

## Impact of Relationship Obsession on the Routine of an Individual

Sowmya. K.R.<sup>1\*</sup>

### ABSTRACT

Relationship Obsessive disorder is a prevalent disorder attracting a lot of research on various themes of obsession. The focus is to investigate relationship-related obsessive symptoms among working employees. Relationships play a major role in the lives of each individual irrespective of gender, age and other significant demographic factors. Obsession with relationships may occur with friends, peers, opposite gender, or anybody whose significance is more to the person concerned. When such obsession occurs, the person tends to get engrossed and lost either in the joy or the sorrow of the relationship. It mostly occurs among people in relevant or irrelevant relationships, who tend to live or not live together, who may have in-secured thoughts about the partner, and for several reasons not restricted to the mentioned. Finally, the conceptual understanding, empirical analysis and interpretation are facilitated through the done research in the current cultural context of Asia in a south Indian perspective.

**Keywords:** *Obsession, Obsessive Disorder, Relationship Obsessive Disorder*

While over a cup of coffee, while walking beside two people accidentally, while joining a lunch table packed with anonymous people, while watching a group of college students chatting, while in the elevator with few others in it, and in many more such situations it may be observed that most of them are obsessed in a conversation on the mobile phones. The overheard conversation seems to be related to relationship with someone or the other. This certainly indicate that everyone invariably is affected or influenced by someone or the other invariably, irrespective of factors not limited to age, gender, income, educational status, family background, and occupation. Such conversation may be related to the joyous sharing of information about noteworthy relationships or the concern of the undergoing anguish because of the noteworthy relationship, or it may involve a discussion about the desire to obtain something in life. Either way it influences a person from being in normal state of mind. In simple words, it leads to a form of restlessness expressed through technological obsession like continuous conversation over mobile phones, frequent chatting on whatsapp, skype etc. When engrossed in a conversation the person involved seems to be in an obsessed state of mind.

<sup>1</sup> (Professor & Head, Department of Management Studies, Rajalakshmi Engineering College, Chennai, Tamilnadu, India.)

[\\*Responding Author](#)

Received: December 9, 2018; Revision Received: December 25, 2018; Accepted: December 29, 2018

© 2018 Sowmya, K.R; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License ([www.creativecommons.org/licenses/by/2.0](http://www.creativecommons.org/licenses/by/2.0)), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

## **Impact of Relationship Obsession on the Routine of an Individual**

Obsession is “the state of being obsessed with someone or something”. The outcomes of obsession could be both positive and negative. In line with the thinking, the researcher proposes to study the consequences of obsession due to intense and persistent thought of a relationship with someone, and its following impact on the routine life of the individual. Several behavioural studies mention such state of mind as (OCD) obsessive compulsive disorder which is expressed by stressful symptoms, craving desire, intense feelings, being preoccupied and absentmindedness. It is not uncommon to see many of them affected by such stressful symptoms these days, which overtakes the person if not taken care appropriately. This in turn leads the affected person to lot of misery. From this it is clear that obsession compulsive disorder is not a simple problem to be ignored or let pass by like just a normal disorder. It influences the routine activities and behavior of individuals thereby affecting the family and work life of the individual. This paper seeks to study the aspects of obsession occurring due to relationships, the impact of obsession on the routine behavior of individuals. The study does not focus on the compulsive behaviour which is an added component of OCD. The researcher has chosen the working people in the mere assumption that obsession with people may occur due to relationships that occur in the workplace. The working people tend to interact with opposite genders for several reasons at varied frequencies. Based on the personality and perception of the person some interactions end up in unusual relationships that lead to conflict with their present married lives, affects the performance of the employees, and disables the person to function in a routine manner.

Working people tend to interact with one another at various occasions which sometimes end in unusual relationships. The person landing in such relationships may reveal it to one another and may be continuing to live in that relationship, or may not be in a position to reveal the feelings to the related person and may carry the feel of the related person within oneself. This causes two kinds of impacts. In conditions where it is understood by one another the related people face the joy and sorrow of the relationship together, which leads to destroying their personal married lives with their spouses, destroyal of reputation in workplace, among peers etc. The next case is even more dangerous where the person is unable to express the unusual feelings to the related person fearing impacts of destroying their personal married lives with their spouses, destroyal of reputation in workplace, among peers etc. In such case they carry their relationship within , therefore feeling distressed, remaining absentminded , feeling insecured, imagining events that may or may not happen, thinking of the related image within always, being preoccupied, being unable to be happy in their regular family with their spouse and children, with their friends, peers etc. Such people are categorized to be very complex being able to understand the seriousness of the relationship obsession. Knowing the consequences they neither want to give up the relationship nor dare to get involved in the relationship, thereby leading a depressed life with tremendous agony within.

