Results

   This chapter presents the results of the study which aimed to understand the influence of emotional dependency on romantic relationships among urban educated emerging adults from Gujarat and Uttarakhand. The following sections detail the key findings related to impact of gender and state on emotional dependency, and the subsequent influence of emotional dependency on relationship conflict, relationship satisfaction and well-being within the contexts of Gujarat and Uttarakhand. The chapter is organized as follows:

Section I: Quantitative Results

- Demographic Profile

- Research Question 1

- Research Question 2

- Research Question 3

- Research Question 4

- Summary of Quantitative Results (Question-wise)

Section II: Qualitative Findings

- Understanding of Love

- Relationship Satisfaction

- Gender and Relationship Satisfaction

- Relationship Conflict

- Dependency

  - Ideas of Dependency: Men

  - Ideas of Dependency: Women

- Emotional Dependency

- Well-being and Relationships

- Dependency and Well-being

- Highlights of Qualitative Findings

Section I: Quantitative Results

Demographic Profile

Table 6 and Figure 5 provide the demographic information of the participants of the

study.

Table 6

Demographic Characteristics of Participants (N= 385)

	Gujarat (n=190)		Uttarakhand (n = 195)	
	Male (n = 90)	Female (n = 100)	Male (n = 95)	Female (n = 100)
Educational Qualification				
Up to Under Graduation	52	58	59	54
Post-Graduation/Doctorate	38	42	36	46
	Father (n = 190)	Mother (n = 190)	Father (n = 195)	Mother (n = 195)
Educational Qualification (Parents)				
High School	23	55	31	51
Senior Secondary	39	35	23	32
Under Graduation	74	63	65	62
Post Graduation	46	33	66	42
Doctorate	7	1	8	5
Not Educated	1	3	2	3

Figure 5

Demographic Profile: Family Type
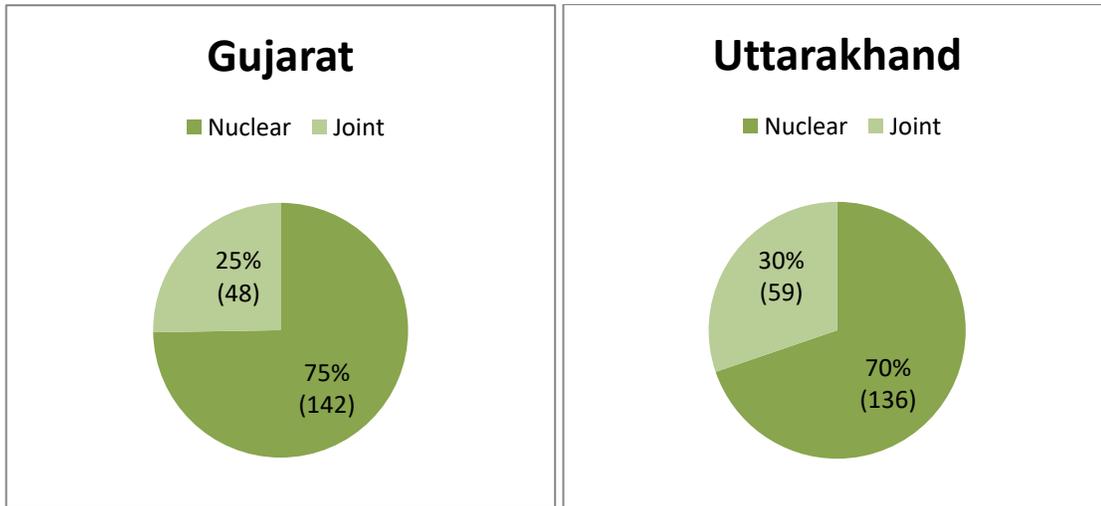
There were a total of 385 participants in the study, with 190 from Gujarat and 195 from Uttarakhand. Majority (n = 223) of the participants had an educational qualification up to under graduation. Majority of the parents (n = 137) had completed their under graduation whereas only four parents fell into the category of not educated. A total of 278 participants lived in nuclear family.

The following tables 7 to 12 provides information on the gender and state-wise distribution of different study variables, encompassing emotional dependency and its sub-categories, gender role beliefs and its sub-categories, well-being and its sub-categories, relationship satisfaction and relationship conflict.

Table 7

Descriptive Statistics Comparing Men and Women on the Study Variables

		N	Mean	SD	Median	Minimum	Maximum
Emotional Dependency	Women	200	71.21	22.02	70.7	30	127
	Men	185	74.23	20.53	74	29	121
Gender Role Beliefs	Women	200	166.14	17.45	171	112	190
	Men	185	166.32	16.52	171	118	190
Relationship Satisfaction	Women	200	25.40	3.66	26	7	33
	Men	185	25.61	4.71	26	7	35
Relationship Conflict	Women	200	20.68	6.07	20	6	42
	Men	185	20.75	6.25	20	6	42
Well-being	Women	200	120.22	20.23	122	43	156
	Men	185	118.01	19.16	121	46	154
Separation Anxiety	Women	200	21.42	7.94	21	7	42
	Men	185	22.75	8	22	7	42
Affective Expression	Women	200	16.78	4.9	18	4	24
	Men	185	16.69	4.56	17	6	24
Fear of Loneliness	Women	200	8.15	4.46	7	3	18
	Men	185	7.33	3.98	6	3	18
Modification of Plans	Women	200	12.30	4.97	12	4	24
	Men	185	12.91	4.59	12	4	24
Borderline Expression	Women	200	5.51	2.94	5	3	15
	Men	185	6.25	3.30	5	3	16
Search for Attention	Women	200	7.04	3.04	7	2	12
	Men	185	8.31	2.70	9	2	12
Female Gender Roles	Women	200	33.02	4.91	34	20	40
	Men	185	33.07	4.88	34	18	40
Male Gender Roles	Women	200	26.89	3.97	28	12	30
	Men	185	26.53	3.93	28	14	30
Marriage Gender Roles	Women	200	35.37	4.24	36	17	40
	Men	185	35.72	3.95	37	22	40
Traditional Gender Roles	Women	200	33.49	5.70	35	16	40
	Men	185	33.21	5.51	34	16	40
Egalitarian Gender Roles	Women	200	37.37	3.78	38	22	40
	Men	185	37.79	2.87	39	20	40
Positive Emotion	Women	200	22.61	4.66	23	7	30
	Men	185	22.06	4.21	23	8	30
Engagement	Women	200	22.68	4.10	23	6	30
	Men	185	22.08	3.96	22	5	30
Relationships	Women	200	22.61	5.42	24	6	30
	Men	185	21.95	5.30	22	0	30
Meaning	Women	200	22.64	4.83	23	5	30
	Men	185	22.67	5.01	23	1	30
Accomplishment	Women	200	21.87	4.41	23	5	30
	Men	185	21.82	4.53	22	0	30
Negative Emotions	Women	200	17.39	6.41	18	0	30
	Men	185	15.23	6.03	16	0	30
Happiness	Women	200	7.8	1.87	8	0	10
	Men	185	7.44	1.80	8	0	10
Health	Women	200	20.59	6.06	22	4	30
	Men	185	21.28	6.19	22	0	30
Loneliness	Women	200	4.13	3.00	4	0	10
	Men	185	4.08	2.84	4	0	10

Table 8

Descriptive Statistics Comparing Gujarat and Uttarakhand on the Study Variables

		N	Mean	SD	Median	Minimum	Maximum
Emotional Dependency	Gujarat	190	74.22	21.93	73.5	29	127
	Uttarakhand	195	71.15	20.71	69	31	125
Gender Role Beliefs	Gujarat	190	160.05	17.72	162.5	112	189
	Uttarakhand	195	172.25	13.85	176	118	190
Relationship Satisfaction	Gujarat	190	25.3	3.85	26	7	33
	Uttarakhand	195	25.70	4.52	26	7	35
Relationship Conflict	Gujarat	190	20.88	5.68	20	6	42
	Uttarakhand	195	20.55	6.59	20	6	42
Well-being	Gujarat	190	121.06	18.56	124	59	156
	Uttarakhand	195	117.31	20.69	119	43	155
Separation Anxiety	Gujarat	190	21.42	7.94	21	7	42
	Uttarakhand	195	22.75	8	22	7	42
Affective Expression	Gujarat	190	16.78	4.91	18	4	24
	Uttarakhand	195	16.69	4.56	17	6	24
Fear of Loneliness	Gujarat	190	8.15	4.46	7	3	18
	Uttarakhand	195	7.33	3.98	6	3	18
Modification of Plans	Gujarat	190	12.30	4.97	12	4	24
	Uttarakhand	195	12.91	4.59	12	4	24
Borderline Expression	Gujarat	190	5.51	2.94	5	3	15
	Uttarakhand	195	6.25	3.30	5	3	16
Search for Attention	Gujarat	190	7.04	3.04	7	2	12
	Uttarakhand	195	8.31	2.78	9	2	12
Female Gender Roles	Gujarat	190	33.02	4.91	34	20	40
	Uttarakhand	195	33.07	4.88	34	18	40
Male Gender Roles	Gujarat	190	26.89	3.97	28	12	30
	Uttarakhand	195	26.53	3.93	28	14	30
Marriage Gender Roles	Gujarat	190	35.37	4.24	36	17	40
	Uttarakhand	195	35.72	3.95	37	22	40
Traditional Gender Roles	Gujarat	190	33.49	5.71	35	16	40
	Uttarakhand	195	33.21	5.52	34	16	40
Egalitarian Gender Roles	Gujarat	190	37.37	3.38	38	22	40
	Uttarakhand	195	37.79	2.87	39	20	40
Positive Emotion	Gujarat	190	22.61	4.66	23	7	30
	Uttarakhand	195	22.06	4.21	23	8	30
Engagement	Gujarat	190	22.68	4.10	23	6	30
	Uttarakhand	195	22.08	3.96	22	5	30
Relationships	Gujarat	190	22.61	5.42	24	6	30
	Uttarakhand	195	21.95	5.30	22	0	30
Meaning	Gujarat	190	22.64	4.83	23	5	30
	Uttarakhand	195	22.67	5.01	23	1	30
Accomplishment	Gujarat	190	21.87	4.41	23	5	30
	Uttarakhand	195	21.82	4.53	22	0	30
Negative Emotions	Gujarat	190	17.39	6.41	18	0	30
	Uttarakhand	195	15.23	6.03	16	0	30
Happiness	Gujarat	190	7.8	1.87	8	0	10
	Uttarakhand	195	7.44	1.8	8	0	10
Health	Gujarat	190	20.59	6.06	22	4	30
	Uttarakhand	195	21.28	6.19	22	0	30
Loneliness	Gujarat	190	4.13	3	4	0	10
	Uttarakhand	195	4.08	2.84	4	0	10

Table 9

Descriptive Statistics Comparing Men and Women in Gujarat on the Study Variables

		N	Mean	SD	Median	Minimum	Maximum
Emotional Dependency	Women	100	71.34	22.53	71	30	127
	Men	90	77.42	20.91	77.5	29	120
Gender Role Beliefs	Women	100	159.58	18.83	162	112	189
	Men	90	160.58	16.49	163.5	122	187
Relationship Satisfaction	Women	100	25.64	3.47	26	14	33
	Men	90	24.92	4.21	26	7	32
Relationship Conflict	Women	100	20.87	5.76	19	6	35
	Men	90	20.9	5.62	20	7	42
Well-being	Women	100	123.11	17.68	126	73	156
	Men	90	118.79	19.35	123	59	154
Separation Anxiety	Women	100	21.43	8.15	21	8	42
	Men	90	24.54	8.02	24	7	40
Affective Expression	Women	100	16.45	4.73	17	7	24
	Men	90	17	4.68	17	7	24
Fear of Loneliness	Women	100	8.26	4.76	7	3	18
	Men	90	7.54	3.91	7	3	18
Modification of Plans	Women	100	12.36	5.36	12	4	24
	Men	90	13.77	4.95	14	5	24
Borderline Expression	Women	100	5.7	3.16	5	3	15
	Men	90	6.12	3.21	6	3	16
Search for Attention	Women	100	7.14	2.87	7	2	12
	Men	90	8.44	2.84	9	2	12
Female Gender Roles	Women	100	31.32	5.35	32	20	40
	Men	90	31.66	5.05	32	18	40
Male Gender Roles	Women	100	25.47	4.55	26	12	30
	Men	90	25.66	4.15	26.5	16	30
Marriage Gender Roles	Women	100	34.63	4.58	35.5	17	40
	Men	90	34.39	4.04	35.5	23	40
Traditional Gender Roles	Women	100	31.92	6.14	33	16	40
	Men	90	31.88	5.69	32	17	40
Egalitarian Gender Roles	Women	100	36.24	8.45	37	22	40
	Men	90	37	3.32	38	20	40
Positive Emotion	Women	100	23	4.49	24	11	30
	Men	90	22.12	4.38	23	10	30
Engagement	Women	100	23.5	3.65	24	11	30
	Men	90	22.51	3.85	23	12	30
Relationships	Women	100	23.07	5.31	24	10	30
	Men	90	21.47	5.78	22	2	30
Meaning	Women	100	23.16	4.50	24	10	30
	Men	90	23.01	4.88	24	7	30
Accomplishment	Women	100	22.4	3.94	23	7	30
	Men	90	22.28	4.43	23	10	30
Negative Emotions	Women	100	17.17	6.49	18	0	30
	Men	90	15.36	6.34	16	2	30
Happiness	Women	100	7.98	1.94	8	0	10
	Men	90	7.4	1.89	8	0	10
Health	Women	100	20.78	5.23	22	4	30
	Men	90	21.78	7.14	24	0	30
Loneliness	Women	100	4.32	3.18	4	0	10
	Men	90	4.11	2.98	4	0	10

Table 10

Descriptive Statistics Comparing Men and Women in Uttarakhand on the Study Variables

		N	Mean	SD	Median	Minimum	Maximum
Emotional Dependency	Women	100	71.09	21.63	69.5	32	125
	Men	95	71.22	19.82	68	31	121
Gender Role Beliefs	Women	100	172.71	13.06	176	122	190
	Men	95	171.77	14.69	175	118	190
Relationship Satisfaction	Women	100	25.17	3.86	26	7	33
	Men	95	26.26	5.08	27	7	35
Relationship Conflict	Women	100	20.49	6.40	20	6	42
	Men	95	20.61	6.82	19	6	39
Well-being	Women	100	117.33	22.23	119.5	43	155
	Men	95	117.28	19.06	119	46	152
Separation Anxiety	Women	100	21.42	7.77	20	7	41
	Men	95	21.04	7.63	20	8	42
Affective Expression	Women	100	17.12	5.08	18	4	24
	Men	95	16.39	4.45	17	6	24
Fear of Loneliness	Women	100	8.04	4.17	7	3	18
	Men	95	7.14	4.07	6	3	18
Modification of Plans	Women	100	12.25	4.57	11	4	23
	Men	95	12.09	4.08	12	4	23
Borderline Expression	Women	100	5.32	2.71	4.5	3	15
	Men	95	6.37	3.40	5	3	16
Search for Attention	Women	100	6.94	3.20	7	2	12
	Men	95	8.19	2.73	9	2	12
Female Gender Roles	Women	100	34.72	3.75	35.5	20	40
	Men	95	34.41	4.33	35	22	40
Male Gender Roles	Women	100	28.31	2.61	30	15	30
	Men	95	27.36	3.53	29	14	30
Marriage Gender Roles	Women	100	36.11	3.75	37	21	40
	Men	95	36.99	3.44	38	22	40
Traditional Gender Roles	Women	100	35.07	4.76	36	21	40
	Men	95	34.47	5.06	36	16	40
Egalitarian Gender Roles	Women	100	38.5	2.35	40	30	40
	Men	95	38.54	2.14	39	28	40
Positive Emotion	Women	100	22.22	4.81	23	7	30
	Men	95	22	4.05	22	8	30
Engagement	Women	100	21.87	4.38	23	6	28
	Men	95	21.67	4.03	21	5	29
Relationships	Women	100	22.16	5.52	23	6	30
	Men	95	22.41	4.78	23	0	30
Meaning	Women	100	22.12	5.11	23	5	30
	Men	95	22.35	5.13	23	1	30
Accomplishment	Women	100	21.34	4.80	22	5	30
	Men	95	21.38	4.59	22	0	29
Negative Emotions	Women	100	17.61	6.35	18.5	0	30
	Men	95	15.12	5.75	15	0	30
Happiness	Women	100	7.62	1.79	8	0	10
	Men	95	7.47	1.72	8	3	10
Health	Women	100	21.41	6.82	22	5	30
	Men	95	20.80	5.13	21	10	30
Loneliness	Women	100	3.95	2.81	4	0	10
	Men	95	4.05	2.71	3	0	10

Table 11

Descriptive Statistics Comparing Women in Gujarat and Uttarakhand on the Study Variables

		N	Mean	SD	Median	Minimum	Maximum
Emotional Dependency	Gujarat	100	71.34	22.53	71	30	127
	Uttarakhand	100	71.09	21.63	69.5	32	125
Gender Role Beliefs	Gujarat	100	159.58	18.83	162	112	189
	Uttarakhand	100	172.71	13.06	176	122	190
Relationship Satisfaction	Gujarat	100	25.64	3.47	26	14	33
	Uttarakhand	100	25.17	3.86	26	7	33
Relationship Conflict	Gujarat	100	20.87	5.76	19	6	35
	Uttarakhand	100	20.49	6.40	20	6	42
Well-being	Gujarat	100	123.11	17.68	126	73	156
	Uttarakhand	100	117.33	22.23	119.5	43	155
Separation Anxiety	Gujarat	100	21.43	8.15	21	8	42
	Uttarakhand	100	21.42	7.77	20	7	41
Affective Expression	Gujarat	100	16.45	4.73	17	7	24
	Uttarakhand	100	17.12	5.08	18	4	24
Fear of Loneliness	Gujarat	100	8.26	4.76	7	3	18
	Uttarakhand	100	8.04	4.17	7	3	18
Modification of Plans	Gujarat	100	12.36	5.36	12	4	24
	Uttarakhand	100	12.25	4.57	11	4	23
Borderline Expression	Gujarat	100	5.7	3.16	5	3	15
	Uttarakhand	100	5.30	2.71	4.5	3	15
Search for Attention	Gujarat	100	7.14	2.87	7	2	12
	Uttarakhand	100	6.94	3.20	7	2	12
Female Gender Roles	Gujarat	100	31.32	5.35	32	20	40
	Uttarakhand	100	34.72	3.75	35.5	22	40
Male Gender Roles	Gujarat	100	25.47	4.55	26	12	30
	Uttarakhand	100	28.31	2.61	30	15	30
Marriage Gender Roles	Gujarat	100	34.63	4.58	35.5	17	40
	Uttarakhand	100	26.11	3.75	37	21	40
Traditional Gender Roles	Gujarat	100	31.92	6.14	33	16	40
	Uttarakhand	100	35.07	4.76	36	21	40
Egalitarian Gender Roles	Gujarat	100	36.24	3.85	37	22	40
	Uttarakhand	100	38.5	2.35	40	30	40
Positive Emotion	Gujarat	100	23	4.49	24	11	30
	Uttarakhand	100	22.22	4.81	23	7	30
Engagement	Gujarat	100	23.5	3.65	24	11	30
	Uttarakhand	100	21.87	4.38	23	6	28
Relationships	Gujarat	100	23.07	5.31	24	10	30
	Uttarakhand	100	22.16	5.52	23	6	30
Meaning	Gujarat	100	23.16	4.50	24	10	30
	Uttarakhand	100	22.12	5.11	23	5	30
Accomplishment	Gujarat	100	22.4	3.94	23	7	30
	Uttarakhand	100	21.34	4.8	22	5	30
Negative Emotions	Gujarat	100	17.17	6.49	18	0	30
	Uttarakhand	100	17.61	6.35	18.5	0	30
Happiness	Gujarat	100	7.98	1.94	8	0	10
	Uttarakhand	100	7.62	1.79	8	0	10
Health	Gujarat	100	20.78	5.23	22	4	30
	Uttarakhand	100	20.41	6.82	22	5	30
Loneliness	Gujarat	100	4.32	3.18	4	0	10
	Uttarakhand	100	3.95	2.81	4	0	10

Table 12

Descriptive Statistics Comparing Men in Gujarat and Uttarakhand on the Study Variables

		N	Mean	SD	Median	Minimum	Maximum
Emotional Dependency	Gujarat	90	77.422	20.913	77.5	29	120
	Uttarakhand	95	71.221	19.817	68	31	121
Gender Role Beliefs	Gujarat	90	160.578	16.49	163.5	122	187
	Uttarakhand	95	171.768	14.686	175	118	190
Relationship Satisfaction	Gujarat	90	24.922	4.211	26	7	32
	Uttarakhand	95	26.263	5.085	27	7	35
Relationship Conflict	Gujarat	90	20.9	5.623	20	7	42
	Uttarakhand	95	20.611	6.822	19	6	39
Well-being	Gujarat	90	118.789	19.346	123	59	154
	Uttarakhand	95	117.284	19.061	116	46	152
Separation Anxiety	Gujarat	90	24.544	8.025	24	7	40
	Uttarakhand	95	21.042	7.634	20	8	42
Affective Expression	Gujarat	90	17	4.681	17	7	24
	Uttarakhand	95	16.389	4.449	17	6	24
Fear of Loneliness	Gujarat	90	7.544	3.907	7	3	18
	Uttarakhand	95	7.137	4.068	6	3	18
Modification of Plans	Gujarat	90	13.767	4.949	14	5	24
	Uttarakhand	95	12.095	4.077	12	4	23
Borderline Expression	Gujarat	90	6.122	3.208	6	3	16
	Uttarakhand	95	6.368	3.396	5	3	16
Search for Attention	Gujarat	90	8.444	2.845	9	2	12
	Uttarakhand	95	18.189	2.726	9	2	12
Female Gender Roles	Gujarat	90	31.656	5.051	32	18	4
	Uttarakhand	95	34.411	4.333	35	22	40
Male Gender Roles	Gujarat	90	25.656	4.147	26.5	16	30
	Uttarakhand	95	27.358	3.531	29	14	30
Marriage Gender Roles	Gujarat	90	34.389	4.041	35.5	23	40
	Uttarakhand	95	36.989	3.438	38	22	40
Traditional Gender Roles	Gujarat	90	31.878	5.688	32	17	40
	Uttarakhand	95	34.474	5.063	36	16	40
Egalitarian Gender Roles	Gujarat	90	37	3.318	38	20	40
	Uttarakhand	95	38.537	2.143	39	28	40
Positive Emotion	Gujarat	90	22.122	4.385	23	10	30
	Uttarakhand	95	22	4.053	22	8	30
Engagement	Gujarat	90	22.511	3.852	23	12	30
	Uttarakhand	95	21.674	4.033	21	5	29
Relationships	Gujarat	90	21.467	5.779	22	2	30
	Uttarakhand	95	22.411	4.781	23	0	30
Meaning	Gujarat	90	23.011	4.884	24	7	30
	Uttarakhand	95	22.347	5.126	23	1	30
Accomplishment	Gujarat	90	22.278	4.432	23	10	30
	Uttarakhand	95	21.379	4.595	22	0	29
Negative Emotions	Gujarat	90	15.356	6.341	16	2	30
	Uttarakhand	95	15.116	5.752	15	0	30
Happiness	Gujarat	90	7.4	1.895	8	0	10
	Uttarakhand	95	7.474	1.719	8	3	10
Health	Gujarat	90	21.778	7.14	24	0	30
	Uttarakhand	95	20.8	5.13	21	10	30
Loneliness	Gujarat	90	4.111	2.985	4	0	10
	Uttarakhand	95	4.053	2.715	3	0	10

The highlights of the descriptive tables 7 to 12 as per the mean value trends are presented as below:

- Men have higher emotional dependency when compared to women, both in the overall sample and within each state.

