



A Cross-Sectional Correlational Study on the Impact of Committed Romantic Relationships on Emotional Resilience and Psychological Wellbeing

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Abstract: This research examines the impact of committed romantic relationships on emotional resilience and psychological well-being, with a particular focus on gender differences. While previous research has established that romantic relationships can provide significant emotional support, less is known about how these relationships contribute to psychological resilience and well-being across genders. This study utilized a mixed-methods approach, surveying adults in committed romantic relationships to assess their emotional resilience, psychological well-being, and the perceived impact of their relationships. The results indicate that romantic relationships are associated with enhanced emotional resilience and psychological well-being, with notable differences between men and women. Women reported higher levels of emotional support from their partners and greater benefits in terms of stress management and coping abilities. In contrast, men experienced emotional support primarily in the form of practical assistance, such as financial or daily task support, rather than emotional intimacy. These findings suggest that women may derive more emotional resilience from the emotional intimacy and caregiving aspects of romantic relationships, while men's emotional well-being may be more influenced by external factors. The study emphasizes the importance of relationship quality—such as communication and

conflict resolution—in fostering emotional resilience. The findings also highlight the need for future research to explore the role of cultural and societal factors in shaping relationship dynamics and emotional well-being. Overall, the study contributes to a deeper understanding of how committed romantic relationships impact emotional resilience and psychological well-being, with important implications for both clinical practice and relationship counselling.

Keywords: *Committed Romantic Relationship, Emotional Resilience, Psychological Well Being*

1. Introduction

In today's emotionally demanding world, individuals are increasingly exposed to psychological pressures that challenge their mental well-being. Amid such challenges, committed romantic relationships have emerged as a potentially powerful source of emotional support. Unlike casual interactions, committed relationships often foster deep emotional intimacy, trust, and mutual reliance, which can influence how individuals cope with adversity. This study aims to explore the relationship between the presence of a committed romantic partnership and two critical psychological constructs: emotional resilience and psychological well-being.

Romantic relationships, when stable and fulfilling, are known to offer both emotional and practical support. They often act as buffers against stress, encourage adaptive coping mechanisms, and provide a sense of security that promotes psychological stability. Conversely, unhealthy or unstable relationships may exacerbate distress. Therefore, understanding the quality and presence of committed romantic partnerships as a potential independent variable is crucial in comprehending individual differences in mental health outcomes.

This research takes a cross-sectional correlational approach to examine how being in a committed romantic relationship relates to emotional resilience, the ability to adapt positively to adversity, and psychological well-being, a broad construct encompassing emotional balance, life satisfaction, and functional engagement with life. In doing so, the study not only highlights the psychological value of romantic attachment but also offers insights into the nuances of relational influence on mental health.

2. Review Of Literature

A study by Dougall et al. (2022) conducted a qualitative investigation into the romantic experiences of committed emerging adults in urban India, a context where non-arranged relationships and individualistic values are increasingly gaining ground. Using in-depth interviews with seven couples aged between 21 and 25 from New Delhi, the researchers identified three distinct relationship trajectories: ambiguous, stable, and those leading to marriage. The study uncovered shared themes across couples, such as mutual support for individual development, active engagement in self-reflection, insights gained from previous relationships, and perceptions of alternative romantic possibilities. These aspects align with and expand upon Sibley's model of resilient commitment. The research sheds light on both the difficulties and aspirations faced by young adults in romantic relationships, offering meaningful perspectives on the developmental stage of emerging adulthood within the evolving sociocultural framework of urban India.

In a longitudinal study, Gómez-López, Viejo, and Ortega-Ruiz (2019) explored how psychological well-being evolves during adolescence and how it relates to romantic involvement. The research was conducted with 747 adolescents from Andalusia, Spain, aged 13 to 17 (with 50.5% identifying as female; average age at the first wave = 14.55 years, SD = 0.84). Grounded in a eudaimonic perspective, the study assessed four key aspects of well-being: self-acceptance, autonomy, positive social connections, and personal growth. Throughout the study period, participants generally maintained moderate to high well-being levels, with all dimensions remaining consistent except for a notable rise in positive interpersonal relationships during the second wave. Through Structural Equation Modeling, it was found that adolescents with either current or previous romantic experiences reported higher levels of interpersonal connection and life development. However, these relationships were also linked to decreases in autonomy and self-acceptance. The results underscore the nuanced impact of romantic relationships on adolescent mental health, showing that such experiences can enhance some areas of well-being while challenging others.

