

## **Impact Of Romantic Relationship And Parental Bonding On Psychological Well Being: A Comparative Study Among Working Men And Women**

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### **ABSTRACT**

Findings from this research shed light on the complex relationship between gender even psychological health by looking at things like cultural factors that affect gendered well-being, gendered expectations along with coping mechanisms, and gender differences in mental health outcomes. By looking at how gender differs in mental health issues, symptoms, help-seeking behavior, and stigma, we can observe how biological, social, and cultural variables interact in complicated ways. Gendered experiences and identities are shaped by sociocultural factors that effect people' psychological well-being. These factors include socialization processes, media portrayals, family dynamics, throughout educational/occupational environments. Furthermore, people's coping mechanisms in reaction to stress are impacted by gendered expectations around the management of emotions, addressing problems, taking risks, and seeking assistance. In order to create treatments and support structures that are sensitive to gender and that promote resilience and holistic well-being, it is essential to understand these dynamics.

**Keywords:** gender, psychological well-being, mental health, gender disparities, sociocultural influences, gendered expectations, coping strategies, socialization, stigma, help-seeking behavior.

### **CHAPTER-1 INTRODUCTION**

Research in the field of psychology has focused heavily on the dynamics of parent-child bonds and romantic relationships because of the significant impact they have on people's mental health in modern society. Individuals' mental health and emotional stability are profoundly impacted by the complex web of personal connections and family ties, and how these elements interact with one another. With this background in mind, the current research seeks to investigate the many ways in which romantic relationships and parental bonding affect mental health, paying special attention to any differences that may exist between men and women in the workforce. The companionship, support, and closeness provided by romantic relationships are essential to the well-being of people. A person's sense of self-worth, happiness, & life satisfaction are just a few of the many facets of psychological health that have been strongly associated to the strength of these connections. Additionally, there has been a great deal of academic interest in the impact of parental bonding, which is defined as the emotional connection & attachment that develops among parents and their children. Research has shown that parental bonding has long-lasting effects on children's emotional control, social interactions, and mental health as adults.

Although there is a lot of literature on how romantic relationships along with parental bonding affect people's mental health, there isn't nearly as much that delves into how these factors may differ based on gender, especially in the modern workplace. Both men and women have faced several problems and possibilities as a result of the changing nature of gender positions and duties in the professional sphere. Consequently, it is essential to investigate, with a focus on gender differences, the ways in which romantic relationships that parental bonding influence the mental health of working people. This dissertation aims to compare working men and women in order to get to the bottom of how parental bonding and romantic relationships affect mental health in today's workplaces differently. This research endeavor seeks to enhance personal and professional mental health outcomes by gaining a deeper understanding for the factors shaping people psychological well-being. It will do so through one nuanced exploration of such intricate relationships, which should lead to the development for tailored support and intervention mechanisms. With an emphasis on gender dynamics in today's workplace, this dissertation aims to fill a theoretical need by illuminating the complex interaction among romantic relationships, parental bonding, & psychological well-being.

### **CHAPTER-2 REVIEW OF LITERATURE**

The main objective of this study was to find out how much women's perceptions of their provider-role duties varied in connection to their mental health, family dynamics, and domestic work divisions. Families with two breadwinners and

fifty with only one breadwinner made up the sample. Wives spoke about feeling overwhelmed by their duties, suffering from depression, being happy in their marriage, and their perspectives on gender roles in house interviews. Two surveys evaluated the children's connection with their mother and the difficulties they faced on a daily basis. Over the course of four phone interviews, husbands and wives were asked about their level of participation in domestic chores on a daily basis. Four categories of providers—main/secondary suppliers, ambivalent coproviders, or homemakers—were identified by discriminant function analyses as experiencing discrimination based on factors pertaining to women's psychological health, marital and parent-child interactions, and the division of work. Depression, stress, and dissatisfaction with one's marriage were more common among wives who felt conflicted about being a provider. Wives who saw their jobs as secondary to their husbands' reported the greatest levels of marital happiness and the lowest levels of sadness and overburden. **(Crouter, A. C. (1992))**

