

To Study the Modern Changes in Romantic Relationships Among Youth

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ABSTRACT

In the current study the researcher has studied the modern changes in romantic relationship among youth. This study is done on boys and girls from the age range of 15-29. It analyses the types of changes in romantic relationship which are directed in this modern age. Types of modern relationship like online dating, friends with benefits, live-in relationships, situationships are analysed in this study. It also analyses youth's dating strategy. It examines the intensity of commitment among youth. Also determines if these relationships are causing any mental strain on the youth. The source of all the data collected was from the internet. The data is collected from various cities around the world, India and United States is more prominent amongst these cities. Results from the internet polls in India suggest that most youth wanted to look forward for a real relationship and love rather than just meaningless physical relationships. Most of them tend to believe in marriages more than live-ins and the ideal age for most is 25-30. Whereas on the data collected from USA said otherwise which is analysed in the current research.

Keywords: Youth, Romantic Relationships, Modern Changes in romantic relationships

The age range of youth is from 15-24 year old around the globe (UN, WHO). The age range changes from country to country. In India, "youth" is defined as the age from 13-29-year-old (national youth policy, 2014). It is the age which is characterized by innate factors to list transition from adolescent to adulthood which comes with physical, mental changes, growth spurts and majorly sexual changes. In this age the youth, come to feel the need for love, affection, attachment with individual outside their family. With these changes with modern exposure to the world the ways of engaging them in these relationships have also changed in modern times. Therefore, it is essential to study these transitions in youth. This current study analyses the modern changes in the romantic relationship dynamics of this age range. This research tried to focus on modern changes in romantic relationship.

YOUTH

As (UN, WHO) suggests that the age range of youth around the globe should be ranging 15-24, its only valid with respect to the characteristics of youth. The characteristics mainly exist

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of transitional period from adolescents to young adults, the physical changes, the mental changes with respect to these physical changes are attributed in this age. Sexual attraction is built for the opposite sex also same sex. A lot of factors like passion, attachment, attraction plays an essential role in the formation of partners for romantic relationship. There is a constant confusion between liking and loving somebody both different concepts (Zick Rubin 1970).

ROMANTIC RELATIONSHIPS

Romantic relationships are quite some types in recent times some which cannot even be categorized. Romantic relationship is a relation between two individuals who are romantically involved with one another, and their behaviour and feelings are addressed towards each other. (Collins). It is explained in the triangular theory of love how love is a part of interpersonal relationship. (Robert Sternberg 1986) in which he proposed that love is based on three different aspects which is intimacy, passion and commitment. He also stated that if any two of these aspects does not exist in a relationship there is a possibility that the relationship has less chances of survival on one single aspect.

Romantic relationships are of various kinds of relationships:

- Infatuation: passion only
- Friendship: intimacy only
- Empty love: commitment only
- Romantic love: passion + intimacy
- Fatuous love: passion + commitment
- Companionate love: intimacy + commitment
- Consummate love: passion + intimacy + commitment

MODERN CHANGES IN ROMANTIC RELATIONSHIP

“Courtship” in the 1800’s was what is dating today but the dynamics of it completely different than what it was before. The men visited females in their homes to be their potential suitor so that their pairing can be consummated in a marriage all under their parent’s supervision. then the couple was allowed to take over the land and the man could work for his new family. (Cate & Lloyd, 1992). But love was only possible after their marriage. It is said by (Rothman 1984) that it was not about passion or romance, but it was an understood upon openness to one another, sincerity and connection between them as the time passes. But now in the modern times the whole thing starts from a friendship then when they pass the friendship zone, they enter the long-term relationship. (Raley, 2007; Quintero & Koestner, 2006; Surra, Boettcher-Burke, etc 2006) sex doesn’t necessarily has to mean that the couple are dating it can be termed as “hook-up” (Paul, McManus, etc, 2000).

Types of modern relationships:

- **Online dating:** Using the internet to arrange to meet somebody and possibly begin a romantic relationship with them. (Oxford)
- **Live-in:** A live-in partner is someone who lives in the same house as the individuals they are having a sexual relationship with but is not married to them. (Collins)
- **Friends with benefits:** The concept of FWB was initially used by Hughes et al. (2005). Their focus was on the rules that regulated these relationships, and on the reactions of other friends who learned about the FWB relationship. Three categories of rules were identified: emotional rules, communication rules, and sex rules.

LITERATURE REVIEW

Erik Erikson (1958,1963) the works of Erik Erikson on the theory on psychosocial development. In this theory he explains that there are 8 stages a human goes through. Every stage a psychological as well as physical changes among individuals of all ages step by step. Psychosocial development not only sees changes in individuals's overt behaviour but also their cognition. The 6th stage of the theory "Intimacy vs. Isolation" is mostly focused on younger adults. He suggests that in this age the younger generation develops relationships at work and social life. And when one fails to make these connections, they fall prey to promiscuity, isolation and exclusivity.