Nagpal and Dutt (2023) carried out research examining how emotional intelligence (EI) and resilience relate to psychological well-being (PWB) in young adults. The study involved 119 participants, aged between 18 and 25, who were selected using convenience sampling methods. To gather data, participants completed three validated tools: the Wong and Law Emotional

Intelligence Scale (WLEIS), the Brief Resilience Scale (BRS), and Ryff's Psychological Well-Being Scale. Analysis of the results showed that all facets of emotional intelligence were

positively linked to psychological well-being, with the strongest correlation found between overall EI and PWB. Additionally, resilience was shown to have a positive relationship with psychological well-being. These outcomes indicate that both emotional intelligence and resilience are key factors in supporting an individual's mental and emotional health. The study highlights the value of designing targeted programs and interventions that strengthen EI and resilience to enhance psychological well-being among the youth population.

3. Methodology

3.1 Aim

This study aims to explore the impact of committed romantic relationship on emotional resilience and psychological wellbeing.

3.2 Variables

Independent Variable (IV)

A committed romantic relationship: refers to a close, emotionally intimate, and exclusive partnership between two individuals, typically characterized by ongoing emotional investment, trust, shared goals, and mutual commitment.

Dependent Variable (DV)

Emotional resilience: refers to an individual's ability to adapt positively to stressful or adverse situations, maintain psychological stability, and effectively regulate emotions in the face of difficulty. It encompasses flexible emotional responses, optimism, and the capacity to recover after emotional disruptions.

Psychological well-being: is a complex concept that represents overall positive mental health. It includes factors such as autonomy, control over one's environment, a sense of purpose, healthy relationships, continuous personal development, and self-acceptance. It is not just defined by the absence of mental health disorders, but by the presence of these fulfilling and growth-oriented elements.

3.3 Research Objectives

- a) To understand the impact of committed romantic relationship on emotional resilience and psychological well-being.
- b) To explore how emotional resilience varies between genders in the context of long-term romantic relationships.

3.4 Hypothesis

H1: There will be a significant correlation between romantic relationship, emotional resilience and psychological well being

H2: There will be a significant difference between males and females on emotional resilience in a committed romantic relationship

3.5 Research Design

This study employed a cross sectional correlational research design to examine the relationship among committed romantic relationships, emotional resilience and psychological wellbeing. A cross sectional correlational design is appropriate to explore the strengths and direction of these associations without manipulating any of the variables. By assessing at a specific moment the design captures how the variables naturally occur and relate to each other.

3.6 Participants

The study sample consisted of 200 participants, including 100 females and 100 males aged 18 and above. Participants were recruited to examine the study through word of mouth referrals. At the time of data collection, all the individuals were in committed romantic relationship, either dating or married

3.7 Inclusion Criteria

- a) Participants must be between 18 years and above at the time of data collection.
- b) Participants must be currently dating or in a romantic relationship at the time of the study.

These criteria ensured that the sample represented individuals within the relevant age group who were actively involved in romantic relationships, which is essential for addressing the research questions related to emotional resilience, psychological well-being and relationship satisfaction.

3.8 Measures

Couple Satisfaction Index-32 (CSI-32): The Couple Satisfaction Index-32 (CSI-32) is a comprehensive self-report instrument developed by Funk and Rogge (2007) to assess romantic relationship satisfaction. It was designed to improve upon previous relationship satisfaction measures by increasing precision, reliability, and sensitivity. The CSI-32 consists of 32 items, incorporating a combination of Likert-type scales and direct questions about the relationship. It covers a wide range of relational aspects including emotional closeness, communication, intimacy, conflict resolution, and overall satisfaction. Scores range from 0 to 161, with higher scores indicating greater levels of couple satisfaction. To score the CSI-32, you simply sum the responses across all

of the items. The point values of each response of each item are shown above. CSI-32 scores can range from 0 to 161. Higher scores indicate higher levels of relationship satisfaction. CSI-32 scores falling below 104.5 suggest notable relationship dissatisfaction. The scale allows for nuanced distinctions in satisfaction levels, making it particularly suitable for use in both clinical and research settings.

