

# Relationship Between Breakup Distress and Romantic Relationship Among Young Adults: A Correlational Study

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**Abstract**—This study looked at how people feel when they break up with someone and how happy they are in their relationships. Romantic relationships are really important when you are young because they help you feel supported and grow as a person. When these romantic relationships end it can be very sad. People can feel lonely anxious. Have trouble dealing with their emotions. When people go through a breakup, they can experience what is called breakup distress. Breakup distress is when people feel sad lonely anxious and have trouble dealing with their emotions after a breakup. It is important to understand how breakup distress affects relationships and how happy people are in their romantic relationships so we can help them feel better. The study used a research design to look at the relationship between breakup distress and relationship happiness in relationships. Three hundred young adults took part in the study. They answered questions from the Breakup Distress Scale and the Romantic Relationship Satisfaction Scale. The results showed that people scored 29.85 on the breakup distress test and 20.83 on the relationship happiness test. When we looked at the results, we found that there was a connection between breakup distress and relationship happiness in relationships. This connection between breakup distress and relationship happiness was not strong enough to be important. We did not find any proof that breakup distress affects how happy people are in their relationships. This means that other things might be more important for how people feel after a breakup. Breaking up can be complicated and other things might be more important for how people feel after a breakup. This information can be useful, for people who help others like counselors and teachers who work with people in relationships. We need to do research to understand what else affects how people feel after a breakup and how it affects their romantic relationships.

**Index Terms**—Breakup distress, Romantic relationship satisfaction, young adults, Emotional distress, Relationship dissolution, psychological well-being, Coping mechanisms

## I. INTRODUCTION

Romantic relationships are a part of being young. They help us figure out who we are and how we feel. When we grow up we want to be close to someone and feel connected. We want someone to talk to and share our feelings with. This is something we all want. Romantic relationships help us with that. These relationships make us feel like we belong. They make us feel good about ourselves and give us stability. Romantic relationships are very important to us. They can make a difference in how we feel about ourselves. When things don't work out it can be very painful to break up with someone. We feel sad, lonely and angry all the time. We think about our ex all the time. Wonder what we did wrong. Breakup pain is real. It can be very hard to deal with. Some people have trouble focusing on things. They have sleep problems after a breakup. They don't feel as good about themselves. Romantic relationships can affect our lives. When they end it can be very hard to move on. How bad we feel after a breakup depends on how we cared about the person how long we were together and how well we deal with stress. When we put our emotions into a relationship, we feel more pain after it ends. This is because romantic relationships are a part of our lives. Being happy in a relationship is about how happy and content we feel when we're with someone. Good romantic relationships are built on trust talking to each other and

being close emotionally. Romantic relationships are all about how we feel when we're with someone. When we have a relationship, it can be very happy and fulfilling. Bad romantic relationships are filled with fighting and unhappiness. Research says that how good or bad a romantic relationship is can affect how we feel after it ends. This means that if we have a relationship, we might feel relieved when it ends. If we have a good romantic relationship, we might feel a lot of pain when it ends. Romantic relationships are complex. People in relationships feel a deeper loss when they break up. People in romantic relationships might feel relieved or confused. This is because romantic relationships are a part of our lives. Young adults are more sensitive to change. Romantic relationships can be especially hard for them. In India, societal and cultural expectations can influence how people experience breakups. This means that where we live and what we believe can affect how we feel about relationships and breakups. Social media can make it harder to move on. It keeps us connected to our ex. This can make the pain of a breakup worse. Romantic relationships and social media can be a combination. Even though breakups happen a lot there isn't research, on how breakup distress and romantic relationship satisfaction are connected. Understanding this connection is important. It can help people feel better and guide support. This study is going to look at how breakup distress and romantic relationship satisfactions related in adults. Specifically, its going to look at relationships

## II. REVIEW OF LITERATURE

Fernandes et al. 2025 conducted a systematic review synthesizing 47 empirical studies on psychosocial outcomes of romantic breakup among emerging adults. The review revealed recurring associations between breakup distress, identity confusion, depression, trauma symptoms, and insecure attachment. These findings reinforce theoretical and empirical links between breakup distress and romantic relationship functioning.

Mancone et al. 2025 surveyed Italian adolescents and emerging adults following breakups, using rumination and coping scales with distress measures. Correlational and mediation analyses showed avoidance and rumination predicted distress and

impaired regulation, while adaptive coping was protective. This supports the research topic by demonstrating cognitive-emotional pathways connecting breakup experiences to romantic functioning.

Van der Watt et al. 2025 surveyed emerging adult students using attachment inventories and the BDS and used moderation analysis. Results indicated insecure attachment and prior adversity significantly increased distress severity. This contributes to the topic by showing relational predispositions influence how young adults experience breakup distress in romantic contexts.

