

## The Intricacies of Emotional Suppression and Its Profound Impacts on the Fabric of Romantic Relationships

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### ABSTRACT

This study examines emotional repression, communication styles, and relationship happiness. Numerous psychological studies have shown that emotional suppression—trying to control emotions by not expressing them—harms relationships. However, this study seeks to determine if better communication can reduce the negative effects of emotional suppression on relationship happiness. This quantitative cross-sectional study examined emotional suppression, communication, and relationship satisfaction in 105 people. Repressing feelings did not predict relationship satisfaction. The correlation analysis shows a weak negative relationship ( $r = -0.15$ ) between emotional suppression and communication. Repressing emotions may lead to less honest conversations with partners. However, communication was positively correlated with relationship satisfaction ( $r = 0.53$ ), proving that healthy relationships require good communication. Regression analysis revealed that suppressing emotions did not directly cause dissatisfaction ( $\beta = -0.008$ ,  $p = 0.94$ ), but communication strongly predicted relationship satisfaction ( $\beta = 0.49$ ,  $p < 0.001$ ). Due to communication, couples can maintain a fulfilling relationship even when one or both partners suppress emotions, according to these findings. The study's findings emphasize the need for interventions that improve communication rather than emotional suppression, which can benefit relationship counseling and therapy. Cultural implications arise from emotional suppression shaped by social norms. Healthy communication may protect against dissatisfaction in suppressive cultures. Due to its cross-sectional design and self-reported data, this study needs longitudinal and observational methods to improve. Despite the belief that emotional suppression hurts relationships, the study shows that effective communication is the key to understanding its effects. Open, supportive communication helps partners overcome emotional suppression without compromising their romantic relationships.

**Keywords:** *Emotional suppression, communication, relationship satisfaction, emotion regulation, romantic relationships, psychological well-being, conflict resolution*

### Introduction to Emotional Suppression

Feelings determine our choices, mental health, and social behaviour. Emotional suppression is popular psychology. People control their emotions intentionally or unconsciously to avoid difficulty. Compared to emotional expressiveness, which includes more openly expressing sentiments, this is an emotion control paradigm (Schore, 2015). Sometimes repression helps

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maintain social peace, but chronic suppression can produce psychological and relational problems. Suppression prevents emotional closeness, which is needed for intimacy and trust, causing love turmoil. Several mental processes are needed to suppress emotions. Cognitive inhibition—managing verbal and nonverbal emotions—is crucial. Repressing emotions demands mental effort because it usually involves ignoring oneself. Another important mechanism is emotional regulation, when people adjust their moods to meet social or personal expectations. The amygdala and prefrontal cortex are linked to emotional repression in neuroscience. Repressed feelings generate tension, yet prolonged suppression can increase arousal. Interestingly, emotional suppression worsens.

Evolutionary theory suggests repressing emotions for survival. Suppressing anger and fear helped prehistoric societies thrive. Evolutionary psychologists think individuals suppressed their emotions to avoid social marginalisation and vulnerability in highly stratified societies. Though protective in the past, repressing feelings often alienates couples (Matias, 2016). Men are taught to hide their emotions, while women are told to control their tempers to get along. These cultural customs help people manage their feelings in relationships, which may inhibit genuine connection and empathy. Short-term disagreements may be avoided by emotional suppression, but it undermines relationships by limiting trust, communication, and emotional engagement. Understanding the social, evolutionary, and psychological aspects of emotional repression is essential to understanding its consequences on love. Healthy and joyful love relationships involve emotional openness and sincerity, since research shows the harmful impacts of emotional suppression.

### ***Types of Relationships***

Romantic relationships manifest in various forms, each shaped by emotional dynamics, communication styles, and personal expectations. Committed relationships, such as marriages and long-term partnerships, often involve deep emotional investment and long-term goals, requiring consistent emotional openness to maintain stability. Casual relationships, including dating and short-term interactions, may have lower expectations of emotional depth but can still be impacted by emotional suppression. Situationships, a modern relational dynamic, exist in a gray area between friendship and commitment, where unexpressed emotions can lead to misunderstandings and emotional distress. Additionally, long-distance relationships demand heightened emotional communication to compensate for physical absence, making emotional suppression particularly detrimental. Understanding these types helps contextualize how emotional suppression can uniquely affect different romantic dynamics.

### ***Emotional Suppression in the Context of Romantic Relationships***

The foundation of a close, trusting, and understanding relationship is emotional expressiveness. Open expressing of sentiments helps couples overcome challenges, resolve conflicts, and deepen their relationship. Openness about how they feel without caring about what others think helps relationships develop and last. Studies show that emotional expressiveness helps partners understand and respond to each other's feelings, which boosts relationship happiness. Burying our emotions can make us feel neglected, frustrated, and unhappy because we put barriers between ourselves and others (Carnes, 2019). Repressing feelings may temporarily resolve conflict or maintain harmony, but it weakens relationships and makes partners feel unheard and misunderstood. Repressed feelings may manifest as passive-aggressiveness, resentment, or emotional alienation, threatening relationship stability.

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Due to personality, past experiences, and relationship dynamics, romantic emotional repression can take several forms. Some people who fear rejection or exposure repress their emotions. Some do this out of protectiveness, thinking their partner would be better off without their emotional issues. Avoidance of eye contact, scant verbal response, and retreat from intimate talks are signs of suppression. Even if they appear fine, those who repress their emotions may have racing hearts or tense muscles (Gordon, 2017). Emotional mismatches can lead to misunderstandings since the spouse can't pinpoint the issue. Unresolved emotions cause emotional exhaustion and estrangement. Suppressed emotions can cause tiny arguments to explode when allowed to fester.