Emotional Regulation Questionnaire (ERQ) : The ERQ, developed by Gross & John (2003), is a self-report measure that assesses how individuals regulate their emotions, particularly focusing on two key strategies:

- a) ***Cognitive Reappraisal*** Changing the way one thinks about a situation to modify its emotional impact (adaptive strategy).
- b) ***Expressive Suppression*** Controlling or inhibiting outward emotional expressions (maladaptive strategy).

ERQ scale consists of 10 items, with 6 items measuring Cognitive Reappraisal and 4 items measuring Expressive Suppression, scored on a 7-point Likert scale (1 = Strongly Disagree, 7 = Strongly Agree). Higher scores indicate a greater tendency to use that specific regulation strategy. It is a self-report measure that requires 5 to 10 minutes for administration.

Ryff's Psychological Well Being Scale – 18-item version : The Ryff's Scales of Psychological Well-Being (PWB), developed by Carol Ryff (1989), is a multidimensional self-report instrument designed to assess positive psychological functioning and well-being. It is rooted in a eudaimonic perspective of well-being, which emphasizes meaning, personal growth, and self-realization rather than merely the absence of illness or the presence of happiness.

For this study, the 18-item version of the scale is used, which provides a concise yet valid assessment across six core dimensions of psychological well-being. Each dimension includes three items, offering a streamlined yet dependable method for assessing overall wellbeing.

The six core dimensions evaluated by the scale are:

- a) ***Autonomy***: Reflects an individual's ability to make independent choices and maintain self-governance.
- b) ***Environmental Mastery***: Involves effectively managing one's environment and daily responsibilities.
- c) ***Personal Growth***: Represents continuous development and the pursuit of realizing personal capabilities.

- d) *Positive Relations with Others*: Captures the quality of meaningful, trusting, and fulfilling relationships.
- e) *Purpose in Life*: Relates to having direction, intentional goals, and a sense of meaning in life.
- f) *Self-Acceptance*: Encompasses a positive self-view and acceptance of one's past and present experiences.

The scale uses a 6-point Likert scale, ranging from 1 (Strongly disagree) to 6 (Strongly agree). Each subscale consists of 3 items. Some items are reverse-scored to control for response bias. Subscale scores are summed or averaged, and a total wellbeing score can also be computed. Higher scores indicate greater psychological wellbeing.

3.9 Procedure

Data were collected using Google Forms, which were created and circulated among potential participants. The online survey included the CSI-32, ERQ and Ryff's PWB Scale. Participants accessed the survey via a link provided. Completion of the survey took approximately 15 minutes. Participants were informed about the study's purpose, assured of confidentiality, and consented to participate by proceeding with the survey.

3.10 Analysis

Statistical Tools Used :The study employed the following statistical methods

- a) *Pearson's Correlation Analysis*: Applied to assess the strength and direction of relationships between committed romantic relationships, emotional resilience and psychological wellbeing including their intercorrelations.
- b) *Independent Samples t-Test*: Used to compare mean scores of alcohol dependence, emotion regulation, and coping mechanisms between two groups (e.g., married vs. unmarried).

4. Data Analysis

For the present study, IBM SPSS (Statistical Package for the Social Sciences) software was utilized to carry out the data analysis. This software is widely used in psychological research for its robust capabilities in handling both descriptive and inferential statistics. To begin with, descriptive statistics were computed to summarize and understand the basic features of the data, including measures such as mean, standard deviation, and frequency distributions. These provided a clear overview of the participants' responses across the variables of interest. To test the first hypothesis regarding the relationship between dog companionship and perceived stress, a Pearson Product-

Moment Correlation analysis was conducted. This technique was appropriate as it examines the strength and direction of the linear relationship between two continuous variables. Additionally, Independent Samples t-tests were employed to compare the mean scores of emotional resilience between male and female participants. This inferential test helped determine whether any statistically significant gender differences existed in the dependent variables. Collectively, these analyses allowed for the empirical testing of all three hypotheses and provided a comprehensive understanding of the relationships and differences within the dataset.

