

Appendix A

Consent Form



DEPARTMENT OF HUMAN DEVELOPMENT AND FAMILY STUDIES

**FACULTY OF FAMILY & COMMUNITY SCIENCES
THE MAHARAJA SAYAJIRAO UNIVERSITY OF BARODA
VADODARA
NAAC Accredited 'A' Grade
Estd. 1949**

Respected Sir/Madam,

The Department of Human Development and Family Studies, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda supports the practice of protection of human participants in research. The following will provide you with information about the study that will help you in deciding whether or not you wish to participate. If you agree to participate, please be aware that you are free to withdraw at any point throughout the duration of the research. The title of the research study is “Romantic Relationships in Emerging Adults: Gender Role Beliefs, Emotional Dependency, Conflict and Well-being”. Through this study, we will try to understand how gender role beliefs impact emotional dependency of emerging adults in romantic relationships in Indian cultural contexts and the influence of emotional dependency on relationship satisfaction, conflict and well-being.

All information you provide will remain confidential and will not be associated with your name. If for any reason during this study you do not feel comfortable, you may leave the study. Your participation in this study will require approximately 30-40 minutes for completing the questionnaires. If you have any further questions concerning this study, please feel free to contact us through phone or email of the researcher given here. Please indicate with your signature on the space below that you understand what participation in the study involves and agree to participate. Your participation is strictly voluntary.

I _____ freely agree to participate in the research project entitled “Romantic Relationships in Emerging Adults: Gender Role Beliefs, Emotional Dependency, Conflict and Well-being”.

Signature of Respondent

Research Guide
Prof Shagufa Kapadia

Research Scholar
Sangeeta Bhatt
bhattsangeeta94@gmail.com
8107111721
Department of HDFs

Appendix B

Ethical Compliance Certificate



Institutional Ethics
Committee for Human
Research
(IECHR)

FACULTY OF FAMILY AND COMMUNITY SCIENCES
THE MAHARAJA SAYAJIRAO UNIVERSITY OF BARODA

Ethical Compliance Certificate 2020-2021

This is to certify that Sangeeta Bhatt's study titled, "Romantic Relationships in Emerging Adults: Gender Role Beliefs, Emotional Dependency, Conflict and Well-being" from Department of HDFS has been approved by the Institutional Ethics Committee for Human Research (IECHR), Faculty of Family and Community Science, The Maharaja Sayajirao University of Baroda. The study has been allotted the ethical approval number IECHR/FCSc:PhD/2021/1.

Prof Mini Sheth
Member Secretary
IECHR

Prof Shagufa Kapadia
Chairperson
IECHR

Appendix C

Background Information Form

Age _____ years

Sex _____ Male _____ Female

Address _____

City _____

State _____

Educational qualification _____ Up to Under Graduation _____ Post-graduation/Doctorate

Occupation _____

Family type _____ Nuclear _____ Joint

Mother's Educational Qualification _____ High School _____ Senior Secondary
_____ Under Graduation _____ Post Graduation _____ Doctorate
_____ Not Educated

Father's Education Qualification _____ High School _____ Senior Secondary
_____ Under Graduation _____ Post Graduation _____ Doctorate
_____ Not Educated

Family Income _____

Appendix D

Emotional Dependency Questionnaire (CDE)

Instructions: Listed here, you will find some statements that a person could use to describe themselves with respect to your couple relationships. Please read each phrase and decide how well you describe it. When it is not sure, base your response on what you feel, not on what you think is right.

Choose the highest score from 1 to 6 that best describes you according to the following scale:

1	Completely false of me
2	The biggest fake from my
3	Slightly more true than false
4	Moderately true of me
5	Most of true of me
6	It describes me perfectly

1	I feel helpless when I'm alone	1 2 3 4 5 6
2	I am worried about the idea of being abandoned by my partner	1 2 3 4 5 6
3	To attract my partner I seek to dazzle or amuse her	1 2 3 4 5 6
4	I do everything possible to be the center of attention in the life of my partner	1 2 3 4 5 6
5	I need constant expressions of affection from my partner	1 2 3 4 5 6
6	If my partner does not call or does not appear at the agreed time, I am anguished to think that she is angry with me	1 2 3 4 5 6
7	When my partner must be away for a few days I feel anguished	1 2 3 4 5 6
8	When I argue with my partner, I worry that he will stop loving me	1 2 3 4 5 6
9	I have threatened to hurt myself so that my partner does not leave me	1 2 3 4 5 6
1	I am someone needy and weak	1 2 3 4 5 6