Recent studies show that when looking at the different ways men and women express emotional distress, there aren't no gender differences within the benefits of marriage and drawbacks of being single. This contradicts the long-held belief among social scientists which personal social relationships have a greater significance to men's than women's mental health. Based on these results, we can say that the significance of close connections for the mental health of both men and women has converged. Nonmarital love relationships among today's youth may not exhibit these trends, however. Using a demographically representative sample of young individuals from Miami, Florida, we analyze the correlations between various aspects of these connections and depressive and drug misuse symptoms. We discover that there are gender variations across many aspects of relationships: The emotional health of males is more strongly correlated with the support and tension in a continuing relationship than that of women, but the mental health of women is more directly linked to present involvements and previous breakups. When reasoning about gender variations in the relevance of intimate relationships on mental health, it is important to examine the time in the life cycle and the experiences of particular cohorts of men and women. This is emphasized by our results. **(Barrett, A. E. (2010))**

The correlations between marital status & subjective well-being were very consistent across 59,169 individuals from 42 different countries. The impact sizes of cultural factors on several relationships between married status & subjective well-being were tiny, but they were nevertheless detectable. To be more precise, in collectivist countries, married people reported higher levels of life satisfaction than cohabiting people. In collectivist countries, getting married had less of an emotional advantage than being divorced or separated. Moreover, in countries that had a high divorce tolerance, the negative emotional benefits of being married compared to being separated or divorced were lower. As a last point, gender had no role in the correlations between marital status, cultural background, and subjective happiness. The authors found that the relationships between married status & subjective well-being are fairly consistent worldwide due to the tiny magnitude of the impacts of the cultural factors. **(Oishi, S. (2000))**

This research looked at the long-term impacts of marital status stability and change on many aspects of mental health using a life cycle theory paradigm. Respondents' ages ranged from 19 through 65 (N = 6,948) in the National Survey on Families & Households 1987–1993. Researchers looked at gender differences, as well as those between young individuals and those in the middle of their working lives. Based on the contrast & result under consideration, multivariate analysis revealed a multifaceted pattern of impacts. In certain areas, such as autonomy and personal development, the singles did better than the married, even though marriage generally improved men's and women's well-being. There was little difference in the impacts on men and women of continuing to be single. Women had slightly higher negative impacts during the transition to widowhood or divorce. In dealing with the difficulties of being single or transitioning from one marriage to another, persons in their mid-to late-thirties showed more psychological resilience compared their younger counterparts. **(J. D. (1998))**

## CHAPTER 3

### METHODOLOGY

#### AIM OF THE STUDY

This study examined the effects of romantic relationships & parental bonding on the psychological health of 25–35-year-old working men and women.

#### VARIABLE OF THE STUDY

##### Independent Variable

**Romantic Relationships:** Romantic relationships refer to intimate connections between individuals characterized by love, affection, and mutual commitment. These relationships typically involve romantic partners who engage in emotional, physical, and often long-term relational bonds. In this study, romantic relationships serve as one of the independent variables, representing the quality, satisfaction, and dynamics of romantic partnerships among working men and women.

**Parental bonding:** The term "parental bonding" describes the emotional link and attachment that develops between a child or adolescent and their parents. It includes the standard of care, support, nurturing, and responsiveness that parents

provide to their children. Parental bonding is another independent variable included in this study to show the kind and significance of parent-child ties on working men's and women's psychological health.

### **Dependent Variable**

**Psychological Well-being:** Psychological well-being includes many aspects of a person's mental health, emotional stability, as well as degree of happiness. It represents a person's whole psychological health and life happiness, encompassing elements like resilience, positive affect, happiness in life, and self-worth. The dependent variable in this study is psychological well-being, which measures the degree of emotional, cognitive, or social well-being within working men and women as impacted by their experiences with parental bonding and romantic relationships.

### **OBJECTIVES**

- To examine the impact of romantic relationship on psychological wellbeing among working adults.
- To investigate the influence of parenting bonding on psychological wellbeing among working adults.

### **HYPOTHESIS**

- There will be significant relationship among romantic relationship and parental bonding among working males.
- There will be significant relationship among romantic relationship and parental bonding among working females.
- There will be significant impact of romantic relationship on psychological wellbeing among working males.
- There will be significant influence of romantic relationship on psychological wellbeing among working females.
- There will be significant effect of parenting bonding on psychological wellbeing among working males.
- There will be significant effect of parenting bonding on psychological wellbeing among working females.