- Emotional Dependency is higher in the state of Gujarat, among the men and women..

- Men have more contemporary gender role beliefs in the overall sample and the state of Gujarat, however in Uttarakhand women depict more contemporary gender roles.

- Relationship satisfaction is higher among men when compared to women in the overall sample and men in the state of Uttarakhand, whereas it is higher among women in the state of Gujarat.

- Relationship conflict was higher among men in comparison to women in the overall sample and in the state of Uttarakhand, however the mean values were very similar for men and women in the state of Gujarat.

- Well-being was higher among women, both in the overall sample and within specific states.

- Well-being was higher in the state of Gujarat, among men and women..

- Emotional Dependency
  - Separation anxiety (emotional dependency) was higher among men in the overall sample and in the state of Gujarat, whereas it was higher among women in Uttarakhand.
  - Affective expression (emotional dependency) was higher among women in the overall sample and in the state of Uttarakhand, whereas it was higher among men in Gujarat.

- Fear of loneliness (emotional dependency) was higher among women, both in the overall sample and within specific states.

- Modification of plans (emotional dependency) was higher among men in the overall sample and Gujarat, however, it was higher among women in the state of Uttarakhand.

- Borderline expression (emotional dependency) was higher among men, both in the overall sample and within specific states.

- Search for attention (emotional dependency) was higher among men, both in the overall sample and within specific states.

- Gender Roles

  - In the overall sample and specifically in the state of Gujarat, men had more modern beliefs regarding female gender roles. On the other hand, women in Uttarakhand held more modern beliefs in this regard.

  - Male gender roles (gender role beliefs) of women were more modern/contemporary in the overall sample and in the state of Uttarakhand, whereas men in Gujarat had more modern beliefs.

  - Marriage gender roles (gender role beliefs) of men were more modern in the overall sample and in the state of Uttarakhand, whereas women in Gujarat had more modern beliefs.

- Traditional gender roles (gender role beliefs) were higher among women, both in the overall sample and within specific states.

- Positive emotions (well-being) were higher among women, both in the overall sample and within specific states.

- Engagement (well-being) was higher among women, both in the overall sample and within specific states.

- Relationships (well-being) were higher among women in the overall sample and in the state of Gujarat, whereas it was higher among men in Uttarakhand.

- Accomplishment (well-being) was higher among women in the overall sample and in the state of Gujarat, whereas it was higher among men in Uttarakhand.

- Negative emotions (well-being) were higher among women, both in the overall sample and within specific states.

- Happiness (well-being) was higher among women, both in the overall sample and within specific states.

- Health (well-being) was higher among men in the overall sample and in the state of Gujarat, whereas it was higher among women in Uttarakhand.

- Loneliness (well-being) was higher among women in the overall sample and in the state of Gujarat, whereas it was higher among men in Uttarakhand.

Research Question 1: What is the influence of select personal and demographic variables (gender, age, state, education and family type) on emotional dependency in individuals currently in romantic relationships?

Multiple regression analysis was conducted to find out the relationship of select personal and demographic variables (gender, age, state, education and family type) with emotional dependency in individuals currently in romantic relationships (Table 13 and 14).

The predictor variables were gender, age, state, education and family type. Gender, state, education and family type were categorical in nature; they were converted into dummy variable. Since, the categorical variable took on two different values ("male" or "Female";

"Gujarat" or "Uttarakhand"; "up to graduation" or" post graduation/Doctorate" and,

"nuclear" or "joint"), there was a need to create k-1 = 2-1 = 1 dummy variable.

To create the dummy variables,

1. "Male" was coded as 0, and "Female" was coded as 1.

2. "Gujarat" was coded as 0, and "Uttarakhand" was coded as 1.

3. "Up to graduation" was coded as 0, and "post graduation/doctorate" was coded as 1.

4. "Joint" was coded as 0, and "Nuclear" was coded as 1

Table 13

ANOVA Table of Regression Model of Socio-demographic Variables on Emotional

Dependency

	df	SS	MS	F	p
Regression	5	10555.84	2111.16	4.86	0.000
Residual	379	164505.60	434.05		
Total	384	175061.44			

Table 14

Regression Coefficients of Socio-Demographic Variables on Emotional Dependency

Model		B	SE	β	t	p
H_0	(Intercept)	72.668	1.088		66.779	< .001
H_1	(Intercept)	97.749	8.288		11.794	< .001
	Uttarakhand	-2.551	2.137		-1.194	0.233
	Female	-3.703	2.134		-1.735	0.083
	Nuclear	-1.126	2.387		-0.472	0.637
	Post Graduation/ Doctorate	5.974	2.193		2.724	0.007
	Age	-1.004	0.329	-0.155	-3.053	0.002

[a] Standardized coefficients can only be computed for continuous predictors.

The highest B values were observed for post-graduation/doctorate (education level)

followed by female (gender), Uttarakhand (state), nuclear (family type) and age.

Women experience emotional dependency less than men as per the mean scores.

Since the p-value (.008) is not less than .05, this difference is not statistically significant.

The individuals living in Uttarakhand experienced emotional dependency less than individuals residing in Gujarat. However, the difference is not statistically significant, p = 0.23. There was a significant gender difference in emotional dependency in the state of Gujarat with men (M= 77.42, SD = 20.91) scoring high on emotional dependency than women (M =71.34, SD = 22.52); t =-1.92, p = 0.050. However, there was no significant difference in emotional dependency between men and women in Uttarakhand.

Individuals with post graduation and higher educational level experienced higher emotional dependency when compared to individuals with under-graduation or lower emotional backgrounds. Regression analysis also reflected that the difference is statistically significant, p = 0.006.

Individuals belonging to nuclear families experienced less emotional dependency when compared to individuals from joint families. However, this difference was not statistically significant, p = 0.63

Age emerged as a statistically significant predictor of emotional dependency. The regression coefficient allows emotional dependency to be predicted using the following regression equation:

Emotional Dependency = 97.74 - 3.73 * (Female) - 2.55 * (Uttarakhand) + 5.97 * (Post Graduation/Doctorate) – 1.12 * (Nuclear) – 1.003 * (Age)

Research question 2: How do gender role beliefs influence emotional dependency in romantic relationships?

Pearson's correlation analysis was used to assess the relationship between gender role beliefs and emotional dependency. The following Table 15 presents the correlation values between gender role beliefs and emotional dependency.

Table 15

Pearson's Correlations between Subscales of Gender Role Beliefs and Emotional Dependency

Variable		1	2	3	4	5	6	7
1. Emotional Dependency	r	—						
	p	—						
2. Gender Role Beliefs	r	-0.158 **	—					
	p	0.002	—					
3. Traditional Gender Roles	r	-0.129 *	0.859 ***	—				
	p	0.011	< .001	—				
4. Male Gender Roles	r	-0.130 *	0.859 ***	0.733 ***	—			
	p	0.011	< .001	< .001	—			
5. Marriage Gender Roles	r	-0.115 *	0.795 ***	0.565 ***	0.617 ***	—		
	p	0.024	< .001	< .001	< .001	—		
6. Female Gender Roles	r	-0.188 ***	0.777 ***	0.559 ***	0.564 ***	0.535 ***	—	
	p	< .001	< .001	< .001	< .001	< .001	—	
7. Egalitarian Gender Roles	r	-0.020	0.546 ***	0.331 ***	0.394 ***	0.376 ***	0.240 ***	—
	p	0.703	< .001	< .001	< .001	< .001	< .001	—

* $p < .05$, ** $p < .01$, *** $p < .001$

Pearson's correlation coefficient showed a small negative correlation between gender role beliefs and emotional dependency, $r = -0.158$, $p = 0.002$. There was a small significant negative correlation of traditional gender roles, male gender roles, marriage gender roles, and female gender roles with emotional dependency respectively (Table 15).

As indicated in Table 15, Pearson's correlation coefficients were computed to assess the relationship between gender role beliefs and emotional dependency within various subgroups, including women, men, individuals from Gujarat, Uttarakhand, men from Gujarat and Uttarakhand, and women from Gujarat and Uttarakhand. There were no significant correlations between gender role beliefs, subscales of gender role beliefs and emotional dependency among women in the study. There was a significant negative correlation between gender role beliefs and emotional dependency ($r = -0.219$, $p = .003$), significant negative correlation between traditional gender roles and emotional dependency ($r = -0.816$, $p = 0.011$), male gender roles and emotional dependency ($r = -0.205$, $p = 0.005$), and female

gender roles and emotional dependency (r = -0.225, p = 0.002). There was a significant

negative correlation between gender role beliefs and emotional dependency (r = -0.155, p =

0.032), male gender roles and emotional dependency (r = -0.143, p = 0.05), and female

gender roles and emotional dependency (r = -0.189, p = 0.009). There was a significant

negative correlation between female gender role and emotional dependency (r = -0.158, p =

0.027). There was a significant negative correlation between gender role beliefs and

emotional dependency (r = -0.280, p = 0.008), traditional gender roles and emotional

dependency (r = -0.289, p = 0.006), male gender roles and emotional dependency (r = -0.263,

p = 0.012), and female gender roles and emotional dependency (r = -0.297, p = 0.004). There

were no significant correlations between gender role beliefs, subscales of gender role beliefs

and emotional dependency among women in Uttarakhand. There were no significant

correlations between gender role beliefs, subscales of gender role beliefs and emotional

dependency among women in Gujarat. There were no significant correlations between gender

role beliefs, subscales of gender role beliefs and emotional dependency among men in

Uttarakhand.

Further, regression analysis was conducted to predict the relationship between gender

role beliefs and emotional dependency among the different groups within the study. Table 16

presents the regression coefficients of gender role beliefs on emotional dependency across

different groups. The details of the groups are presented as note in Table 16.

Table 16

Regression Coefficients of Gender Role Beliefs on Emotional Dependency

		B	SE	β	t	p
1	(Intercept)	105.761	10.593		9.984	< .001
	Gender Role Beliefs[O]	-0.199	0.063	-0.158	-3.14	0.002
2	(Intercept)	104.971	14.359		7.311	< .001
	Gender Role Beliefs[G]	-0.192	0.089	-0.155	-2.155	0.032
3	(Intercept)	103.887	18.454		5.629	< .001
	Gender Role Beliefs[U]	-0.19	0.107	-0.127	-1.779	0.077
4	(Intercept)	94.404	14.893		6.339	< .001
	Gender Role Beliefs[W]	-0.14	0.089	-0.111	-1.566	0.119
5	(Intercept)	119.461	14.982		7.974	< .001
	Gender Role Beliefs[M]	-0.272	0.09	-0.219	-3.033	0.003
6	(Intercept)	134.46	20.949		6.418	< .001
	Gender Role Beliefs[M-G]	-0.355	0.13	-0.28	-2.737	0.008
7	(Intercept)	85.407	19.363		4.411	< .001
	Gender Role Beliefs[W-G]	-0.088	0.121	-0.074	-0.731	0.466
8	(Intercept)	87.005	24.064		3.616	< .001
	Gender Role Beliefs[M-U]	-0.092	0.14	-0.068	-0.658	0.512
9	(Intercept)	124.282	28.471		4.365	< .001
	Gender Role Beliefs[W-U]	-0.308	0.164	-0.186	-1.874	0.064

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand

Linear regression showed that gender role beliefs significantly predicted emotional dependency scores, $F(1, 383) = 9.862$, $p = 0.002$. A variance of 2.5% in emotional dependency across the overall sample can be statistically accounted for by gender role beliefs ($\beta = -0.158$, $t = -3.14$, $p = 0.002$). The regression coefficient allows emotional dependency to be predicted using the following regression equation:

Emotional Dependency = 105.761 + (-0.199 * Gender Role Beliefs).

The following section presents the group wise results of the relationship between gender role beliefs and emotional dependency across different groups.

Gender role beliefs significantly predicted emotional dependency scores, $F(1, 188) = 4.642$, $p = 0.032$. A variance of 2.4% in emotional dependency in Gujarat can be statistically accounted for by gender role beliefs ($\beta = -0.155$, $t = -2.155$, $p = 0.032$). The regression

coefficient allows the emotional dependency to be predicted using the following regression equation:

Emotional Dependency = 104.971+ -0.192* Gender Role Beliefs)

Linear regression showed that gender role beliefs did not significantly predict emotional dependency scores in Uttarakhand, $F (1, 193) = 3.167$, $p = 0.077$ and emotional dependency in women, $F(1, 198) = 2.451$, $p = 0.119$. Gender role beliefs significantly predicted emotional dependency scores among men, $F (1, 183) = 9.201$, $p = 0.003$. A variance of 4.8% in emotional dependency among men is statistically accounted for by gender role beliefs ($\beta = -0.219$, $t = -3.033$, $p = 0.003$). The regression coefficient allows emotional dependency to be predicted using the following regression equation:

Emotional Dependency = 119.461+ -0.272* (Gender Role Beliefs)

Gender role beliefs did not significantly predict emotional dependency among women in Gujarat, $F (1, 98) = 0.535$, $p = 0.466$, among men in Uttarakhand, $F(1, 93) = 0.433$, $p = 0.512$, and among women in Uttarakhand, $F (1, 98) = 3.510$, $p = 0.064$. Gender role beliefs significantly predicted emotional dependency among men in Gujarat, $F (1, 88) = 7.490$, $p = 0.008$. A variance of 7.8% in emotional dependency among men in Gujarat can be statistically accounted for by gender role beliefs ($\beta = -0.280$, $t = -2.737$, $p = 0.008$. The regression coefficient allows the emotional dependency to be predicted using the following regression equation:

Emotional Dependency = 134.460+ -0.355* (Gender Role Beliefs)

The following section presents the results of stepwise regression analysis conducted to identify the most relevant predictors of emotional dependency. The analysis aimed to determine which independent variables best explains the variation in the dependent variable.

Table 17 presents the results of the relationship between different sub-scales of gender role beliefs and emotional dependency. Stepwise linear regression was used to identify possible predictors of the outcome variable emotional dependency out of the following predictor variables: female gender roles, male gender roles, marriage gender roles, egalitarian gender roles, and traditional gender roles. The estimated coefficients, standard errors, t-statistics, and p-values for the independent variables in the final model are presented in Table 17.

Table 17

Regression Coefficients of Sub-Categories of Gender Role Beliefs on Emotional Dependency

		B	SE	β	t	p
1	(Intercept)^O	99.795	7.318		13.637	< .001
	Female Gender Role	-0.821	0.219	-0.188	-3.747	< .001
2	(Intercept)^W	94.693	10.506		9.013	< .001
	Female Gender Role	-0.711	0.315	-0.159	-2.259	0.025
3	(Intercept)^M	105.476	10.129		10.413	< .001
	Female Gender Role	-0.945	0.303	-0.225	-3.117	0.002
4	(Intercept)^U	99.177	12.692		7.814	< .001
	Female Gender Role	-0.811	0.365	-0.158	-2.223	0.027
5	(Intercept)^G	99.292	9.642		10.298	< .001
	Female Gender Role	-0.796	0.302	-0.189	-2.635	0.009
6	(Intercept)$^{G-M}$	116.364	13.509		8.614	< .001
	Female Gender Role	-1.23	0.421	-0.297	-2.919	0.004
7	(Intercept)$^{U-W}$	120.981	19.706		6.139	< .001
	Female Gender Role	-1.437	0.564	-0.249	-2.546	0.012

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Total Covariates considered: Female Gender Roles, Marriage Gender Roles, Male Gender Roles, Traditional Gender Roles, Egalitarian Gender Roles
 Note. All the covariates were considered but not included for men in Uttarakhand and women in Gujarat as no meaningful information could be obtained.

Female Gender Roles was a statistically significant predictor variable of emotional dependency across all the groups including overall, women, men, Gujarat, Uttarakhand, men in Gujarat and women in Uttarakhand. However, no significant model was obtained for men in Uttarakhand and women in Gujarat.

Research Question 3: How does emotional dependency influence relationship conflict and relationship satisfaction?

Relationship of Emotional Dependency and Relationship Conflict

Correlation and regression analysis were conducted to determine the influence of emotional dependency on relationship conflict. The results of the Pearson's correlation showed a positive relationship between emotional dependency and relationship conflict across the overall sample (r = .295, p <.001), among men (r = .253, p <.001), among women (r = .334, p <.001), in Gujarat (r = .292, p <.001), in Uttarakhand (r = .299, p <.001), among men in Uttarakhand (r = .307, p = .003), among women in Uttarakhand (r = .294, p = .003) and among women in the state of Gujarat (r = .378, p <.001).

Table 18

Regression Coefficient of Emotional Dependency on Relationship Conflict

		B	SE	β	t	p
1	(Intercept)	14.532	1.065		13.641	< .001
	Emotional Dependency[O]	0.085	0.014	0.295	6.047	< .001
2	(Intercept)	15.029	1.677		8.964	< .001
	Emotional Dependency[M]	0.077	0.022	0.253	3.541	< .001
3	(Intercept)	14.125	1.377		10.261	< .001
	Emotional Dependency[W]	0.092	0.018	0.334	4.983	< .001
4	(Intercept)	15.280	1.398		10.932	< .001
	Emotional Dependency[G]	0.076	0.018	0.292	4.180	< .001
5	(Intercept)	13.771	1.619		8.505	< .001
	Emotional Dependency[U]	0.095	0.022	0.299	4.358	< .001
6	(Intercept)	13.093	2.511		5.215	< .001
	Emotional Dependency[M-U]	0.106	0.034	0.307	3.106	0.003
7	(Intercept)	14.303	2.121		6.743	< .001
	Emotional Dependency[W-U]	0.087	0.029	0.294	3.048	0.003
8	(Intercept)	13.979	1.787		7.821	< .001
	Emotional Dependency[W-G]	0.097	0.024	0.378	4.041	< .001

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand

Linear regression shows that emotionally dependency in the overall sample significantly predicts relationship conflict $F_{(1, 383)} = 36.572$, p <.001, using the following regression equation

Relationship Conflict $= 14.532 + 0.085 *$ (Emotional Dependency)

A variance of 8.7% in overall relationship conflict is statistically accounted for by overall emotional dependency ($\beta = 0.295$, $t = 6.047$, $p < .001$). Similarly, emotional dependency significantly predicted relationship conflict in romantic relationships across different groups namely, men, women, Gujarat, Uttarakhand, men and women in Uttarakhand, and women in Gujarat. The corresponding statistical data for the same is presented in Table 18.

Relationship Between Sub-Scales of Emotional Dependency and Relationship Conflict

The following section, presents the results of stepwise regression analysis conducted to identify the most relevant predictors of relationship conflict. The analyses aimed to determine which independent variables best explain the variation in the dependent variable. Subscales of the emotional dependency are as follows: Search for Attention, Separation Anxiety, Fear of Loneliness, Borderline Expression, Modification of Plans and Affective Expression. The estimated coefficients, standard errors, t-statistics, and p-values for the independent variables in the final model are presented in Table 18. Significance levels are indicated by p-values, with statistical significance typically defined as $p < 0.05$.

Table 19

Regression Coefficient of Sub-Categories of Emotional Dependency on Relationship Conflict

		B	SE	β	t	p
1	(Intercept)^O	14.871	0.881		16.882	< .001
	Separation Anxiety	0.159	0.042	0.206	3.733	< .001
	Borderline Expression	0.400	0.108	0.204	3.700	< .001
2	(Intercept)^M	15.736	1.376		11.438	< .001
	Borderline Expression	0.327	0.149	0.173	2.189	0.030
	Separation Anxiety	0.131	0.062	0.167	2.120	0.035
3	(Intercept)^W	15.002	1.199		12.511	< .001
	Borderline Expression	0.617	0.165	0.299	3.740	< .001
	Separation Anxiety	0.242	0.064	0.317	3.773	< .001
	Modification of Plans	-0.237	0.100	-0.194	-2.375	0.019
4	(Intercept)^G	16.546	1.210		13.676	< .001
	Separation Anxiety	0.265	0.059	0.384	4.461	< .001
	Modification of Plans	-0.288	0.093	-0.264	-3.107	0.002
	Borderline Expression	0.342	0.142	0.192	2.406	0.017
5	(Intercept)^U	16.190	0.945		17.134	< .001
	Borderline Expression	0.748	0.143	0.352	5.223	< .001
6	(Intercept)$^{M-U}$	14.149	2.098		6.745	< .001
	Modification of Plans	0.534	0.164	0.319	3.248	0.002
7	(Intercept)$^{W-U}$	14.918	1.272		11.724	< .001
	Borderline Expression	1.047	0.213	0.444	4.911	< .001
8	(Intercept)$^{W-G}$	15.516	1.551		10.002	< .001
	Separation Anxiety	0.315	0.080	0.445	3.918	< .001
	Modification of Plans	-0.297	0.120	-0.277	-2.481	0.015
	Fear of loneliness	0.277	0.126	0.228	2.193	0.031
9	(Intercept)$^{M-G}$	16.503	1.864		8.855	< .001
	Separation Anxiety	0.179	0.072	0.256	2.481	0.015

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Total Covariates considered: Separation Anxiety, Borderline Expression, Modification of Plans, Fear of Loneliness, Affective Expression, Search for Attention.