11	I need too much that my partner is expressive with me	1 2 3 4 5 6
12	I need to have a person for whom I am more special than others	1 2 3 4 5 6
13	When I have an argument with my partner I feel empty	1 2 3 4 5 6
14	I feel very bad if my partner does not constantly express my affection	1 2 3 4 5 6
15	I feel fear that my partner will abandon me	1 2 3 4 5 6
16	If my partner proposes something I leave all the activities I have to be with her	1 2 3 4 5 6
17	If I do not know where my partner is, I feel uneasy	1 2 3 4 5 6
18	I feel a strong sense of emptiness when I'm alone	1 2 3 4 5 6
19	I cannot tolerate loneliness	1 2 3 4 5 6
20	I can do reckless things, even risk my life, to keep the love of others.	1 2 3 4 5 6
21	If I have plans and my partner appears, I change them just for being with her	1 2 3 4 5 6
22	I get too far away from my friends when I have a relationship	1 2 3 4 5 6
23	I have fun alone when I'm with my partner	1 2 3 4 5 6

Appendix E

Gender Roles Attitude Scales (GRAS)

Instructions: This is a questionnaire that measures gender role attitudes. Listed below are several statements. Read each one as if it referred to you. Beside each statement write the number that best matches your agreement or disagreement.

Please respond to every statement.

5 = Strongly Agree

4 = Agree

3 = Neutral or Undecided.

2 = Disagree

1 = Strongly Disagree

EGALITARIAN GENDER ROLES	
1	Decision to have a child should be made by both spouses in a marriage(+)
2	Equal fee should be paid to the men and women in professional life(+)
3	Widowed women should be able to live by herself(+)
4	Assets should be shared equally when spouses divorce. (+)
5	Equal chances should be enabled to men and women for professional development. (+)
6	Domestic work should be shared equally between spouses in the family. (+)
7	Daughters and son should be benefitted equally from the family's economical means. (+)
8	Spouses decide together in the family. (+)
FEMALE GENDER ROLES	
9	A woman should experience sexual encounter after they are married.(-)
10	The future wife of a man should be a virgin.(-)
11	Girls can be able to live by themselves when they gain their economical freedom.(+)
12	A woman should be able to go out by herself at night. (+)
13	A woman should consult a women doctor in the hospital.(-)
14	Families should allow girls to talk to boys.

15	The last decision regarding the choice of her husband should be made by the father.(-)
16	A women's basic task is motherhood.(-)
MARRIAGE GENDER ROLES	
17	Husband's cheating on a wife should be regarded as normal. (-)
18	Every wish of the man should be realized at home. (-)
19	Man should marry again if the woman is not able to deliver a child. (-)
20	A woman should reject sexual encounter in marriages if she does not desire it. (+)
21	Husbands should make the decisions regarding woman's life. (-)
22	Contraception in marriages should be responsibility of only woman. (-)
23	A woman is considered more precious if she gives birth to a boy. (-)
24	Woman should prefer to remain silent instead of arguing in case of a conflict with their husbands. (-)
TRADITIONAL GENDER ROLES	
25	The head of the household is the man. (-)
26	A man's main task in the house is breadwinning. (-)
27	Woman should not work if the economical situation of the man is adequate. (-)
28	Profession implemented by woman and man should be different. (-)
29	Men should be preferred in employment applications because of women's fertility. (-)
30	A girl should obey his father's wishes until she is married. (-)
31	Man should deal with tasks away from home such as shopping and paying the bills.
32	Girls should be dressed in pink while boys should be dressed in blue. (-)
MALE GENDER ROLES	
33	Man should decide on how to use family income. (-)
34	Men should be employed in high status professions.
35	Boy's education should be prioritized in the family. (-)
36	A man should beat up is wife if necessary. (-)
37	Education level of the man should be higher than woman in marriages.(-)
38	Man should be older than his wife.(-)
TOTAL GENDER ROLES ATTITUDES	

Appendix F

Conflict Scale

Instructions: This is a questionnaire to understand the influence of conflicts in relationship on relationship satisfaction. Listed below are several statements. Read each one as if it referred to you. Beside each statement write the number that best matches your agreement or disagreement.

Please respond to every statement based on the following scoring criteria.