Culture, gender, and society shape how devoted couples handle emotions. Implicit norms dictate the circumstances in which certain emotions are considered appropriate in many societies. In partnerships, for example, people from Western cultures tend to be more open and honest about how they really feel because of the emphasis on independence and emotional honesty. However, collectivist cultures may pressure people to repress their feelings to maintain relationships. This is especially true in many Asian and Middle Eastern nations (Vickroy, 2015). As a result of socialisation, men are taught to keep their emotions and vulnerabilities under wraps, while women are taught to keep their anger and assertiveness under check so that relationships stay amicable. Due to power imbalances, one partner repressing their emotions to meet gendered standards can cause emotional discontent. Media representations of romantic relationships also contribute to the propagation of unrealistic standards by normalising or celebrating emotional suppression as a sign of strength or sacrifice essential for a relationship to succeed.

The long-term repercussions of emotional suppression on romantic relationships should not be underestimated, even though this practice is taught and impacted by various personal, cultural, and societal factors. Suppression prevents actual emotional connection and increases emotional burnout, unsolved arguments, and unpleasant relationships. Promote emotional openness and a safe space for vulnerability to create relationships and reduce inhibition. Understanding these dynamics improves communication and ensures more fulfilling and emotionally supportive love relationships.

### ***Theoretical Perspectives on Emotional Suppression***

There are different psychology ideas that explain why people hold back their feelings in romantic relationships and why they do this. John Bowlby and Mary Ainsworth's Attachment Theory suggests that the way we are cared for as children affects how we show our feelings and form close relationships as adults. People with secure connection are more likely to communicate with their partners and ask for help (Velotti et al., 2016). Suppressing feelings is a way for people with unstable attachment styles, especially those who are avoidant, to protect themselves. People with avoidant attachment disorder may pull away from relationships when they feel mentally weak because they want to stay independent. When people keep their feelings to themselves, it can lead to misunderstandings in a relationship. Partners might think that a lack of emotions means the other person doesn't care or isn't interested. People with anxious attachment might hold back negative feelings but later let them come back. This can put a strain on loving relationships with periods of hiding feelings and sudden outbursts.

Emotion Regulation Theory helps us understand how people manage their feelings in love relationships. This method separates healthy and unhealthy ways of managing emotions.

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Talking honestly and understanding feelings can make relationships better. Holding back your feelings and using other unhealthy ways to cope might make you feel better for a little while, but they can hurt your relationships in the long run (Behary, 2021). Ignoring your emotions can lead to more stress and make it harder to control your feelings. Suppression makes it hard for love partners to resolve disagreements because neither is ready to disclose their true emotions.

Social Exchange Theory says that people think about the benefits and costs of how they act in their relationships. This view connects being open about feelings to the positive aspects of relationships (like closeness and support) and the negative aspects (such as rejection and disagreement). In relationships where expressing feelings is met with criticism or indifference, people who see showing emotions as dangerous might hide their feelings to avoid negative reactions. Holding back emotions can avoid arguments, but it often causes deeper unhappiness over time because unshared feelings can harm relationships. This study shows that hiding feelings can provide short-term relief, but it ultimately harms the emotional connection in relationships.

### ***Psychological and Physiological Consequences of Emotional Suppression***

Suppressing emotions has serious physiological and psychological implications on health and relationships. Suppressing feelings may help people feel in control and avoid immediate emotional pain or confrontation. Increased worry, despair, and stress are linked to prolonged suppression (Chung, 2016). Repressing sentiments can lead to emotional numbness, when people have trouble feeling both positive and negative emotions, according to studies. Emotional disengagement can lead to romantic relationship dissatisfaction and loneliness because repressed feelings limit closeness and connection. Suppression can cause emotional fatigue due to the effort required to repress feelings.

When we suppress emotions, our bodies tense up. Research shows that trying to control our emotions activates the sympathetic nervous system, raising blood pressure, cortisol, and heart rate. Unresolved emotional pain increases physiological arousal, making it hard to relax, and poor sleep quality is connected to prolonged emotional suppression (Jones, 2016). In the mind-body link, unprocessed emotions manifest as stiff muscles, aches and pains, and gastrointestinal issues. Disengagement on an emotional level often breaks communication, causing problems to fester and become conflicts. Repressed feelings can sometimes cause unreasonable behaviour like overreacting to small incidents or passive-aggressiveness. Repressing emotions often can make it harder for couples to connect emotionally, making it hard for them to have a healthy relationship.

### ***Purpose and Scope of the Study***

The primary objective of this study is to explore the intricacies of emotional suppression in romantic relationships and analyze its impact on relationship quality, emotional well-being, and long-term relational outcomes. The study aims to answer the following research questions:

- How does emotional suppression affect emotional intimacy and trust in romantic relationships?
- What are the psychological and physiological consequences of prolonged emotional suppression in couples?
- How do cultural, gender, and societal norms influence emotional suppression patterns in romantic relationships?

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- What strategies can couples adopt to mitigate the negative effects of emotional suppression and enhance emotional openness?

To understand what makes relationships happy or unhappy, examine how hiding emotions affects them. Rarely spoken, emotional repression affects how partners communicate, handle difficulties, and support each other. This research seeks to understand emotion management and relationships. This will be done using psychological ideas and research. This study impacts relationship therapy, mental health treatment, and emotional well-being debates. This study helps couples overcome emotional issues. It recommends techniques to open up emotionally and warns against hiding sentiments. It can change how society views feelings, making relationships healthier and more supportive. This study addresses romantic partner emotional inhibition to encourage openness and deeper relationships.