Multiple linear regression using stepwise entry method showed that separation anxiety and borderline expression significantly predict relationship conflict, $F(2, 382) = 27.444$, p <.001, using the following regression equation:

Relationship Conflict = 14.871 + .159(Separation Anxiety) + .400(Borderline Expression)

A variance of 12.6% in relationship conflict in the overall sample can be significantly accounted for by separation anxiety ($\beta = 0.206$, t = 3.733, p <.001) and borderline expression ($\beta = 0.204$, t = 3.700, p <.001). In a similar manner, stepwise regression was conducted to

find the best predictors of relationship conflict across the different groups examined in the study, the details of which are provided in Table 19.

The highlights of the same are provided below:

- Borderline expression (emotional dependency) and separation anxiety (emotional dependency) are the most common recurring predictors of relationship conflict across most of the groups.

- The highest R^2 values were observed for the overall sample of women and women in Gujarat and Uttarakhand.

- Fear of Loneliness (emotional dependency) was the predictor of relationship conflict only for one group, that is, women in Gujarat.

Relationship of Emotional Dependency and Relationship Satisfaction

Correlation and Regression analysis were conducted to determine the influence of emotional dependency on relationship satisfaction across different groups. However, the correlation analysis did not show a statistically significant influence of emotional dependency on relationship satisfaction within these groups or when considering the overall dataset.

The following section presents the results of stepwise regression analysis conducted to identify the most relevant predictors of relationship satisfaction. The analysis aimed to determine which independent variables best explains the variation in the dependent variable. Subscales of the emotional dependency questionnaire were the predictor variables which are as follows: search for attention, separation anxiety, fear of loneliness, borderline expression, modification of plans and affective expression. The estimated coefficients, standard errors, t-statistics, and p-values for the independent variables in the final model are presented in Table

20. Significance levels are indicated by p-values, with statistical significance typically

defined as $p < 0.05$.

Table 20

Regression Coefficient of Sub-Categories of Emotional Dependency on Relationship

Satisfaction

		B	SE	β	t	p
1	(Intercept)[O]	24.231	0.587		41.280	< .001
	Search for attention	0.166	0.071	0.118	2.327	0.020
2	(Intercept)[W]	23.974	0.649		36.964	< .001
	Search for attention	0.203	0.085	0.168	2.402	0.017
3	(Intercept)[W-G]	23.767	0.917		25.921	< .001
	Search for attention	0.262	0.119	0.217	2.200	0.030

Note. O = Overall Sample, W = Women, W-G = Women – Gujarat
Total Covariates considered: Female Gender Roles, Marriage Gender Roles, Male Gender Roles, Traditional Gender Roles, Egalitarian Gender Roles
 Note. All the covariates were considered but not included for men, Gujarat, Uttarakhand, men in Uttarakhand, women, in Uttarakhand and men in Gujarat as no meaningful information could be obtained.

Multiple linear regression using stepwise entry method showed search for attention

can significantly predict relationship satisfaction in the overall sample, $F(1, 383) = 5.415$, $p =$

0.020, using the following regression equation:

Relationship Satisfaction = 24.231 + .166(Search for Attention – Emotional Dependency)

A variation of 1.4% in relationship satisfaction in the overall sample can be

significantly accounted for by search for attention (emotional dependency) ($\beta = 0.118$, $t =$

2.327, $p = 0.020$). In a similar manner, stepwise regression was conducted to find the best

predictors of relationship conflict across the different groups examined in the study (Table

20). Among all the predictor variables, only search for attention (emotional dependency)

emerged as a significant predictor of relationship satisfaction, among women overall and

women specifically residing in Gujarat. No significant predictors of relationship satisfaction

were identified for the other groups.

Research Question 4: How do relationship conflict and relationship satisfaction influence well-being?

Correlations and multiple regression analysis were conducted to understand the influence of relationship conflict and relationship satisfaction on well-being. Pearson's analysis revealed a positive relationship between relationship satisfaction and well-being, and a negative relationship between relationship conflict and well-being across all the groups.

There was a positive relationship between relationship satisfaction and well-being ($r =$ 0.297, $p < .001$) and a negative relationship between relationship conflict and well-being ($r = -.217$, $p < .001$) across the overall sample; a positive relationship between relationship satisfaction and well-being ($r = .354$, $p < .001$) and a negative relationship between relationship conflict and well-being ($r = -.234$, $p < .001$) among women; a positive relationship between relationship satisfaction and well-being ($r = .257$, $p < .001$) and a negative relationship between relationship conflict and well-being ($r = -.200$, $p = 0.006$) among men; a positive relationship between relationship satisfaction and well-being ($r = .353$, $p < .001$) and a negative relationship between relationship conflict and well-being ($r = -.327$, $p < .001$) in Gujarat; a positive relationship between relationship satisfaction and well-being ($r = .266$, $p < .001$) and a negative relationship between relationship conflict and well-being ($r = -.142$, $p = .048$) in Uttarakhand; a positive relationship between relationship satisfaction and well-being ($r = .428$, $p < .001$) and a negative relationship between relationship conflict and well-being ($r = -.371$, $p < .001$) among men in Gujarat; a positive relationship between relationship satisfaction and well-being ($r = .289$, $p = .004$) and a negative relationship between relationship conflict and well-being ($r = -.250$, $p = 0.012$) among women in Gujarat. A positive relationship existed between relationship satisfaction

and well-being (r = .421, p <.001) while and a negative correlation was found between

relationship conflict and well-being (r = -.207, p = .038) among women in Uttarakhand.

Relationship of Relationship Satisfaction and Relationship Conflict With Well-being

The following section presents the results of stepwise regression analysis conducted

to identify the most relevant predictors of well-being. Relationship satisfaction and

relationship conflict were the predictor variables. The estimated coefficients, standard errors,

t-statistics, and p-values for the independent variables in the final model are presented in

Table 21. Significance levels are indicated by p-values, with statistical significance typically

defined as $p < 0.05$.

Table 21

Regression Coefficient of Relationship Satisfaction and Relationship Conflict on Well-Being

		B	SE	β	t	p
1	(Intercept)[O]	97.999	6.575		14.906	< .001
	Relationship Satisfaction	1.399	0.223	0.298	6.261	< .001
	Relationship Conflict	-0.701	0.153	-0.219	-4.596	< .001
2	(Intercept)[M]	103.574	8.338		12.422	< .001
	Relationship Satisfaction	1.113	0.284	0.274	3.916	< .001
	Relationship Conflict	-0.678	0.214	-0.221	-3.162	0.002
3	(Intercept)[W]	87.201	10.632		8.201	< .001
	Relationship Satisfaction	1.854	0.360	0.336	5.144	< .001
	Relationship Conflict	-0.681	0.218	-0.204	-3.128	0.002
4	(Intercept)[G]	101.779	9.678		10.517	< .001
	Relationship Satisfaction	1.545	0.316	0.320	4.887	< .001
	Relationship Conflict	-0.949	0.214	-0.290	-4.430	< .001
5	(Intercept)[U]	94.985	8.988		10.568	< .001
	Relationship Satisfaction	1.288	0.315	0.281	4.087	< .001
	Relationship Conflict	-0.524	0.216	-0.167	-2.428	0.016
6	(Intercept)[W-U]	70.946	14.763		4.806	< .001
	Relationship Satisfaction	2.406	0.518	0.418	4.647	< .001
	Relationship Conflict	-0.692	0.312	-0.199	-2.219	0.029
7	(Intercept)[W-G]	112.589	15.098		7.457	< .001
	Relationship Conflict	-0.775	0.297	-0.253	-2.615	0.010
	Relationship Satisfaction	1.041	0.492	0.205	2.118	0.037
8	(Intercept)[M-G]	97.042	12.533		7.743	< .001
	Relationship Satisfaction	1.877	0.411	0.409	4.563	< .001
	Relationship Conflict	-1.198	0.308	-0.348	-3.888	< .001

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G
= Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Note. All the covariates were considered but not included for men in Uttarakhand as no meaningful information
could be obtained.

Multiple linear regression using stepwise entry method showed that relationship satisfaction and relationship conflict significantly predict well-being in the overall sample, $F(2, 382) = 30.054$, $p < .001$, using the following regression equation:

Well-being = 97.999 + 1.399* (Relationship Satisfaction) – 0.701* (Relationship Conflict)

A variation of 13.6 in well-being in the overall sample can be significantly accounted for by Relationship satisfaction ($\beta = 0.298$, $t = 6.261$, $p < .001$) and relationship conflict ($\beta = -0.219$, $t = -4.596$, $p < .001$). In a similar manner, stepwise regression was conducted to find the best predictors of well-being across the different groups examined in the study; the details are which are provided in Table 21.

The highlights of the same are provided below:

- Relationship satisfaction and relationship conflict emerged as significant predictors of well-being among all the groups, except for men in Uttarakhand.

- Relationship satisfaction and relationship conflict were the best predictors of well-being among men in Gujarat ($R^2 = 0.304$) and women in Uttarakhand ($R^2 = 0.217$).

Influence of Different Study Variables on Well-Being

Stepwise regression analysis was conducted to identify the most relevant predictors of well-being. The analysis aimed to determine which independent variables best explains the variation in the dependent variable. The predictor variables comprised the subscales of the gender role attitude scale including female gender role, male gender role, egalitarian gender role, marriage gender role and traditional gender roles as well as the sub categories of the emotional dependency questionnaire, such as separation anxiety, affective expression, fear of loneliness, modification of plans, borderline expression, and search for attention. Table 22

presents the regression model that offers the best fit, based on the highest R^2 values and significant predictors with statistical significance at p <.0.05.

Table 22

Regression Coefficient of Different Study Variables on Well-being

		B	SE	β	t	p	
1	(Intercept)[O]	125.636	2.062		60.918	< .001	
	Fear of loneliness	-0.835	0.233	-0.180	-3.580	< .001	
2	(Intercept)[W]	129.877	2.888		44.965	< .001	
	Fear of loneliness	-1.185	0.311	-0.261	-3.810	< .001	
3	(Intercept)[G]	127.742	2.742		46.595	< .001	
	Fear of loneliness	-0.843	0.303	-0.199	-2.782	0.006	
4	(Intercept)[U]	123.864	3.067		40.383	< .001	
	Fear of loneliness	-0.863	0.355	-0.172	-2.432	0.016	
5	(Intercept)[W-U]	129.621	4.664		27.794	< .001	
	Fear of loneliness	-1.529	0.515	-0.287	-2.966	0.004	
6	(Intercept)[W-G]	130.955	3.456		37.895	< .001	
	Fear of loneliness	-0.950	0.363	-0.256	-2.616	0.010	
7	(Intercept)[M-U]	99.724	7.302		13.657	< .001	
	Affective Expression	1.071	0.430	0.250	2.491	0.015	

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Total Covariates considered: Separation Anxiety, Fear of Loneliness, Modification of Plans, Borderline Expression, Affective Expression, Search for Attention
 Note. All the covariates were considered but not included for entire sample of men and men in Gujarat as no meaningful information could be obtained.

Among all the potential predictors of well-being, fear of loneliness and affective expression were the significant predictors of well-being across various groups. Fear of loneliness was the most recurring predictor of well-being in all groups, except for men in Uttarakhand, where affective expression was identified as the significant predictor of well-being.

Relationship Between Emotional Dependency and Well-Being Across Different Groups

Because of the problem of collinearity, separate regression analysis was carried out, focusing on emotional dependency as the predictor variable. Table 23 displays the regression

model for examining relationship between emotional dependency and well-being across different groups.

Table 23

Regression Coefficient of Emotional Dependency on Well-being

		B	SE	β	t	p
1	(Intercept)^O	128.249	3.544		36.191	< .001
	Emotional Dependency	-0.125	0.047	-0.135	-2.673	0.008
2	(Intercept)^W	136.277	4.717		28.888	<.001
	Emotional Dependency	-0.225	0.063	-0.245	-3.562	<.001
3	(Intercept)^G	132.458	4.697		28.198	< .001
	Emotional Dependency	-0.154	0.061	-0.181	-2.529	0.012
4	(Intercept)$^{W-U}$	136.959	7.426		18.444	< .001
	Emotional Dependency	-0.276	0.100	-0.269	-2.762	0.007
5	(Intercept)$^{W-G}$	135.967	5.770		23.566	< .001
	Emotional Dependency	-0.180	0.077	-0.230	-2.336	0.022

Note. O = Overall Sample, G = Gujarat, W = Women, W-G = Women – Gujarat, W-U = Women – Uttarakhand
Note. Emotional Dependency was considered but not included for entire sample of men, Uttarakhand, men in Uttarakhand and men in Gujarat as no meaningful information could be obtained.

Linear regression showed that emotional dependency can significantly predict well-being in the overall sample, $F(1, 383) = 7.144$, p = .008, using the following regression equation:

Well-being = 128.249 - 0.125* (Emotional Dependency)

A variance of 1.8% in well-being in the overall sample can be significantly accounted for by well-being (β = -.135, t = -2.673, p = .008). Similarly, emotional dependency significantly predicted well-being in different groups, the details of which are in Table 23. Emotional dependency did not significantly predict well-being among men, either in the overall sample of men or within specific states.

Influence of Study Variables on Different Sub-Scales of the PERMA Profiler

The following section, presents the results of stepwise regression analysis conducted to identify the most relevant predictors of different sub-categories used in the PERMA

Profiler used to assess well-being in the study. The different sub categories are positive

emotions, engagement, relationships, meaning, accomplishment, negative emotions, health,

happiness and loneliness. All the variables of the study, that is, separation anxiety, affective

expression, modification of plans, egalitarian, marriage, female, male, traditional, fear of

loneliness, relationship conflict, relationship satisfaction, borderline expression, and search

for attention were used as predictor variables. Tables 24 to 39 presents the regression model

that offer the best fit of the study variables on different sub-categories of well-being

(PERMA Profiler), based on the highest R^2 values and significant predictors with statistical

significance at p <.0.05.

Influence of Different Study Variables on Negative Emotions (Well-being). Table

24 presents the regression model that offers the best fit of the study variables on negative

emotions across different study groups, based on the highest R^2 values and significant

predictors with statistical significance at p <.0.05.

Table 24

Regression Coefficient of Different Study Variables on Negative Emotions (Well-being)

		B	SE	β	t	p
1	(Intercept)[O]	8.077	1.063		7.598	< .001
	Fear of loneliness	0.509	0.070	0.343	7.234	< .001
	Relationship Conflict	0.209	0.049	0.204	4.300	< .001
2	(Intercept)[M]	-2.320	5.883		-0.394	0.694
	Fear of loneliness	0.338	0.107	0.223	3.166	0.002
	Relationship Conflict	0.192	0.068	0.199	2.846	0.005
	Egalitarian	0.433	0.147	0.206	2.940	0.004
	Traditional	-0.159	0.077	-0.145	-2.060	0.041
3	(Intercept)[W]	4.580	1.751		2.616	0.010
	Fear of loneliness	0.454	0.099	0.316	4.564	< .001
	Relationship Conflict	0.225	0.066	0.214	3.440	< .001
	Affective Expression	0.265	0.089	0.203	2.991	0.003
4	(Intercept)[G]	6.649	1.651		4.026	< .001
	Fear of loneliness	0.470	0.100	0.318	4.720	< .001
	Relationship Conflict	0.284	0.077	0.250	3.701	< .001
5	(Intercept)[U]	1.731	3.859		0.449	0.654
	Fear of loneliness	0.560	0.099	0.375	5.640	< .001
	Relationship Conflict	0.155	0.062	0.166	2.498	0.013
	Male	0.259	0.128	0.131	2.029	0.044

		B	SE	β	t	p
6	(Intercept)[M-U]	6.316	3.088		2.045	0.044
	Borderline Expression	0.352	0.194	0.208	1.809	0.074
	Relationship Satisfaction	0.310	0.104	0.274	2.988	0.004
	Search for attention	-0.516	0.200	-0.245	-2.583	0.011
	Fear of loneliness	0.371	0.163	0.263	2.275	0.025
7	(Intercept)[W-U]	-1.294	6.828		-0.190	0.850
	Fear of loneliness	0.354	0.145	0.233	2.439	0.017
	Affective Expression	0.378	0.116	0.302	3.246	0.002
	Relationship Conflict	0.211	0.080	0.212	2.617	0.010
	Male	0.920	0.239	0.378	3.854	< .001
	Relationship Satisfaction	-0.339	0.132	-0.206	-2.558	0.012
	Marriage	-0.339	0.168	-0.200	-2.012	0.047
8	(Intercept)[M-G]	8.498	2.033		4.179	< .001
	Separation Anxiety	0.279	0.079	0.354	3.546	< .001
9	(Intercept)[W-G]	6.313	2.092		3.018	0.003
	Fear of loneliness	0.555	0.122	0.407	4.557	< .001
	Relationship Conflict	0.301	0.101	0.267	2.991	0.004

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand

Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian, Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction, Borderline Expression, and Search for attention

The highlights of the stepwise regression of different study variables on negative emotions (well-being) are provided below:

- Fear of loneliness (emotional dependency) and relationship conflict were the most recurring predictors of negative emotions (well-being) among the groups.

- The most frequently observed predictors of negative emotions (well-being) within the various groups were fear of loneliness (emotional dependency) and relationship conflict.

- Negative emotions were best predicted among women (R^2 = .298), women in Uttarakhand (R^2 = .427), and women in Gujarat (R^2 = .305).

- Affective expression (emotional dependency) was the predictor of negative emotion (well-being) only among women.

- Search for attention (emotional dependency) was the predictor of negative emotion (well-being) only among men in Uttarakhand.

- Relationship satisfaction was a positive predictor of negative emotions (well-being) among men in Uttarakhand, whereas a negative predictor among women living in the state of Uttarakhand.

Relationship Between Emotional Dependency and Negative Emotions. Because of the problem of collinearity, separate regression analysis was carried out, focusing on emotional dependency as the predictor variable. Table 25 displays the regression model for examining the relationship between emotional dependency and negative emotions across different groups.

Table 25

Regression Coefficient of Emotional Dependency on Negative Emotions (Well-Being)

		B	SE	β	t	p
1	(Intercept)^O	9.111	1.077		8.458	< .001
	Emotional Dependency	0.100	0.014	0.337	7.006	< .001
2	(Intercept)^M	10.306	1.628		6.330	< .001
	Emotional Dependency	0.066	0.021	0.226	3.139	0.002
3	(Intercept)^W	7.860	1.368		5.747	< .001
	Emotional Dependency	0.134	0.018	0.460	7.292	< .001
4	(Intercept)^G	8.397	1.551		5.414	< .001
	Emotional Dependency	0.107	0.020	0.362	5.320	< .001
5	(Intercept)^U	9.747	1.511		6.452	< .001
	Emotional Dependency	0.093	0.020	0.313	4.583	< .001
6	(Intercept)$^{W-U}$	8.397	1.976		4.249	< .001
	Emotional Dependency	0.130	0.027	0.441	4.871	< .001
7	(Intercept)$^{M-G}$	8.807	2.488		3.539	< .001
	Emotional Dependency	0.085	0.031	0.279	2.725	0.008
8	(Intercept)$^{W-G}$	7.337	1.910		3.842	< .001
	Emotional Dependency	0.138	0.026	0.479	5.396	< .001

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Note. Emotional Dependency was considered but not included for men in Uttarakhand as no meaningful information could be obtained.

Linear regression showed that emotional dependency significantly predicts negative emotions in the overall sample, $F(1, 383) = 49.081$, p<.001, using the following regression equation:

Negative Emotions (Well-Being) = 9.111 + 0.100 (Emotional Dependency)

A variance of 11.4% of in negative emotion (well-being) in the overall sample can be significantly accounted for by emotional dependency ($\beta = 0.337$, $t = 7.006$, $p < .001$). Similarly, emotional dependency significantly predicted negative emotions in different groups, the details of which are mentioned in Table 25.

The highlights are as follows:

- Emotional dependency did not significantly predict negative emotions among men in Uttarakhand.

- Negative emotions (well-being) was predicted among women in Gujarat ($R^2 = 22.9$), followed by overall sample of women ($R^2 = 212$), and women in Uttarakhand ($R^2 = .195$)

Influence of Different Study Variables on Relationships (Well-Being). Table 26 presents the regression model that offers the best fit of the study variables on relationships (well-being) across different study groups, based on the highest R^2 values and significant predictors with statistical significance at $p < .0.05$.

