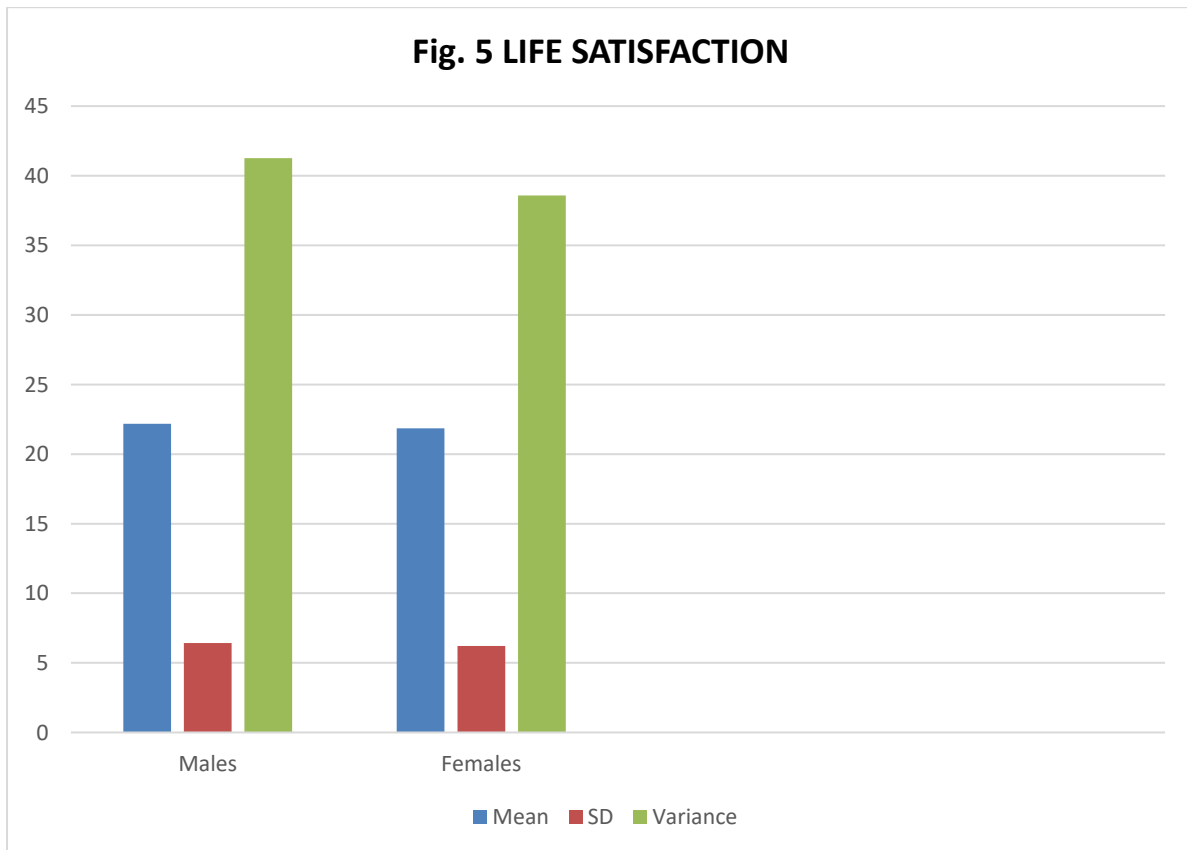
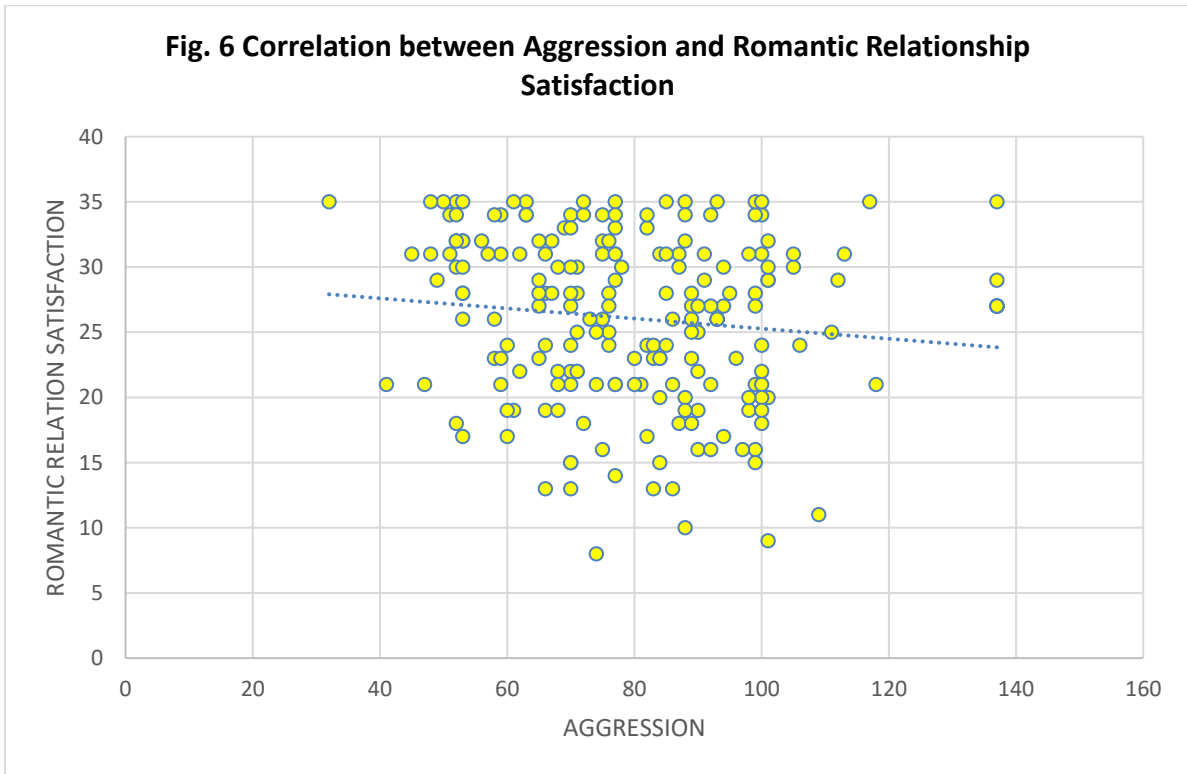