The researcher has made an attempt to study the Relationship obsessive disorder prevailing among the working population in Chennai City. It is a metropolitan city consisting of cosmopolitan crowd of people from the whole of the country. Hence the findings from this study can be generalized to the whole of the India.

### **LITERATURE REVIEW**

Obsession is a severe concept needing research attention in Indian scenario. However, studies in International context do exist and significant of them has been discussed below:

## Impact of Relationship Obsession on the Routine of an Individual

Guy, D et al (2016) made the first systematic clinical study of individuals with relationship-centered OCD symptoms, in comparison to both clinical (OCD), and non-clinical controls. They found from their study the view of Relationship Obsessive Compulsive Disorder as a distressing dimension of OCD – with levels of symptomatology equal to or higher to other OCD themes. The study also highlighted the importance of negative beliefs within the disorder. They have highlighted the general awareness of the seriousness of ROCD and the necessity to address the same.

Maria, A.M et al (2011) In their study have highlighted the significance of gender as a relevant factor to determine OCD clinical presentation and course, and to define more homogeneous subgroups. Although the reasons why OCD presentation differs between genders were not clear, they suggest that one may speculate that they result from both biological and psychosocial influences.

Rosario, C et al (2006) has highlighted the significance of combination of obsessions and compulsions that more frequently co-occur. They also opine that it will give relevant contributions to the understanding of this heterogeneous disorder.

Schruers K, et al (2005) have highlighted in their study that Obsessive–compulsive disorder (OCD) is a chronic disabling disease with profound implications for social functioning. Thirty per cent of all patients with OCD showed insufficient improvement with state-of-the-art treatment. Conventional treatment and alternative treatment options for this population were investigated. A selective review of the relevant scientific literature on OCD treatment and treatment resistance was done by the researchers and they tried augmentative experimentation with the patients in addition to cognitive therapy to reduce OCD.

Certain studies have discussed which highlights the significance of Obsessive –compulsive disorder in international contexts. The researcher has chosen to study the concept of obsession alone in this study in an Indian context.

## METHODOLOGY

### *Methods and Measures*

Purposive sampling by non-probability method was exploited to choose the samples for the study. Primary and secondary data served as the base for the methodology of this study. Secondary data were collected from the journals, magazines, publications, reports, books, dailies, periodicals, articles, research papers, websites, company publications, manuals and booklets. Primary data were collected through well framed questionnaires. The questionnaire of the research consisted statements in Likert's five point scale. The first section dealt with the personal and organizational profile of the respondents. The second section consisted of 8 items to measure the Relationship obsession compulsive disorder among the working women employees. The study was done among the influence of relationship obsession compulsive disorder on working employees in Chennai City.

### *Tools*

#### *ROCD (Relationship obsessive disorder)*

A tool containing 8 items to evaluate the Relationship obsessive disorder was developed by, Sowmya.K.R. The tool was self developed in contrast to OCD tools that studied Obsessive and compulsive disorder for the present study in Indian scenario. The tool was tested for its reliability, and its cronbach's alpha co-efficient was 0.864. sample items were: "I feel lost in thoughts always" , "I feel happy with the

## Impact of Relationship Obsession on the Routine of an Individual

thoughts I am engrossed in”, “I feel depressed due to certain things that are happening to me because of my relationship with someone”.

### ANALYSIS AND DISCUSSION

An 8 item tool was administered to study the relationship obsessive disorder experienced by the working employees in Chennai city. The data collected was analysed using t-test to identify the item which affects the person the highest due to the obsession of the person with his relationship with someone.