Table 26

Regression Coefficients of Different Study Variables on Relationships (Well-Being)

		B	SE	β	t	p
1	(Intercept)[O]	14.485	1.719		8.427	< .001
	Relationship Satisfaction	0.490	0.058	0.383	8.398	< .001
	Relationship Conflict	-0.164	0.042	-0.188	-3.923	< .001
	Borderline Expression	-0.219	0.082	-0.128	-2.674	0.008
2	(Intercept)[M]	15.135	2.180		6.942	< .001
	Relationship Satisfaction	0.444	0.074	0.396	5.976	< .001
	Relationship Conflict	-0.220	0.056	-0.259	-3.920	< .001
3	(Intercept)[W]	13.338	2.763		4.828	< .001
	Relationship Satisfaction	0.593	0.094	0.401	6.335	< .001
	Modification of Plans	-0.235	0.070	-0.215	-3.373	< .001
	Relationship Conflict	-0.141	0.057	-0.158	-2.478	0.014
4	(Intercept)[G]	14.069	2.849		4.938	< .001
	Relationship Satisfaction	0.613	0.091	0.423	6.720	< .001
	Relationship Conflict	-0.224	0.062	-0.228	-3.638	< .001
	Modification of Plans	-0.198	0.067	-0.185	-2.958	0.004
5	(Intercept)[U]	16.194	2.199		7.365	< .001

113

	Relationship Satisfaction	0.396	0.076	0.347	5.235	< .001
	Relationship Conflict	-0.137	0.053	-0.175	-2.570	0.011
	Fear of loneliness	-0.168	0.085	-0.135	-1.989	0.048
6	(Intercept)$^{M-U}$	15.476	3.054		5.067	< .001
	Relationship Satisfaction	0.287	0.091	0.305	3.142	0.002
	Affective Expression	0.371	0.117	0.345	3.179	0.002
	Relationship Conflict	-0.166	0.069	-0.237	-2.417	0.018
	Search for attention	-0.398	0.188	-0.227	-2.116	0.037
7	(Intercept)$^{W-U}$	8.545	3.334		2.563	0.012
	Relationship Satisfaction	0.637	0.126	0.445	5.058	< .001
	Fear of loneliness	-0.301	0.116	-0.228	-2.589	0.011
8	(Intercept)$^{M-G}$	3.368	5.071		0.664	0.508
	Relationship Satisfaction	0.736	0.118	0.536	6.213	< .001
	Relationship Conflict	-0.287	0.088	-0.279	-3.281	0.001
	Traditional	0.181	0.088	0.178	2.055	0.043
9	(Intercept)$^{W-G}$	11.799	3.607		3.271	0.001
	Relationship Satisfaction	0.593	0.142	0.388	4.187	< .001
	Modification of Plans	-0.318	0.092	-0.321	-3.468	< .001

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian, Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction, Borderline Expression, and Search for attention

The highlights of the stepwise regression of different study variables on relationships (well-being) are as follows:

- Relationships (well-being) were best predicted among men in Gujarat (R^2 = .388), Gujarat (R^2 = .279), women in Uttarakhand (R^2 = .249), closely followed by overall women participants (R^2 = .233).

- Relationship satisfaction and relationship conflict were the most frequently recurring predictors of relationship (well-being) within various groups.

- Fear of loneliness (emotional dependency) was one of the significant predictors of relationships (well-being), exclusively among women in Uttarakhand and the overall population of Uttarakhand.

- The search for attention (emotional dependency) was identified as a significant predictor of relationships (well-being) specifically among men in the state of Uttarakhand.

- Borderline expression (emotional dependency) was a significant predictor relationships (well-being) only among the overall sample.

- Traditional gender roles (gender role beliefs) were identified as one of the significant predictors of relationships (well-being), exclusively among men in Gujarat.

Because of the problem of collinearity, separate regression analysis was carried out, focusing on emotional dependency as the predictor variable. Tables 27 display the regression model for examining relationships (well-being) between emotional dependency and relationships (well-being) across different groups.

Table 27

Regression Coefficients of Emotional Dependency on Relationships

		B	SE	β	t	p
1	(Intercept)^O	25.444	0.958		26.569	< .001
	Emotional Dependency	-0.043	0.013	-0.172	-3.426	< .001
2	(Intercept)^W	26.538	1.270		20.896	< .001
	Emotional Dependency	-0.055	0.017	-0.224	-3.233	0.001
3	(Intercept)^G	26.476	1.400		18.909	< .001
	Emotional Dependency	-0.056	0.018	-0.221	-3.101	0.002
4	(Intercept)$^{W-U}$	25.755	1.876		13.726	< .001
	Emotional Dependency	-0.051	0.025	-0.198	-2.002	0.048
5	(Intercept)$^{W-G}$	27.314	1.722		15.862	< .001
	Emotional Dependency	-0.059	0.023	-0.252	-2.583	0.011

Note. O = Overall Sample, G = Gujarat, W = Women, W-G = Women – Gujarat, W-U = Women – Uttarakhand
Note. Emotional Dependency was considered but not included for entire sample of men, Uttarakhand, men in Uttarakhand and men in Gujarat as no meaningful information could be obtained.

Linear regression showed that emotional dependency can significantly predict relationships (well-being) in the overall sample, $F(1, 383) = 11.737$, p<.001, using the following regression equation:

Relationships (Well-being) = 25.444 – 0.043* (Emotional Dependency)

Three percent of the variation in relationships (well-being) in the overall sample can be significantly accounted for by emotional dependency (β = -0.172, t = -3.426, p <.001).

Similarly, emotional dependency significantly predicted relationships (well-being) in different groups, the details of which are shown in Table 27.

The highlights are as follows:

- Emotional dependency did not significantly predict relationships (well-being) among men, either for overall sample of men or within the two states.

- Emotional dependency was not a very good predictor of relationships (well-being), as evidenced by the low R^2 values: overall $R^2 = 0.030$, women $R^2 = 0.050$, Gujarat $R^2 = 0.049$, women – Uttarakhand $R^2 = 0.039$ and women – Gujarat $R^2 = 0.064$.

Influence of Different Study Variables on Positive Emotions (Well-being). Table 28 presents the regression model that offers the best fit of the study variables on positive emotions (well-being) across different study groups, based on the highest R^2 values and significant predictors with statistical significance at $p < 0.05$.

Table 28

Regression Coefficients of Different Study Variables on Positive Emotions (Well-being)

		B	SE	β	t	p
1	(Intercept)[O]	20.463	1.516		13.497	< .001
	Fear of loneliness	-0.199	0.052	-0.190	-3.829	< .001
	Relationship Satisfaction	0.223	0.051	0.210	4.360	< .001
	Relationship Conflict	-0.109	0.036	-0.150	-3.027	0.003
2	(Intercept)[M]	20.485	1.901		10.778	< .001
	Relationship Satisfaction	0.144	0.065	0.162	2.223	0.027
	Relationship Conflict	-0.102	0.049	-0.152	-2.086	0.038
3	(Intercept)[W]	18.099	2.403		7.533	< .001
	Fear of loneliness	-0.297	0.069	-0.285	-4.291	< .001
	Relationship Satisfaction	0.364	0.082	0.286	4.446	< .001
	Relationship Conflict	-0.111	0.051	-0.145	-2.181	0.030
4	(Intercept)[G]	23.017	2.385		9.649	< .001
	Relationship Conflict	-0.224	0.055	-0.286	-4.114	< .001
	Relationship Satisfaction	0.215	0.078	0.186	2.757	0.006
	Fear of loneliness	-0.149	0.070	-0.147	-2.120	0.035
5	(Intercept)[U]	12.693	3.308		3.837	< .001
	Fear of loneliness	-0.245	0.073	-0.227	-3.343	< .001
	Relationship Satisfaction	0.216	0.067	0.219	3.228	0.001
	Female	0.166	0.075	0.150	2.205	0.029
6	(Intercept)[M-U]	14.260	3.265		4.368	< .001
	Female	0.225	0.094	0.240	2.389	0.019

7	(Intercept)[W-U]	14.001	2.884		4.855	< .001
	Relationship Satisfaction	0.459	0.109	0.367	4.211	< .001
	Fear of loneliness	-0.414	0.101	-0.359	-4.111	< .001
8	(Intercept)[M-G]	21.776	3.094		7.039	< .001
	Relationship Conflict	-0.265	0.076	-0.339	-3.479	< .001
	Relationship Satisfaction	0.236	0.102	0.226	2.322	0.023
9	(Intercept)[W-G]	28.559	1.602		17.831	< .001
	Relationship Conflict	-0.266	0.074	-0.342	-3.599	< .001

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian, Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction, Borderline Expression, and Search for attention

The highlights of the stepwise regression of different study variables on positive

emotions (well-being) are as follows:

- The best predictions of positive emotions (well-being) were obtained for women in

  Uttarakhand (R^2 = .262), overall population of women (R^2 = .202), and men in

  Gujarat (R^2 = .170).

- Relationship satisfaction, relationship conflict and fear of loneliness (emotional

  dependency) were the most frequently identified significant predictors of positive

  emotions (well-being) across various groups.

- Female gender roles (gender role beliefs) were significant predictors of positive

  emotions (well-being) within overall Uttarakhand and among men in the state of

  Uttarakhand.

Because of the problem of collinearity, separate regression analysis was carried out,

focusing on emotional dependency as the predictor variable. Table 29 display the regression

model for examining relationship between emotional dependency and positive emotions

(well-being) across different groups.

Table 29

Regression Coefficients of Emotional Dependency on Positive Emotions (Well-being)

		B	SE	β	t	p
1	(Intercept)^O	24.818	0.796		31.188	< .001
	Emotional Dependency	-0.034	0.011	-0.163	-3.238	0.001
2	(Intercept)^W	26.463	1.083		24.437	< .001
	Emotional Dependency	-0.054	0.015	-0.256	-3.724	< .001
3	(Intercept)^G	25.623	1.121		22.850	< .001
	Emotional Dependency	-0.041	0.014	-0.202	-2.825	0.005
4	(Intercept)$^{W-U}$	26.618	1.604		16.592	< .001
	Emotional Dependency	-0.062	0.022	-0.278	-2.864	0.005
5	(Intercept)$^{W-G}$	26.364	1.462		18.031	< .001
	Emotional Dependency	-0.047	0.020	-0.237	-2.412	0.018

Note. O = Overall Sample, G = Gujarat, W = Women, W-G = Women – Gujarat, W-U = Women – Uttarakhand
Note. Emotional Dependency was considered but not included for overall sample of men, Uttarakhand, men in Uttarakhand and men in Gujarat as no meaningful information could be obtained.

Linear regression showed that emotional dependency can significantly predict relationships in the overall sample, $F(1, 383) = 10.484$, $p = .001$, using the following regression equation:

Positive Emotions (well-being) = 24.818 – 0.034* (Emotional Dependency)

A variance of 2.7% in positive emotions (well-being) in the overall sample can be significantly accounted for by emotional dependency ($\beta = -0.172$, $t = -3.426$, $p < .001$). Similarly, emotional dependency significantly predicted positive emotions (well-being) in different groups, the details of which are mentioned in Table 28.

The highlights are as follows:

- Emotional dependency did not significantly predict positive emotions (well-being) among men, either overall sample of men or within the specific states.

- Emotional dependency was not a very good predictor of positive emotions (well-being), as evidenced by the low R^2 values: overall $R^2 = 0.027$, women $R^2 = 0.065$, Gujarat $R^2 = 0.041$, women – Uttarakhand $R^2 = 0.077$ and women – Gujarat $R^2 = 0.056$.

Influence of Study Variables on Accomplishment (Well-Being). Table 30 presents

the regression model that offers the best fit of the study variables on accomplishment across

different study groups, based on the highest R^2 values and significant predictors with

statistical significance at p <.0.05.

Table 30

Regression Coefficients of Different Study Variables on Accomplishment (Well-Being)

		B	SE	β	t	p
1	(Intercept)[O]	23.032	2.171		10.608	< .001
	Relationship Satisfaction	0.205	0.052	0.193	3.946	< .001
	Relationship Conflict	-0.102	0.037	-0.140	-2.784	0.006
	Fear of loneliness	-0.135	0.053	-0.129	-2.546	0.011
	Male	-0.122	0.056	-0.108	-2.196	0.029
2	(Intercept)[M]	21.099	1.542		13.685	< .001
	Affective Expression	0.190	0.072	0.192	2.631	0.009
	Relationship Conflict	-0.118	0.053	-0.164	-2.245	0.026
3	(Intercept)[W]	15.849	2.052		7.724	< .001
	Fear of loneliness	-0.225	0.071	-0.228	-3.152	0.002
	Relationship Satisfaction	0.359	0.078	0.298	4.606	< .001
	Borderline Expression	-0.229	0.108	-0.153	-2.118	0.035
4	(Intercept)[G]	21.877	3.298		6.633	< .001
	Relationship Conflict	-0.133	0.052	-0.181	-2.528	0.012
	Egalitarian	0.236	0.084	0.205	2.801	0.006
	Male	-0.166	0.070	-0.174	-2.367	0.019
	Fear of loneliness	-0.146	0.068	-0.153	-2.137	0.034
5	(Intercept)[U]	17.025	2.058		8.272	< .001
	Relationship Satisfaction	0.258	0.072	0.249	3.577	< .001
	Relationship Conflict	-0.112	0.049	-0.157	-2.263	0.025
6	(Intercept)[M-U]	16.702	1.747		9.559	< .001
	Affective Expression	0.285	0.103	0.276	2.773	0.007
7	(Intercept)[W-U]	14.743	3.216		4.585	< .001
	Relationship Satisfaction	0.470	0.108	0.378	4.331	< .001
	Borderline Expression	-0.395	0.165	-0.223	-2.393	0.019
	Affective Expression	-0.183	0.089	-0.194	-2.066	0.042
8	(Intercept)[M-G]	27.042	1.740		15.541	< .001
	Relationship Conflict	-0.228	0.080	-0.289	-2.834	0.006
9	(Intercept)[W-G]	18.814	3.635		5.176	< .001
	Fear of loneliness	-0.263	0.077	-0.318	-3.396	< .001
	Egalitarian	0.300	0.106	0.294	2.830	0.006
	Male	-0.201	0.090	-0.233	-2.232	0.028

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand

Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian, Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction, Borderline Expression, and Search for attention

The highlights of the stepwise regression of different study variables on accomplishment (well-being) are provided below:

- Accomplishment (well-being) was predicted within the groups by different variables such as relationship satisfaction, relationship conflict, fear of loneliness (emotional dependency), affective expression (emotional dependency), egalitarian gender roles (gender role beliefs), and male gender roles (gender role beliefs).

- Accomplishment (well-being) was best predicted among the women in Uttarakhand (R^2 = .276) followed by the overall sample of women (R^2 = .181), and women in Gujarat (R^2 = .176).

- Borderline expression (emotional dependency) was a significant predictor of accomplishment (well-being), specifically among women.

Relationship Between Emotional Dependency and Accomplishment (Well-Being). Because of the problem of collinearity, separate regression analysis was carried out, focusing on emotional dependency as the predictor variable. Table 31 display the regression model for examining relationship between emotional dependency and accomplishment (well-being) across different groups.

Table 31

Regression Coefficients of Emotional Dependency on Accomplishment (Well-Being)

		B	SE	β	t	p
1	(Intercept)[W]	25.510	1.025		24.882	< .001
	Emotional Dependency	-0.051	0.014	-0.255	-3.716	< .001
2	(Intercept)[W-U]	26.005	1.590		16.353	< .001
	Emotional Dependency	-0.066	0.021	-0.296	-3.065	0.003
3	(Intercept)[W-G]	25.112	1.288		19.491	< .001
	Emotional Dependency	-0.038	0.017	-0.218	-2.206	0.030

Note. W = Women, W-G = Women – Gujarat, W-U = Women – Uttarakhand
Note. Emotional Dependency was considered but not included for overall sample, overall sample of men, Uttarakhand, Gujarat, men in Uttarakhand and men in Gujarat as no meaningful information could be obtained.

Linear regression showed that emotional dependency significantly predicted accomplishment (well-being) among women, overall sample of women as well as in both the states. However, Emotional dependency was not a very good predictor of positive emotions, as evidenced by the low R^2 values: women $R^2 = 0.065$, women – Uttarakhand $R^2 = 0.087$

Influence of Different Study Variables on Engagement (Well-Being). Table 32 presents the regression model that offers the best fit of the study variables on engagement across different study groups, based on the highest R^2 values and significant predictors with statistical significance at $p < .0.05$.

Table 32

Regression Coefficients of Different Study Variables on Engagement (Well-Being)

		B	SE	β	t	p
1	(Intercept)^O	18.778	1.256		14.945	< .001
	Relationship Satisfaction	0.142	0.049	0.147	2.917	0.004
2	(Intercept)^W	17.155	2.002		8.571	< .001
	Relationship Satisfaction	0.218	0.078	0.195	2.791	0.006
3	(Intercept)^G	9.238	3.166		2.918	0.004
	Egalitarian	0.250	0.073	0.240	3.443	< .001
	Relationship Satisfaction	0.184	0.068	0.188	2.696	0.008
4	(Intercept)$^{W-U}$	8.297	7.049		1.177	0.242
	Borderline Expression	-0.348	0.156	-0.216	-2.235	0.028
	Egalitarian	0.401	0.180	0.215	2.226	0.028
5	(Intercept)$^{M-G}$	9.372	4.376		2.142	0.035
	Egalitarian	0.355	0.118	0.306	3.014	0.003
6	(Intercept)$^{W-G}$	15.863	3.401		4.663	< .001
	Egalitarian	0.211	0.093	0.222	2.258	0.026

Note. O = Overall Sample, G = Gujarat, W = Women, M-G = Men – Gujarat, W-G = Women – Gujarat, W-U = Women – Uttarakhand

Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian, Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction, Borderline Expression, and Search for attention

Note. All the covariates were considered but not included for entire sample of men, Uttarakhand and men in Uttarakhand as no meaningful information could be obtained.

The predictor variables did not yield strong predictions for engagement (well-being), as indicated by the low R-square values: overall $R^2 = 0.022$, women $R^2 = 0.038$, Gujarat $R^2 = 0.093$, women – Uttarakhand $R^2 = 0.099$, men – Gujarat $R^2 = 0.094$ and women – Gujarat R^2

= 0.049. Majorly, relationship satisfaction and egalitarian gender roles (gender role beliefs) were the predictors of engagement.

Relationship Between Emotional Dependency and Engagement (Well-Being). Because of the problem of collinearity, separate regression analysis was carried out, focusing on emotional dependency as the predictor variable and engagement (well-being) as the dependent variable. The analysis showed that Emotional dependency was not a significant predictor of engagement (well-being).

Influence of Different Study Variables on Happiness (Well-Being). Table 33 presents the regression model that offers the best fit of the study variables on happiness across different study groups, based on the highest R^2 values and significant predictors with statistical significance at p <.0.05.

Table 33

Regression Coefficients of Different Study Variables on Happiness (Well-Being)

		B	SE	β	t	p
1	(Intercept)[O]	5.873	0.629		9.344	< .001
	Relationship Satisfaction	0.120	0.021	0.274	5.680	< .001
	Relationship Conflict	-0.047	0.015	-0.157	-3.169	0.002
	Fear of loneliness	-0.043	0.022	-0.100	-2.014	0.045
2	(Intercept)[M]	6.149	0.798		7.709	< .001
	Relationship Satisfaction	0.092	0.027	0.241	3.392	< .001
	Relationship Conflict	-0.052	0.021	-0.179	-2.522	0.013
3	(Intercept)[W]	4.027	0.867		4.644	< .001
	Relationship Satisfaction	0.180	0.033	0.353	5.421	< .001
	Fear of loneliness	-0.099	0.027	-0.236	-3.624	< .001
4	(Intercept)[G]	5.820	1.049		5.549	< .001
	Relationship Satisfaction	0.140	0.034	0.278	4.084	< .001
	Relationship Conflict	-0.079	0.023	-0.232	-3.416	< .001
5	(Intercept)[U]	5.045	0.705		7.151	< .001
	Relationship Satisfaction	0.097	0.027	0.251	3.603	< .001
6	(Intercept)[W-U]	2.793	1.080		2.585	0.011
	Relationship Satisfaction	0.217	0.041	0.467	5.316	< .001
	Fear of loneliness	-0.079	0.038	-0.184	-2.094	0.039
7	(Intercept)[M-G]	4.715	1.318		3.577	< .001
	Relationship Satisfaction	0.169	0.043	0.376	3.909	< .001
	Relationship Conflict	-0.073	0.032	-0.217	-2.260	0.026
8	(Intercept)[W-G]	10.030	0.706		14.204	< .001
	Relationship Conflict	-0.098	0.033	-0.291	-3.010	0.003

Note. O = Overall Sample, M = Men, W = Women, G = Gujarat, U = Uttarakhand, M-G = Men – Gujarat, W-G = Women – Gujarat, W-U = Women – Uttarakhand
Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian, Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction, Borderline Expression, and Search for attention
Note. All the covariates were considered but not included for men in Uttarakhand as no meaningful information could be obtained.

The highlights of the stepwise regression of different study variables on happiness (well-being) are as follows:

- The best predictions for happiness (well-being) were found in women from Uttarakhand (R^2 = .251), followed by men in Gujarat (R^2 = .198), and overall sample of women (R^2 = .169).

- Relationship conflict, relationship satisfaction and fear of loneliness (emotional dependency) were identified as the predictors of happiness.

Relationship Between Emotional Dependency and Happiness (Well-Being).

Because of the problem of collinearity, separate regression analysis was carried out, focusing on emotional dependency as the predictor variable. Table 34 display the regression model for examining relationship between emotional dependency and happiness (well-being) across different groups.

Table 34

Regression Coefficients of Emotional Dependency on Happiness (Well-Being)

		B	SE	β	t	p
1	(Intercept)[W]	8.700	0.445		19.538	< .001
	Emotional Dependency	-0.013	0.006	-0.149	-2.115	0.036
2	(Intercept)[G]	8.778	0.492		17.848	< .001
	Emotional Dependency	-0.014	0.006	-0.164	-2.273	0.024

Note. W = Women, G = Gujarat
Note. Emotional Dependency was considered but not included for overall sample, overall sample of men, Uttarakhand, women in Uttarakhand, women in Gujarat, men in Uttarakhand and men in Gujarat as no meaningful information could be obtained.

Linear regression analysis showed that emotional dependency significantly predicted happiness (well-being) specifically in two groups, among women, and in the state of Gujarat.

Influence of Study Variables on Health (Well-Being). Table 35 presents the regression model that offers the best fit of the study variables on health (well-being) across different study groups, based on the highest R^2 values and significant predictors with statistical significance at p <.0.05.