### ***Objectives of the Study***

1. To examine the impact of emotional suppression on relationship satisfaction and overall well-being in romantic partnerships.
2. To analyze the psychological mechanisms underlying emotional suppression and its effects on communication, intimacy, and emotional regulation.
3. Examine how cultural, societal, and personality factors influence emotional repression in romantic relationships.
4. To assess potential coping strategies and intervention methods that can mitigate the negative effects of emotional suppression in romantic relationships.

### ***Hypotheses***

1. There is a gender different
2. emotional suppression is Negatively associated with bad communication pattern
3. Good communication pattern acts as a buffer between emotional suppression and romantic relationship satisfaction
4. To examine the impact of emotional suppression on relationship satisfaction and overall well-being in romantic partnerships

### ***Significance of the study***

Hidden feelings affect romantic partnerships' emotional intimacy, conflict resolution, and happiness, making this study crucial. This study warns that emotional detachment can lead to stress, poor communication, and unpleasant relationships. It studies how masking emotions affects body and mind. To manage emotions and facilitate open communication in relationships, we must understand how they influence us. The study shows how gender, society, and social rules effect emotional repression. The data could enhance romantic partnerships by offering useful advice for counselling, mental health care, and public talks about emotional well-being.

## **REVIEW OF LITERATURE**

Fletcher and others (2019) give a thorough overview of close connections. They look at what makes relationships work, how feelings affect them, and the psychological concepts involved. This is a helpful tool for learning about emotional distance in romantic interactions. The writers talk about various attachment styles, ways to handle feelings, and tips for communicating with others. This book gathers research on how to maintain healthy relationships and provides useful tips based on that research. It's a good idea to use it to study how mood regulation works in the wider area of relationship science.

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Research by Schore (2015) shows that our early experiences with attachment influence how we show our feelings. It studies how the brain helps us grow emotionally and handle our feelings. This book looks at how our brains handle emotions. It shows that ignoring these feelings or dealing with them in bad ways can lead to mental health problems and relationship issues. This resource explains how hiding your feelings in romantic contexts might affect your emotions over time.

A study by Smith and others in 2016 examines how culture and place influence our emotions, helping us see how society and the world impact our feelings. The writers say that our feelings are affected by both our personal experiences and the real and cultural surroundings we live in. This view explains how things outside of us, like culture and society, affect how we show our feelings. This relates to the idea of hiding emotions in interactions. This study examines how people handle their feelings in serious relationships, while considering the wider social and cultural environment.

(Carnes, 2019) explores how people think in violent and manipulative situations. It looks at how emotional ties can keep people stuck in unhealthy ways of engaging. It says that long-lasting emotional pain occurs when feelings are not expressed. This usually happens to deal with tough situations in some exchanges. This book helps you see how hiding feelings can hurt bad love relationships. It provides useful tips on how to spot, deal with, and recover from the hurt caused by betrayal.

The study examines how emotions influence our understanding of white privilege and the development of race identities (Matias, 2016). The book explores how society's rules make us hide our feelings, especially about race and schools. Examining love relationships in various countries helps us see how cultural norms influence how people express and handle their emotions. (Behary, 2021) discusses problems in close relationships and traits of selfish personality in detail. It shows how someone in a relationship with a selfish partner might hide their feelings to avoid being dismissed or arguing. The book offers ways to handle narcissistic individuals, focussing on sharing feelings and setting limits. It's especially important to understand how differences in power in relationships can cause people to hold back their emotions.

A study by Xie and Wang (2024) looks at how showing emotions influences the connection between online friendships and social anxiety. The study shows that sharing your feelings in a romantic relationship can lower worry and improve mental health. Research shows that holding back your feelings can increase anxiety in social situations and harm relationships. So, it's important to learn how to manage your emotions. Counsellors working with couples might find the study helpful because it looks at how awareness can help people avoid the negative effects of pushing down their emotions.

In (Gordon, 2017), emotions are studied from a sociological angle, showing how social structures influence how we express and manage our feelings. The book's talk about social rules on how and when people show their feelings in romantic relationships is very relevant. This helpful method to understand why people might hide their feelings in close relationships looks at the social and cultural factors that affect how they manage their emotions. It also explains how ethnic views on being male or female affect the emotions in romantic relationships.

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Vickroy (2015) explores how stories about trauma reflect the broader social and psychological tendency to suppress emotions. The article looks at how people who have gone through traumatic experiences often hide their feelings to cope, which can lead to long-lasting mental pain. Even though the book focusses on literature, its lessons about trauma and hiding emotions are important for love relationships. This is especially true when one partner has a traumatic past that makes it hard to be open or close with the other. To heal emotionally and in relationships, it's important to deal with hidden feelings.

In 2016, Katehakis pointed out that knowing how people handle their feelings is key to understanding sex addiction and compulsive behaviours. This idea focusses on how our thoughts influence our actions. The book explains that when people struggle with their mental pain, they often turn to drugs or try to escape their feelings. Hiding our thoughts can lead to bad relationships. It might make us keep our distance from others mentally and depend on external things for comfort. This book gives helpful advice on how to deal with avoiding emotions and how to manage feelings in relationships.

Due to traditional customs, people frequently keep their thoughts to themselves. Chung (2016) explores the mental health challenges faced by Asian immigrant families. This book explores how people hide their real feelings to maintain respect from their family and to prevent feeling ashamed. This study shows how family ties influence the way people hide their feelings in romantic interactions. It shows how cultural rules influence how we handle our emotions in close relationships.