Yonatan-Leus and Shulman 2025 longitudinally followed Israeli emerging adults at multiple ages and used repeated distress and emotional regulation scales. Stability modeling showed consistent individual differences in breakup distress responses over time. This aligns with the topic by demonstrating that romantic breakup distress may operate as a stable emotional pattern influencing later romantic relationships.

Mousivand et al. 2025 adapted and validated a Persian version of the BDS among emerging adult students and used confirmatory factor analysis with resilience scale correlations. The study found high reliability and negative associations between resilience and distress. The relevance to the present research lies in measurement validity and resilience buffering effects within romantic breakup experiences

Qiao et al. 2025 validated a Chinese version of the BDS among college students who had broken up within six months using confirmatory factor analysis to test structure and prevalence. Results showed high distress prevalence and stable factor structure. This supports the research topic by confirming that breakup distress is significant cross-culturally among emerging adults in romantic relationships.

Gehl et al. 2024 conducted a correlational survey among emerging adults using attachment inventories, coping strategy scales, and breakup distress measures. Statistical mediation models revealed that anxious attachment predicted distress indirectly through maladaptive coping. These results are relevant because

they highlight attachment patterns within romantic relationships as predictors of post-breakup distress severity.

Shulman et al. 2024 followed a cohort of emerging adults longitudinally through multiple years using repeated breakup distress measures and relationship functioning scales. Statistical analyses included longitudinal regression models and stability coefficients. Findings showed that higher breakup distress predicted difficulties in forming later romantic bonds and persistent attachment to ex-partners. The study reinforces how breakup distress influences subsequent romantic relationship functioning.

Graziano et al. 2024 surveyed Italian emerging adults in relationships to assess intimacy, conflict, and satisfaction using validated relational functioning scales. Structural modeling showed reduced intimacy and higher conflict indirectly increased depressive symptoms via lower couple satisfaction. Although conducted pre-breakup, the findings inform breakup distress research by demonstrating how relational satisfaction and conflict influence emotional vulnerability during romantic dissolution.

### III. METHODOLOGY

#### Problem Statement

The study was attempted to find on the Relationship Between Breakup dtstress and romantic relationship among young adults

#### Aim:

To study the relationship between Breakup distress and romantic relationship

#### Objectives

1. To assess the level of breakup distress among young adults.
2. To assess the level of romantic relationship satisfaction among young adults.
3. To examine the relationship between breakup distress and romantic relationship satisfaction.
4. To determine whether breakup distress predicts levels of romantic relationship satisfaction among young adults.

#### Hypothesis

##### Null Hypothesis (H<sub>0</sub>)

There is no significant relationship between breakup distress and romantic relationship satisfaction among young adults.

##### Alternative Hypothesis (H<sub>1</sub>)

There is a significant relationship between breakup distress and romantic relationship satisfaction among young adults.

#### Research Design

This study will use a quantitative, correlational research design to explore how breakup distress relates to romantic relationship satisfaction among young adults. Standardized self-report questionnaires will be used to gather information from participants. This approach helps identify whether higher levels of breakup distress are linked to changes in feelings of satisfaction with romantic relationships.

#### Sample and Sampling Technique

The study will include 300 young adult participants. A stratified random sampling method will be used to ensure that people of different genders, relationship backgrounds, and socio-economic groups are represented fairly. This method helps create a sample that reflects the diversity within the young adult population.

#### Inclusion Criteria

Young adults within the age range relevant to the study (e.g., 18–30 years, or your chosen range).

- Individuals who can read and understand the questionnaire language.
- Individuals who consent voluntarily to participate.
- Individuals who have experienced a romantic relationship.

#### Exclusion Criteria

- Individuals outside the selected age range.
- Individuals unwilling to participate or unable to provide consent.
- Individuals who have never been in a romantic relationship (since breakup distress cannot be assessed).

**Variables**

Independent Variable: Breakup distress

Dependent Variable: Romantic relationship satisfaction

**Statistical Analysis**

Data will be analysed using SPSS or equivalent statistical software.

- Descriptive statistics will be used to summarize participant characteristics and scale scores, including mean, standard deviation, and frequency distribution.
- Inferential statistics will be used to test the study hypothesis. Pearson’s correlation coefficient will be applied to examine the relationship between breakup distress and romantic relationship satisfaction among young adults. The level of statistical significance will be set at  $p < 0.05$

**Tools Used**

1. Breakup Distress Scale (BDS) – used to measure emotional distress following a romantic relationship breakup.
2. Romantic Relationship Satisfaction Scale (adapted from the Relationship Assessment Scale – RAS) – used to assess the level of satisfaction experienced in romantic relationships among young adults.