Table 35

Regression Coefficients of Different Study Variables on Health (Well-Being)

		B	SE	β	t	p
1	(Intercept)[O]	17.357	2.137		8.123	< .001
	Relationship Satisfaction	0.259	0.073	0.178	3.571	< .001
	Relationship Conflict	-0.147	0.050	-0.148	-2.969	0.003
2	(Intercept)[M]	18.114	2.857		6.340	< .001
	Relationship Conflict	-0.248	0.072	-0.250	-3.458	< .001
	Relationship Satisfaction	0.253	0.091	0.193	2.771	0.006
	Separation Anxiety	0.188	0.060	0.243	3.115	0.002
	Borderline Expression	-0.391	0.146	-0.208	-2.675	0.008

3	(Intercept)[W]	13.334	2.977		4.480	$< .001$
	Relationship Satisfaction	0.354	0.114	0.214	3.098	0.002
	Fear of loneliness	-0.211	0.094	-0.156	-2.255	0.025
4	(Intercept)[G]	17.506	3.438		5.091	$< .001$
	Relationship Conflict	-0.319	0.080	-0.292	-4.005	$< .001$
	Relationship Satisfaction	0.313	0.111	0.194	2.814	0.005
	Separation Anxiety	0.109	0.055	0.144	1.984	0.049
5	(Intercept)[U]	17.333	2.524		6.868	$< .001$
	Borderline Expression	-0.346	0.138	-0.178	-2.514	0.013
	Relationship Satisfaction	0.206	0.094	0.154	2.177	0.031
6	(Intercept)[W-U]	26.582	2.331		11.402	$< .001$
	Affective Expression	-0.361	0.131	-0.269	-2.760	0.007
7	(Intercept)[M-G]	20.359	4.995		4.075	$< .001$
	Relationship Conflict	-0.435	0.123	-0.342	-3.540	$< .001$
	Relationship Satisfaction	0.422	0.164	0.249	2.571	0.012
8	(Intercept)[W-G]	12.998	3.855		3.372	0.001
	Relationship Satisfaction	0.303	0.149	0.202	2.037	0.044

Note. O = Overall Sample, M = Men, W = Women, G = Gujarat, U = Uttarakhand, M-G = Men – Gujarat, W-G = Women – Gujarat, W-U = Women – Uttarakhand
Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian, Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction, Borderline Expression, and Search for attention
Note. All the covariates were considered but not included for men in Uttarakhand as no meaningful information could be obtained.

The highlights of the stepwise regression of different study variables on health (well-being) are as follows:

- Health (well-being) was best predicted among men in Gujarat ($R^2 = .189$), overall sample of men ($R^2 = .140$) and in the state of Gujarat ($R^2 = .131$).

- Relationship satisfaction and relationship conflict were best identified as the significant predictor of health within various groups.

- Affective expression (emotional dependency) was the significant predictor of health (well-being) exclusively among women in Uttarakhand.

- Separation anxiety (emotional dependency) was significant predictor of health (well-being) specifically in Gujarat and among men.

- Borderline expression (emotional dependency) was identified as the significant predictor exclusively in Uttarakhand.

Relationship Between Emotional dependency and Health (Well-Being). Because

of the problem of collinearity, separate regression analysis was carried out, focusing on

emotional dependency as the predictor variable. Linear regression was carried out to find the

relationship between emotional dependency and health (well-being). The analysis showed

that emotional dependency was not a significant predictor of health (well-being).

Influence of Different Study Variables on Meaning (Well-Being). Table 36

presents the regression model that offers the best fit of the study variables on meaning (well-

being) across different study groups.

Table 36

Regression Coefficients of Different Study Variables on Meaning (Well-Being)

		B	SE	β	t	p
1	(Intercept)^O	19.937	1.708		11.673	< .001
	Relationship Satisfaction	0.235	0.058	0.201	4.078	< .001
	Relationship Conflict	-0.110	0.040	-0.138	-2.731	0.007
	Fear of loneliness	-0.126	0.059	-0.109	-2.153	0.032
2	(Intercept)^M	20.563	2.239		9.185	< .001
	Relationship Satisfaction	0.202	0.076	0.190	2.648	0.009
	Relationship Conflict	-0.148	0.058	-0.185	-2.569	0.011
3	(Intercept)^W	16.546	2.314		7.151	< .001
	Relationship Satisfaction	0.324	0.089	0.246	3.652	< .001
	Fear of loneliness	-0.262	0.073	-0.242	-3.598	< .001
4	(Intercept)^G	20.250	2.534		7.991	< .001
	Relationship Conflict	-0.218	0.056	-0.265	-3.893	< .001
	Relationship Satisfaction	0.292	0.083	0.241	3.531	< .001
5	(Intercept)^U	17.783	2.098		8.476	< .001
	Relationship Satisfaction	0.173	0.080	0.153	2.152	0.033
6	(Intercept)$^{M-U}$	17.977	1.973		9.111	< .001
	Affective Expression	0.267	0.116	0.231	2.294	0.024
7	(Intercept)$^{W-U}$	14.338	3.278		4.373	< .001
	Relationship Satisfaction	0.406	0.124	0.306	3.278	0.001
	Fear of loneliness	-0.303	0.114	-0.247	-2.648	0.009
8	(Intercept)$^{M-G}$	18.151	3.245		5.593	< .001
	Relationship Satisfaction	0.438	0.107	0.378	4.112	< .001
	Relationship Conflict	-0.290	0.080	-0.334	-3.632	< .001
9	(Intercept)$^{W-G}$	26.982	1.661		16.248	< .001
	Relationship Conflict	-0.183	0.077	-0.234	-2.387	0.019

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G
= Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian,
Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction,
Borderline Expression, and Search for attention

The highlights of the stepwise regression of different study variables on meaning (well-being) are as follows:

- Relationship conflict, relationship satisfaction and fear of loneliness (emotional dependency) were identified as the most recurring significant predictors of meaning (well-being) across various groups.

- Meaning (well-being) was best predicted among men in Gujarat (R^2 = .268), followed by women n Uttarakhand (R^2 = .154), and in the state of Gujarat (R^2 = .143).

Relationship Between Emotional dependency and Meaning (Well-Being).

Because of the problem of collinearity, separate regression analysis was carried out, focusing on emotional dependency as the predictor variable. Table 37 display the regression model for examining relationship between emotional dependency and meaning (well-being) across different groups.

Table 37

Regression Coefficients of Emotional Dependency on Meaning (Well-Being)

		B	SE	β	t	p
1	(Intercept)^W	25.562	1.141		22.398	< .001
	Emotional Dependency	-0.041	0.015	-0.187	-2.680	0.008
2	(Intercept)$^{W-U}$	25.992	1.726		15.060	< .001
	Emotional Dependency	-0.054	0.023	-0.230	-2.344	0.021

Note. W = Women, W-U = Women - Uttarakhand
Note. Emotional Dependency was considered but not included for overall sample, overall sample of men, Uttarakhand, Gujarat, women in Gujarat, men in Uttarakhand and men in Gujarat as no meaningful information could be obtained

Linear regression analysis showed that emotional dependency significantly predicted happiness (well-being) specifically in two groups, among overall sample of women and women in the state of Uttarakhand.

Influence of Study Variables on Loneliness (Well-Being) .Table 38 presents the regression model that offers the best fit of the study variables on loneliness (well-being) across different study groups, based on the highest R^2 values and significant predictors with statistical significance at $p < .0.05$.

Table 38

Regression Coefficients of Study Variables on Loneliness (Well-Being)

		B	SE	β	t	p
1	(Intercept)[O]	-0.183	0.534		-0.342	0.732
	Fear of loneliness	0.265	0.035	0.386	7.681	< .001
	Relationship Conflict	0.070	0.022	0.147	3.201	0.001
	Modification of Plans	0.063	0.030	0.103	2.084	0.038
2	(Intercept)[M]	1.351	0.447		3.022	0.003
	Fear of loneliness	0.253	0.054	0.354	4.691	< .001
	Borderline Expression	0.140	0.065	0.163	2.159	0.032
3	(Intercept)[W]	-1.551	0.815		-1.904	0.058
	Fear of loneliness	0.239	0.046	0.356	5.165	< .001
	Affective Expression	0.130	0.041	0.213	3.153	0.002
	Relationship Conflict	0.075	0.031	0.152	2.467	0.014
4	(Intercept)[G]	1.655	0.412		4.014	< .001
	Fear of loneliness	0.324	0.046	0.460	7.107	< .001
5	(Intercept)[U]	7.544	1.792		4.211	< .001
	Fear of loneliness	0.231	0.048	0.347	4.844	< .001
	Marriage	-0.172	0.047	-0.226	-3.637	< .001
	Borderline Expression	0.167	0.063	0.188	2.655	0.009
6	(Intercept)[M-U]	1.949	0.509		3.827	< .001
	Fear of loneliness	0.295	0.062	0.442	4.746	< .001
7	(Intercept)[W-U]	6.985	2.328		3.001	0.003
	Fear of loneliness	0.187	0.068	0.278	2.773	0.007
	Marriage	-0.210	0.060	-0.281	-3.479	< .001
	Borderline Expression	0.209	0.094	0.202	2.214	0.029
	Affective Expression	0.113	0.052	0.205	2.159	0.033
8	(Intercept)[M-G]	0.833	0.713		1.168	0.246
	Fear of loneliness	0.265	0.077	0.347	3.439	< .001
	Borderline Expression	0.209	0.094	0.224	2.219	0.029
9	(Intercept)[W-G]	-0.427	0.992		-0.431	0.667
	Fear of loneliness	0.253	0.064	0.379	3.973	< .001
	Affective Expression	0.161	0.064	0.240	2.517	0.013

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand
Total Covariates considered: Separation Anxiety, Affective Expression, Modification of Plans, Egalitarian, Marriage, Female, Male, Traditional, Fear of loneliness, Relationship Conflict, Relationship Satisfaction, Borderline Expression, and Search for attention

The highlights of the stepwise regression of different study variables on loneliness (well-being) are as follows:

- Fear of loneliness was one of the significant predictors of loneliness (well-being) across all the groups. Borderline expression (emotional dependency) was also a recurring significant predictor of loneliness.

- Relationship conflict was significant predictor of loneliness (well-being) exclusively within the overall sample and among women.

- Loneliness (well-being) was best predicted among women in Uttarakhand ($R^2 = .397$), overall sample of women ($R^2 = .306$), in the state of Uttarakhand ($R^2 = .291$) closely followed by women in Gujarat ($R^2 = .280$)

- Affective expression (emotional dependency) was a significant predictor of loneliness (well-being) only among women, overall and in both the states.

- Marriage gender roles (female gender roles) were significant predictor of loneliness (well-being) specifically in the state of Uttarakhand and among women in the state of Uttarakhand.

Relationship Between Emotional Dependency and Loneliness (Well-Being).

Because of the problem of collinearity, separate regression analysis was carried out, focusing on emotional dependency as the predictor variable. Table 39 displays the regression model for examining relationship between emotional dependency and loneliness (well-being) across different groups.

Table 39

Regression Coefficients of Emotional Dependency on Loneliness (Well-Being)

		B	SE	β	t	p
1	(Intercept)^O	-0.055	0.481		-0.114	0.909
	Emotional Dependency	0.057	0.006	0.419	9.028	< .001
2	(Intercept)^M	0.798	0.746		1.069	0.286
	Emotional Dependency	0.044	0.010	0.320	4.563	< .001
3	(Intercept)^W	-0.743	0.623		-1.192	-1.192
	Emotional Dependency	0.068	0.008	0.503	8.193	8.193
4	(Intercept)^G	0.023	0.726		0.031	0.975
	Emotional Dependency	0.057	0.009	0.403	6.030	< .001
5	(Intercept)^U	-0.123	0.639		-0.192	0.848
	Emotional Dependency	0.058	0.009	0.435	6.714	< .001
6	(Intercept)$^{M-U}$	0.989	0.997		0.992	0.324
	Emotional Dependency	0.043	0.013	0.314	3.190	0.002
7	(Intercept)$^{W-U}$	-1.014	0.823		-1.232	0.221
	Emotional Dependency	0.070	0.011	0.537	6.304	<.001
8	(Intercept)$^{M-G}$	0.476	1.152		0.413	0.681
	Emotional Dependency	0.047	0.014	0.329	3.268	0.002
9	(Intercept)$^{W-G}$	-0.473	0.937		-0.505	0.615
	Emotional Dependency	0.067	0.013	0.476	5.362	<.001

Note. O = Overall Sample, G = Gujarat, U = Uttarakhand, W = Women, M = Men, M-G = Men – Gujarat, W-G = Women – Gujarat, M-U = Men – Uttarakhand, W-U = Women – Uttarakhand

Linear regression showed that emotional dependency can significantly predict loneliness (well-being) in the overall sample, $F(1, 383) = 81.513$, $p = .001$, using the following regression equation:

Loneliness (well-being) = – 0.034 + 0.057* (Emotional Dependency)

A variance of 17.5% in loneliness in the overall sample can be significantly accounted for by emotional dependency ($\beta = 0.419$, $t = 9.028$, $p < .001$). Similarly, emotional dependency significantly predicted loneliness (well-being) in different groups, the details of which are mentioned in Table 38.

The highlights are as follows:

- Emotional dependency significantly predicted loneliness (well-being) across all the groups, except for men living in the state of Uttarakhand.

- Loneliness (well-being) was best predicted among women in Uttarakhand ($R^2 =$ 0.289), overall sample of women ($R^2 = 0.253$), and among women in Gujarat ($R^2 =$ 0.227).

Summary of Quantitative Results (Question-wise)

Research Question 1: What is the influence of select personal and demographic variables (gender, age, state, education and family type) on emotional dependency in individuals currently in romantic relationships?

- Higher is the age, lower is the level of emotional dependency on the partner.

- There were no overall significant gender differences in emotional dependency, but it is significantly higher among men in Gujarat compared to women in Gujarat. There were no significant gender differences in the state of Uttarakhand.

- Emotional Dependency is higher among men – overall and subscales, except fear of loneliness and affective expression which is higher in women (trends as per mean values).

Influence of regional differences on emotional dependency

- Emotional Dependency is higher in Gujarat – overall and subscales except affective expression which is higher in Uttarakhand (trends as per the mean values).

- No overall state differences in emotional dependency emerged, but it is significantly higher among men in Gujarat than men in Uttarakhand.

Research question 2: How do gender role beliefs influence emotional dependency in romantic relationships?

- Gender role beliefs are a significant predictor of emotional dependency with a negative correlation between them.

- Female gender roles are the most recurring significant predictor of emotional dependency and its sub-scales.

Research Question 3: How does emotional dependency influence relationship conflict and relationship satisfaction?

- Overall emotional dependency, borderline expression (emotional dependency) and separation anxiety (emotional dependency) are the most common significant predictors of relationship conflict across different groups.

- Search for attention (emotional dependency) emerged as a significant predictor of relationship satisfaction with a positive correlation between them.

Research Question 4: How do relationship conflict and relationship satisfaction influence well-being?

- Relationship conflict and relationship satisfaction are significant predictors of well-being across all the groups

Influence of study variables on well-being and its sub-scales

- Emotional dependency and fear of loneliness (emotional dependency) are significant predictors of positive emotions (well-being) across all the groups, except men.

- Emotional dependency is a significant predictor of relationship conflict across different groups.

- Emotional dependency, relationship conflict and fear of loneliness (emotional dependency) are the most common predictors of negative emotions (well-being).

- Emotional dependency, relationship conflict, borderline expression (emotional dependency) and fear of loneliness (emotional dependency) are significant predictors of loneliness (well-being).

- Fear of loneliness is a significant predictor of well-being with a negative correlation between them across all the groups, except for men.

- Relationship satisfaction, emotional dependency and relationship conflict are majorly the significant predictors of relationships (well-being) except men in Uttarakhand.

Section II. Qualitative Findings

The following section presents the qualitative findings. The themes that emerged within each main concept love, relationship satisfaction, relationship conflict, emotional dependency and relationship of dependency and well-being are described. Frequencies of responses are given in parenthesis with each theme.

The overall objective of the qualitative interviews was to gain an in-depth understanding of the people's perspectives n different aspects of romantic relationships, with a focus on emotional dependency. The interviews sought to delve into the participants' views on love, relationship dynamics, understanding of different elements of relationship such as satisfaction and conflict, ideas of dependency, societal expectations within romantic relationship with special emphasis on gender and cultural expectations. The purpose was to unravel the nuances of participants' beliefs and experiences in the context of romantic relationships to gain a comprehensive understanding of the interplay of different factors that shape the experiences of romantic relationships and its impact on the mental health and well-being of individuals. The interviews were also conducted with the goal to understand the ways in which individuals usually navigate their relationship and provide insights on how those in similar situations should navigate their relationship.

The qualitative interview schedule includes a section featuring four vignettes, each depicting hypothetical situations in the lives of four couples. The situations are crafted to

align with the various sub-scales of the emotional dependency questionnaire. It aims to understand the individuals' perspectives on the different scenarios related to emotional dependency within a romantic relationship. The subsequent section resents direct verbatim and instances centered on these vignettes.

Understanding of Love

Love was described in terms of individual attributes, behaviors and feelings. Individual attributes refer to the traits and characteristics that a person possesses and expects from the partner with whom they are in a relationship. Attributes such as understanding, non-judgmental, self-identity, loyalty, respect, support, continuous and consistent disciplined efforts, reliance and dependence emerged from the interviews. Behaviors refer to the conduct and etiquettes that an individual exhibits and wishes in return when they are in love. It encompasses the activities in which an individual engages with the sole purpose of sustaining the relationship and making their partner happy. Sharing emotions, expressing care and affection through words and actions, and prioritizing partner's emotions over one's own emotions were some of the behavioral traits that were highlighted in the responses.

The idea of love was discussed in abstract expressions such as love being something deep which cannot be summarized into words. Majority of the participants reported it in terms of strong persisting feelings which are particular to just one person. The following quotes highlights love as a combination of individual attributes, behavioral expectations and feelings.

> I feel love...first of all, there should be loyalty...love is a feeling where you express how much care you have for that person...how much understanding of his situation, good or bad you have towards that person...I feel love is very deep...there is no

certain definition but yeah love for me is care and affection and loyalty. It's like a partner...who is present for when no one isn't...at the end of the day there is someone that you can share your emotions with...you can share things about your day...who will understand you and who will not judge you and be there with you without any conditions. It is something you can rely upon and you can depend upon, you can run to and you can do it really often and something that mutually gives you back that is love (Woman Uttarakhand, 27 years)

The following themes emerged when participants were asked about their understanding of love:

Love is Preserving Self-identity (n = 32). Love was described in terms of having an identity of your own. The importance of not making love central to one's existence was reflected though many instances during the interview. Attributes such as self-identity, maturity, personal space and boundaries emerged as a result of such discussions. An example of the same is as follows:

… It is also important to understand that whoever you are with, you can't forget yourself… you need to have an identity of your own… your relationship should not affect your normal life… You understand each other and you speak to each other most importantly and especially the boundary… you know people have personal space and personal boundaries (Woman, Gujarat, 22 years)

Love is Resilience (n=12). There were a few respondents who described love as something that has the ability to endure challenging as well as mundane circumstances and wanting the presence of the partner. Similar perception around the idea of love was shared by a 19-year-old man residing in Gujarat, who said, "The feeling of not staying without that

person around...I think for me love is a person who you can't ever get bored of… even in the toughest of times… even in the weirdest of times you want that person around".

Love is Transcendent (n=14). Few participants understood love as a very transcendental concept where they believed it to be a power which surpasses beyond what is evident and apparent. It is described as a feeling with the potential to heal humans and impart contentment. It is something which motivates an individual to be the best version of oneself. The following statement by a 25-year-old Gujarati man expresses this sentiment:

Understanding of love is…I don't think after two years into it I have a grasp on it… understanding of love is basically two people sharing particularly strong feelings for each other and caring for each other. Love is a person who you can't ever get bored of… even in the toughest and weirdest of times you want that person around … I have never felt this kind of feeling with any other person yet… I don't know if it's tough to explain love in words… If any, I would answer the feeling of not staying without that person around… thinking about that person… trying to grow with that person…something like that! Love is something which makes you delightful...which enhances your motivation...which brings the best version of you to present in this world...which encourages you to become a better human...and it heals all your pain and it gives you power to face all the situations in this life...the biggest power in this world is power of love... The true feeling without any hidden motive and without any greed….so for me that is the meaning of love (Man, Gujarat, 25 years)

Love is Consistent Efforts (n=23). For a few participants, love was something which a person does on a daily basis with consistent efforts and discipline. It is action oriented and

goes beyond just the words of affirmations and affections. The following quotes highlight the same.

> Love for me is nothing to do with words, like i love you or you are my life…instead I believe in a concept called action speaks louder than words…so if you generally have feelings for someone, you will show it some way in one way or another. it's not just I love you is the only way to convey and secondly, for me it's nothing physical intimacy...it's more about how you catch up on that partner, how you make your partner feel about themselves and how much supportive, understanding and cooperative are you with your partner (Woman, Gujarat, 23 years)

> For me, love is a feeling…It respecting what is already there and supporting which can be achieved. Love is basically a continuous labor which you have to do every day in your living moment.. It's not a burdening labor, it comes from you very effortlessly though it demands a serious discipline.but it is not burdening. So, love is basically a labor for me and in a very consistent way (Woman, Uttarakhand, 27 years)

Love is Empowering (n=18). A small number of participants thought of love as something that enables their partner to achieve their fullest potential and propels them towards happiness. A 28-year-old man in Gujarat expressed, "Love is something which makes you delightful...which enhances your motivation. brings the best version of you in this world...which encourages you to become a better human...a better person…trying to grow with that person…something like that!"

Love Overpowers Gender (n=10). Participants viewed love as a sentiment that surpasses the construct of gender and involves feeling "loved". It was understood as the most fundamental human need which is not impacted by the virtue of being a man or a woman. A

137

23-year-old woman from Gujarat shares,, **"**At the end of the day, everyone wants to feel loved...feel that he or she is being loved or respected more than anything so that's a basic idea of human emotion or expectation, I think it's regardless of the gender".