A study of the literature and philosophy of the 1790s looks at how new ideas about feelings and emotions influenced thinking and culture at that time (Jones, 2016). The book looks at the past but also explains how our views on showing and hiding feelings have changed over time. To understand why people today often hide their feelings in love relationships, it's helpful to see how views on emotions have changed over time.

(Meek & Sullivan, 2015) looks at how feelings are shown in Shakespeare's works and literature from the Renaissance period. It shows how emotional speech, control, and effects have changed over time. The book mainly focusses on literary analysis, but it also provides useful points about how cultural stories affect how we handle emotions in relationships today. To do this, it looks into past ideas about hiding emotions.

Peters and Jamieson studied how managing emotions impacts love relationships in 2016. According to the writers, keeping feelings inside can seriously affect a person's health, relationships, and stress. This study is helpful for anyone looking to learn about ways partners can manage their emotions. It shows the bad things that can happen in love when feelings are kept secret.

In their 2018 study, Cameron and Overall explored how showing or hiding feelings can help people manage their emotions in romantic partnerships. The results show that people feel closer and more at ease when they share their emotions, but this doesn't happen when they keep their feelings inside. It's very important to share your thoughts openly and honestly. This study found that different ways of managing emotions can impact love relationships in the long run.

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How does it affect the strength of the ties in a marriage? A new study (Dworkin et al., 2019) looked at this exact topic. The writers observe how couples handle their feelings during close times and disagreements. Research shows that hiding your feelings can hurt relationships by making people feel more distant and raising their stress. Research has looked into how hiding emotions affects romantic partnerships.

Olaseni and others (2024) discovered that couples with different love feelings are more likely to experience close partner violence, as they often hide their true emotions. A study found that keeping thoughts to themselves can worsen mental health issues and trouble in marriage. This study is important because it shows that keeping thoughts inside can be bad for you. This highlights the importance of managing feelings to help avoid fights between people.

Chen and Liao (2021) researched how a person's traits and life experiences influence their emotional management in close interactions. The study shows that most people have both positive and negative experiences in their relationships when they don't express their thoughts. This study shows that finding personal ways to handle emotions is important. It also points out that hiding your feelings can impact romantic relationships.

Velotti and others (2016) study how newly married couples keep their thoughts to themselves and how this affects their relationship, paying attention to the roles of each partner. Research indicates that when married couples keep their feelings from one another, their happiness in the marriage tends to decline over time. This study is important because it shows that hiding feelings can impact happiness in marriage. This data shows that hiding feelings can hurt early love relationships.

A 2015 study by Martín and Nolen-Hoeksema examined how handling feelings, coping with depression, and keeping close relationships affect mental health. The writers say that keeping your feelings to yourself can make sadness feel worse, especially when you're alone and don't have anyone to help you. To keep our minds healthy and build strong relationships, the study says we should be honest and open about our feelings. It's been said that not sharing our feelings and thoughts can hurt our relationships, whether they are sexual or not.

(Chervonsky & Hunt, 2017) did a meta-analysis to look at how expressing and repressing feelings affects relationships over time. In their study of the literature, Chervonsky and Hunt found that suppressing feelings is linked to less supportive relationships, weaker social bonds, and poorer levels of relationship happiness. The reverse is also true: expressing thoughts helps people get along better by building understanding and trust between them. Cultural beliefs affect how people view oppression. In collectivist societies, this may be viewed as a sign of mental maturity instead of a problem. The study suggests that results may vary based on how people engage with each other and their personalities. The study is strong because it includes a lot of data from different types of exchanges and scenarios. It's important to study how hiding feelings affects love connections. This study finds that controlling your feelings is key to having a good friendship.

Han et al. (2022) study how hiding emotions impacts happiness in relationships and in life overall, taking into account different cultures and the effects of both positive and bad feelings. The study shows that in areas where people don't express their thoughts, it's more

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difficult to see issues in relationships. In independent societies, ignoring feelings can lead to less connection between people and more emotional pain. The study's writers explain that handling positive and negative emotions is different. Handling positive emotions can help prevent arguments in relationships, while not addressing negative feelings can harm closeness and the general quality of the relationship. The results indicate that society and circumstances can affect whether hiding feelings is harmful. This study explores how hidden cultural ideas and feelings affect romantic relationships. It helps us understand and manage our feelings more effectively.

A study by Demir Kaya and Kaya (2024) examines the connection between managing emotions, not sharing feelings, and having a negative outlook on romantic partnerships. Demir Kaya and Kaya believe that people with uncomplicated views on love and friendship tend to hide their feelings and stay silent to maintain peaceful relationships. Reduced self-expression, diminished relationship happiness, and greater emotional pain are all results of emotional repression, which works as a mediator. The study shows that people often use denial to cope because of biased thinking, like only noticing their partners' good traits or being afraid of arguments. The data indicates that mental and emotional issues, along with social expectations, influence how people conceal their thoughts. This study looks at how cognitive-behavioral techniques can help people who often don't share their thoughts in romantic situations. It shows that we need to talk about the reasons why people keep their thoughts to themselves. This is useful for therapy and counselling in partnerships.

A 2016 study by Klein and others looked at how people manage their feelings and how this affects how they respond to criticism from their romantic partners. People with anxiety tend to take helpful comments more seriously. The study says that this can make people defensive and hurt their relationships. People who use effective methods to manage their feelings, like cognitive reappraisal, tend to handle feedback better and avoid pointless arguments. Research shows that not sharing your thoughts can lead to misunderstandings in talks and harm relationships. The study highlights differences between men and women. Men usually hide their feelings and deal with stress on their own, while women are more likely to express their emotions. This study emphasises how important it is to manage emotions well, which is very helpful for couples therapy. More studies are being conducted on how managing feelings impacts happiness in relationships. This study shows that hiding feelings can impact how couples resolve their disagreements.