Elaine Hatfield (1988) differentiated love two different types, compassionate love and passionate love. Her results said that compassionate love has characteristics like, attachment, mutual respect trust and affection. This has a longer duration than passionate love. Passionate love is characterised by sexual attraction, intense emotions and anxiety. It lasts no longer than 6-30 months. These intense feelings when are reciprocated the individuals feels fulfilled. But when these emotions are ignored or simply not reciprocated the other feels great despair. She suggests that passionate love arrives when an individual wants to meet cultural expectations. If the individuals meet your expectations and needs this passionate love can turn into a compassionate one. And most individuals desire this compassionate love rather than passionate which is very rare to find.

Morgan & Philip (1999) the commitment romantically is only made after the couple begins to feel attachment related feelings in cultures. Commitment to romantic relationship cannot be made with highly cognitive commitments as attachment system is non-rational. Falling in love is a non-controllable feeling. Loving leads to the experience of "heartfelt" commitment: an uncontrollable devotion to a particular individual that might persist even against one's will or better judgment. Individuals make the rational decision for some reason to not get in a relationship with the individuals the love, and then struggle emotionally through the years on their decision they made. Also, rationally individuals will think that an individual is good and ideal mate but that won't be enough for them to fall in love with them.

Geary, vigil, et al (2004) according to their research they examined that the way men and women attach importance to seeking romantic partners differ. Jennifer & Caren (2009) in their research conclusions made their points among which they predicted that the stigma with online dating will be lifted shortly, also that there is a chance that the individuals might meet on web cameras rather meeting in a church, bar or the airplane. They noted through some sources that individuals will experience disconnect amongst themselves. And with no available schema, the interplay of relationships between face to face and internet contexts may experience an open season of learning with the flow schematic development, which will have a long learning curve.

Francine, Jessica, El at (2015) A sample of 345 high schools were collected 50 % female and 50% male respectively. The method of data collection was through questionnaires. Comparisons between results were by gender, friends with benefits. 30 % of them had the intentions to have a friend with benefits relationship at some point in time. Intentions did not differ while undertaking their lifetime sexual experiences. Some had regrets of not having a friend with benefits relationship.

Irene, Susan, Et al., (2015) in their research on Romantic Relationship Commitment and Its Linkages with Commitment to Parents and Friends during Adolescence results determined

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that strong attachment bonds with family and friends resulted in strong attachment in later relationships. Rusbult et;al (2005). The Commitment is the intention to continue a relationship, which includes high attachment and emotional investment in the long-term.

Sample

The data was collected from the internet with the help of various research presented with respect to the objectives defined in the present study. A poll was taken on social media medium (Instagram) where, the followers who are categorised under youth which range from 15-25 were considered. The answers from 80 boys & girls were considered. The poll was taken from Vasai and Aurangabad city. After the poll each individual was asked follow up questions to the poll.

Objective

After reviewing the past research following objectives were formed:

- To analyse the dating strategy among youth.
- To examine the intensity of commitment among youth.
- To determine if these modern relationships are causing mental strain on youth.