Relationship Satisfaction

Relationship satisfaction was discussed in terms of attributes, behavior and feelings. Attributes refer to the traits that an individual desires from their partner so that the relationship could become a satisfactory experience for them. Behavior is the reaction and responses expected from the partner as well the willingness to do the same in return so that the relationship could be one that provides satisfaction to the individuals involved. Relationship satisfaction was also discussed in terms of feelings which cannot be described by tangible measures. Figure 6 presents the thematic representation of the understanding of the concept of "relationship satisfaction".

Figure 6

Thematic Representation of Relationship Satisfaction
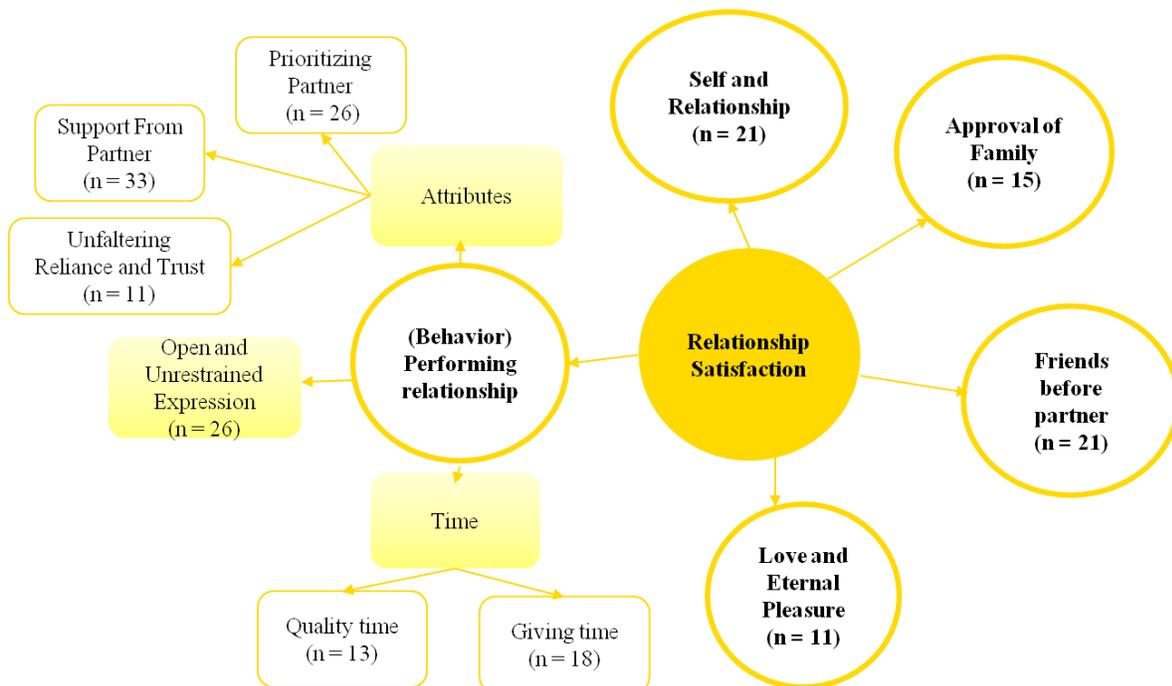
The themes that emerged around the understanding of relationship satisfaction with the participants are described below.

Behavior (Performing Relationship). Communication, giving time, continuous efforts, quality time, listening to the partner were listed as some of the behavioral traits in a relationship which the participants deemed necessary as a prerequisite for a satisfactory relationship. Behavior was further categorized as follows:

Attributes. Support, respect, values, intimacy, self-identity, boundaries are the few attributes listed by the participants that aids in relationship satisfaction.

Support from Partner (n=33). Support and complete cooperation by the partner were a few common desirable attributes listed by the participants that assisted in making the relationship pleasant and satisfying. A 21-year-old woman from Gujarat expressed the same, "For me a relationship would be called satisfactory when the other person cooperates with me completely… whatever I am thinking…what I want to do…he coordinates with me… So if he is cooperating with me, it would be a satisfactory relationship…other than that emotional support and physical support...that's about relationship satisfaction"

Prioritizing Partner (n = 26). Being heard, seen and the presence of the partner were another set of attributes that materialized from the interviews. One similar instance is given below.

> Everything...you should give importance to each other...you should be able to listen to your partner, you should be there when he/she needs you...you should be able to at least consider their preferences... you might be or not might be able to complete all the wishes but at least you should be aware...you should show them that...okay I know you like this or that and physical things and emotional...everything I think... the

perfect proportion of all the things...they are important (Woman, Uttarakhand, 27

years)

Unfaltering Reliance and Trust (n=11). The tendency to have faith in the partner and

the confidence to hold onto them in the face of uncertainties and challenges are some

qualities that participants described as necessary for a satisfactory relationship. The same

sentiment is very vividly conveyed in the following quotation:

Okay… I can define it with a very simple example… I had a very bad day and I am in

a lot of trouble… I am not able to do anything to help myself out… I try to look for

my partner and he or she is not available at that time. It could be I am stuck or he or

she is on a plane right now and I can't approach them anyhow. There is no one else in

the world I could seek to and still I chose to wait, handle it until I am able to reach

them and take advice and share it with them. Depend on them for support without

contacting someone else in their absence. That is what satisfaction means to me…that

no matter what you wait, you hold on until and unless she or he is dead… you can't

but if they are there and they are unavailable due to something and then you choose to

move on with someone else…. Even if it is a friend… when you've given someone

importance in a relationship, obviously your friend would be a secondary person. You

can share no doubt… but it's really bad… like it's the worst day of your life, you just

need support from either God or them. You can choose God until they are

unavailable… but if you choose someone else, it won't be satisfying... it would be

that they are unavailable today for this, tomorrow they are unavailable for something,

then again you would switch to someone else. I hope that answers it (Man, Gujarat,

25 years)

Time. Many participants commented prioritizing the partner and spending quality time together and engaging in common interests as key for relationship satisfaction.

Giving Time (n = 18). Giving time to the partner was one of the more frequently recurring traits that emerged as a factor promoting satisfaction within relationship. A 24-year-old man from Uttarakhand voices, "Majorly, the couple should give time to each other…I believe that the most important factor is time. Time is the most important thing that plays its role…You give your partner time and that is the only thing I believe that will make the other person trust you and give the assurance that this person is into me."

Quality Time (n = 13). Many participants were of the opinion that the quality of time spent with the partner triumphs the amount of time spent together. This category of responses gave value to engaging in shared activities and spending meaningful time with one another. An illustrative instance supporting this notion as expressed by a 23-year-old woman from Gujarat stated, "More quality time with him… Like this is you love but what do we love together... Let's go for a walk or let's go for cycling together and then things are not working well than talking about it."

Open and Unrestrained Expression (n = 13). The confidence and ability to share the strongest of feelings without the fear of being judged or demeaned for those emotions surfaced as other preferred behavior characteristics from the interviews. An illustrative example reinforcing the same idea, as articulated by a 23-year-old woman living in Uttarakhand goes like this, "If you feel yourself with your partner, if you are open enough to express anything that comes to your mind without thinking that how he/she is going to react…that is the most satisfactory part for me…you should be open to talk and discuss anything…there should be open discussion and openness to talk."

One other example expressing the same sentiment is described below:

If you can share openly about anything to your partner… because you know the role

of partner is very different than your parents and friends... so if you can without

thinking once that what my partner will think, if you can cry openly...you can cry or

nag like a baby in front of him...I am not saying in a negative way... sometimes your

mood, sometimes your hormones, sometimes your situations affect you in such a way

that you want to share your feelings...whether you had a bad day or anything...so if

you can share openly without hesitating then yeah, it's good (Woman, Gujarat, 26

years).

Self and Relationship (n = 21). Being able to maintain self-identity and individuality

were also discussed among the many attributes essential for a satisfactory relationship. An

example of one such comment as stated by 20-year-old woman from Uttarakhand sounds like

this, "When your partner gives you the right to… whatever is your personality, gives you the

right to do as you wish… that freedom is more important to me and if you feel yourself with

your partner..That thing should be mutual and have boundaries… not too much overbearing

sort of… and there should be no dependency."

Friends Before Partner (n = 21). Relationship satisfaction was spoken about in

terms of other relationships like friendship. Satisfaction in a romantic relationship was

associated with friendship and the subsequent impact of those relationships on the romantic

relationship of the individual. Friendship was considered as a very essential prerequisite for a

strong connection and understanding between the partners, ultimately leading to a

satisfactory relationship. In the words of a 24-year old man from Gujarat,

I think friendship between the partners is most important. The best of friends you are, the easier it will be for your partner to share things with you...they will be open to you about everything and they'll share each and every good and bad with you. Friendship is also important because you are comfortable together…you are aware of each other's good and bad qualities and both are happy each other…so friendship paves way for a very strong bond between the partners. (Man, Gujarat, 24 years)

Approval of Family (n = 15). Family's approval of the partner and the relationship emerged as one of the factors that contribute to relationship satisfaction.

If the relationship is acceptable by my family and everyone around me I'll have an inner satisfaction that this person is mine. I'll be more open with him… It's not like that this person is not according to my family but I'm still talking to him and will talk to someone else later…So for me a relationship is satisfactory where you are sure that the person is as per your family and everyone is comfortable and you feel this is the best…the relationship will last forever (Woman, Uttarakhand, 21 years)

Love and Eternal Pleasure (n = 11). Satisfaction derived from a relationship was contended by the interviewees to be eternal and not merely about temporary physical pleasures. The participants also referred to the feelings of affection that accompanies when one is in a happy relationship as a factor in relationship satisfaction. As 28 year old Gujarati man thought of relationship satisfaction as a concept that surpasses physical pleasure, which he expressed in these words, "Relationship satisfaction is something that would satisfy your soul. It's not something that gives you temporary pleasure. It is not physical pleasure….it is something that your partner gives your soul. Immense pleasure that is life-long pleasure."

Love as an imperative to relationship satisfaction was described as something which is performed everyday with consistent efforts and not just giving to the natural connection. That connection was opined to be maintained and sustained everyday by "doing" love. Love was not ruled out as a commodity which is passive and happens on its own accord. The following quotations encapsulate the understanding of relationship satisfaction in terms of feelings and emotions.

> Love is one of the governing factors that keeps the engine… that keeps the process going… it's not like that now we are together or we are married and now everything is sorted… You have to again start from scratch and perform love everyday... It is a much disciplined hard work… Love is essential for a happy satisfactory relationship...It is not easy or a mundane thing to do… it's something very sacred…so we need to see that (Woman, Uttarakhand, 25 years)

Gender and Relationship Satisfaction

The following segment covers the role of gender in relationship satisfaction in a romantic relationship. It describes the differences and similarities in the preferences of men and women regarding the factors that trigger gender differences in relationship satisfaction. Next, the impact of societal conditioning on gender and the combinative influence of the two on relationship satisfaction are also discussed.

Love Triumphing Gender (n = 23). The need to feel loved and emotional closeness with the partner overpowered the impact of gender influences on relationship satisfaction for majority of the participants interviewed. Highlighting the same, a 23-year-old woman from Uttarakhand expressed, "At the end of the day, everyone wants to feel loved...feel that he or she is being loved or respected more than anything so that's a basic idea of human emotion or expectation".

Along similar lines, a 27-year-old man from Uttarakhand expressed, "Both are humans…human can earn money but there is really hard to earn love and both…man and woman seek for love only and love is a complete word... which has all the things inside it...satisfaction, soul satisfaction, understanding, care and everything you can say are good about a relationship comes under love".

Communication and Confrontation (n = 16). Both women and men agreed that gender influence comes into play on the subject of communication, particularly communication after arguments and conflicts. A 27-year-old woman stated men feel satisfied when they are not held accountable for their actions and not asked any questions. Whereas women want to talk about issues and address even the small matters which men consider to be insignificant.

> If there are no questions, then men are pretty much satisfied. If everything is going...(laughs)... if everything is going pretty much as it is... So I feel it's pretty much satisfying from man with no questions are asked and on the other hand for the female, if there is an answer to the every question asked, then it is pretty much satisfying....And females are like... If they are open to discuss everything... For example, like what colour cotton should we get? Or what kind of plants do you need?

So if there is like this little detail for everything... Then it's pretty much satisfying (Woman, Gujarat, 27 years).

A man from Uttarakhand shared similar viewpoints stating the tendency of men to avoid confrontations and difficult conversations whereas the inclination of women to acknowledge the situation and face it.

There are certain things that are that are common for both and certain things women and men specific… for example women also work…have their jobs so when they come home, they need satisfaction… they need that warmth when they are back home.. Men don't like to get stuck at one particular thing… if something has happened…there has been some argument so they want to forget it the next day… they want to start again… however women want to talk about the argument. Talk about the reason behind the argument… I think this is it as per my experience (Man, Uttarakhand, 23 years)

Respect and Support (n = 15). Respect and support were interpreted in a very different light for men and women as evident in the comments below. Respect for men was attached to male ego whereas for women it was something she deserves as a human being. The respect associated with male ego could be attached to the perceived superiority of men. This can also be rooted to the excess attention given to the male child in the patriarchal Indian society. As per the comments, women have the responsibility to make their partner look good in the society, giving a further boost to their ego. It is reflected in the following quotes.

Like she is proud of her guiding light…she is proud of her guy so respect definitely, like male ego everyone knows about it, it's the easiest thing to temper with so

146

definitely respect... Then there would also be a social status…You need to give importance… Even in society, a girl should be proud of a guy or she is proud of her partner…support him in the society and maintain his social status…boost his ego (Man, Gujarat, 26 years).

I believe that for a woman…she will get satisfied when the man is able to give her the respect that she actually...what she deserves…men need a women who supports him because sometimes there are decisions that are much more dependent on a male...so he feels more in a hustle and bustle and the other partner is not supporting him then it might lead to an unsatisfactory relationship (Man, Uttarakhand, 24 years).

The comments above suggest that men believe that they hold more responsibility and more decision making power in a relationship and life in general.

Affection and Attention (n = 18). Human beings are social animals with the need to belong as one of the basic needs of survival. However, it is interesting to note that the underlying causes responsible for triggering the similar needs are very different in both genders and ingrained deeply in sociocultural context and patriarchy. It was evident across interviews, mostly stated by men, that they do not usually have very indulging social relationships, and thus they lack the kind of support women usually get throughout their lives. Hence, they look for that affection from their partner when they enter into a relationship. However women, especially in households with deep patriarchal mindsets which differentiate between girls and boys, are often left feeling neglected. Therefore, women turn to their relationships and partners to give them the importance they did not receive at home. The following verbatim by a 27-year-old man indicates the need for special care and attention from their partner.

147

Men loves getting pampered by their girlfriend…the only person who takes care of

men like that is their mother and once men move out of their house for college and

job…there is this affection vacuum… So we need someone who can make us feel

special like that because we do not get that kind of attention… even when we get into

a relationship the girlfriend expects us to take care of her and coddle her.. So we

rarely get that sort of coddling and that is what we desire in our relationships.

Women also look for that sort of special attention in a relationship, particularly if she

comes from a household with boys. In India more importance is given to the boys,

and girls are mostly forgotten in such cases so they look for that in their intimate

relationships. They want their importance in the relationship…so both need each

other in a relationship… our parents are not going to be with us beyond 20-25 years

max and then we are on our own so we should give importance to each other (Man,

Gujarat, 27 years).

Relationship Conflict

Future relationship expectations, communication barrier, dependency, boundaries,

and trust issues are a few factors materialized as reason of conflicts in between the romantic

partner. The following section discusses the themes that emerged around the discussion

concerning the understanding of relationship conflict.

Future Expectations from Relationship. The verbatim in the following section

highlights how dissimilar future expectations can lead to recurring arguments in a

relationship.

Cultural Expectations and Commitment (n = 12). The participants stated cultural

expectations as the reason for commitment hesitation among men. Culturally, men are

supposed to assume responsibility of their partner so the idea of commitment inculcates fear

of giving up on their own life and personal interests. However, from the perspective of a

woman, future commitment is the next natural step in a relationship so that the connection

becomes deeper. This also draws attention to cultural expectations from women to prioritize

relationship and shoulder the responsibility of sustaining the same. Further, the following

comment also states the feeling of insecurity among women as a consequence of

disagreement due to difference in the future expectations. It also points to social and cultural

pressures on women to marry once in a relationship, thus the feeling of insecurity.

> Disagreements can be like when to take the next step for the relationship.... Mostly
>
> women feel that they are ready but men on the other hand, do not feel ready as
>
> quickly. They take good time because I have seen that and also experienced that....
>
> Being a man there is also this good responsibility on their shoulders... They have that
>
> cultural word and also, so when things like marriage pops up.... men start thinking
>
> that their lives will start revolving around a single thing... and the women is not trying
>
> to hold the person back in any regard but she just wants to take that next step and
>
> make the relationship more deeper.... The connection deeper so there is this
>
> disagreement that you may be ready but I am not ready so I may take more time....
>
> The women start feeling insecure and the partner is not ready to get married o.... One
>
> of my friends was in a very good relationship and everything was going fine but he
>
> said that she suddenly asked me to get married.... He said he is not ready to get
>
> married and I told you that I'll get married after 2 years… See but the heart doesn't
>
> function like that... Heart doesn't function in a chronological way! Like for the next

two years my heart won't beat or what? Like for two years how to wait if I am

intensely feeling to get closer to that person (Woman, Uttarakhand, 27 years).

Marriage...because I want marriage and settlement, it's not that we have to marry

immediately but yeah after...we are all in the stage of getting married...you can marry

after 30 also but there should be a commitment... have already given him commitment

in all the things which he desires...like as a partner...emotional needs...like everything

small needs but he is always focusing on different areas of life...like he focuses on

physical pleasures... I want commitment... first, give me commitment like

marriage…so like this is the problem in my relationship...like in general there is

commitment problem (Woman, Gujarat, 28 years)

Boundaries and Commitment (n = 19). Very similar to the above verbatim, the

following quote by a 24-year-old man living in Gujarat reflects upon the desire of men to

sustain a relationship and look at it from a future perspective. It interweaves the concept of

boundaries and long term commitment expectation from the relationship. It also shows the

reluctance of men to express the want of marriage or something permanent. Instead he chose

to use the phrase "...looking for that particular relationship to go a little farther… a lot farther

(smiles)". Moreover, it reflects how the act of being vulnerable and allowing people in

personal space translates to expecting a lasting relationship.

Our arguments are somewhat along the lines of maybe thinking about the future

sometimes. Maybe sometimes about the physical boundaries and I think that's all.

Either our ideas of the future do not match and we work through it… that is one of

our main reasons for disagreements. I don't want to get into the details of it but

certain conditions, certain situations from her side and certain situations from my

side… similarly, other than that I don't think…So when I get into a relationship I am looking for a long term relationship. I do get that I am a pretty young person but I don't think if I get into a proper relationship, there is a particular kind of feeling for that certain someone and if I spend some time understanding that particular person, opening up to that person, letting that person into my boundaries, whatever my boundaries are then I am looking for that particular relationship to go a little farther… a lot farther (smiles)… yeah so sometimes that kind of disagreements do happen and sometimes some things are better left unsaid or better not planned. (Man, Gujarat, 24 years).

Dependency-Driven Conflicts. Dependency emerged as one of the common causes of arguments in a romantic relationship. It is further described in the following sub-section.

Other Relationships (n = 8). The following quote by a 24-year-old woman foregrounds the importance of other relationships in her life and how the lack of the same for her partner is the source of conflict in their relationship. The participant is left feeling a little confused about what is needed from her, in the capacity of a girlfriend.

For me it will be like all the times...I am not dependent on him...but for him...personally sometimes I want my mum's support, sometimes I want my dad's support, sometimes i want to talk to my brother and like...I am dependent on many people for different things but for him... it's like he consider me as his everything...but at a time I am...I don't understand what actually he seeks from me... so due to this miscommunication sometimes there are fights (Woman, Gujarat, 24 years).

Subjective Dependency (n = 16). The lines between dependency and independency are very blurred and fluid. The understanding of dependency is inherently subjective, so what

one perceives as dependency could be normal for the other person. The following quotes by two women and a man illustrate the different ways in which dependency is understood and interpreted by different individuals. These quotes emerged in response to a hypothetical vignette addressing recurring arguments between two people in a relationship. The girl in the hypothetical situation calls her boyfriend when he's at work and gets angry if he does not respond back quickly and the man gets frustrated which leads to lots of conflicts.

In the following quote, the need to reach out to the partner is linked to dependency behavior in the woman. Such dependency driven behavior is quoted as the reason of conflict between the partners which eventually leads to frustration building up. This also highlights how the stage of relationship plays an important role. Frequent calls and texts are appreciated at the start of a romantic relationship, but later similar behavior can become a source of frustration.

> Here I feel over dependency...over dependency in a way like she wants to be listened and the guy maybe is stressed with work and not able to focus on his work...they need space I think...they are having argument so they need space and they need to talk out what is bothering them, why Dev is getting frustrated with Eva's little things. Eva also need to talk it out with Dev that what is bothering her actually so here I think communication gap is there...they need to talk out about certain things that…because I think in the initial stages of relationship everyone wants that their partner texts and calls them often, but once it gets little bit older so they become frustrated with the same behavior (Woman, Gujarat, 27 years).

Likewise, this 23-year-old male participant from Gujarat also described the woman in one of the vignettes as the 'depender' in the relationship. The lack of personal space and intruding

personal boundaries in linked to the dependent behavior which is the cause of conflicts as per this participant. The quote is as follows:

> I think in this particular situation Eva is the 'depender' and does not understand the boundaries or maybe does not understand the concept of space…she needs to understand that people work in a certain way. People have a life out of the relationship and maybe...if she could do that...the arguments would also go down a lot... if she gives the other person the space, I think Dev and Eva wouldn't be having these many arguments (Man, Uttarakhand, 23 years)

Contrary to the above stated understanding of dependency, the following verbatim states the need to reach out as the need of the partner to express herself and her emotions. Here, it is not interpreted as dependency but rather a very normal behavior to be expected in a relationship. The need to seek security from the partner is considered as a standard relationship behavior. The following quote is also in reference to the vignette.