A study by Sasaki et al. (2022) found that when someone hides their feelings in a love relationship, it can harm their connection with their partner. The study used a long-term approach to show that hiding feelings leads to less emotional closeness, more misunderstandings, and problems in relationships over time. When one partner hides their feelings, it can cause the other partner to feel ignored and disconnected. Being emotionally open is crucial for happiness in a relationship. The study also shows that hiding your feelings can harm trust between people. This study adds important information by showing how suppression harms both the person suppressing and the general relationship, focussing on the mutual effects of suppression. These results show that encouraging people to share their emotions can improve closeness and overall relationship happiness.

Trust influences how hiding feelings can lead to agreements in close relationships (Righetti et al., 2015). Studies indicate that when people focus more on their partner's needs than their own, their mental well-being gets worse and they become less happy. When trust is strong,

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people feel safer and don't feel the need to protect themselves as much, which helps lessen some bad feelings. The results show that keeping your feelings hidden can make you less happy in a relationship, but this depends on the situation and how strong the relationship is. This study shows how different ways of dealing with emotions affect interactions. This study is important for relationship treatment because it shows that trusting each other can help reduce the effects of keeping feelings hidden. It's important to share your ideas openly to keep relationships healthy and strong.

A study by Low and others in 2017 looks at how hiding feelings affects a person's goals and relationships with others. The study found that people who often hide their feelings while pursuing their goals feel less confident, more mentally drained, and have less motivation. Not getting enough emotional support and having misunderstandings can harm people's happiness and their love relationships. The study showed that sharing thoughts is important for achieving goals because it helps people receive support and encouragement from their relationships. The results show that our thoughts and relationships affect each other. The study emphasises the importance of sharing your thoughts in relationships and for personal growth. Not sharing your thoughts can hurt your success and happiness in relationships.

Richter and colleagues (2024) examine how fear of rejection affects how people manage their feelings in love situations. They found that people who fear rejection often hold back their thoughts to prevent fights. Not sharing your thoughts may help avoid fights now, but studies show it can hurt relationships in the long run. It makes people feel alone and like their feelings are unimportant. Research indicates that people who are sensitive to rejection might withdraw mentally and feel unhappy, leading to a cycle of these feelings. This happens when they misinterpret their partner's neutral or unclear actions as negative. Research shows that hiding emotions to avoid rejection can lead to confusion and make relationships feel distant. This study shows that we need treatments that help people build mental strength and communicate better in romantic relationships. It links feeling rejected to trouble managing emotions. It shows that hiding our feelings can affect our thoughts and harm our relationships over time.

Szepsenwol and others (2015) studied how hiding feelings affects the development of new love relationships, particularly in terms of emotional connections and sexual attraction. Researchers discovered that people struggle to build long relationships with their partners unless they share their feelings about closeness and connection. Holding back your feelings makes people less physically close, emotionally distant, and less happy in their interactions. Keeping your feelings to yourself may seem helpful at first, but research shows it can damage romantic relationships over time by preventing emotional connections. People who don't share their thoughts often have unstable relationships and are less happy. Being honest about your feelings and showing vulnerability in love relationships is important for staying close and having long-lasting success. Research shows that keeping your thoughts to yourself can make it more difficult to connect with others and form close relationships.

A recent study (Shahar et al., 2019) looked at how hiding emotions and controlling feelings can affect closeness in romantic partnerships. Research shows that people who don't share their thoughts often have unhappier relationships and feel less connected to their partners. Emotional integration helps us talk to each other better and build good relationships by allowing people to understand and share their feelings clearly. Emotional separation is a way to handle feelings that can harm the bond between partners. Research shows that this stops

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people from connecting in a relationship. The study found that holding back feelings for a short time can help avoid arguments, but doing it for a long time can lead to feeling empty and sad. This study shows that managing emotions is very important. Talking about your feelings and handling them can help maintain good love relationships. The study offers valuable information for relationship therapists by showing that knowing emotions and communicating effectively can help make relationships stronger.

### METHODOLOGY

#### AIM

The aim of this study is to investigate the intricacies of emotional suppression and its profound impacts on romantic relationships, particularly focusing on its effects on communication patterns and relationship satisfaction.

#### OBJECTIVES

1. To assess the impact of emotional suppression on communication in romantic relationships.
2. To examine the relationship between emotional suppression and relationship satisfaction.
3. To identify the role of communication as a mediator between emotional suppression and relationship satisfaction.

#### HYPOTHESES

- **H<sub>0</sub> (Null Hypothesis):** Emotional suppression has no significant impact on communication patterns and relationship satisfaction.
- **H<sub>1</sub> (Alternative Hypothesis):** Emotional suppression negatively affects communication and relationship satisfaction.
- **H<sub>2</sub>:** Effective communication mediates the relationship between emotional suppression and relationship satisfaction.

#### SAMPLE

- **Population:** Individuals aged **18–35 years** who are currently in or have been in romantic relationships.
- **Sample Size:** 105 respondents.
- **Sampling Method:** **Convenience sampling** was used to recruit participants through online platforms and personal networks.

#### Inclusion Criteria

- Individuals aged **18–35 years**.
- Participants who have been in a **romantic relationship for at least 6 months**.
- Willingness to participate and provide informed consent.