RESULT AND DISSCUSSION

FIG. 1

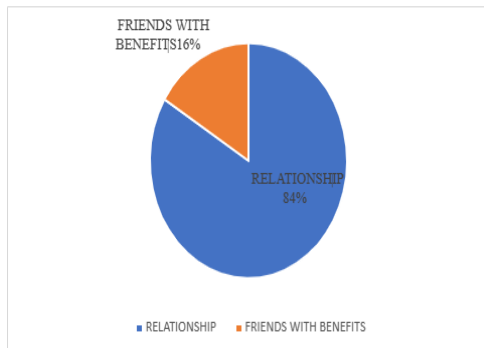


FIG. 2

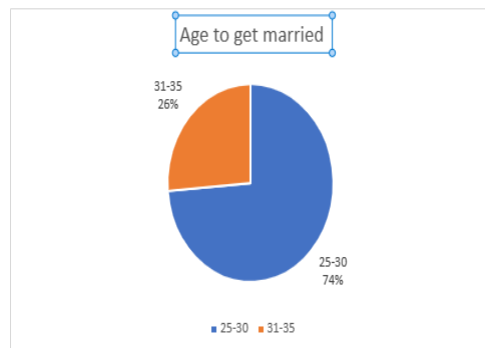


FIG. 3

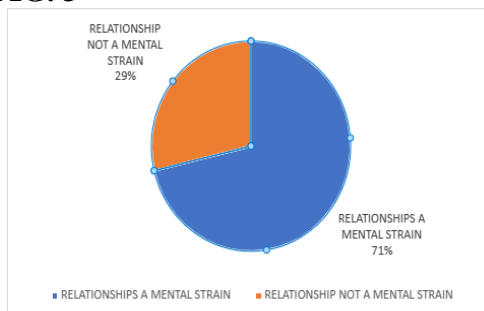


FIG. 4

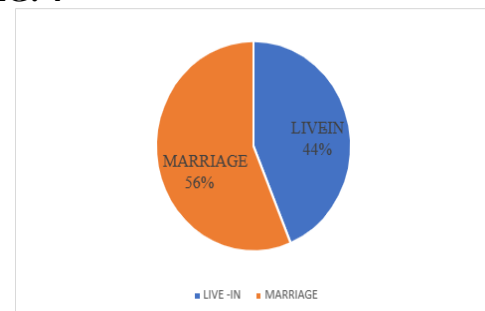


FIG 1: in this diagram 84 % of the youth in Vasai and Aurangabad want to engage themselves in a real committed relationship. Rest of them want to engage themselves in a friend with benefits equation. Monica & Bente (2012) in their study of Identifying ‘friends with benefits’ Scripts Among Young Adults in the Norwegian Cultural Context, structural interview of 12 heterosexual women aged 21-28 who have had the experience of Friend with benefits were taken. they analysed various concepts like the definition, intimacy, etc. Irene, Susan, Et al., (2015) in their research on Romantic Relationship Commitment and Its Linkages with Commitment to Parents and Friends during Adolescence results determined that strong attachment bonds with family and friends resulted in strong attachment in later

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FIG 2: reveals that 56% of them would prefer to be married and 44% of them would want live-in than getting married from the 44% around 7% would want to marry after they spend few years in a live-in relationship. Hemalatha & Nasreen (2018) collected data in the state of Hyderabad and Secunderabad in their study on “perception of young adults towards live-in relationships. Sampling on 80 students both male and female through self-developed questionnaire was taken. The results indicated them that there is no difference found between male and female on the viewpoint of live-in relationship.

FIG 3: This pie chart reveals that the youth think is the ideal age to get married. 74% of them feel that 25-30 is the correct range to get married. Whereas 26% of them think that 31-35 is the right age to get married eventually. Anthi & Panos (2016) in their research study of Marriage as a life goal: Preconditions and reasons for the decision to get married. It saw results that Employment was the most frequent life goal, followed by the goal of making a family and having relationships of good quality. Having a job and finding a good match for marriage were the most frequent preconditions. The most frequent reason for deciding to get married was the desire to have children and family. The traditional western model for marriage prevailed among participants' perceptions. However, there was weak evidence suggesting views on long-term co-habitation (relationship quality, companionship) and on the traditional Greek perception of marriage (decision of marriage due to social pressure or social acceptance).

FIG 4: Here the diagram interprets on how many individuals think that relationship is a mental strain and how many think it's not. The data reveals that 71% think it's a toll on their mental health to be in a relationship and only 29% think that is not a strain. Sarah & Kale et al., (2021) they studied experiences of acculturative stress, depressive symptoms, and romantic relationship commitment: Ethnic identity as protective on Latin young adults. They saw signs of acculturative stress on most of them due to the lack of committed relationship also saw signs of depression in young adults in committed relationships.

The modern dynamics of dating has changed largely from the time internet has come along the way. Use of technology has distanced us from the reality of wanting and needing a relationship from the data above it was interpreted from research study scholars that the modernization of relationship is coming and the stigma with online dating will be lifted. With it will come the no connection between us Jennifer & Caren (2009).

Limitations

1. Sample was limited to the data available on the internet.
2. The study was done on the age range of 15-25.
3. The study was mostly done on the youth population of the world.

IMPLICATION OF THE STUDY

1. The youth need to work on their commitment in dating strategies.
2. The youth is dealing with attachment issues which lead them to undertaking live-in relationship as their option.
3. The non-commitment in relationships is causing them stress also some of them who are committed are also fall prey to stress, depression due to the efforts which goes in maintaining a relationship.

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4. The youth is in need of regular counselling on the issues they're facing and the confusion they experience while dealing with issues in romantic relationship.
5. Online programs can be arranged for the youth on social media platforms where the common problems in a romantic relationship can be addressed so the individuals can relate and not feel alone.
6. Support groups can be created for the individuals going through these daunting issues.
7. A website where the problems are discussed anonymously so that individuals do not feel ashamed to talk where they stand.

CONCLUSION

The findings have supported the objectives in the present study. It is found that youth have different dating strategies, the ways of committing to a relationship has also differed and most youth experience mental strain in romantic relationships. The research cannot be generalised as it needs more constructive sampling methods. The researcher can study further with quantitative data collected globally on a large scale. So this study can prove quite useful for further research.

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Conflict of Interest

The author(s) declared no conflict of interest.

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