> Eva is a normal personality as in a relationship we want support... Even in little things so she is acting like a normal girl... Like at the same time the situation can go... It might also happen with Dev he might also need help with little things... Actually the whole thing is that Eva is being very expressive about what she is doing in the day throughout and she wants her partner to be a very active part of it... So this is a very open personality and also a very... She also wants that kind of a validation.... So the presence of a partner just validates the security for her.... For me she is having a normal personality which I also have really... She is not very dependent to be honest (Woman, Uttarakhand, 24 years)

Accepting Changes (n = 10). For this woman participant, the concept of change and adapting to the changing needs of themselves and their partner was the factor responsible for potential conflict in their relationship. She used quality time as an example to demonstrate the change in her communication pattern and communication expectations. Her statement is quoted as below:

> Like we are changing and to acknowledge that we are changing and now... Like we were talking for a good amount of time and we were able to cater each other's talking time but eventually we are not in that same teenager mode right? We are becoming adults... So, one's need will also change as we become adults, and I can understand that the other person is exhausted maybe... But for how long can I understand that missing part... so for me.... If you are not able to discuss meaningfully about things which are more than mundane... How was your day? What did you do? These are more like precursors to talking something deeper....For me quality time is very essential and obviously to be around that person which happened eventually (Woman, Gujarat, 28 years).

The Dynamic of "Recurring Arguments and Stagnation" (n = 25). Daily recurring arguments in a romantic relationship were believed to influence the emotional, mental and physical health of the participant. As per the interview of a 26-year-old woman belonging to Uttarakhand, the entire ordeal of going through same discussions and conflicts every day could lead to a very stagnant and regressive personality. One such instance is as follows:

> It is basically stagnation if we are not able to come out of the same pattern... If you are always talking about things like you're not giving time or you are not understanding me... Same thing happening every time, no other discussions... No

other issue is coming up... Can you imagine? I have been through this and I can

understand it very well... Every time there was this single issue that we are not having

good enough time... Quality time! So, it just regresses your growth as a person and

also the relationship gets stagnated. You just feel like it's not moving ahead... It's just

there like a constant line.... It really affects the emotional state and a mental health

deeply.... Eventually the emotional and mental suffering leads to physical suffering

by default... It obviously affects the mentality and of course relationship will get

affected if two person are not feeling to their best (Woman, Uttarakhand, 26 years).

Similarly, a 25 year old male participant from Gujarat was of the opinion that daily

arguments could eventually end up harming the self-confidence and identity of the

individual. The following quote also suggests that a romantic partner holds a very special

place in one's life. Misunderstandings disrespect and accusations from such a person can

have long-lasting repercussions on the personality and harm the relationship.

As a person it could all again end up... like how… if I am theguy and the girl is not

supporting me and again and again arguing and disrespecting me out of something,

then it could be that I might feel… like if you are in a relationship you definitely give

an important place for that person, right? And if she herself is accusing you of

something and is claiming that you are something wrong or you are something of that

type… it would definitely harm your individual personality, your confidence, your

trait or something that you are good at. It could all narrow down… again it would be

a toxic relationship (Man, Gujarat, 25 years).

Dependency

Before delving into the concept of emotional dependency within a romantic relationship, the researcher aimed to elicit the perceptions and understanding of dependency in such relationships. In pursuit of this, the researcher asked the question "What is your understanding of dependency in a romantic relationship?" The responses to this question varied to a certain extent for men and women which are discussed below:

Ideas of Dependency: Men. When men were asked to articulate their understanding of dependency or dependent behavior in a romantic relationship, their responses mostly talked about "situation-specific or functional" dependency. As per the responses of the participants, situation-specific dependencies in romantic relationships pertain to the way in which individuals depends on each other for support in distinct and different situation specific circumstances. For example, in face of health crisis, a person could lean on their partner for physical and mental comfort and support. Alternatively, there could be circumstances wherein one individual is going through challenging situations and rely on their partner for emotional support than they normally would. A 23-year-old man living in Gujarat expressed his understanding of the same using these words, "you are going through very rough time…for those 3-4 months you are supposed to take more from the relationship than what you give and get more dependent.

There were certain region-specific variations in the responses of men around the understanding of the concept of dependency. Men in Gujarat understood financial dependency as one's own responsibility, irrespective of gender. An example of the same was expressed by a 26 year old man from Gujarat who said, "If you are talking about financial or work-wise dependency in day to day life... well, in that case, I believe that every individual

has their own responsibility. Dependency in such a case could result into bad it could result in a toxic relationship". However, men in Uttarakhand considered taking care of their partner in terms of taking care of their finances which is emphasized in the quotation below.

> Being in a relationship... you are taking a responsibility of the other partner so obviously you get expenses...like when you go out so that also inculcates the sense of responsibility in you...because you know, now we have got to ...if you are in a relationship then it becomes very important to be able to provide her with a good home and a good shelter and everything...what I personally believe that it actually generates a sense of responsibility in you... (Man, Uttarakhand , 21 years).

Ideas of Dependency: Women. When women were asked about their perspective on the understanding of the concept of dependency within romantic relationships, their responses were in affective and consequential terms. Affective could be defined as dependency in terms of emotional reliance and support from the partner. A 27-year-old woman staying in Gujarat expressed, Dependency means when you look up to your partner in help with daily things, particularly in the terms of support which goes beyond the material help. When you need someone to help you get through the day or someone you want to talk to at the end of the day."

Consequential dependency pertains to the repercussions of such dependency on the relationship and the self. For example dependency in a romantic relationship was viewed as a threat to self-identity which is quoted in the following statement of a 28 year old women from Uttarakhand who stated, "It's basically not having one's own identity... Not understanding what you are capable of and what you can cater on your own…giving your sense of control to the other person …even if that other person is not willing to take it".

Additionally, a comment by a 22 year old woman living in Gujarat highlighted the need to connect with a partner on a frequent basis but also the anxiety anchored to such emotional attachment. She said, "Dependency is like….if I do not get to talk him even once in the day…I feel something is missing… It's like a mental connect with the partner. So this is one aspect… but at the same time you feel anxious because of this need…you could feel anxious in doing normal daily life chores". Another example of the same is shared by a 24 year old woman from Gujarat who said, "I am very independent… yes I'm a little emotionally dependent on my partner…if we don't talk for 2-3 days I feel the need to talk to him…then I get a little emotionally dependent…but else I am very independent…I do not get dependent on my partner.

Emotional Dependency

Emotional Dependency as a concept was discussed with regard to its desirability, meaning, and the consequences.

Desirability can be defined as the belief about the manner in which the presence or absence of emotional dependency would aid in the sustenance of a relationship as well as influence of the same on the happiness and well-being of the individuals involved. The desired factors are mentioned in black boxes in figure 5 and the undesired ones are in yellow boxes. The responses of the participants concerning the desirability of emotional dependency in a romantic relationship ranged on a continuum from straight rejection to an outright necessity. There were confluences of factors behind the preferences of participants for emotional dependency which will be discussed in this section. Approximately 30% of the participants regarded emotional dependency on their partner as unfavourable for both the future of the relationship and the well-being of the individuals involved. There was a

multitude of factors that participants cited as a reason for their proclivities. Meaning refers to the understanding of emotional dependency by the participants, specifically, the characteristics and behavior one would associate with emotional dependency in a relationship. Consequences include the impact emotional dependency can have on a relationship and the individuals involved in the relationship. The consequences broadly covered the impact on the dependent, depended upon and the relationship.

Figure 7 gives a thematic representation of emotional dependency.

Figure 7

Thematic Representation of Emotional Dependency
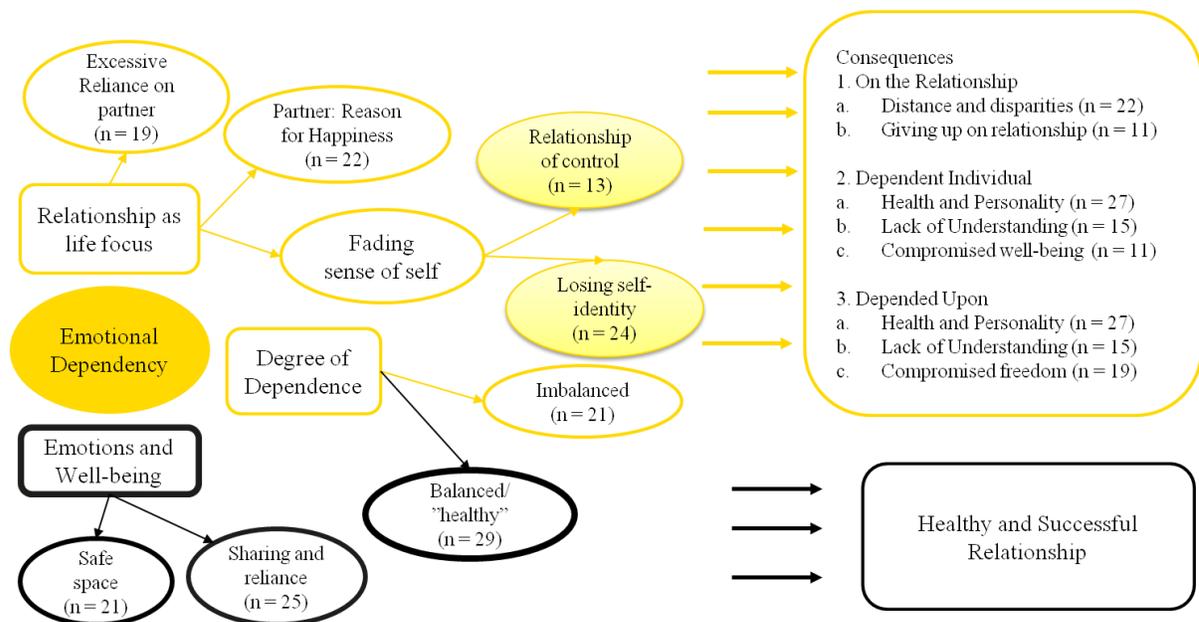
Dependent refers to the individual who is depending on the partner in a romantic relationship. Depended upon refers to the individual on whom the partner depends in a romantic relationship. The desirability of emotional dependency in a relationship was contingent upon the meaning people associated with it and the related consequences of the identical. The following are the themes that refer to the understanding of emotional

dependency among the emerging adults. The frequencies are mentioned within the parenthesis.

Relationship as Life Focus. Keeping relationship and partner as the center of attention and revolving life around partner was a commonly given response to the understanding of dependency. This is one of the most recurring meanings that participants associated with their understanding of emotional dependency. It is further discussed below.

Partner: Reason of Happiness (n = 22). A great deal of participants understood emotional dependency as the act of making the partner a focal point of their life. Emotional dependency was defined as giving the reason of joy and allocating the responsibility of happiness to their partner. Making someone else central to one's life and happiness was one another reason for hesitance around the idea of emotional dependency. Few examples of the same are quoted as follows:

> There needs to be this understanding that no one is responsible for your happiness and
> things like that and we are the ultimate accountable person in a relationship. Even if I
> am agreeing to marry someone, that doesn't mean that he is accountable for making
> me happy, for making me satisfied" (Woman, Gujarat, 27 years).
>
> I believe that dependence is completely giving your reason of happiness to the other
> which is not a good thing because it will often lead to disappointment...because the
> other person might be busy sometime or might be engaged somewhere. If you are
> challenged throughout and always relying on your partner for everything (Man,
> Gujarat, 26 years).
>
> You ask the other person to be responsible for your happiness...something like
> that…the other person is responsible to make you happy or lift you up… like if you

are going through a bad phase of it… I don't know… I'm actually not sure about it…

I think that's about it… I don't know what you say when you define emotional

dependence but for me it's like… you cannot… you cannot make the other person

responsible for everything that you do or for all your emotions or to make you happy

(Man, Uttarakhand, 23 years).

Excessive Reliance on Partner (n = 19). One of the participants synonymized

emotional dependency to a crutch and thought of the consequences when the said individual

would not be available for support. The quote capturing the same is provided below.

It would be very bad…If you are challenged throughout and the other person is acting

as a crutch okay? And suddenly that crutch moves out, you will definitely starts

falling no matter how hard you push to stand up…. So, similarly if emotionally every

time you need a shoulder to cry, what if that shoulder is not available someday and

you are just crying, crying, crying… So, you are not good for yourself. You are not

strong enough. Your heart has become weak… you are always looking for that person

to somehow support or help… So, obviously it could lead to some major problems

like depression could be one thing. There could be challenges with your confidence,

there could be challenges with… society (Man, Uttarakhand, 25 years).

Fading Sense of Self. There were various interpretations that many participants

linked with their understanding of emotional dependency. A sense of feeling immersed to the

extent of losing one's sense of individual self in the relationship was one of the associated

perceptions of the concept. It is explained further below.

Losing Self-Identity (n = 24). Giving up self-identity for the sake of relationship and

the partner emerged as few traits that participants associated with their understanding of

dependency. This 27-year-old woman from Gujarat articulating the same feeling shared that,

In a relationship one thing is you don't lose your own identity as such. You are just allowing

the other person to be there in your space so that we both together can witness each other's

growth throughout their lifetime". Another example by a woman of 25 years from

Uttarakhand can be stated as follows: If I'm depending on someone, I am not having my own

identity... I need to have an identity of my own... I just can't take it from someone else. "you

say and I will follow" sort of mentality won't to work with me.

Relationship of Control (n = 13). Some of the participants held a negative viewpoint

of emotional dependency in the way that they saw it as a relationship where one partner

exhibited dominance over the other partner in a self-serving manner. An illustration of this is

quoted below:

> If a person is only assuming that this relationship is only for me expressing what I am
>
> supposed to do. For example, like the person has married or been in a relationship
>
> with a girl, so I am in that charge of leading her life. So this kind of situation where
>
> you are owning someone's life (Woman, Uttarakhand, 26 years).

Degree of Dependence. The extent to which an individual exerted emotional

dependence on the partner was also a very prominent deciding factor on the preferability of

dependency. Unbalanced dependency was an undesired trait of a partner and relationship,

whereas a balanced dependency was encouraged within a relationship. Most participants used

balanced dependency as synonymous to "healthy" dependency. Further explanation is

provided below.

Balanced/Healthy Dependency (n = 29). In this category of responses, emotional

dependency was viewed as an essential element of a healthy and successful relationship.

Emotional dependency was perceived as one of the reasons of being in a relationship, hence acceptable by the participants. It is important to note that participants mentioned "healthy" dependency as the acceptable dependency. Examples are:

It's totally fine because at the end of the day if your partner cannot come up to you and vent emotionally then there is no use of being a partner...emotional dependency is very good...that is completely fine and at the end of the day you should be able to pump them up, boost them up, bump them up and share the emotional things (Man, Uttarakhand, 26 years).

In a relationship, both partners are dependent…It's not like that one partner is totally dependent on the other and to an extent dependency play a very major role in a relationship and in emotions… you get emotionally dependent in a relationship…this should be the level of emotional, healthy emotional dependency (Woman, Uttarakhand, 24 years).

The following comment by a 28-year-old woman from Gujarat placed emphasis on the need to ask for support but to be independent at the same time as well. She explained, "Eventually dependency is a bad thing…you know you should support each other but you should also, should not depend on other partner...at least every time... you should be able to do the things without him/her also". Many participants of the interview were uncertain about their preferences but mostly stated it as being suitable if it was practiced to a certain acceptable extent.

I am not certain... I feel like I am completely dependent on my partner emotionally...it's a better thing... like sometimes it can be a drawback also but mostly it is beneficial…being in a relationship we tend to get emotionally dependent but we

need to control our emotions…it's important to adjust according to each and every situation…little dependency is alright but it shouldn't be extreme according to me… there should be little self-control as per the situation (Woman, Uttarakhand, 23 years).

The following verbatim provides an example of mutual dependency within the relationship.

If both of them are sensible they will sort it out and they will chalk out a blue print sort of...to what extent emotional dependence is good for the relationship for the time being and to some extent emotional dependency is good and it should be there. Dependency should be from both ends as one-sided dependency would leave the relationship hollow (Man, Gujarat, 24 years).

One example where a balance in dependency was mentioned is quoted below:

When it's always from one side...even if it is emotionally dependency always from one side then it is wrong...there should be a balance about it...if i am emotionally dependent on my partner then she also should be emotionally dependent on me...there should be a balance… there should be a mid-way to it I would say and people need to find it out...that's how i feel...both of the partners need to find it out and it that is going good then it is not a toxic relationship (Man, Uttarakhand, 26 years).

Imbalanced Dependency (n = 21). Many participants resisted the idea of emotional dependency asserting imbalance of dependency as a reason. One such example is as follows.

The point comes the same when only one person is dependent, that person is going to get hurt like anything...and the other person will be like "what is this"...you would be having no clues because he/she has never felt that kind of a thing but the other person is constantly expressing that I am feeling so and so and here she would be like "fine you have a life, I have a life...stop it" (Woman, Uttarakhand, 23 years).

Emotions and Well-Being . It is not surprising to note that many respondents

understood emotional dependency as a medium to share their most vulnerable emotions and

rely on their partner without hesitation. It was viewed as a means of being understood

without the worry of being judged. It is further categorized as follows:

Sharing and Reliance (n = 25). Emotional dependency on partner was viewed as a

medium to share the most fundamental as well as the most challenging situations, along with

accepting and offering support and reliance. The following quotations reflect the same:

In a healthy way emotional dependence means you can share your happiness, you can

share your sadness, you can share about your bad day, you can share like this is my

problem, please help me out. You can reach out to your partner without any hesitation

(Woman, Gujarat, 28 years).

Dependency play a very major role in a relationship…in emotions… you get

emotionally dependent in a relationship… you need to be emotionally dependent and

available to help the partner when in need. You could always turn to your partner in

case you are having a bad day and share your experiences…you want to convey those

to your partner because you are in love with them…we are confident that the person

will understand… they will help us relax and calm down (Man, Gujarat, 24 years).

Safe Space (n = 21). It was very interesting to note that emotional dependency on

partner was seen as a channel to safely emote the deepest felt emotions with the partner,

particularly by the male participants. Quite a few men in the interviews described their

relationship and partners as a safe space of express their emotions which they do not have the

social liberty to convey elsewhere. The prevailing gender based stereotypes owing to the

conventional gender role socialization was the reason for the same. It is important to note the

influence of sociocultural and gendered expectations from men to exhibit emotional restriction. Therefore, the supportive environment within the relationship encouraging vulnerability is thought to enhance the well-being of the person. Few examples are quoted as follows:

> I feel men are more dependent on women. Men are not as liberated socially, neither are as friendly together. As men, we don't have emotional conversations with our guy friends. They would be the best of friends, they would be the best of childhood buddies and everything, emotionally we need a girl or we need a partner to just fall back on. It's like they are a pillow to us and we jump on them with anything that hits us very hard. We as a society, we men don't cry in front of our guy friends because that always makes us go weak. We can always cry in front of our mother but we would never cry in front of our father or in front of our guy friends…So we have a very strong emotional dependence on women…we won't show this in society because it becomes a matter of ego for us, we won't accept that women is helping us in so many ways or she is there with me in so many ways…but we have a very strong emotional dependence on women (Man, 24 years, Gujarat).
>
> she provides me a safe space to open up... to talk about something and get my feelings to let known and once you do that like... I think in...even in male circles, you don't have deep discussions about certain stuff. I don't know that might be just my circle. I'm not generalizing anything but yeah... I think I got a very good space and she was my best friend and we continued the conversation and we transitioned very quickly so I think there was a very good safe space over there so I could talk about my... any traumas or fear or anxieties and talking (Man, 23 years, Uttarakhand).

Consequences . A considerable proportion of the interviewees discussed dependency in terms of the consequences following it. The consequences are categorized as the impact on the relationship, dependent and depended upon individual.

On the Relationship. Consequences of emotional dependency on the relationship mostly revolved around increase in the distance and disparities within relationship, conflicts, frustration build up between partners, eventually turning the relationship to a toxic experience and culminating with the end of the relationship. Few related comments are as follows:

> If the other person is completely depending on me for things then it is...then it will be better to get yourself apart from that situation and concentrate on your things. like if my partner got totally dependent on me emotionally...in that case, it could go wrong...it could go wrong in many ways because there would be a frustration build up in my sense which I would not be able to let her know because of the imbalance created so it would go toxic or it won't work basically (Man, Uttarakhand, 24 years).
> Relationship will get affected in the sense that there will be more disparities… like the distance will start increasing between the partners. Your partner will start getting frustrated and will try to run from you…something like that will happen. It can also lead to a rise in the number of conflicts…someone can make a habit out of it and it could lead to problems in the future so it should be not be like that (Woman, Uttarakhand, 24 years).

Dependent Individual. It was a consensus that emotional dependency would affect the physical, emotional and mental health of the dependent individual. Dependency would

have an impact on the personality of the individual and the person could develop anxiety, stress and end up hurting themselves emotionally.

The other person who is not involved will not be much bothered but the person who is involved deeply would be hurting himself or herself and if that person speaks to the other partner he may not understand every single time and he may just give you the thing that okay stop doing this and stop being over-reactive, stop being over possessive and all these words will come into play because you guys are not on the same page so this is the most disgusting part of a relationship I feel if one-sided emotional dependency is there (Woman, Gujarat, 23 years).

I think the partner who is more dependent can get into a depression and the other partner who is a dependee... he or she can also be "why am i not able to understand him/her"...mutually...it will affect both of them…The person who is more dependable on the other or becomes dependable, I feel anxiety, stress, depression is a huge word but it can occur (Woman, Uttarakhand, 22 years).

There were also a few instances during the interviews where the participants opined that the dependent individual would end up giving more in the relationship and not keep own well-being and happiness in the foreground. Quoted as follows is one such instance by a 28 year old man from Uttarakhand, "He will take care...there will be no selfishness left in him...means he will become more giving. He will not receive love or everything but he will become more giving and that leads to destroying individual's personality also".

Depended Upon Individual. Consequences of the dependency on the person who is depended upon in the relationship were mostly discussed in terms of the said individual

developing a dominant personality in the relationship. Many participants also stated that such a situation could become very scary for the depended upon individual.

