



# **FEAR OF MISSING OUT, ASSERTION OF NEEDS, BIDIRECTIONAL COMMUNICATION, CONFLICT, DISCLOSURE AND INTERPERSONAL CLOSENESS, EMOTIONAL EXPERIENCE AND EXPRESSION AMONG LIVE IN RELATIONSHIP**

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**Abstract: -**

Live in relationship, also called cohabitation or common law is an intimate partnership where couples live together without being legally married. This type of relationship is common in many parts of the world, especially in Western societies. Correlational design was used in this study. The Research was done on 50 People between the age range 18-25. The Systematically sampling was used for the selection of FIAT -Q in which variables are. FOMO, Assertion of needs, Bidirectional Communication, Conflict, Disclosure and Interpersonal Closeness, Emotional Experience and Expression among live in Relationship (The FIAT -Q 2014) Interpersonal relationships questionnaire and fear of missing out (FoMo) were administered to meet the objective. The result reveals that mean of male is higher than female where as females has more emotional experience and expression and Fomo than males . coefficient of correlation result revealed that A Pearson product moment coefficient of correlation was positive significant between assertion of needs, bidirectional communication, conflict, Disclosure and interpersonal closeness, Emotional experience and expression, fear of missing out in Live in relationships. The findings revealed that FOMO strongly predicted Assertion of the needs, Bidirectional communication, Conflict, Disclosure and interpersonal closeness, Emotional experience and expression. Conclusion of study was Fear of missing out (FOMO), assertion of needs, bidirectional communication, conflict, disclosure and interpersonal closeness, and emotional experience and expression are important factors to consider in understanding and navigating live-in relationships. So, couples should work on it and help each other in assertion one's needs. There should be proper communication between each other. They should work on each other to reduce conflict between each other and work on there emotional experience and expressions . And couple should also work on there fear of missing out by supporting each other.

**Keywords:** Live in Relationship, Fear of missing out, Assertion of needs, Bidirectional Communication, Conflict, Disclose and Interpersonal Closeness, Emotional Experience and Expression

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## **Introduction:**

A relationship is a connection or association between two or more people, things, or concepts. In interpersonal relationships, it typically refers to the way two people interact with each other and how they feel about each other. [1] Relationships can take many forms, including romantic, platonic, familial, or professional. Live in relationship, also called cohabitation or common law is an intimate partnership where couples live together without being legally married. [2] This type of relationship is common in many parts of the world, especially in Western societies. According to the U.S. Census Bureau, the number of unmarried couples living together has increased by 138% since 1990 (U.S. Census Bureau, 2016). [3] Domestic partnerships are widely accepted in India, especially among the younger generation (Rudra & Bandyopadhyay, 2019). [4] Live-in relationships are more common among younger adults, those with lower levels of education and income, and those who have been previously married or divorced.

The legal status of a live in relationship varies greatly from country to country. In some countries, such as France and Spain, cohabiting couples are recognized and legally protected. In other countries, such as the United States, cohabiting couples do not have the same legal rights and protections as married couples (Luscombe, 2016) [5]. The legal status of domestic partnerships in India is still somewhat unclear, the Supreme Court ruled in 2010 that domestic partnerships are not legally recognized, although they are not illegal (Deva, 2014). [6]

In live in relationships Fear of missing out (FOMO) is a common emotion that can occur in many areas of life, including relationships. In the context of a domestic partnership, FOMO can refer to the fear of missing out on other experiences or opportunities available outside of the relationship. Zabihi et al. (2020) [7] found that FOMO was negatively related to commitment and intimacy in romantic relationships. Asserting one's needs is an important aspect of any relationship, including live-in relationship. When one feels comfortable expressing their needs and wants to their partner, it can lead to a more fulfilling and fulfilling relationship for both parties. A study by Bodenman and Cina (2006) found that couples who are able to communicate their needs and wants have greater relationship satisfaction and are better able to deal with conflict. [8] In a live-in relationship, bidirectional communication is particularly important as both partners are sharing a living space and are likely to face various challenges and conflicts in their daily lives. It can be helpful for

partners to establish communication norms and boundaries early on in the relationship. Impett, E. A., Gordon, (2010). Living Together and Learning Apart: [9] The Challenges of College Student Cohabitation" by Eileen J. Otis and Tim J. Loving (2018). This article explores the unique challenges faced by college students legal who live together, including conflicts over household tasks, personal space, and academic responsibilities. It is an important aspect of any intimate relationship, including those in live-in arrangements. Research has shown that the level of disclosure in a relationship is positively correlated with the level of interpersonal closeness (Reis & Shaver, 1988). [10] This means that the more one person discloses to their partner, the closer they feel to them. In his book "The Seven Principles for Making Marriage Work," Gottman discusses the importance of emotional expression and responsiveness in relationships. He argues that healthy relationships require partners to be attuned to each other's emotional needs and to respond to those needs with empathy and compassion. According to Gottman, couples who are able to do this are better able to navigate conflict, build trust, and create lasting bonds. Gottman, J. M. (2015). [11]

In the light of the above give literature the main objective of this study was to investigate the interpersonal relationships live in relationship.

## **Methods: -**

**Design:** correlational design was used in this study

### **Sample:**

This study was conducted on 50 subjects. Out of them 27 were Male subjects and 23 were female subject. The age range of the participants Was 18-25years.