4.1 Result

The present study aimed to investigate the relationship between committed romantic relationships, emotional resilience, and psychological well-being among adults, and to assess whether significant gender differences exist in emotional resilience within romantic relationships. The data were analysed using Pearson's Product Moment Correlation and independent samples t-tests to test the stated hypotheses.

The first hypothesis proposed that there would be a significant correlation between romantic relationship commitment, emotional resilience, and psychological well-being. The findings supported this hypothesis. As presented in Table 1, there was a strong, positive, and statistically significant correlation between romantic relationship scores and emotional resilience ($r = 0.775$, $p < .001$), romantic relationship scores and psychological well-being ($r = 0.733$, $p < .001$), and emotional resilience and psychological well-being ($r = 0.791$, $p < .001$). These results indicate that individuals in more committed romantic relationships tend to exhibit higher emotional resilience and greater psychological well-being. Consequently, this hypothesis was accepted.

Table 1 : *Pearson Correlations between Romantic Relationship, Emotional Resilience, and Psychological Well-Being (N = 200)*

Variables	N	r	P-value
CSI 32 total and ERQ total	200	0.775	<0 .001
CSI 32 total and PWB total	200	0.733	<0 .001
ERQ total and PWB total	200	0.791	<0 .001

The second hypothesis suggested that there would be a significant difference between males and females in emotional resilience within a committed romantic relationship. An independent sample t-test was performed to examine this hypothesis. The results, presented in Table 2, revealed that females reported a slightly lower mean score for emotional resilience ($M = 67.69$, $SD = 8.42$)

compared to males ($M = 68.66$, $SD = 7.15$). However, this difference was not statistically significant, $t(198) = -0.88$, $p = .381$. Thus, this hypothesis was rejected as no significant gender difference was found in emotional resilience within committed romantic relationships.

Table 2: *Gender Differences in Emotional Resilience in a Committed Romantic Relationship*

Gender	N	Mean	SD	T-value	P - value
Females	100	67.69	8.42	-0.88	0.381
Males	100	68.66	7.15		

Based on the statistical findings of this study, the decisions regarding the hypotheses were made as follows: the first hypothesis, which proposed significant correlations among romantic relationship commitment, emotional resilience, and psychological well-being, was accepted. The second hypothesis, which suggested a significant gender difference in emotional resilience, was rejected as the difference was found to be statistically insignificant.

5. Conclusion

This research explored the impact of committed romantic relationships on emotional resilience and psychological well-being, with particular attention to gender differences. The findings suggest that romantic relationships contribute positively to emotional resilience, with women experiencing more significant benefits due to the emotional intimacy and caregiving aspects of these relationships. Women reported that emotional support from their partners helped them cope with stress and manage life challenges more effectively. In contrast, men also benefited from their relationships, but the support they experienced was more instrumental, such as help with daily tasks or financial support, rather than emotional intimacy.

The gender differences observed in this study reflect broader societal norms, where women are often socialized to prioritize emotional connection and caregiving in relationships, while men may experience pressure to maintain emotional independence. These gendered expectations may influence the extent to which individuals can access emotional support within their romantic relationships, thereby shaping the impact on their emotional resilience and psychological well-being. While both genders reported benefits, women appeared to derive more psychological well-being from the emotional support and intimacy within their relationships, suggesting a more profound connection between emotional expression and resilience for women.

In conclusion, this research highlights the nuanced role that romantic relationships play in enhancing emotional resilience and psychological well-being, with gender serving as a significant factor in how these benefits are experienced. Future research should further investigate how relationship quality, including communication and intimacy, influences emotional resilience and well-being, and how societal and cultural factors may shape the dynamics of romantic partnerships. Understanding these dynamics can provide valuable insights for improving relationship counselling and mental health interventions.

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