Figure 5. Displays the mean values, standard deviation and the variance values obtained for life satisfaction scores for both males and females participants.

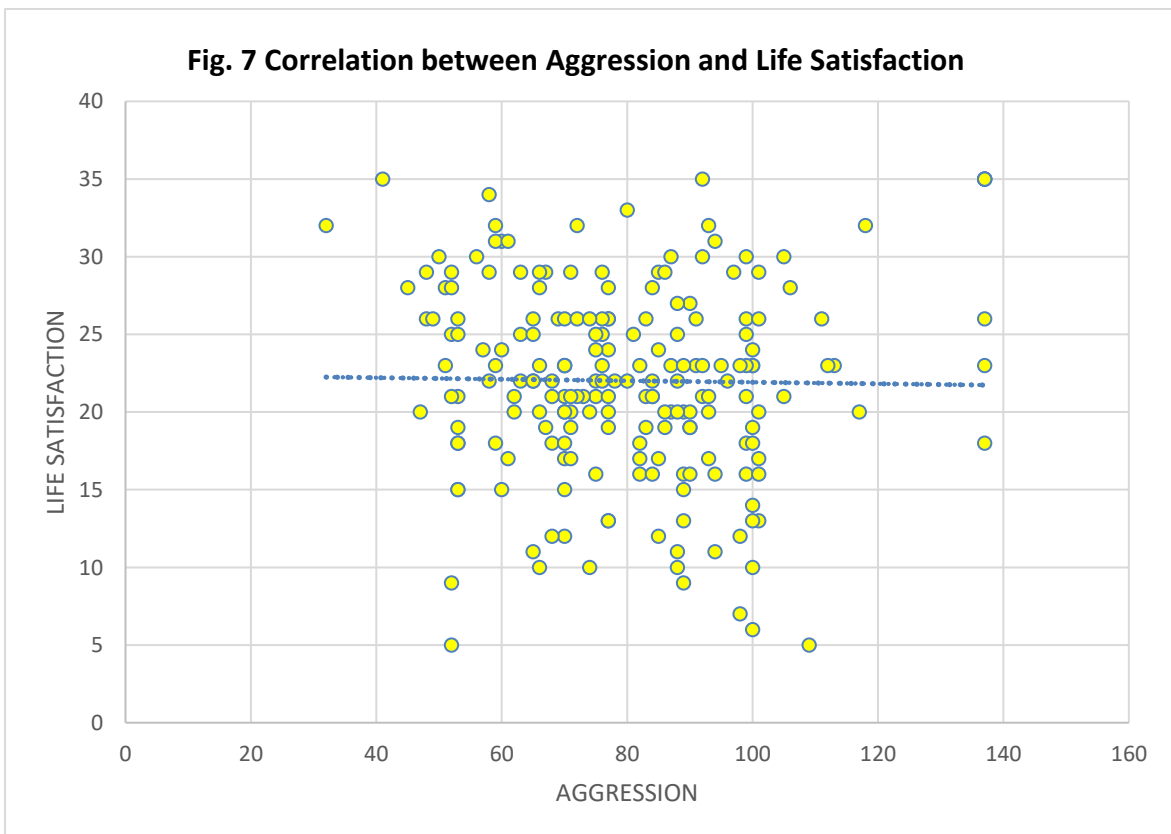
Table 5. Calculated Correlations for Study Variables

Variables	N	M	SD	1	2	3
Aggression	202	80.08	20.09	-		
Romantic Relationships' Satisfaction	202	26.04	6.43	-0.121	-	
Life Satisfaction	202	22.01	6.31	-0.015	0.300	-

The overall sample (N=202) mean came out to be 80.08 for aggression, 26.04 for romantic relationships, and 22.01 for life satisfaction. The standard deviation values obtained for the same were 20.09, 6.43 and 6.31 respectively. The results revealed that there is a weak insignificant negative correlation ( $r(200) = -.121, p < .05$ ) between Aggression and Romantic Relationships' Satisfaction. Thereby Hypothesis H<sub>4</sub> is not accepted. A weak insignificant negative correlation ( $r(200) = -.015, p < .05$ ) was found between Aggression and Life Satisfaction. Therefore, Hypothesis H<sub>5</sub> is also rejected. A moderate significant positive correlation ( $r(200) = .300, p < .05$ ) was found between Romantic Relationships' Satisfaction and Life Satisfaction. Therefore, Hypothesis H<sub>6</sub> is accepted.

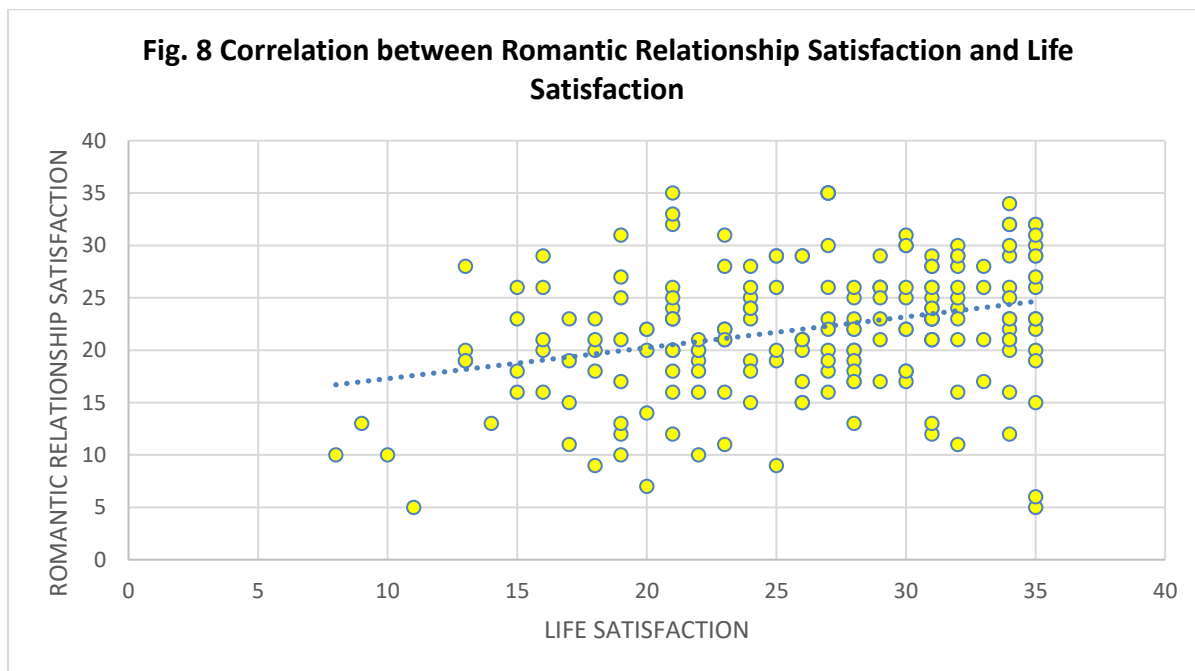


*Figure 6. Displays the correlation graph obtained between aggression and romantic relationship satisfaction.*



*Figure 7. Displays the correlation graph obtained between aggression and life satisfaction.*





*Figure 8. Displays the correlation graph obtained between romantic relationship satisfaction and life satisfaction.*

## DISCUSSION

The present investigation involves the variables Aggression, Romantic Relationships' Satisfaction and Life Satisfaction. The aim of the study was to find an association between the three variables and how this association works. The total sample size for the study was of 202 participants which was further segregated into 102 males and 100 females. To support the findings of the study various studies from past 20 years were reviewed.

The first hypothesis of the study states “there will be a significant difference in aggression level among males and females”. To test the above hypothesis, mean and t value were calculated for the level of aggression among male and female participants. The obtained t value was found to be insignificant at 0.05 level of significance ( $t\text{-cal} = .025$ ), indicating that males and do not differ significantly on the levels of aggression suggesting our first hypothesis getting rejected. In simpler words, the level of aggression in both males and females is similar. Observation on mean values on the level of aggression, mean value of male participants was found to be higher than the mean value of female participants and this difference in mean values emerged to be statistically insignificant.

Therefore, it can be said that the difference in mean values is a matter of chance and both the gender have significantly similar levels of aggression. Breaking the traditional stereotypes, in today's dynamic world even women are becoming as aggressive as men. Many factors contribute to this aspect like more responsibilities, advancement in every way possible as well as the perception of becoming independent and surviving alone in this world. However, it might be possible that men and women differ in displaying different forms of aggression like physical, verbal, hostile and anger.

In an exploration it was tracked down that immediate, particularly physical, aggression was more normal in guys and females at all ages examined, was reliable across societies, and happened from youth on, showing a top somewhere in the range of 20 and 30 years. Outrage showed no sex contrasts. Higher female circuitous aggression was restricted to later youth

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and immaturity and shifted with strategy for estimation. The general example showed guys' more prominent utilization of expensive techniques for aggression as opposed to a limit contrast out of resentment (Archer, J. 2004).

The rejection of the hypothesis may be supported by keeping in mind that in today's scenario females are also working, going to college, and having equal career expectations as men and they also have to look after the house therefore they have much stress because of the responsibilities and work load which might in turn results in frustration and therefore making females equally aggressive as men. The content of the movies and increased use of Online Theatre (OT) might also be one of the factors that makes men and women almost equally aggressive. Today's youth like to spend more time in watching online movies and web series which contains much more aggressive content as compared to the traditional movies content.

Today's youth whether boys or girls spend most of the time scrolling through social media sites watching life of others which makes them jealous sometimes and jealously directly or indirectly also leads to aggression. Another underlying factor that should not be ignored in current situation is the effects that the pandemic is having on every individual. The pandemic restricted individuals in their houses for months which in turn also led to privacy invasion in many ways and created an environment full of fear which made individuals, irrespective of their gender, equally aggressive and violent. Therefore, in a nutshell many factors contributed in making females and males equally aggressive till now and the only difference that lies between their aggressions is the way they show their aggression.

The second hypothesis stated that "there will be a significant difference in romantic relationship satisfaction level among males and females". Similarly, to test the second hypothesis, mean and t value were calculated for the level of romantic relationship satisfaction among male and female participants. The obtained t value was found to be insignificant at 0.05 level of significance ( $t\text{-cal} = .113$ ), indicating that males and do not differ significantly on the levels of romantic relationship satisfaction suggesting our second hypothesis getting rejected. In simpler words, the level of romantic relationship satisfaction in both males and females is similar. Observation on mean values on the level of romantic relationship satisfaction, mean value of female participants was found to be higher than the mean value of male participants and this difference in mean values emerged to be statistically insignificant.

However, contradicting the findings and supporting the hypothesis was a research that demonstrated that males and females do differ significantly in romantic relationship satisfaction in terms of how well their standards have been met (Vangelisti and Doly 1997).

The findings might be justified by exploring the points that today's youth have many different options regarding romantic relationships, like they can be friends with benefits with each other or be in a live-in-relationship with each other etc. People gets this option of selecting their type of relationship irrespective of their gender. This also gives them a benefit that they can step out of a relationship whenever they feel that their standards have not been met or that the relationship is becoming suffocated for them which in turn makes people equally either satisfied or dissatisfied in a relationship. Another factor that might explain the findings of this study is that there is a lot of competition among today's youth of building a successful career and because of this competition both boys and girls gets less time to bother about their relationships. Both males and females focus on personal growth more.

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The third hypothesis stated that “there will be a significant difference in life satisfaction level among males and females”. Similarly, to test the third hypothesis, mean and t value were calculated for the level of life satisfaction among male and female participants. The obtained t value was found to be insignificant at 0.05 level of significance ( $t\text{-cal} = .731$ ), indicating that males and do not differ significantly on the levels of life satisfaction suggesting our third hypothesis getting rejected. In simpler words, the level of life satisfaction in both males and females is similar. Observation on mean values on the level of life satisfaction, mean value of male participants was found to be higher than the mean value of female participants and this difference in mean values emerged to be statistically insignificant.

However, contrary to the findings of present and supporting the hypothesis were the findings of another recent research by Joshanloo and Jovanović (2020) that reported that females tends to have higher levels of life satisfaction as compared to males. The case that females and males both are getting equal opportunities, almost equal freedom, independency, and access to education, technology and everything else might support the findings that males and females have similar level of life satisfaction.

In a nutshell, based on the above findings it can be inferred that gender does not have any significant impact over aggression, romantic relationship satisfaction and life satisfaction level among youth.

The fourth hypothesis stated that “there will be a significant correlation between aggression and romantic relationship satisfaction”. To test the fourth hypothesis, mean and correlation value were calculated for aggression and romantic relationship satisfaction. The obtained negative correlation value was found to be insignificant at 0.05 level of significance ( $r(200) = -.121, p < .05$ ), indicating that there is a weak insignificant negative correlation between aggression and romantic relationship satisfaction therefore our fourth hypothesis getting rejected. This means that there is a negative correlation between aggression and romantic relationship satisfaction (i.e. if the level of aggression increases the romantic relationship satisfaction decreases) but this negative correlation is statistically insignificant.

In pre-adulthood, individuals go through various changes; peer associations fill in importance, and pubescence begins an advancement in sexual turn of events, the two of which enable the initiation of close associations. Youngsters ought to learn, practice, and get the social and relationship capacities that are principal to beginning, keeping up, and every so often finishing close, huge sincere associations.

It might be possible that as mentioned above males and females might use different ways to portray their aggression with respect to romantic relationships. For instance, during an argument males might use physical or sexual means to portray their aggression while females might use verbal fight or silent treatment as a way to portray their aggression.

In an exploration males and females displayed equivalent degrees of romantic social aggression, and men detailed more significant range of exploitation than ladies. Aggression and exploitation were positively associated with negative romantic relationship characteristics and negatively corresponded with high positive relationship characteristics. Relapse examinations demonstrated that both romantic social exploitation and romantic social aggression clarified difference in romantic relationship quality (Linder et al., 2002).

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The fifth hypothesis of the study stated that “there is a significant correlation between aggression and life satisfaction”. To test the fifth hypothesis, mean and correlation value were calculated for aggression and life satisfaction. The obtained negative correlation value was found to be insignificant at 0.05 level of significance ( $r(200) = -.015, p < .05$ ), indicating that there is a weak insignificant negative correlation between aggression and life satisfaction therefore our fifth hypothesis getting rejected. This concludes that there is a negative correlation among aggression and life satisfaction (i.e., if the level of aggression increases the life satisfaction decreases) but this negative correlation is statistically insignificant.

The case that today's youth lacks the knowledge of how to not let aggression affect other domains of life might be considered here to support the findings. Teens who know how to channelize their aggression in a more socially accepted manner, like through gyming, practising mindfulness, yoga, sports, gaming etc. might be high on life satisfaction as they are not letting their aggression ruin other domains of life like social relationships, mental health etc. as compared to those teens who do not know ways to control or channelize their aggression.

Violent teens are at expanded danger of chronic weakness, early mortality, emotional well-being issues, and diminished life satisfaction. Valois et al. (2001) investigated connections between life satisfaction and rough practices and it was discovered that conveying a weapon; conveying a firearm; conveying a weapon at school; actual battling; actual battling at school; actual battling that necessary doctor treatment; driving under the influence; riding with a drinking driver; having property taken/harmed at school; feeling hazardous while at, going to or getting back from school; and being harmed/undermined with a weapon were related with decreased life satisfaction.