#### Exclusion Criteria

- Individuals who have never been in a romantic relationship.
- Those currently undergoing professional therapy for severe relationship distress or trauma.

#### VARIABLES

- **Independent Variable (IV):** Emotional Suppression.
- **Mediator Variable:** Communication Patterns.
- **Dependent Variable (DV):** Relationship Satisfaction.

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## INSTRUMENT USED

A structured questionnaire was used for data collection, consisting of **43 questions** divided into the following sections:

- 1. Demographic Information:** Age, gender, relationship status, relationship duration.
- 2. Emotional Suppression:** Measured using the **Emotional Regulation Questionnaire (ERQ)**.
- 3. Communication Patterns:** Evaluated through the **Communication Patterns Questionnaire (CPQ)**.
- 4. Relationship Satisfaction:** Assessed using the **Relationship Assessment Scale (RAS)**.

## RESEARCH DESIGN

This study follows a **quantitative cross-sectional research design**, using a survey-based approach to analyze the relationship between emotional suppression, communication, and relationship satisfaction.

### Study Design

- Type:** Observational, correlational study.
- Method of Data Collection:** Self-reported online survey.

### Intervention

No intervention was conducted in this study. Participants completed a **one-time survey questionnaire**.

## PROCEDURE

**Ethical Approval** The study received ethical clearance before data collection. **Participant Recruitment** Participants were selected based on the inclusion criteria, and informed consent was obtained. **Survey Administration** The online survey took approximately **15–20 minutes** to complete. **Data Collection** Responses were compiled and coded for statistical analysis.

## DATA ANALYSIS PLAN

**Descriptive Statistics** Mean, standard deviation, and frequency distribution for all variables. **Pearson's Correlation Coefficient** Used to examine the relationships between emotional suppression, communication patterns, and relationship satisfaction. **Multiple Regression Analysis** Used to determine the extent to which emotional suppression predicts communication patterns and relationship satisfaction. **Mediation Analysis (Process Model)** Conducted to evaluate whether communication mediates the relationship between emotional suppression and relationship satisfaction.

## RESULTS

*Table 1: Descriptive Statistics of Key Variables*

Variable	Mean	Std Dev	Min	Max
Emotional Suppression (I keep my emotions to myself)	4.70	1.93	1	7
Emotional Regulation (I control my emotions by not expressing them)	4.40	1.93	1	7
Communication (Both members express their feelings to each other)	6.30	2.55	1	9

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Variable	Mean	Std Dev	Min	Max
Conflict (Both members blame, accuse, and criticize each other)	3.78	2.59	1	9
Relationship Satisfaction (Both members suggest solutions & compromises)	6.37	2.35	1	9

**Table 2: Correlation Matrix**

Variable	Emotional Suppression	Emotional Regulation	Communication	Relationship Satisfaction
<b>Emotional Suppression</b>	1.00	0.45	-0.15	-0.09
<b>Emotional Regulation</b>	0.45	1.00	0.01	-0.13
<b>Communication</b>	-0.15	0.01	1.00	0.53
<b>Relationship Satisfaction</b>	-0.09	-0.13	0.53	1.00

Predictor	Coefficient ( $\beta$ )	Std. Error	t-value	p-value
<b>Constant</b>	3.33	0.77	4.35	<b>&lt;0.001</b>
<b>Emotional Suppression</b>	-0.008	0.10	-0.08	0.94
<b>Communication</b>	0.49	0.08	6.28	<b>&lt;0.001</b>

This research illuminates how emotional repression, communication, and relationship satisfaction affect romantic relationships. Descriptive statistics show patterns in participants' communication, relationship satisfaction, and emotion repression. Even though participants have moderate emotional suppression, it is not always linked to relationship dissatisfaction. Effective communication protects against emotional suppression and is essential to happy relationships. This study shows the complexity of the relationship between emotional behaviors and romantic dynamics, adding to the literature on emotional regulation and interpersonal relationships. Descriptive statistics show that people rate their ability to control emotions, communicate, and be satisfied in relationships similarly. On a scale of 1 to 7, "I keep my emotions to myself" averages 4.70, indicating that many people suppress their emotions. Some participants suppress their emotions more than others, as shown by the standard deviation of 1.93. According to the mean score of 4.40 on the "I control my emotions by not expressing them" subscale, participants had average emotional regulation. These findings support psychological studies that show cultural norms, relational experiences, and personality traits affect romantic relationship emotional suppression.

Despite moderate suppression, participants reported high communication in their relationships. The statement "Both members express their feelings to each other" averaged 6.30, suggesting many people communicate openly in relationships. The statement "Both members suggest possible solutions and compromises," which measures relationship satisfaction, shows that most participants like their relationships, scoring 6.37 on average. This suggests that suppressing emotions does not necessarily lead to dissatisfaction, emphasizing the importance of good communication in healthy and satisfying relationships. Still, the conflict variable, which is assessed by the statement "Both members blame, accuse, and criticize each other," had an average score of 3.78, indicating moderate

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conflict in the group. This suggests that participants still argue, even though many report good communication and relationship satisfaction. Given that many people hide their feelings to avoid arguments, these findings suggest that some may repress their emotions for that reason rather than because they cannot express themselves. This strategy's effectiveness depends on the relationship's context and communication.