**IV. FINDINGS AND ANALYSIS**

The study looked at how breakup pain and happiness in relationships connected. It involved three hundred people. The results showed that on average people scored twenty-nine point eight five out of a score on breakup pain with some scores varying by eleven point three points. Their happiness in relationships averaged twenty point eight three out of a score with variations of eight point five seven points. This means people felt levels of breakup pain and happiness in their relationships. A test was done to see if breakup pain and relationship happiness are connected. The test found a link between breakup pain and relationship happiness. The test gave a result of zero point zero four five. However, this link was not strong enough because the test also showed a result of zero point four three two, which's greater than zero point zero five. So the study found no connection between how much

breakup pain people feel after a breakup and how happy they're in their romantic relationships. This means we accept that there is no difference between breakup pain and relationship happiness and we reject the idea that there is a difference between breakup pain and relationship happiness. The study is really, about breakup pain and relationship happiness and what it found is that breakup pain and relationship happiness are not connected.

Table 1 Descriptive Statistics of Breakup Distress and Romantic Relationship Satisfaction

Variables	Mean	Std. Deviation	N
Breakup Distress	29.85	11.33	300
Romantic Relationship Satisfaction	20.83	8.57	300

The above table shows that breakup distress has a mean score of 29.85 with a standard deviation of 11.33, while romantic relationship satisfaction has a mean score of 20.83 with a standard deviation of 8.57

Table 2 Correlation between Breakup Distress and Romantic Relationship Satisfaction

Variables	Pearson r	p-value	Interpretation
Breakup Distress & Relationship Satisfaction	0.045	0.432	Not Significant

The results indicate a very weak positive correlation between breakup distress and romantic relationship satisfaction ( $r = 0.045$ ). However, this relationship is not statistically significant ( $p = 0.432 > 0.05$ ). This suggests that breakup distress does not have a meaningful relationship with romantic relationship satisfaction in the present study

**V. DISCUSSION**

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#### VI. CONCLUSION

The objective of the study was to analyze the effects of post-breakup sadness on subsequent romantic relationships. The study concluded there was no relationship between post-breakup sadness and relationship happiness. The correlation value of 0.045 was used to prove relationship happiness and post-breakup sadness are not related. This means that if a person is extremely sad after a break up, they still may be happy with their current partner. The study stated there was no relationship between post-breakup sadness and relationship happiness. The study on relationships concluded that post-breakup sadness does not influence relationship happiness. The study theorizes that relationship happiness is a result of direct communication, trust, and emotional management. Relationships are complex. Post-breakup sadness is just one of the many emotional states people experience throughout the course of the relationship. The study concluded that the emotional distress of a past relationship should not be used to evaluate the depth or success of a subsequent romantic relationship. The study shows that the emotional pain of a breakup is one of many factors people experience throughout their lives Regardless of how difficult the

pain of a breakup is, the study concluded that post-breakup sadness does not lead to relationship happiness. People frequently experience problems in romantic relationships and find it hard to be happy. Although many aspects of a partnership are important, trust and communication stand out. A relationship needs happy partners who are able to talk to one another, and also trust one another. The pain of a breakup does not determine the happiness of a relationship, and instead, it is worthy to focus on elements like trust and communication to be happy in a relationship.

#### VII. RECOMMENDATION AND LIMITATIONS

This study has some limitations that we should talk about. First, we only looked at two things. How people feel when they break up and how happy they are in their relationships. This is a simple way to understand something that is really complicated. We should try to include things in our study like how people attach to others how they deal with their emotions how they cope with problems and how they talk to each other. Second, we asked people to tell us about their feelings and experiences. This can be a problem because people might not always tell the truth. They might say what they think we want to hear. They might not remember things correctly. To make our study better we can use methods like talking to people in person to get a better understanding of what they are going through. Third there are some things that can affect how people feel when they break up like how long they were in the relationship why they broke up and how much they cared about the other person. We did not take these things into account which might have changed our results. We should try to include these things in our study to make it more accurate. We had three hundred people in our study, which's okay but we might not have chosen them in the best way. This means that our results might not be true for everyone. We should try to include people from backgrounds and places in our study. Also, we only looked at people at one point in time which means we cannot say for sure what causes what. We should try to follow people over time to see how they feel after they break up and how happy they are in their relationships. Finally, we did not find any differences, between some of the things we were looking at which means that either they are not really related or we did not measure them very

well. So we should try to use tools to measure these things and see if we can find any patterns. We should keep studying breakup distress and relationship satisfaction to learn more about them.

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