### **PARTICIPANTS OF THE STUDY**

A total of 120 individuals, 60 men and 60 women, will be selected from the pool using a purposeful sampling technique. The sample population is primarily composed of individuals aged 25-35 years old.

### **DATA COLLECTION INSTRUMENTS**

The "**Romantic Love Scale, Parental Bonding Instrument and Psychological Wellbeing (18 items)**" has been utilized to gather data in this study, in addition to demographic information.

### **DATA COLLECTION PROCEDURE**

The data will be acquired utilizing three questionnaires: the "**Romantic Love Scale, Parental Bonding Instrument and Psychological Wellbeing (18 items)**". Following an explanation of the study's objectives, participants will be asked to participate and given a packet of questionnaires with facts about the study, privacy issues, the researcher's contact information, and other measurements. It will take ten minutes to go over the instruments.

### **ROMANTIC LOVE SCALE**

This 13-item romantic love inventory aims to measure three dimensions of romantic love: a propensity to help out, a need to be dependent on another person, and an inclination toward absorption and exclusivity. Each item has to have the name of a respondent's partner filled in. For each question, respondents gave a score between 1 (totally false, disagree) and 9 (totally true, agree) on a 9-point scale.

### **RELAIBILITY**

With a value of 0.84 for women and 0.86 for males, the Romantic Love Scale has a great internal consistency.

### **PARENTAL BONDING INSTRUMENT**

A retrospective instrument called the Parental Bonding Instrument (PBI) evaluates how kids and teenagers see their parents' parenting approaches. The PBI may be given to anybody above the age of 16, and its 25 questions probe respondents' recollections of their interactions with their parents prior to that year.

### **PSYCHOLOGICAL WELLBEING (18 ITEMS) SCALE**

A self-assessment measure developed by Ryff and Keyes (1995), the 18-item version of Ryff's Psychological Wellbeing Scale evaluates six aspects of psychological wellbeing: purpose in life, pleasant interactions with others, personal growth, environmental mastery, self-acceptance, and autonomy. There follows a 6-point Likert scale for each topic, with 1 representing strongly disagree and 6 representing strongly agree. The 18 items consist of 8 favorably phrased and 10 negatively worded items. Items with negative wording (1, 2, 3, 8, 9, 11, 12, 13, 17, and 18) must be scored backwards before analysis can be performed.

**RELIABILITY**

The overall and subscale Cronbach's alpha & ordinal theta coefficients were within acceptable ranges, indicating that the scale has reliable internal consistency. Regarding the entire scale, Cronbach's alpha & ordinal theta both had good values around 0.8 (95% CI). Furthermore, different subscales showed different degrees of dependability; specifically, environmental mastery, self-acceptance, and purpose in life all had higher coefficients, suggesting strong internal consistency ( $\alpha = 0.68$ ,  $\alpha = 0.76$ , and  $\alpha = 0.8$ , 95% CI, respectively). Nevertheless, the values for personal progress ( $\alpha = 0.55$ ), favorable relations to others ( $\alpha = 0.52$ ), & autonomy ( $\alpha = 0.48$ ) were somewhat lower, indicating internal consistency that was slightly weaker yet remained inside an acceptable range. Taken together, these results provide evidence that the scale is sufficiently reliable for evaluating many aspects of psychological wellness.

**VALIDITY**

There are strong relationships between the psychological well-being scale and many other measures of health, demography, lifestyle behaviors, and subjective wellbeing, lending credence to its concurrent validity. Numerous significant relationships were discovered with respect to age ( $r = 0.13$ ,  $p < 0.01$ ), exercise intensity ( $r = 0.17$ ,  $p < 0.01$ ), favorable effect ( $r = 0.58$ ,  $p < 0.01$ ), and overall satisfaction ( $r = 0.65$ ,  $p < 0.01$ ). Negative impacts ( $r = -0.52$ ,  $p < 0.01$ ), discomfort recurrence ( $r = -0.24$ ,  $p < 0.01$ ), problems with sleep ( $r = -0.22$ ,  $p < 0.01$ ), & smoking ( $r = -0.14$ ,  $p < 0.01$ ) were all shown to have negative relationships. But there was no statistically significant correlation ( $r = -0.02$ , ns) between autonomy and life goal. All things considered, these results point to the psychological wellbeing scale existing alongside relevant elements and associated constructs.