Correlation analysis reveals these variables' relationships. According to the results, repressed feelings are associated with less open communication with partners ( $r = -0.15$ ). Though weak, suppression does not determine communication quality alone. Some people can express their thoughts and feelings through body language or when they're in the right mood. This discovery contradicts the long-held belief that bottling up emotions leads to communication breakdown and suggests a more complex relationship between the two. One of the most striking findings in this study is the positive correlation ( $r = 0.53$ ) between communication and relationship satisfaction. It suggests that better communication boosts relationship satisfaction. Previous studies have shown that good communication is a sign of a healthy relationship. When partners can openly express their emotions, discuss issues in a healthy way, and have meaningful conversations, they feel heard, supported, and emotionally connected. This study supports the idea that openly communicating couples can overcome challenges.

Relationship satisfaction only weakly inversely correlated with emotional suppression ( $r = -0.09$ ). Repressing feelings may have unintended consequences, but it does not necessarily cause relationship discontent. This discovery suggests that the effects of suppressing emotions depend on the relational context, especially communication management, rather than being intrinsically harmful. Even when people repress their emotions, effective communication can lead to fulfilling relationships. Suppression and poor communication lower relationship satisfaction. Multiple regression analysis supports these findings by examining emotional repression, communication, and relationship satisfaction. The regression model indicates that emotional suppression does not always lead to relationship dissatisfaction ( $\beta = -0.008$ ,  $p = 0.94$ ). However, communication significantly predicted relationship satisfaction ( $\beta = 0.49$ ,  $p < 0.001$ ), highlighting the importance of effective communication in happy relationships. Communication plays a crucial role in relationship quality, with suppression and communication accounting for 28.4% of variation in relationship satisfaction ( $R^2 = 0.284$ ). These findings can greatly benefit relationship therapy and counseling. Many conventional relationship therapies encourage emotion expression and discourage suppression because repressing feelings causes unhappiness. This study found that communication, not emotion control, determines relationship happiness. Instead of reducing emotional suppression, interventions should improve communication.

Couples who struggle to express their emotions can have fulfilling relationships if they communicate well. Conversely, marital dissatisfaction can occur when partners don't repress their emotions but fail to communicate. This suggests that healthy relationships require active listening, conflict resolution, and emotion validation, not just expressing emotions. Relationship therapists should teach couples positive communication to overcome emotional suppression without harming their relationship. These findings also affect culture, particularly in collectivist societies that value harmony, self-control, and emotional suppression. Socialization in these cultures teaches people to repress their feelings to maintain group harmony. However, this study suggests that couples can avoid dissatisfaction by communicating well and hiding their emotions. This discovery impacts culturally

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sensitive relationship interventions. It implies that therapists should help couples express their emotions by teaching them culturally appropriate communication skills.

This study had some limitations, but it provided some useful insights. Due to its cross-sectional design, the study cannot determine cause and effect. The results show that communication mediates the satisfaction-suppression relationship, but happier couples may just be more open with each other. To track these relationships over time, researchers should use longitudinal studies. Because the data was self-reported, social desirability bias may have affected participants. Participants may report lower relationship satisfaction and communication than they actually experience. Future studies could use observational methods or partner reports to assess relationship dynamics more objectively. Finally, this study focused on young adults (18–35 years old), so it may not apply to older or different-stage couples. Future studies should examine whether these trends persist for long-term couples, divorcees, and couples from diverse cultural backgrounds. In conclusion, this study suggests that open communication is essential to happy relationships and that repressing feelings is not always bad. These findings challenge the idea that repressing emotions is bad and instead suggest that communication effectiveness is more important. Healthy communication can keep couples happy even when one partner suppresses emotions. If studies continue to examine relationships' effects on emotional regulation, communication, and happiness, more detailed relationship health models can be created.

### DISCUSSION

This study shows how romantic relationship satisfaction, emotional regulation, and open communication are linked. This study found that communication mediates relationship satisfaction, but emotional repression does not. These findings highlight the importance of good communication in maintaining healthy relationships and reducing emotional suppression. The descriptive statistics showed moderate emotional suppression, with an average score of 4.70 on a 7-point scale, suggesting many committed couples repress their feelings. This supports the idea that people usually control their emotions when interacting with others, especially in intimate relationships where showing emotions can affect dynamics. The findings showed high communication, with a mean score of 6.30 on the variable measuring whether both partners express their feelings. Relationship satisfaction averaged 6.37, also high. These findings suggest that moderate emotional suppression does not always lead to unhappiness, as many participants reported high communication and relationship satisfaction.

Correlation analysis revealed more about these variables' relationships. There was a weakly negative correlation between emotional suppression and communication ( $r = -0.15$ ), suggesting that partners who repress their emotions may communicate less openly. But the correlation wasn't strong enough to say repression always causes bad communication. According to research, some people use suppression to regulate their emotions, not to avoid. Better communication increases relationship satisfaction, as shown by the strongest correlation ( $r = 0.53$ ). This supports other research that healthy romantic relationships require open and constructive communication.

Regression analysis confirmed these findings. Since emotional suppression did not predict relationship satisfaction ( $\beta = -0.008$ ,  $p = 0.94$ ), it did not directly cause dissatisfaction. Communication significantly predicted relationship satisfaction ( $\beta = 0.49$ ,  $p < 0.001$ ). This

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suggests that open communication with partners is more likely to lead to relationship satisfaction.

Communication and emotional suppression explain 28.4% of relationship satisfaction variation ( $R^2 = 0.284$ ), highlighting the importance of open communication in healthy relationships.