### **2.2 Sample:**

A total number of 50 participant (27 males and 23 Female) were collected from Punjab & Delhi NCR. The age group of the sample is 18 to 25 years Following inclusion and exclusion criteria was adopted for the sample selection.

### **2.3 Inclusion Criteria:**

- Age ranges from 18 to 25 years
- The subject must be live in relationship (Punjab and Delhi NCR)

### **2.4 Exclusion Criteria:**

- Those who are below 18 yrs. and above 25 yrs. of age are excluded from the study.
- Subject who are engaged other relationship like LGBTQ
- Subject with a history of psychiatric or

internistic problem were excluded from the sample.

**Tools**

**FIAT -Q (2014) Interpersonal relationships questionnaire**

FIAT -Q INTERPERSONAL RELATIONSHIPS QUESTIONARE has 5 variables Consisting Assertion of needs which contains 21 questions, Bidirectional communication which contains 22 questions, Conflict which contains 21 questions, Disclosure and interpersonal closeness which contains 24 questions and Emotional experience and expression which contains 23 questions.

**Fear if Missing out: (FoMo)**

Fear of missing out (FoMo) was given by Przybylski, Murayama, De Hann and Gladwell (2013) contain 10 questions in which collection of statements about every day experience was given. Using the scale provided it indicates how true each statement is of your general experiences. We have to respond 1 for Not at all true for me, 2 for slightly true for me, 3 for Moderate for Me, 4 for Very true for me and 5 for extremely true for me. Then we have to calculate individual score

**Study type and study design: -**

**Place and duration of study: -** This study was placed in Phagwara Punjab on University Going students Who are living together in live in relationship in the month of Feburary - March 2023.

**Sampling size and sampling methods :-**A sample of 50 people has taken who all are University going student .Among the total no of people 27 are men and 23 are women .

**Procedure:-**The conduction of questionnaires was Held at the location of participants' choice typically their PG (Paying guest ) ,Hostels . The participants were given questionnaire to fill in a very good environment so they feel safe to fill it . It was emphasized that the Data would be treated anonymously. The couples were given time to finish there questionarre as it was quite lengthy. This test was performed on 50 students out of which 27 are males and 23 are females .It helps us to identify the Interpersonal relationships of the people living in live in relationships

**Data analysis:-** The data were analysed using IBM SPSS-Version 22 software after collecting information from all participants. Regression analysis was used to see the predictive factors of the variables that is Fear of missing out, assertion of needs, bidirectional communication, conflict, disclosure and interpersonal closeness, emotional experience and expression among live in relationship.

**Result: -**

Mean and standard deviation of assertion of needs, Bidirectional communication, Conflict, Disclosure and interpersonal closeness, Emotional experience and expression and Fear of missing out in Live in relationships: -

**Table 01: -** Mean and standard deviation of assertion of needs, Bidirectional communication, Conflict, Disclosure and interpersonal closeness, Emotional experience and expression and Fear of missing

Assertion of needs	N	Mean	SD
Male	27	60.41	14.267
Female	23	59.65	19.035
<b>Bidirectional communication</b>			
Male	27	66.56	17.014
Female	23	63.78	17.568
<b>Conflict</b>			
Male	27	66.30	13.652
Female	23	66.13	14.682
<b>Disclosure and interpersonal closeness</b>			
Male	27	74.33	14.425
Female	23	74.22	18.564
<b>Emotional experience and expression</b>			
Male	27	72.37	17.169
Female	23	76.00	19.129
<b>Fear of missing out (FOMO)</b>			
Male	27	25.52	9.116

Female	23	27.12	7.228
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Table no 1 descriptive result showed that assertion of needs Male mean score (mean =60.41) is higher level than female (mean =59.65). The descriptive result showed that bidirectional communication male mean score (mean= 66.56) is higher than female (mean=63.78) . The descriptive result showed that conflict male mean score (mean= 66.30) is higher than female (mean=66.13). The descriptive result showed that disclosure and

interpersonal closeness Male mean score (mean =74.33) is higher level than female (mean =74.22). The descriptive result showed that Emotional experience and expression Male mean score (mean =72.37) is Lower level than female (mean =76.00).The descriptive result showed that fear of missing out Male mean score (mean =25.5) is lower level than female (mean =27.12).

**Table 02:** - Coefficient of Correlation measure on assertion of needs, bidirectional communication, conflict, Disclosure and interpersonal closeness, Emotional experience and expression, fear of missing out.

	Assertion of needs	Bidirectional communication	Conflict	Disclosure and interpersonal closeness	Emotional experience and expression	Fear of missing out [fomo]
Assertion of needs	<b>1</b>	.587**	.674**	.595**	.589**	.351*
Bidirectional communication		<b>1</b>	.786**	.641**	.667**	.471**
Conflict			<b>1</b>	.550**	.701**	.462**
Disclosure and interpersonal closeness				<b>1</b>	.606**	.323*
Emotional experience and expression					<b>1</b>	.589**
Fear of missing out [fomo]						<b>1</b>
** . Correlation is significant at the 0.01 level (2-tailed).						
* . Correlation is significant at the 0.05 level (2-tailed).						

A Pearson product moment coefficient of correlation was conducted to examine the relation between assertion of needs, bidirectional communication, conflict, Disclosure and interpersonal closeness, