

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

Mahi Singh^{1*}

ABSTRACT

Background: Parental approval and attitudes play a significant role in the outcome of romantic relationships in collectivist cultures. At the same time, fear of intimacy hinders the development of healthy romantic relationships irrespective of culture. **Aim:** This research examines the relationship between the perception of parental attitudes (PPA) towards dating and the fear of intimacy (FOI) experienced by young adults. **Method:** Data was collected from 200 young adults between 18-25 years. Correlational analysis was used to ascertain the nature of the relationship between the two variables. **Results:** Findings suggested a significant, positive relationship between perceived parental attitudes towards dating and fear of intimacy ($r = .394$). There was a significant difference between the PPA of females ($M = 64.03$, $SD = 12.671$) and males ($M = 56.37$, $SD = 10.694$) at $t(165) = 3.212$, $p = 0.002$. **Conclusion:** An individual's experience of fear of intimacy can be related to the perception of their parent's attitudes towards dating as highlighted by the study.

Keywords: *Dating, Perceived Parental Attitudes, Fear of Intimacy, Relationships, Family, Collectivism*

Family plays a significant role in our decisions and choice. Familial and societal opinions become even more significant in collectivist cultures. History is full of tales of the endless love of couples who suffered due to their families' objections, and their resistance to the hindrance only makes their love eternal and legendary. The melancholic story of Romeo and Juliet appears to be the symbol of lovers who suffer from the resistance of their families. This paper delves into the notions surrounding premarital romantic relations. It aims to examine the relationship between the perception of parental attitudes towards dating and fear of intimacy in young adults in the Indian context.

Perceived Parental Attitudes towards Dating

Parenting attitude is a "temperament or a response style in child-rearing to promote the growth and development of children" (Lee & Won Han, 2021). Perceived parental attitudes (PPA) can be defined as an individual's view of how their parents would respond to a situation. Parental attitudes and parental influence on their offspring's premarital sexual and dating attitudes are documented by research (Devereux, Bronfenbrenner & Rogers, 1967;

¹Student, Department of Psychology, University of Delhi, Delhi, India

*Corresponding Author

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

Hertoft, 1969; Sorenson, 1973; Lewis, 1973; McNab, 1976). According to the *social network effect*, approval from family and friends leads to positive outcomes, whereas disapproval leads to adverse outcomes. In general, research has found that social network approval keeps couples together and leads to positive outcomes, such as increases in *intimacy*, *love*, *commitment*, and the overall quality of the relationships (Felmlee, 2001; Sprecher & Felmlee, 1992). On the other hand, disapproval from one's social network is associated with adverse relationship outcomes, such as decreased satisfaction and increased risk of infidelity, divorce, and breakup (Felmlee, 2001; Sprecher & Felmlee, 1992). Parks, Stan, and Eggert (1983) highlighted that perceived support from their own and their partner's social network for the relationship positively affected romantic involvement. An initial attempt to examine the factors leading to the termination of intimate relationships and changing patterns of these factors in a longitudinal study. In an investigation of the perceived reasons for romantic breakups in a Turkish sample, Hortaçsu and Karancı (1987) highlighted that 'environmental and familial pressures' were stated as mildly significant factors while explaining the reasons for breakups. Comparing these with findings of studies conducted in individualistic (Hill, Rubin, & Peplau, 1976), the social network approach to an individual's relationship appears to be slightly more significant for the Turkish sample. Lee (2010) conceptualizes parental approval as a form of social capital, implying that it is an intangible resource and is significant to the relationship's quality and strength.

Premarital romance and parental approval in the Indian context

Romantic love, synonymously referred to as *passionate love*, is considered culturally ubiquitous (Hatfield & Rapson, 1987). Cross-culturally, there tend to be more similarities than differences in the conception and understanding of passionate love (Neto et al., 2000); in a conservative society like India, there is a greater emphasis on family honour, traditions, and social norms (Beilmann et al., 2014) than on romantic preferences when selecting a potential mate. (Levine et al., 1995). There is an apparent dichotomy between romantic love and marriage, which is viewed as a social duty, and quite often, the former does not translate into the latter. Quite frequently, the success of romantic relationships depends on an interplay of several other sociocultural factors relevant to the Indian context, like caste, religion, and parental approval (Corwin, 1977; Mullatti, 1995). In a traditionalistic society like India, premarital romantic relationships among youth are frowned upon (Abraham & Kumar, 1999). Marriages approved and arranged by the family are socially acceptable, and premarital romantic relationships with or without marital ideation are strongly resisted and opposed by the family. (Desai, McCormick, & Gaeddert, 1990). In many situations, premarital love is reduced to being a shameful act characterized by bringing disgrace to and tainting the family's reputation (Alexander, Garda, Kanade, Jejeebhoy, & Ganatra, 2006). However, the results of the recent research in the Indian context indicate increasingly progressive attitudes toward premarital romance and sex among the youth in India. (Abraham & Kumar, 1999; International Institute for Population Sciences [IIPS], 2010). The findings of these studies not only debunk these traditionalistic notions but also challenge the biased estimates about the prevalence of such relationships in our society. Even though romantic relationships are seeing the daylight in collectivist societies, the significance of parental approval is still the deciding factor for the fate of such relationships. In her study of the urban middle class in Kolkata, Donner (2011, 2016) highlighted that while love and choice in marriages are significant in upholding one's autonomy, the significance of familial approval and involvement remains intact. Similarly, it was seen that IT sector employees in Tamil Nadu highlighted that the middle-class youth desires to marry an individual with whom there is interpersonal compatibility (Fuller and Narsimhan 2008, 2014) however, this

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

choice is exercised within the boundaries of the caste endogamy, which are not only upheld by but also shaped by the family (Donner, 2011). In several instances, young adults place substantial importance on marrying out of their choice and gaining parental approval, which can often be two conflicting goals. Successful outcomes of such experiences can be coined as "love-cum-arranged" marriages, simply implying a situation wherein a self-chosen alliance culminates into marriage only after parental approval and consent have been obtained, even if it is preceded by arguments and disagreements (de Neve, 2016). In more extreme situations, disapproval has taken the heinous form of 'honour killings' wherein two consenting partners are killed due to familial objection over their relationship. Factors like caste (Mahajan, 2020), religion, and differences in social status (Jacobson, 2004) often contribute to such killings. Despite modernization and significant changes at the social level, the role of parental approval still remains unchallenged.

Fear of intimacy: contributors and consequences

Satisfying intimate relationships are one of the most significant sources of gratification and purpose in life (Freedman, 1978; Klinger, 1977), for theoreticians have considered intimacy as vital to mental health, psychosocial adjustment, and basic human needs (Erikson, 1963; Maslow, 1954/1970; Sullivan, 1953). Since intimacy is vital in human functioning (Erikson, 1963; Sullivan, 1953; Weiss & Lowenthal, 1975), an impaired ability to develop healthy intimate bonds with others may have negative consequences. Fear of intimacy may curtail progress in courtship (King & Christensen, 1983) and can even influence the onset and course of neurotic disorders (Wilhelm & Parker, 1988). Problems related to intimacy are among the most common reasons couples seek therapy (Horowitz, 1979). Fear of intimacy itself can hinder the development of intimacy in close relationships (Hatfield, 1984). Descutner & Thelen (1991) define fear of intimacy as an "inhibited capacity to share thoughts and feelings of personal significance with another individual who is highly valued". The fear-of-intimacy construct can be understood concerning Hazan and Shaver's (1987) framework, which adopts Bowlby's (1977) proposition that early attachment processes affect the capacity to form intimate relationships in adulthood. It was seen that insecure attachment styles and fear of intimacy were negatively associated with marital satisfaction (Ganji, et. al, 2014). Similarly, a study by Thelen et al. (2000) highlighted that couples with high fear of intimacy scores reported that they preferred less intimacy in their current relationship. Several theorists have conceptualized fear of intimacy as the inhibition of self-reveal following the traditional and widely used conceptions of intimacy based on sharing personal information about one's life (Fruzzetti & Jacobson, 1990). A healthy intimate relationship requires the capacity to exchange thoughts and feelings and strike a balance between upholding autonomy and intentional dependence (Alperin, 2006; Arseth, Kroger, Martinussen, & Bakken, 2009). The scale used in the study operationalized FOI by studying it as two separate constructs- Fear of Losing Self (FLS) and Fear of Losing Others (FLO). The FLS dimension captures the fear of losing independence, diffusion of one's identity and loss of control while being in a close relationship, and the experience of discomfort while depending on a significant other. The FLO dimension taps into the fear of self-disclosure, exposure, and losing a partner's approval. (Sobral & Costa, 2015). Fear of intimacy is also positively associated with rejection sensitivity (Giovazolias and Paschalidi, 2022), depression, particularly in women (Reis & Grenyer, (2004), negative body image (Cash, Theriault and Annis, 2004), emotional deprivation, and low self-esteem (Obeid et al., 2020). When the development of agency and sense of self is curtailed, it is linked to a fear of love and relationships (Reis & Grenyer, 2004). Fear of intimacy, therefore, can be an outcome of the interplay of several complex factors.

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

Present Study

The literature review facilitated the understanding of the role and importance of parental approval in dating behaviour, especially within the Indian context. However, gaps in literature were identified regarding understanding the relationship between perceived parental attitudes towards dating behaviour (approval or disapproval) and their relationship with fear of intimacy in close relationships. The role played by intimacy in developing and maintaining healthy relationships, which are vital to human growth and well-being, was also examined. The objective was to understand the link between perceived parental attitudes towards dating and their impact on fear of intimacy.

METHODOLOGY

Objective

The study aimed to study perceived parental attitudes toward dating and their relationship with fear of intimacy in young adults.

Hypothesis

- **H₁:** There is no significant relationship between perceived parental attitudes towards dating (PPA) and Fear of Intimacy (FOI).
- **H₂:** There will be no significant gender differences in PPA and FOI.

Participants and sampling

The sample size was 200, consisting of Indian young adults between 18-25. Convenience and snowball sampling was conducted, and participants were contacted over various social media platforms. The average age of the sample was 21.01 years.

Measures

Two scales were used for the study. Perceived Parental Attitudes Towards Dating Scale (Sahin, 2005) and Fear of Intimacy Scale (Sobral & Costa, 2015)

1. ***Perceived Parental Attitudes Towards Dating Scale (2005)*** The scale was developed by Turkish researcher Basak Sahin, to measure the level of parental approval about dating as perceived by the student. The questions are framed so that respondents can indicate the circumstances under which dating behaviour was perceived as acceptable by their parents and the degree to which it will be acceptable or unacceptable. There are 20 items on the particular scale. Each item has been developed for perceived maternal and paternal attitudes toward dating behaviour. All items are to be answered on a 5-point Likert-type scale; six items were reverse coded ("1" – "strongly, Disagree", "5" – "strongly agree"). The internal consistency reliability (Cronbach's Alpha) of the scale was .88 (Sahin, 2005)
2. ***Fear of Intimacy Components Questionnaire (2015)*** The scale was developed by Maria Pedro Sobral and Maria Emilia Costa. The scale captures the respondents' responses about how well the statements describe their attitudes toward romantic relationships. It consists of 10 items, measuring two separate dimensions, Fear of Losing Self (FLS) and Fear of Losing Other (FLO). All items are to be answered on a 5-point Likert-type scale. The test-retest reliability for the 2 subscales was .887 and .878 (Sobral & Costa, 2015).

Procedure

A Google form was created containing items from the two scales and was shared with the participants online. Once the data was accumulated, SPSS V.25 was used for data analysis.

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

Statistical Analysis: The data were subjected to statistical analysis. Pearson’s correlation and independent samples T-test were carried out.

Ethical Consideration:

The data was collected from participants based on their voluntary participation. Participants were not asked to share their names to maintain anonymity. The results were kept confidential and were destroyed after the results were obtained and data analysis was done.

Table 1: Demographic distribution of the participants.

Variables	n (%)
Age	
17	2 (1%)
18	10 (5%)
19	13 (6.5%)
20	43 (21.5%)
21	71 (35.5%)
22	31 (15.5%)
23	16 (8%)
24	9 (4.5%)
25	5 (2.5%)
Educational Qualification	
class 12	37 (18.5%)
diploma	1 (0.5%)
other	1 (0.5%)
postgraduate	19 (9.5%)
postgraduate or higher	1 (0.5%)
undergraduate	141 (70.5%)
Gender	
Male	75 (37.5%)
Female	125 (62.5%)
Living Setup	
Rural	3 (1.5%)
semi-urban	11 (5.5%)
urban	186 (93%)
Nature of Parents' Marriage	
Arranged Marriage	147 (73.5%)
Love Marriage	53 (26.5%)

Table 2: descriptive statistics for the group data.

	Gender	Mean	Std. Deviation	Std. Error Mean
MOTHER	Female	31.42	6.761	.605
	Male	28.40	6.249	.722
FATHER	Female	32.61	6.930	.620
	Male	27.97	5.238	.605
PPA	Female	64.03	12.671	1.133
	Male	56.37	10.694	1.235
FLO	Female	13.40	4.379	.392
	Male	13.56	3.936	.455
FLS	Female	15.64	3.552	.318
	Male	14.80	3.687	.426
TOTAL	Female	29.04	6.751	.604
	Male	28.36	6.320	.730

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

The group statistics indicated that there was a considerable amount of difference in the perceived parental attitudes of females and males. Females ($M_{\text{female}} = 31.42$, $SD_{\text{Female}} = 6.76$) perceived their maternal attitudes towards dating as more authoritative than did males ($M_{\text{male}} = 28.40$, and $SD_{\text{male}} = 6.24$). Similarly, females also perceived their paternal attitudes towards dating as stricter.

($M_{\text{female}} = 32.61$, $SD_{\text{female}} = 6.93$) than males. ($M_{\text{male}} = 27.97$, $SD_{\text{male}} = 5.23$) At an overall level, this led to a large difference in the total scores for Perceived Parental Attitudes of females ($M = 65.02$, $SD = 12.78$) and males ($M = 57.00$, and $SD = 12.78$). There, however, was a very slight difference in Fear of Intimacy Subscales for females ($M_{\text{FLO}} = 13.38$, $SD_{\text{FLO}} = 4.23$; $M_{\text{FLS}} = 15.72$, $SD_{\text{FLS}} = 3.64$) and males ($M_{\text{FLO}} = 13.20$, $SD_{\text{FLO}} = 3.99$; $M_{\text{FLS}} = 14.73$, $SD_{\text{FLS}} = 3.59$), this consequently translates to a minute difference in the overall Fear of Intimacy score for females ($M = 29.10$, $SD = 6.745$) and males ($M = 27.94$, $SD = 6.41$).

Table 3: Displays results of the independent samples t-test comparing

		t	df	Sig. (2-tailed)	Confidence intervals (95%)	
					Lower	Upper
Mother	Equal	3.212	165.675	.002	1.165	4.883
	Variances Assumed					
Father	Equal	5.352	187.595	.000	2.926	6.343
	Variances Assumed					
PPA	Equal Variances Assumed	4.569	176.448	.000	4.351	10.966
FLO	Equal Variances Assumed	-.267	169.079	.790	-1.344	1.024
FLS	Equal Variances Assumed	1.581	151.364	.116	-.210	1.890
Total	Equal Variances Assumed	.718	164.109	.474	-1.190	2.550

The test results indicate a significant difference in the perception of maternal attitudes towards parenting for females and males at $t(165.67) = 3.212$, $p = 0.002$. Similarly, there was a significant difference in the perception of paternal attitudes towards dating in female and male participants at $t(187.79) = 5.352$, $p = 0.000$. The aforementioned translate to a significant difference in the overall perception of parental attitudes toward dating in females and males. $t(176.44) = 4.569$. There was no significant difference found in FLS, FLO, and overall scores of females and males on the FICQ.

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

Table 4: Displays the correlation between the scores on the Perceived Parental Attitudes towards Dating scale, and Fear of Intimacy Components Questionnaire

		MOTHER	FATHER	PPA
FLO	Pearson Correlation	.331**	.349**	.366**
	Sig. (2-tailed)	.000	.000	.000
FLS	Pearson Correlation	.288**	.253**	.291**
	Sig. (2-tailed)	.000	.000	.000
TOTAL	Pearson Correlation	.370**	.362**	.394**
	Sig. (2-tailed)	.000	.000	.000

****.** Correlation is significant at the 0.01 level (2-tailed).

The results indicated a statistically significant positive at $p = 0.01$ but a low correlation between PPA, FLO, FLS, and the overall Fear of Intimacy dimension. It could be due to multiple factors like a small sample size or varied data.

DISCUSSION

This study assessed the relationship between perceived parental attitudes toward dating and fear of intimacy. The study consisted of young adults who fell between the ages of 18-25. The average age of the sample was 21.06. The proportion of females (62.5%) outnumbered the proportion of males (37.5%) in our sample. The majority of the participants in the study had completed their graduation (70.5%) and had an urban living setup (90%).

The results of the T-test reflected that there was a significant difference in the perceived parental attitudes of males and females. Females perceived their parents as being stricter than males. A similar study by Barnhart et al. (2013) also reflected that Indian females believe their parents are More authoritative. This aligns with the fact that in most collectivist societies, women are seen as bearers of the family's honour and dignity. Maintaining family honour requires monitoring and restrictions on female behaviour, and compared to males, females are much more closely supervised and limited in their permitted activities, particularly during adolescence (Ataca, 1989; cited in Sunar, 2002). Females experience more protective parenting as compared to males. Rodriguez Mosquera's study (1999) highlighted that as a result of the masculine code of honour, fathers are responsible for females and thus for the family's honour, they feel the need to protect their honour –in the name of females' honour- by being authoritarian and controlling over daughters' behaviour primarily due to premarital sexuality. The T-test results also reflect no significant difference in fear of intimacy scores in males and females. This is supported by literature that suggest that women and men approach and encounter intimacy similarly (Descutner & Thelen, 1991; McAdams et al., 1988). Additionally, it was supported by a study by Hook et al. (2003), which highlights that men and women varied on love, admiration, and personal validation intimacy factors but not on self-disclosure and trust factors. However, our findings conflicted with a study conducted by Klein (2005), which highlighted that men showed less comfort with intimacy than women in the areas of self-disclosure, personal validation, and trust.

The correlation results indicated a positive correlation between all the subscales of PPA and FICQ. This implies that our null hypothesis was rejected, and there is, in fact, a statistically significant correlation between the perceived parental attitudes towards dating and fear of intimacy in young adults. The research regarding the social network effect holds that perceived approval from our social network can positively impact the relationship's

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

outcome. (Felmlee, 2001; Sprecher & Felmlee, 1992). India is a collectivist society, and Benjayan, Marshall, and Ferenczi (2015) reported that collectivism was associated with a more significant acceptance of parental influence over mate preference, thereby reducing relationship commitment. The conflicting literature suggests that offsprings, especially females, try to manipulate their parents into accepting partners of their preference (Apostolou, 2015). Some studies also reflect that disapproval or approval from one's social network may not impact the romantic relationship (Bryan et al., 2001; Leslie, Huston, and Johnson 1986). A classic study by Driscoll et al. (1972) highlighted the term *Romeo and Juliet effect* to refer to findings suggesting that increases in perceived parental disapproval intensified romantic relationship affect over time.

CONCLUSION

The study aimed to understand the relationship between perceived parental attitudes toward dating and fear of intimacy. The first hypothesis was rejected, as the findings suggested that there is indeed a statistically significant relationship between PPA and FOI. The second hypothesis was partially accepted, as it was noticed that there were gender differences in PPA but not in the experience of FOI. Since FOI is a significant barrier to developing healthy relationships, it is essential to deal with it through therapeutic measures. This study identifies the relationship between PPA and FOI. It can be used to develop techniques to mitigate the fear of intimacy that stems from perceived parental attitudes and lack of perceived social support. This can be a common scenario in India, given the diversity in our country in terms of religion, language, and culture. Cross-cultural romantic relationships often face domestic and social opposition, which can impact an individual's well-being. This is something that can be understood and dealt with in therapy, as it is an issue significant to the Indian context.

Limitations & Directions for Further Research

The first limitation of the study was the size of the sample. The small sample size could also be a reason for the weak correlation. Secondly, our sample had a skewed gender distribution, as the number of females outnumbered the number of males in the sample, which means that the female experience dominantly influenced the findings. Lastly, the sample was predominantly representative of the urban population, and we could not capture the extent to which this phenomenon occurs in rural areas, where social norms are upheld more stringently. The majority of honour killings take place.

For further research, this study can be extended to rural populations to capture the extent to which individuals experience fear of intimacy due to perceived parental attitudes. This study can also be replicated on a sample from an individualistic culture to conduct a comparative analysis.

REFERENCES

- Alexander, M., Garda, L., Kanade, S., Jejeebhoy, S., & Ganatra, B. (2006). Romance and Sex: Pre-Marital Partnership Formation among Young Women and Men, Pune District, India. *Reproductive Health Matters*, 14(28). [https://doi.org/10.1016/S0968-8080\(06\)28265-X](https://doi.org/10.1016/S0968-8080(06)28265-X)
- Alperin, R. M. (2006). Impediments to intimacy. *Clinical Social Work Journal*, 34, 559–572.

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

- Apostolou, M. (2015). Accept my choices, but I will not accept yours! Children's tactics of mate choice manipulation. *Evolutionary Behavioural Sciences*, 9(2), 128–139. <https://doi.org/10.1037/ebs0000033>
- Arseth, A. K., Kroger, J., Martinussen, M., & Bakken, G. (2009). Intimacy status, attachment, separation-individuation patterns, and identity status in female university students. *Journal of Social and Personal Relationships*, 26, 697–712.
- Barnhart, C.M., Raval, V.V., Jansari,(2013). Perceptions of Parenting Style Among College Students in India and the United States. *Journal of Child and Family Study* 22, 684–693 <https://doi.org/10.1007/s10826-012-9621-1>
- Barton, A. L., & Kirtley, M. S. (2012). Gender differences in the relationships among parenting styles and college student mental health. *Journal of American College Health*, 60(1), 21-26.
- Beilmann, M., Mayer, B., Kasearu, K., & Realo, A. (2014). The relationship between adolescents' social capital and individualism-collectivism in Estonia, Germany, and Russia. *Child Indicators Research*, 7(3), 589-611.
- Besharat, M. A., Naghshineh, N., Ganji, P., & Tavalaeyan, F. (2014). The moderating role of attachment styles on the relationship of alexithymia and fear of intimacy with marital satisfaction. *International Journal of Psychological Studies*, 6(3), 106.
- Bhandari, P. (2017). Pre-marital relationships and the family in modern India. *South Asia multidisciplinary academic journal*, (16).
- Bryan, L., Fitzpatrick, J., Crawford, Dune., and Fischer, J. (2001) "The Role of Network Support and Interference in Women's Perception of Romantic, Friend, and Parental Relationships." *Sex Roles* 45:481–99.
- Cash, T. F., Theriault, J., & Annis, N. M. (2004). Body image in an interpersonal context: Adult attachment, fear of intimacy, and social anxiety—*Journal of social and clinical psychology*, 23(1), 89.
- Corwin, L. A. (1977). Caste, class and the love-marriage: Social change in India. *Journal of Marriage and the Family*, 39(4), 823-831. doi:10.2307/350485
- De Neve, Geert (2016) The economies of love: love marriage, kin support and aspiration in a south Indian garment city. *Modern Asian Studies*, 50 (4). pp. 1220-1249. ISSN 0026749X, 14698099
- Desai, S. R., McCormick, N. B., & Gaeddert, W. P. (1990). Malay and American undergraduates' beliefs about love. *Journal of Psychology & Human Sexuality*, 2(2), 93-116.
- Descutner, C. S., & Thelen, M. H. (1991). Development and validation of a Fear-of-Intimacy Scale. *Psychological Assessment: A Journal of Consulting and Clinical Psychology*, 3, 218-225
- Devereux, E. C., Bronfenbrenner, V. & Rogers, R. R. (1967). Childbearing in England and the United States: A Cross-National Comparison. *Journal of Applied Psychology*, 51: 247- 253.
- Donner, Henrike. 2011. *Being Middle-Class in India: A Way of Life*. London and New York: Routledge. doi: 10.4324/9780203148532
- Donner, Henrike. 2016. "Doing It Our Way: Love and Marriage in Kolkata Middle-Class Families." *Modern Asian Studies* 50(4):1147–89. doi: 10.1017/S0026749X15000347
- Erikson, E. H. (1963). *Childhood and society*. New York: Norton.
- Felmlee, D. (2001). No couple is an island. A social network perspective on dyadic stability. *Social Forces*, 79, 1259-1287.
- Freedman, J. (1978). *Happy people: What happiness is, who has it, and why*. New York: Harcourt Brace Jovanovitch

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

- Fuller, C. J., & Narasimhan, H. (2008). Companionate marriage in India: The changing marriage system in a middle-class Brahman subcaste. *Journal of the Royal Anthropological Institute*, 14(4). <https://doi.org/10.1111/j.1467-9655.2008.00528.x>
- Fuller, Chris. J. and Haripriya Narasimhan. (2014) *Tamil Brahmins: Making of a Middle-Class Caste*. Chicago: University of Chicago Press.
- Giovazolias, T., & Paschalidi, E. (2022). The effect of rejection sensitivity on fear of intimacy in emerging adulthood: A moderated-mediation model. *European Journal of Psychology Open*.
- Hatfield, E., & Rapson, R. L. (1987). Passionate love/sexual desire: Can the same paradigm explain both? *Archives of Sexual Behaviour*, 16(3). <https://doi.org/10.1007/BF01541613>
- Hertoft, P. (1969). Sex Guidance. *Danish Medical Bulletin*, 16: 22- 30.
- Hill, C. T., Rubin, Z., & Peplau, O. (1976). Breakups before marriage: The end of 103 affairs. *Journal of Social Issues*, 32, 147-168.
- Hook, M. K., Gerstein, L. H., Detterich, L., & Gridley, B. (2003). How close are we? Measuring intimacy and examining gender differences. *Journal of Counseling & Development*, 81(4), 462-472.
- Horowitz, L. M. (1979). On the cognitive structure of interpersonal problems treated in psychotherapy. *Journal of Consulting and Clinical Psychology*, 47, 5-15.
- Hortacsu, N. and Karanci, A.N. (1987), PREMARITAL BREAKUPS IN A TURKISH SAMPLE: PERCEIVED REASONS, ATTRIBUTIONAL DIMENSIONS AND AFFECTIVE REACTIONS. *International Journal of Psychology*, 22: 57- 74. <https://doi.org/10.1080/00207598708246767>
- Jacobson, D. (2004). *Indian society and ways of living, organisation of social life in India*. Asia Society <https://asiasociety.org/education/Indian-society-and-ways-living>
- King, C. E., & Christensen, A. (1983). The relationship events scale: A Guttman scaling of progress in courtship. *Journal of Marriage and Family*, 45, 671-676.
- Klein, H. K. (2005). *Investigation of variables influencing college students' marital attitudes and fear of intimacy* (Order No. 3194873). Available from ProQuest Central; ProQuest Dissertations & Theses Global. (305026947).
- Klinger, E. (1977). *Meaning and void: Inner experience and the incentive in people's lives*. Minneapolis: University of Minnesota Press.
- Lau, M., Markham, C., Lin, H., Flores, G., & Chacko, M. R. (2009). Dating and sexual attitudes in Asian-American adolescents. *Journal of Adolescent Research*, 24(1), 91–113. <https://doi.org/10.1177/0743558408328439>
- Lee H, Han J-W. Analysis of Parenting Attitude Types and Influencing Factors of Korean Parents by Using Latent Transition Analysis. *International Journal of Environmental Research and Public Health*. 2021; 18(14):7394. <https://doi.org/10.3390/ijerph18147394>
- Lee, K. H., Swenson, A. V., & Niehuis, S. (2010). His or her parents? Perceived parental approval of romantic relationships among college students and their partners. *Interpersona: An International Journal on Personal Relationships*, 4(2), 213-236.
- Leslie, L.A., Huston, T.A., and Johnson, M.A., 1986. “Parental Reactions to Dating Relationships: Do They Make a Difference?” *Journal of Marriage and the Family* 48:57–66.
- Levine, R., Sato, S., Hashimoto, T., & Verma, J. (1995). Love and marriage in eleven cultures. *Journal of Cross-Cultural Psychology*, 26(5), 554-571. doi:10.1177/0022022195265007

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

- Lewis, R. A. (1973). Parents and Peers: Socialization Agents in the Coital Behaviour of Young Adults. *The Journal of Sex Research*, 9: 156- 170
- Mahajan, A. (2020, September 26). *In the name of honour: Comprehending honour killings in India*. Critical Edges <https://criticaledges.com/2020/09/26/in-the-name-of-honour-comprehending-honour-killings-in-india/>
- Maslow, A. H. (1970). *Motivation and personality*. New York: Harper and Row. (Original work published 1954)
- McAdams, D. P., Lester, R. M., Brand, P. A., McNamara, W. J., & Lensky, D. B. (1988). Sex and the TAT: Are women more intimate than men? Do men fear intimacy? *Journal of Personal Assessment*, 52(3), 397-409.
- McNab, W. L. (1976). Sexual Attitude Development in Children and the Parents Role. *Journal of School Health*, 46: 337- 342.
- Mullatti, L. (1995). Families in India: Beliefs and realities. *Journal of Comparative Family Studies*, Special Issue: Families in Asia: *Beliefs and Realities*, 26, 11-25.
- Obeid, S., Sacre, H., Haddad, C., Akel, M., Fares, K., Zakhour, M., ... & Hallit, S. (2020). Factors associated with fear of intimacy among a representative sample of the Lebanese population: The role of depression, social phobia, self-esteem, intimate partner violence, attachment, and maladaptive schemas. *Perspectives in psychiatric care*, 56(3), 486-494
- Parks, M. R., Stan, C. M., & Eggert, L. L. (1983). Romantic involvement and social network involvement. *Social Psychology Quarterly*, 46(2), 116–131. <https://doi.org/10.2307/3033848>
- Reis, S., & Grenyer, B. F. S. (2004). Fear of intimacy in women: Relationship between attachment styles and depressive symptoms. *Psychopathology*, 37, 299–303.
- Rodriguez Mosquera, P. M. (1999). Honour and Emotion: The Cultural Shaping of Pride, Shame and Anger. Published Doctoral Thesis, Universiteit van Amsterdam, Amsterdam
- Şahhn, B. (2005). *Perceived Parental Attitudes of Turkish College Students Towards Dating and Premarital Sexual Behaviours: The Role of Students' Gender & Parental Marital Status*. (Masters Thesis, Middle East Technological University, Ankara, Turkey) Retrieved from <https://open.metu.edu.tr/bitstream/handle/11511/15259/index.pdf>
- Shaver, P., & Hazan, C. (1987). Being lonely, falling in love. *Journal of Social Behaviour and Personality*, 2(2), 105.
- Singh, D., & Bhandari, D. S. (2021). Legacy of Honour and Violence: An Analysis of Factors Responsible for Honour Killings in Afghanistan, Canada, India, and Pakistan as Discussed in Selected Documentaries on Real Cases. *SAGE Open*, 11(2), 215824402110223. doi:10.1177/21582440211022323
- Sorenson, R. C. (1973). *Adolescent Sexuality in Contemporary America*. New York, World Publishing.
- Sprecher, S., Felmlee, D., Schmeeckle, M., & Shu, X. (2013). No breakup occurs on an island: Social networks and relationship dissolution. In *Handbook of Divorce and Relationship Dissolution*. <https://doi.org/10.4324/9781315820880-33>
- Sullivan, H. H. (1953). *The interpersonal theory of psychiatry*. New York: Norton.
- Sunar, D. (2002). Change and Continuity in the Turkish Middle-Class Family. Autonomy and Dependence in the Family: Turkey and Sweden in Critical Perspective. *Istanbul: Swedish Research Institute*, 217- 237.

What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy

- Thelen, M. H., Vander Wal, J. S., Thomas, A. M., & Harmon, R. (2000). *Fear of Intimacy among Dating Couples*. *Behaviour Modification*, 24(2), 223–240. doi:10.1177/0145445500242004
- Thes, L., & Lowenthal, M. F. (1975). *Life-course perspectives on friendship*. In M. F. Lowenthal, M. Thurnher, & D. Chiriboga (Eds.), *Four stages of life*. San Francisco: Jossey-Bass
- Wilhelm, K., & Parker, G. (1988). The development of a measure of intimate bonds. *Psychological Medicine*, 18, 225-234.

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Singh, M. (2023). What Will My Parents Say? An Empirical Enquiry into the Relationship Between Perceived Parental Attitudes toward Dating and Fear of Intimacy. *International Journal of Indian Psychology*, 11(2), 2250-2261. DIP:18.01.225.20231102, DOI:10.25215/1102.225