**STATISTICAL ANALYSIS**

The descriptive statistics method, Pearson correlation and regression analysis has been employed in the research using SPSS software.

**CHAPTER 4**

**RESULT & DISCUSSION**

Parental bonding and romantic connections are essential components that shape people's psychological health, impacting their psychological stability, interpersonal interactions, and general level of life satisfaction. However, due to cultural expectations, gender norms, and work-life balance concerns, the dynamics of these partnerships may differ dramatically among working men and women. Untangling the intricacies of gendered experiences and their consequences for mental health outcomes requires an understanding of the relative effects of romantic relationships as well as parental bonding upon psychological well-being between working men and women. This research endeavors to conduct a comparative investigation on the impact of romantic relationships as well as parental bonding upon psychological well-being, with a particular focus on variations among working men and women. Using an extensive research approach that includes questionnaires and qualitative analysis, this study aims to clarify how parental bonding and romantic relationship quality interact with gender norms and work-related pressures to influence people's psychological health.

*Table 1: Descriptive statistics of all variables among working men*

	<b>Romantic relationship</b>	<b>Parenting Styles</b>	<b>Psychological wellbeing</b>
<b>Mean</b>	77.56667	42.35	63.7
<b>Standard Deviation</b>	17.08639	8.717458	10.57387
<b>N</b>	60	60	60

The table shows descriptive data regarding working men's psychological well-being, parenting approaches, and satisfaction in romantic relationships. The average scores show that people are generally satisfied with their romantic relationships (mean = 77.57), have a modest amount of involvement in parenting (mean = 42.35), and are psychologically healthy (mean = 63.7). Higher values of the standard deviation indicate a larger dispersion of scores, suggesting variability within the sample. The dependability is improved by the constant N=60 sample size. All things considered, the results shed light on these crucial facets of working men's life and lay the groundwork for more research.

*Table 2: Descriptive statistics of all variables among working women*

	<b>Romantic relationship</b>	<b>Parenting Styles</b>	<b>Psychological wellbeing</b>
<b>Mean</b>	79.4	41.8	65.06667
<b>Standard Deviation</b>	16.21487	9.81835	11.51692
<b>N</b>	60	60	60

The table presents descriptive information about the psychological health, parenting styles, and romantic relationship satisfaction of working males. According to the average ratings, individuals are typically happy with their romantic relationships (mean = 77.57), participate in parenting to a moderate extent (mean = 42.35), and are in good psychological health (mean = 63.7). Greater standard deviation values show greater variability across the sample by indicating a wider dispersion of scores. The standard N=60 sample size increases reliability. The findings provide important context for future studies and illuminate these important aspects of working men's lives.

## DISCUSSION

The purpose of this research was to look at how parental connections and romantic relationships affect the mental health of working-age men and women. The impact of gendered experiences on mental health outcomes may be better understood with an appreciation of these relationships.

On average, working men and women reported being happy in their love relationships, being somewhat involved as parents, and having decent mental health, according to descriptive data. The standard deviations, however, showed that the samples themselves were not uniform.

Both working men and women's psychological well-being was shown to be strongly affected by romantic relationships, according to regression studies. The findings revealed that romantic connections had a more significant impact on the mental health of working women compared to working males.

Furthermore, parenting styles had a substantial effect on working women's psychological health but no discernible effect on working men's psychological health. This data reveals that there is a higher correlation between parenting methods and psychological well-being in women than in males.

The results were corroborated by the Pearson correlation analysis, which revealed a weak association between romantic relationships and psychological well-being among working women, but no such correlation as seen for working males. Similarly, there was no statistically significant association between parenting methods and working men's psychological well-being, but a modest correlation between these variables for working women.

According to these findings, the effects on men's and women's mental health of romantic relationships and parental bonding are distinct. When comparing working women and men, it is clear that romantic connections and parental bonding have a greater impact on working women's psychological well-being.