**Table 4.1. An Analysis on Relationship obsessive disorder among working employees**

S.No	Relationship Obsessive Disorder	N	Mean	Std. Deviation	t value	Sig
1	I feel lost in thoughts always	212	4.6051	.90218	2.494	.013
2	I feel happy with the thoughts I am engrossed in	212	3.8875	.95653	3.921	.000
3	I feel depressed due to certain things that are happening to me because of my relationship with someone	212	4.2017	.59401	11.339	.000
4	I feel I am unable to continue my relationship normally with others	212	4.2951	.78548	5.300	.000
5	I feel sad for some reason or the other with my relationship	212	2.7701	1.25960	3.1432	.000
6	I feel guilty for some untold reason	212	3.0255	1.11243	2.362	.000
7	I feel I am unable to be a normal person like before	212	3.5117	.66797	-4.654	.661
8	I feel others are noticing me for some reasons	212	3.5096	.79852	2.312	.000

From the table 4.1, it is evident that the obsessive disorder of working employees varied from (lowest mean 2.7701 ) to (highest mean 4.6051). The factor that had the highest mean was “I feel I am unable to continue my relationship normally with others” and the factor that had the least mean was “I feel sad for some reason or the other with my relationship”. This does show that there is a significant difference of varied factors that contribute to the obsessive disorder among working people due to relationships.

### CONCLUSION

This researcher infers that a person with relationship obsessive disorder suffers extreme distractions in living a normal life. They suffer from indications not limited to absent mindedness, memory distraction, postponing duties, absorbed in inner thoughts, imagining things that may happen which is of desire to them, failure to accomplish targets, align with routines of official and personal lives, find difficulties in mingling with regular friends, peers, spouse, parents and children. Person affected with ROD (Relationship obsessive disorder) feels immediate difficulties to continue with regular relationships with the spouse if the affect is related to spouse. If the affect is because of the influence of the other person other than spouse who is the cause of obsessive disorder, then the affected person finds it unable to continue relationships with the spouse as earlier before being affected by ROD (Relationship obsessive disorder). The affected person ends up in obsessive preoccupation, doubts and compulsive behaviours as an outcome of the affect. People with ROD (Relationship obsessive disorder) seem to be occupied with intrusive thoughts that can't leave the mind admitting of trying hard enough to remove it from mind. Its' interference on the daily routine of a person varies with degrees. Most of them are tremendously affected by such intrusion and some not often care for it. The outcomes experienced by the tremendously affected people may be many but not restricted to addiction, expectation, resentment, displeasure,

disgrace, despair and seclusion. These stressful symptoms affect the total well-being of a person in the long run.

### PRACTICAL IMPLICATIONS

The practical implications of the study, was with respect to generalizing the finding to the whole universe. This is because although the study is a perception based study, it may differ based on the culture in varied countries. However, the findings of this study may be generalized to the whole of India and this may give way to comparative study across countries in the context of obsession.

### REFERENCES

- Guy, D., Danny,D., Ohad,S., Elad,N., & Richard,M (2016): “Relationship Obsessive–Compulsive Disorder: Interference, Symptoms, and Maladaptive Beliefs”, *Front Psychiatry*, 7: 58.
- Maria, A.M., Pedro,A., Guilherme, F., Ricardo,C.T., Ivanil, M., Albina, R. T., Monica, L. Z., Ana, G. H (2011). Gender differences in obsessive-compulsive disorder: a literature review, *Brazilian Journal of Psychiatry*
- Rosario,C., Miguel, E C., Quatrano, S., Chacon, P., Ferrao, Y., Findley, D., Katsoyich, L., Scahill, L.,King, R.A., Woody, S.R., Tolin, D., Hollander, E., Kano,Y., Leckman, J.F., (2006): The Dimensional Yale-Brown Obsessive-Compulsive Scale (DY-BOCS): an instrument for assessing obsessive-compulsive symptom dimensions. *Mol Psychiatry*.11(5):495-504.
- Schruers K, Koning K, Luermans J, Haack MJ, Griez E. (2005), Obsessive– compulsive disorder: a critical review of therapeutic perspectives. *Acta Psychiatr Scand*, 111: 261–271.

### Acknowledgments

The author(s) profoundly appreciate all the people who have successfully contributed in ensuring this paper in place. Their contributions are acknowledged however their names cannot be mentioned.

**Conflict of Interest :** There is no conflict of interest.

**How to cite this article:** Sowmya, K.R (2018). Impact of Relationship Obsession on the Routine of an Individual.*International Journal of Indian Psychology*, 6(4), 176-180. DIP:18.01.117/20180604, DOI:10.25215/0604.117