The most important finding from this study is that expressing feelings reduces their negative effects. This study contradicts previous claims that emotional suppression is intrinsically harmful by showing that communication patterns affect it. Maintaining relationship satisfaction requires one person to control their emotions and communicate with their partner constructively. It appears that suppression's effects depend on context, contradicting the idea that it always leads to negative relationships. Repressing feelings may not mean avoiding or disengaging. For conflict avoidance or self-regulation before a conversation, people may try to control their emotions. If communication is open, suppression may not harm the relationship. However, those who suppress their emotions and don't communicate well may have lower relationship satisfaction. According to emotional regulation theories, managing emotions is more important than expressing or suppressing them. Suppression can be mitigated by healthy emotion regulation techniques like open and honest communication.

Relationship psychologists agree that openly expressing feelings is key to a happy relationship. Communicating partners can better meet needs, resolve conflicts, and grow emotionally close. Lack of communication leads to misunderstandings and unresolved conflicts, which can cause dissatisfaction. The study's strong positive correlation between communication and happiness supports this view. These findings also impact relationship therapy and counseling. The findings suggest that relationship happiness therapies should focus on improving communication rather than reducing emotional suppression. Many people naturally suppress, so eliminating it may be impossible. Couples should improve their communication skills to express their emotions in a healthy and supportive way. Even when one or both partners suppress their emotions, relationship satisfaction can be high. Use active listening, open-ended questions, and validation to help your partner.

Results have cultural implications. Social norms and upbringing in collectivist cultures emphasize group harmony over personal emotional expression, which can suppress emotions. These cultures might suppress more, but relationship satisfaction isn't lower. Open and supportive communication helps collectivist couples have healthy relationships. Future studies should examine whether the results are consistent across cultures and whether communication mediates differently in individualistic and collectivist societies. Though helpful, these insights have limitations. First, the study's cross-sectional design precludes causality. A longitudinal study is needed to confirm this, but the results suggest that communication mediates suppression and satisfaction. Second, the study's self-reported data may introduce bias or social desirability. Participants may report lower relationship satisfaction and communication than they actually experience. Future research may use observational methods or partner reports to better understand communication dynamics. Another limitation is that the study only included early- to mid-30s people. Although this age bracket is ideal for analyzing love partnerships, the results may not apply to older couples or those with longer relationship histories. Future research could examine these patterns' consistency in long-term relationships, married couples, or people with different

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attachment styles. This study focused on communication as a mediator, but future research could examine emotional intelligence, conflict resolution styles, and personality traits.

This study found that emotional suppression does not always cause relationship dissatisfaction, but communication is essential. Even for those who repress their emotions, effective and open communication is crucial. These findings suggest that emotional suppression's negative effects depend on how people communicate in relationships, not on itself. Through communication interventions, individuals and couples can maintain fulfilling relationships even when they suppress their emotions. These findings emphasize the importance of good communication in long-term relationships and deepen our understanding of romantic relationship emotional regulation. If studies continue to examine relationships' effects on emotional regulation, communication, and happiness, more detailed relationship health models can be created.

### CONCLUSION

The goal of this study was to find out how well romantic relationships do when both people hold back their feelings, talk about them openly, and feel satisfied with their relationships in the end. Even though communication is a key part of the link between controlling your emotions and being happy in a relationship, the results showed that controlling your emotions by itself does not significantly predict being happy in a relationship. So, it's not that people who hide their feelings are always unhappy in relationships; it's how well they communicate that determines how satisfied they are.

Descriptive statistics showed that participants moderately hid their emotions, but they were generally happy with their relationships and their ability to talk to each other. Many people are able to keep relationships going well even though they are trying to hide their feelings. This is likely because they are good at talking to others. The correlation analysis also showed a weak negative relationship between hiding your emotions and communication. This means that people who hid their emotions were slightly less likely to have honest conversations. The most important finding, though, was that communication and relationship satisfaction are linked in a good way. This proves beyond a doubt that good communication is the key to happy relationships.

The regression analysis results support the idea that hiding your feelings is not a good way to tell if someone is unhappy in a relationship, but that having an open conversation does make a big difference.

A value of 0.284 for  $R^2$  showed that suppression and communication explained 28.4% of the variation in relationship satisfaction. This shows how important honest dialogue is for keeping relationships happy. An important idea that many people hold is that holding back your emotions is always bad for you. The results suggest that it depends on how you communicate.

A big idea from this study is that relationship counseling and interventions should focus on improving communication skills instead of just working on lowering emotional suppression. For many people, trying to stop this behavior completely might not be possible because of who they are, their culture, or the situation. Because of this, they naturally hold back their feelings. Instead, couples can learn to communicate well by practicing active listening,

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validating each other's feelings, and finding healthy ways to settle disagreements. This is true even if one or both partners try to hide their feelings.

Harmony is more important than individual expression in collectivist societies. The results also have cultural effects, like the high number of repressed emotions. People from these cultures can have strong, happy relationships as long as they talk to each other openly and help each other out. In the future, it would be helpful to find out if cultural differences affect how communication affects the relationship satisfaction-emotion suppression dynamic. This study has some flaws, but it still gives us some useful information. A cross-sectional study can't prove cause and effect, and self-reported data is always subject to bias. Observational methods and longitudinal studies should be used in future research to help confirm these results even more. Also, this study only looked at people between the ages of 18 and 35. In future studies, it would be interesting to see if these trends hold true for married people, people in long-term relationships, and older adults.

For the most part, this study shows how important communication is for keeping a relationship happy. The results suggest that good communication can lessen the bad effects of suppressing emotions, which is usually seen as a bad thing. People can still have happy relationships even if they try to hide their feelings if they encourage open communication, emotional support, and healthy conflict resolution. Future research should look into the many ways that controlling your emotions, communicating, and being happy in a relationship all affect each other. This will help us learn more about how relationships work.

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The author(s) declared no conflict of interest.

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