7= Strongly Agree

6 = Agree

5 = Somewhat Agree

4 = Neutral

3 = Somewhat Disagree

2 = Disagree

1 = Strongly Disagree

1. My partner and I have lot of disagreements
2. I feel like all my partner and I do is fight
3. There is a lot of conflict in my relationship
4. I am often irritated by my partner
5. My partner and I are always in agreement on major issues
6. It is rare that my partner and I get in a big argument

Item 5 and 6 are reversely scored

Appendix G

Relationship Assessment Scale

The Relationship Assessment Scale (RAS) measures general relationship satisfaction. It assesses the extent to which an individual meet his/her partner's needs and expectation, how is their relationship compared to that of others', love, regrets and problems of the relationship

S.No.	Statements	Low				High
1	How well does your partner meet your needs?	1	2	3	4	5
2	In general, how satisfied are you with your relationship?	1	2	3	4	5
3	How good is your relationship compared to most?	1	2	3	4	5
4	How often do you wish you hadn't gotten into this relationship?	1	2	3	4	5
5	To what extent has your relationship met your original expectations?	1	2	3	4	5
6	How much do you love your partner?	1	2	3	4	5
7	How many problems are there in your relationship?	1	2	3	4	5

Appendix H

PERMA- Profiler

This is 11-point Likert scale used to assess the well-being of an individual across various aspects. The scores are calculated as the average of the items comprising each factor:

Positive Emotion	$P = \text{mean}(P1, P2, P3)$
Engagement	$E = \text{mean}(E1, E2, E3)$
Relationships	$R = \text{mean}(R1, R2, R3)$
Meaning	$M = \text{mean}(M1, M2, M3)$
Accomplishment	$A = \text{mean}(A1, A2, A3)$
Overall Well-being	$\text{PERMA} = \text{mean}(P1, P2, P3, E1, E2, E3, R1, R2, R3, M1, M2, M3, A1, A2, A3, \text{hap})$
Negative Emotion	$N = \text{mean}(N1, N2, N3)$
Health	$H = \text{mean}(h1, h2, h3)$
Loneliness	Lon (single item)

S. no.	Label	Question	
1	A1	How much of the time do you feel you are making progress towards accomplishing your goals?	0=never, 10=always
2	E1	How often do you become absorbed in what you are doing?	
3	P1	In general, how often do you feel joyful?	
4	N1	In general, how often do you feel anxious?	
5	A2	How often do you achieve the important goals you have set for yourself?	
6	H1	In general, how would you say your health is?	0=terrible, 10= excellent
7	M1	In general, to what extent do you lead a purposeful and meaningful life?	0= not at all, 10= completely
8	R1	To what extent do you receive help and support from	

		others when you need it?	
9	M2	In general, to what extent do you feel that what you do in your life is valuable and worthwhile?	
10	E2	In general, to what extent do you feel excited and interested in things?	
11	Lon	How lonely do you feel in your daily life?	
12	H2	How satisfied are you with your current physical health?	
13	P2	In general, how often do you feel positive?	0= never, 10 = always
14	N2	In general, how often do you feel angry?	
15	A3	How often are you able to handle your responsibilities?	
16	N3	In general, how often do you feel sad?	
17	E3	How often do you lose track of time while doing something?	
18	H3	Compared to others of your age and sex, how is your health?	0= terrible, 10= excellent
19	R2	To what extent do you feel loved?	0= not at all, 10= excellent
20	M3	To what extent do you generally feel you have a sense of direction in your life?	
21	R3	How satisfied are you with your personal relationships?	
22	P3	In general, to what extent do you feel contented?	
23	Hap	Taking all things together, how happy would you say you are?	

Appendix I

Open Ended Interview Schedule

- **Understanding of love, characteristic of good relationship and ideal partner**
 - What is your understanding of love?
 - How would you describe a “good” relationship? What are its characteristics?
 - Who qualifies as a “good” partner? What do you think women and men aspires in a “good partner”?
 - What kind of relationship would you consider to be unhealthy/toxic?
- **Elements of relationship: satisfaction and conflict**
 - How do you define relationship satisfaction? What entails a happy/satisfactory relationship? What do you think is more satisfying for man and woman?
 - There are disagreements in every relationship. Reflecting back to your own relationship, what do you have most arguments about? Are they recurring? How often do you have these arguments on a single thing?
- **Dependency (toxic relationship, meaning of emotional dependency, gender differences in dependency)**
 - What kind of relationship would you consider to be unhealthy/toxic?
 - In a relationship there is always interdependence of partners on each other. Sometimes, there is an imbalance of this dependence and one partner gets more dependent on the other. How does it might affect the relationship? What are the characteristics of such relationship? What can be the emotional consequences of such a relationship?
 - What do you think means to be emotionally dependent on your partner?