The sixth and the last hypothesis of the study stated that “there will be a significant correlation between romantic relationship satisfaction and life satisfaction”. To test the sixth hypothesis, mean and correlation value were calculated for romantic relationship satisfaction and life satisfaction. The obtained positive correlation value was found to be significant at 0.05 level of significance ( $r(200) = .300, p < .05$ ), indicating that there is a moderate significant positive correlation between romantic relationship satisfaction and life satisfaction therefore our sixth hypothesis getting accepted. This means that there is a positive correlation among romantic relationship satisfaction and life satisfaction (i.e., if the level of romantic relationship satisfaction increases the level of life satisfaction also increases) and this positive correlation is statistically significant.

An individual's life satisfaction depends on many factors and romantic relationships is a part of life that contributes significantly to one's life satisfaction. Having a companion gives you emotional, and moral support in the time of crisis. You get emotional stability which is one of the important factors of life satisfaction. Being in a relationship is directly or indirectly linked with having an optimistic quality of life, feeling happy, and less negativity around you (when you are not in toxic relationship). In the time of crisis or life's ups and downs, having someone who can cheer you up is important. Having someone who supports you in no matter what the situation is also makes you self-assured and confident. When you are satisfied with your relationship, you also feel a sense of life fulfilment.

The aftereffects of the investigation by Ali and Tayfun (2013) demonstrate that in the model romantic relationship quality and satisfaction of requirements and the complete impact of the

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factors were straightforwardly and in a roundabout way identified with the abstract prosperity of arising grown-ups. The immediate and roundabout impact of the nature of romantic relationship and satisfaction of requirements factors to the emotional prosperity of arising grown-ups was discovered to be huge.

On the basis of above findings it can be inferred that aggression, romantic relationship satisfaction and life satisfaction are interlinked yet only to some extent. They do not fully depend on each other.

### **CONCLUSION**

The above discussion revealed that aggression do affect romantic relationship's satisfaction and life satisfaction level among youth but only to a limited extent. The gender does not have any significant impact over the three variables. The current investigation featured the pervasiveness and various types of aggression in romantic relationships in youth and how aggression can directly and in directly affect life satisfaction and also how relationship satisfaction can affect life satisfaction and vice versa. It can be seen that the previous researches supported the findings of the research strongly. However, there were some researches that reported contradicting revelations to the findings of the present study.

The findings obtained through this investigation can provide a stronghold for further researches in this field of examination as there are very less researches done over this topic.

### ***Limitations***

The sample taken was mixed with people from different cultures and cultural differences can impact the results of the research. People were from different socioeconomic background which can affect the findings of the research. The sample size taken under consideration for this research was small. The data was collected through online survey method which might also hamper the accuracy of the results obtained. The pandemic might have also affected the accuracy of the results. There are less researches available on variables romantic relationships' satisfaction and life satisfaction.

### ***Recommendations and Suggestions***

- For future investigations sample size can be increased to obtain more accurate results.
- Different variables can be explored along with the three variables taken in the current study, like personality and romantic relationships' satisfaction can be explored together and so on.
- The subscales of Buss and Perry Aggression Questionnaire can also be taken into consideration while analysing results and its' correlation with the other two variables.
- Taking sample population from a particular area can also help in increasing accuracy in results.
- Cultural differences and other external variables should also be considered in future researches.

### ***Implications***

Since the study was conducted in the time of pandemic, this study provides an insight that how the pandemic situation can affect individuals' different aspects of life. Lockdown due to pandemic made individuals more aggressive due to many reasons like privacy invasion, fear

of the pandemic etc. It also ruined many people's relationships because of not being able to meet each other or spending so much time together that people ended up fighting and getting separated from each other due to many reasons. The rate of cyber aggression, cyber bullying, sexual aggression increased as well. Thus, the pandemic also affected an individual's overall life satisfaction. This study also helps in understanding how different forms of aggression (dating aggression, sexual aggression, cyber aggression etc.) can adversely impact one's romantic relationship satisfaction and life satisfaction. This study might also help to develop interventions that can help teens control their aggression and find ways to channelize their aggression in a more socially accepted manner so that it doesn't hamper other aspects of their life.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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