It could boil down to affecting an individual's personality and the person just becoming very dominant in the relationship. Like if a guy is there and he is going through a rough time and he starts depending on the girl way too much. The girl helps him out for once, twice, thrice, four times, five times but then it becomes regular, she would also feel that this guy is depending on her for everything and she can always… uhhhh… tolerate or she could always be the dominant factor and the guy could just be there for help (Man, Gujarat, 25 years).

If the dependency thing is totally imbalanced, it obviously affects the relationship in the long term or at any certain time interval. I think if you know the other person's situation and if you act according to it for dependency, then it's okay but if you are overly dependent on the other person, firstly it might scare off the other person. (Man, Uttarakhand, 23 years).

The person who is depended upon could also feel very helpless because of their inability to understand the situation of their partner. It was reflected in the following quote by a 23 year old woman from Uttarakhand, "The other partner who is a depended upon... he or she can also be "why am I not able to understand him/her"...mutually...it will affect both of them…depended upon individual can really get frustrated as a consequence".

Compromised freedom of the depended upon could also be a consequence as per the comments of a few participants. Lots of expectations and responsibilities on the depended upon partner could become very burdening and take up a lot of their energy. Few comments focusing on the same are:

I think when I am too much dependent upon him and he doesn't have time or if you

are asking of too much of time of other person and he is not able to give you because

he has his other appointments and other things he has to do, then at a time...at a point

he will think...it will all become very scary for him and he will start running from

you... so this is the thing (Woman, Uttarakhand, 27 years).

If you are dependent on your partner for everything…it will turn toxic after a certain

point of time… because everyone treasures their freedom in life so they will start

thinking of dependency as a burden… so it will turn toxic because they won't be able

to get their freedom or "me-time" (Woman, Gujarat, 19 years).

Well-Being and Relationships

Romantic relationships have the potential to influence the well-being of the

individuals which was evident in the interviews. All the relationships that are healthy

contribute to the well-being whereas unhealthy tendencies in the relationship can

significantly degrade the overall emotional, mental and physical well-being of the

individuals. The following section covers the different aspects of relationship and personal

well-being that can get influenced as the result of varied relationship experiences.

Emotional Balance and Reliance (n = 24). Emotional reliance on the partner

emerged as one of the most common factors that contributed to the well-being of a

relationship. The following quote by 24 year old man from Gujarat provide evidence of the

same worded as, "There is an emotional balance as well because you know even if you are

having bad day so you can just be with your partner and convey that to her.. And you have

the confidence that the person will listen to you the way you want them to". Another instance

of the same by a 28 year old man living in Uttarakhand is stated as, "I have a support..I can

talk to her whenever I want…if I am facing any problem, I can always turn to her for that balance and she provides me with solutions".

Yet another example of similar understanding of relationship and well-being is stated below.

> Positives are no matter what happens to me in the outside world, I know I have someone to tell all the things...I know I am not alone…at least I am not alone completely...I might not have so many friends but I have him to whom I can go to...I can tell him and I know he will understand... this is the best positive thing for me (Woman, Gujarat, 27 years).

Life Outside of Relationship. Dynamics within the romantic relationship have the potential to influence various aspects of life outside the relationship. Career, work and other social relationships were the most common responses in this category in the interviews.

Social Relationships (n = 15). The following quote reflects the manner in which the interconnectedness of a couple in a relationship and the disinterest of the partner to engage in other social relationships is hindering the social interaction of the interviewee.

> I would point out certainly I am more of social person...Sometimes I feel more frustrated because he is a kind of person that he does not need too much of...like no friends at all and he will just enjoy his company himself... and sometimes I think I like to explore but usually end up not doing that (Woman, Uttarakhand, 24 years).

In contrast to the above scenario, relationships are viewed as a medium to broaden the social circle by this 27-year-old woman from Gujarat.

> Relationships are something through which human beings find meaning for their existence.... So it's basically catering to their deep sense of belonging... Having a sense of community...! Because when you enter into a relationship you become

friends with your partner's friends and your social circle gets wider and you just feel

this sense of belongingness... Your academic life or your work life can really

improve if you are getting a very good amount of support from your partner... A

happy and satisfying relationship and a supportive partner really help you to broaden

your perspective and groom your perspective and personality... So it's a very good

place to be in a relationship that is mutual and coexisting... It's something very

wonderful and magnificent to experience (Woman, 27 years).

Work and Career (n = 11). Other than the social relationship, the following quote

highlights the influence of bad relationship experiences on work life.

As a result of an unsatisfactory relationship, if they are working their work life might

get affected....They might end up doing something very good or they might end up

doing something really bad...They might feel lack of motivation to do anything

(Woman, Uttarakhand, 23 years).

Personal Time and Space (n = 18). The following quote is a response to a

hypothetical vignette where the man Parth cancels his pre-decided football plans with his

friends on getting a call for dinner from his girlfriend Diya. It highlights the importance of

personal time away from the partner and relationship as important for better well-being.

Parth should have talked to Diya because it's mentioned in the situation that he has

canceled plans with his friends many times before. They made that plan after a long

time and Parth was very excited and he had lots of vested interest in it. He should

have gone…for his health…for his overall well-being. So he should have gone with

his friends because it is important to have personal time and space from the

relationship (Woman, Uttarakhand, 22 years).

A 25-year-old woman from Gujarat talks about the importance of personal time in a relationship and how it is interrelated to the mental well-being. She also opined to not prioritize partner every time and prioritize personal interests occasionally. The significance of varied experiences outside the periphery of relationships were also outlined for the growth of an individual. The following quotation is also in response to the vignette.

> He is not giving his own self a little space…he is not giving space...because it shouldn't be like this that every time your partner demands you say yes and cancel your plans with your friends or your parents...so he is becoming too engrossed around Diya ...he is not taking enough time for his own mental health because your life does not always revolve around your relationship or your partner...you should always spare a little time for yourself so that you can know yourself better and your mindset will also grow up if you experience different things with your friends also...then you will be able to you know experience more about relationship...what is relationship...how to handle it...within the periphery of you and your partner you will never grow up...you will never learn... so he is not taking enough time for himself...not pampering himself...his mental health and his emotional health will not grow…it will obviously get affected and he is also more dependent (Woman, Gujarat, 25 years).

Reduced personal space and time as a result of emotional connection and investing time in the relationship was also a recurring dimension in the interviews that led to feelings of frustration and irritation in the participants. This quote by a 21 year old woman from Gujarat reflects the same, "Once you get emotionally connected to someone, the time that you allot to yourself and for yourself becomes considerably less, it becomes very difficult to spare personal time which can really influence the personal well-being".

Following are a few more examples:

I am an introvert and I like to keep myself very much close to myself and I have my daily routine planned very much because I have to give some time to my partner and my relationship it gets very frustrating and irritating where I'm losing my own time (Man, Uttarakhand,27 years).

There is less time for oneself… no alone space left once you enter into a relationship… The time at night that I used to devote to my studies before, now I have to give that time to him... To talk to him and to catch up with him (Woman, Gujarat, 20 years).

Individual Growth. Healthy and happy romantic relationships aid to individual growth which is discussed in the following subsection. It reflects the opinion of participants across various dimensions in which an individual develops as a result of a supportive partner and satisfactory relationship experiences. It is further described below.

Sense of Responsibility (n = 11). It is very important to note that a sense of responsibility as one of the positives of being in a relationship was reported only by men. Here the responsibility is discussed in terms of better career planning and time management. The verbatim implies that the responsibility discussed here is financial responsibility, that is, the responsibility of taking care of the partner, not the relationship.

One more thing I would like to tell that being in a relationship...because obviously you...you are taking a responsibility of the other person so obviously you get expenses...like when you go out so that also inculcates the sense of responsibility in you...because you know, now we have got to...what I personally believe is that it

actually generates a sense of responsibility in you…being a man it's your

responsibility to take care of your woman (Man, Uttarakahnd, 23 years).

There are a lot of positive changes…you become more responsible and you manage

your time very well…become more focused on your career when you are in a

relationship because you know you have a responsibility on you so you gradually

become more career-focused and career-oriented (Man, Gujarat, 24 years).

The quote mentioned here by a 28-year-old man interweaves the concept of responsibility

and patience in an individual.

My relationship has made me more responsible...having to think about my future

more seriously...if I have to be with someone and I want her to be my partner for life

so I have gradually started taking things more positively and seriously...like things

haveto be done in an order because I have to imagine a future and I have to plan it

accordingly. It has made me more responsible and also I have got to be more patient

with all that...with all those responsibilities because not everything can go as planned

so you have to be patient with things. So it has developed me into a more responsible

and patient person (Man, Uttarakhand, 28 years).

Motivation (n =13). Many participants agreed that the romantic partner is a source of

immense motivation to learn and grow as an individual. There was not a very observable

gender difference here, and both men and women acknowledged their partner for being

responsible to motivate them to learn new skills which eventually helped them gain self-

confidence and better life management. This quote by 23 year old woman in Gujarat echoes

the same, "If I talk about my relationship, my boyfriend had taught me a lot of practical

175

thinking…then he helped me to have good confidence instilled, he helped me with the management of many things".

The following quotes provide further evidences by the participants.

> She pushes me a lot and that actually is true... not only in my... not during my university days for my studies but generally in life about doing a lot of stuff whatever I think about... she does support me a lot... so I think that has helped me a lot with my self-confidence (Man, Gujarat, 23 years).

> Relationships help to know what your partner wants in their life and how they are looked at in their family...in their all other relationships...how she is managing things... what kind of things...sometimes you know there are experiences that you yourself don't have and the other person intervenes and she teaches you..that okay these things can be one like that and these things can be...so i believe that positivity obviously…it is a very important factor (Man, Uttarakhand, 24 years).

> He motivates me a lot because he is very...doesn't like to waste too much time...at a time does various things and I do get motivated...like you should not limit your capacity to a certain point… you can always do better and you should always keep pushing your boundaries to do something better and yeah...likewise he always seek this...beautiful skills and he do points out that you should…you should try out something in this certain area...it would be more of useful to you (Woman, Gujarat, 22 years).

Dependency and Well-Being

The following section covers the results of the interviews pertaining to the connection between dependency in a romantic relationship and well-being. Figure 8 gives an illustration of the relationship between dependency and well-being.

Figure 8

Relationship Between Dependency and Well-being
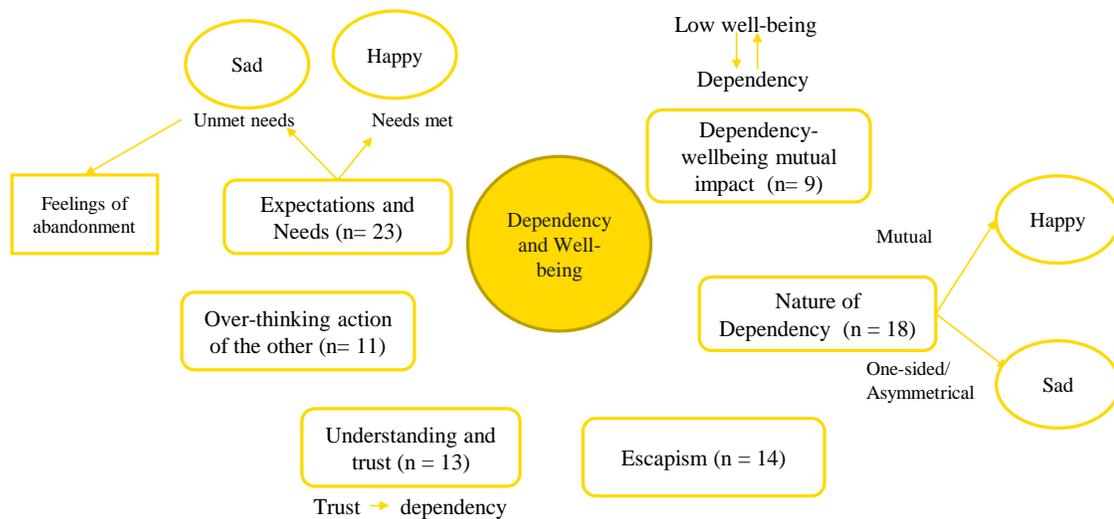
To elicit the perceptions of association between dependency experiences and well-being, the participants were asked to give their views on the question "Do you think dependent individuals are happy or sad in their relationship. How do you think it influences their well-being?" There were a multitude of responses ranging from the dependent people not being happy to mutual dependency in a relationship contributing to the well-being of the dependent individuals.

Expectation and Needs (n = 23). This sub-segment deals with the expectations and needs of the dependent individual from the partner and the relationship. Majority of the participants were of the view that if the needs and expectations of the dependent individual in

177

the relationship are met, the relationship will be healthy and aid to the well-being. It is interesting to note that the onus of well-being of the dependent individual lies on the reaction and responses of the other partner. This statement, provided by a 25-year-old man in Gujarat as supporting evidence, goes like this: "If one person is completely dependent on the other and if the other person is fulfilling all the needs and wants because of which he/she is depending, then I think the other person will be happy with a good well-being.

Another example of the same by 27-year-old woman from Uttarakhand says, "They are dependent because the partner is supporting obviously, that makes them happy but if he /she is not there to support, then the person who is dependent will eventually become sad. so both the things are there."

Yet another instance is quoted below:

> See, happiness or well-being will depend on different things….but still if one person is dependent on the other emotionally and the partner is not able to fulfill those needs… yes emotional dependency plays a very crucial role but there are several different factors that play a role in determining happiness or sadness of a person….so if someone is dependent and their dependency is being entertained…he is being respected than I think they should be fine (Man, Uttarakhand, 28 years).

Additionally, it is also important to note that unfulfilled dependency needs in a relationship can lead to feelings of abandonment among the dependent partner in a relationship. The following verbatim of a 28-year-old woman states how unmet dependency needs can lead to a feeling of abandonment and loneliness. She further elaborates that dependent individuals intertwine their existence to their partner and do not know how to function alone. The

participant also suggests how relying on different relationships for different emotional needs is important for harmonious survival of human beings.

> If the other person is not there, dependent individuals realize how abandoned and lonely they feel.... They don't know how to be with themselves.... They only know that they exist because the other exist which is fine but it is also important to understand that your existence is not only dependent on that one person... you have family, friends that you can look forward to! Coexistence is the only plausible way of existence but we can't stick in slow motion to a single person.... So it will eventually make them sad. They might feel elated at first that whenever I call, he is there but what if is not there to pick up your call someday... this can truly affect the mental well-being of the dependent individual (Woman, Gujarat, 28 years).

Over-Thinking Action of the Other (n = 11). Few interviewees also pointed out how dependent individuals can over think every little action of their partner which could potentially harm their sense of self-concept and confidence. Participants were also of the opinion that the tendency of the dependent individual to revolve their life around their partner renders the dependent individual to overthink every little action of their partner.

> I think that's a tricky answer, I think…I think they are supposed to be generally more sad because everything revolves around that particular person and if you are even…I think dependent people overthink the actions of other people… something like that so even the smallest action of the other partner might trigger something into that person.. Since they are so dependent… since they are so dependent with their emotions on the partner, they might take small cues which did not mean anything and make it into a big thing for themselves (Man, Gujarat, 23 years).

Mostly, not on the happier side because dependent people are always dependent on

the other partner and you never know what the other partner is going through. So the

person will start thinking about what he is doing, why he is not here…you will start

questioning everything and doubt everything... like he is not the correct guy because

he is not giving me time.. dependency what makes it that dependency he should be

with me... he should be talking with me...she should be talking with me...If you are

dependent on someone, you want that person with you every time and that should not

be the case (Man, Uttarakhand, 27 years).

Understanding and Trust (n = 13). The following quotes reflect the manner in

which understanding and trust between partners holds more power than the dependencies

within the relationships, which is viewed as being degrading to the well-being by many

participants. The thoughtfulness and consideration of each other's emotions were thought to

stimulate emotional dependency between the partners which subsequently adds to well-

being. A 23 year old woman from Uttarakhand stated, "It can be both...if it is handled

maturely enough they can be happy...I think it can be very joyful and fruitful but each other

should understand the emotion of the other partner. That's it!"**.** The following quote

exemplifies the viewpoint of a few participants who believed that well-placed trust within a

relationship is one of the reasons for dependency on the romantic partner.

If someone is dependent in a relationship that implies he is happy in it. He could be

sad if he doesn't get what he is expecting from the partner…but when someone is

dependent that means they trust their partner, they are happy and they are getting

whatever they are asking for… because there is trust on the partner, therefore there is

the dependency…basically people who are dependent are happy in their relationship. It is serving positively to the well-being (Man, Gujarat, 23 years).

We are dependent on our parents, friends and if you are in a relationship, definitely you are dependent...so yeah if you are dependent, it's a good thing. you are definitely happy...if you are not dependent on anyone, I think it will lead to sadness because somehow as a human we are social people, and we need someone to rely on but yeah we need to find who that person is...we need a good person to rely on so a dependent person to rely on so dependent people are happy (Woman, Uttarakhand, 26 years).

Dependence-Well-Being: Mutual Impact (n = 9). The following quote by a 28-year-old man from Uttarakhand outlines the mutual impact of emotional dependency and well-being on each other. It represents a cyclic pattern of low well- being leading to dependency propensities which in turn again contributes to low sense of well-being.

So, dependence is required when you are falling down and if you are unhappy and you have some challenges and your well-being as a whole is influenced. Whenever you are happy, you are always erect and you are the one garnering the support for everyone. So, obviously the person would be sad. They won't be happy. If you are happy, then obviously you won't need that support…which again influences the well-being of the individual going through such an ordeal (Man, Uttarakhand, 28 years).

Nature of Dependency (n = 18). The other recurrent concept that emerged as a factor influencing the well-being as a consequence of dependency is the nature of emotional dependency within the dynamics of romantic relationship. The two major categories that the researcher could come up with were mutual or both-sided dependency and one-sided dependency or asymmetrical emotional dependency.

Mutual Dependency. Mutual emotional dependency or both-sided dependence in a romantic relationship refers to a situation where both partners rely on each other for emotional support, comfort, validation, and reassurance. In this balanced dynamic, both individuals contribute to and benefit from the emotional support and connection from the relationship, meanwhile fostering a strong and interdependent romantic bond. Mutual dependency was viewed as the best in contributing to the well-being of the individuals in a relationship. Mutual emotional dependency was viewed as the mutual give and take of vulnerabilities and emotions- which was considered as one of the reasons for getting into a relationship in the first place. The following quote highlights similar sentiments:

> See if both are in a relationship and both are dependent on each other so they will be happy but if only one person is dependent then there will be toxicity… that is not a relationship…if both are dependent on each other emotionally that means there is something good…that relationship has a future but if it's only one-sided dependency the person who is dependent will expect phone calls and messages and for you to give them time but the other person might not do that and give excuses…one sided dependency is bad but both sided dependency is good (Man, Uttarakhand, 28 years).

Asymmetrical Dependency. Asymmetrical emotional dependency in a romantic relationship can be described as the situation in which one partner leans heavily on the other partner for support, comfort, and has greater expectations from the partner in terms of seeking validation and reassurances through different means compared to level of emotional reliance they can provide in return. In the words of a 26-year-old man from Uttarakhand, "If both are dependent on each other, then they are happy...if only one person in a relationship is dependent on the other person, then both of them are unhappy". A 23-year-old woman from

Gujarat said, "If dependency is from both sides, that's the best thing actually...that's the most pleasant thing you can ever have on the earth but if it is again one-sided...one-sided anything is very toxic".

Escapism (n = 14). Difficulty in coping with dependency and escaping reality were also mentioned as causative factors contributing to degrading well-being. As per the understanding of a few interview participants, dependent individuals oftentimes could find it challenging to deal with their current circumstances or emotions which could degrade their wellbeing. The following verbatim discusses how dependency can have counteracting impact on well-being. The participants mostly spoke of negative well-being in terms of escaping reality and struggling to cope.

> There are a few who may be happy but mostly dependent people are sad because they feel and realize that they are dependent and it's not a good thing to depend on others... They even try many times not to do that but it's difficult to cope up with things on their own and maintain a balance. So they are more often sad which cannot be good for their well-being (Woman, Gujarat, 24 years).

The following quote highlights the perspective of a woman participant outlining how her friends may be content in their relationship but are unaware of the potential consequences of dependence in a close relationship.

> If I talk about people around me, my friends they are happy but only because they don't know the reality... they are not facing reality... according to me for a long time... what will happen is when they'll face reality later in life they will become sad eventually so one should not be very much emotionally dependent...if I talk about

myself I won't be happy at all if I become emotionally dependent on my partner (Woman, Uttarakhand, 20 years).

The qualitative exploration of emotional dependency in romantic relationships underscores the dynamic interplay of gender and cultural expectations. Acknowledging and understanding such influences are of immense significance for promoting healthier relationship dynamics, fostering satisfaction, managing conflict, and ultimately contributing to the overall well-being of individuals.

Highlights of Qualitative Findings

- Men in Gujarat have more instrumental understanding of dependency and their ideas of dependency are largely egalitarian. Men in Gujarat approached dependency with a relatively practical mindset and their perspectives largely revolved around equality in relationships in terms of taking care of the finances and responsibility of the relationship.

- Men in Uttarakhand understand dependency in more gender related terms. Largely, they considered their partner to be their responsibility – specially in terms of financial dependency. The inclination of men in Uttarakhand was more towards traditionally held gendered notions.

- Men in both states viewed a romantic relationship as a safe space for emotional expression, however, imbalance of emotions was viewed as toxic dependency.

- Men were more dependent on women emotionally owing to the societal norms that encourage men to restrict their emotional expression and reliance on others. Consequently, men often seek emotional dependency within their romantic relationships as a means of fulfilling this need.

- Romantic relationships impact the well-being of an individual. Healthy relationships generally play a positive role in enhancing well-being, while negative aspects of a relationship have the potential to significantly diminish the overall emotional, mental, and physical well-being of individuals

- Emotional Dependency has a cyclic impact on well-being, with low well-being leading to dependency tendencies, which in turns contribute to a diminished sense of well-being. The nature of dependency within romantic relationships plays a pivotal role in influencing well-being of the individual and satisfaction derived out of the relationship.

In the next chapter, findings of the study are discussed with relevant literature.