Crouter (1992) investigated the connections between women's views of their provider-role responsibilities and factors including family dynamics, domestic work divisions, and mental health. The present study's results are in line with those findings. Depression, stress, and marital discontent were more prevalent among women who reported internal conflicts over their role as providers, according to Crouter's research. Marriage pleasure, sorrow, and overburden were all positively correlated with women's perceptions of their roles as subordinate to those of their spouses.

Ultimately, this research shows that men and women in the workforce have varied effects from romantic relationships and parental bonding on their mental health. In order to create focused treatments to improve the mental health and wellbeing of working people, it is essential to understand these dynamics.

## CHAPTER 5 CONCLUSION

This study's comparative analysis of men and women in the workforce provides important insight into the complex interplay of romantic relationships, parental bonding, and mental health. The results show that these variables affect people's mental health differently depending on their gender.

To begin, the research shows that romantic relationships significantly impact the mental health of working-age men and women. The effect is stronger among working males, but working women also feel it, although to a lesser extent; there is a strong positive link between happy relationships and psychological health. In other words, the strength of one's romantic relationships seems to be a significant (albeit to different degrees) factor in one's mental health for both sexes.

The second important takeaway is that the research shows how working people's psychological health is influenced by their parental attachment. Parental bonding may not be the most important element influencing the mental health of working males, suggesting that other variables have a greater impact on their mental health. A small but statistically significant correlation between parental connection and psychological well-being has been found for working women. Despite the intricacies of love relationships and careers, this highlights the lasting impact of early family bonds on women's mental health.

In addition, for both men and women in the workforce, the correlation analyses show that there are weak or no relationships between parenting approaches and psychological well-being. This indicates that parenting styles may affect other parts of people's life, such how successfully they parent or the dynamics of their relationships, but they don't seem to have any bearing on their mental health at work.

Finally, this study shows how important it is to know how love relationships and maternal bonds affect the mental health of working men and women in different ways. Better mental health outcomes and better relationships in the workplace and beyond may be achieved via targeted treatments and support systems that acknowledge and handle these gender-specific dynamics. Furthermore, it highlights the intricate nature of these connections and the need for future studies to clarify other elements that might impact people's mental health in various settings.

### RECOMMENDATIONS

- **Enhanced Support Services:** Provide easily available support and counseling services that are customized to meet the special requirements of working people. Pay special attention to coping strategies for stresses associated with romantic relationships as well as parent-child bonding.
- **Work-Life Balance Initiatives:** In order to reduce the stress of juggling work and family obligations, employers should adopt policies and initiatives that encourage a healthy work-life balance. Examples of these include flexible work schedules, maternity leave, and childcare help.
- **Communication Skills Training:** Provide seminars or training sessions with the goal of enhancing communication in romantic and parent-child relationships, promoting greater comprehension and methods for resolving conflicts.
- **Education and Awareness Campaigns:** In order to create a friendly workplace, start educational initiatives that educate people about the value of psychological well-being as well as the effects of romantic relationships as well as parental bonding.
- **Longitudinal Studies:** Monitor the long-term impacts of romantic relationships & parental bonding on mental health by conducting longitudinal research that takes into account variables including relationship dynamics, parenting philosophies, and professional advancement.

### LIMITATIONS OF THE STUDY

- **Sample Bias:** The study may suffer from sample bias, as it primarily focuses on working individuals, potentially excluding those who are unemployed or not actively engaged in the workforce.
- **Self-reporting Measures:** Relying solely on self-reporting measures to gather data may result in response biases that affect the accuracy of the research findings, including social desirability bias and problems with memory recall.
- **Cross-sectional Design:** The study's cross-sectional design makes it more difficult to determine the relationship between variables because it only offers a moment in time view of the data, missing longitudinal changes.
- **Cultural Context:** The study's conclusions could not apply to other cultural situations since cultural perspectives on romantic relationships, parent-child bonding, as well as psychological well-being might differ greatly.
- **Gender Imbalance:** The study could encounter problems when trying to compare the effects of male and female romantic relationships & parental bonding owing to possible gender imbalances within the sample or cultural variations in gender expectations and roles.

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