- When dependency does starts to feel toxic in a romantic relationship?
- Are dependent people happy or sad in their relationship?
- How would you feel if your partner got too dependent on you? How would it affect your relationship?
- If given either of the two choices, who would you rather be? Depender or dependee? Why?
- **Societal expectations**
 - Who do you expect to be more dependent in a relationship? Why? Do you think societal expectation/gender related beliefs have a role to play in it?
 - How do societal expectations about romantic relationship have influenced your beliefs?
- **Influence of relationship on well-being**
 - How does being in a relationship affect an individual? (positives as well as negatives)
- If there is one thing that you would change about yourself as a partner as well as about your relationship, what would it be?

Hypothetical Vignette 1

(Separation Anxiety, emotional fear at the possibility of dissolving the relationship, temporary distancing- distance of the return of the partner)

Ana has been in a relationship with Rahul for two years. They live in the same city and try to meet 2-3 times a week. She completed her graduation last year and wants to apply for higher education outside the country. She has been having doubts about the same for a long time. She does not want to leave the country as she is uncertain about long distance relationship.

She feels that the relationship would not work if she does not meet Rahul regularly. She fears that he will abandon her and she will get lonely. She does not to feel alone. She thinks that she would not be happy without Rahul with her if she decides to leave the country. Ana has not conveyed this to Rahul directly. They are having regular arguments but Rahul is not aware of the cause behind the arguments. These arguments are increasing her fear about abandonment and loneliness even more. Rahul is also clueless to what is happening.

- What should Ana and Rahul do in this situation?
- What are your opinions on this? What do you think he/she should/should not do?
- How do you think Rahul should handle the situation?
- What would you have done differently?

Hypothetical Vignette 2

(Affective expression and borderline expression, Constant need to reaffirm the love and calm the feeling of insecurity, impulsive expression of self harm)

Dhruv and Sonal are in a long distance relationship. They call each other regularly and try to keep in touch through messages and video call. Dhruv is a freelancer whereas Sonal works in a corporate firm. Dhruv has flexible work hours compared to Sonal who sometimes come home at 9 in the evening. She gets tired and sometimes do not feel like talking to Dhruv at night. This makes Dhruv uncomfortable and insecure. He complains that she does not reciprocate back his feelings. He asks Sonal to verbalize her feelings more as he looks for those reassurances of love from Sonal. Dhruv sometimes also talks about harming himself when not given proper attention from Sonal. Sonal have also tried to rationalize with Dhruv about her work schedule but sometimes she goes days without talking to him. This makes

Dhruv even more anxious about the relationship and he starts questioning himself and his partner. Both of them don't feel understood in the relationship.

- What should Sonal and Dhruv do in this situation?
- What are your opinions on this? What do you think he/she should/should not do?
- How do you think Dhruv should handle the situation?
- What would you have done differently?

Hypothetical Vignette 3

(Modification of plans: Change activities, plans and behavior to satisfy partner/spend more time, no one else more important (parents, friends or individual him/herself)

Aryan and Kashish are in a relationship. Aryan had planned to go see a football match with his friends a few weeks back. He and his friends are very excited for that. On the day they were supposed to go, Aryan got a call from Kashish asking to go out for dinner. He immediately cancels the plan with his friends without even confirming with them once. He had done this few times before as well. His friends got angry this time and confronted him about the same. He has done this quite a few times. His friends believe that he has changed his behavior ever since he got in a relationship.

- What are your opinions on this? What do you think he should/should not do?
- How do you think Aryan should handle the situation?
- What would you have done differently?

Hypothetical Vignette 4

(Regular conflicts, no decision making, need for attention, center of attention)

Naina and Ayush have been having recurring arguments since past few months. They used to have disagreements before but now it has become a common occurrence. Ayush complains

that Naina texts him during work for stupid things which she can very well handle on her own. This makes him lose focus at work. She gets very angry and frustrated if not responded back at the very moment. She also gets frustrated if Ayush is out with his friends and online but does not respond back to her.

- What are your opinions on this?
- What do you think is driving Naina? What should she do differently?
- What do you think is a natural response for Ayush? How should he behave and handle the situation?
- Who are you able to relate with more?
- What would you have done in such a situation?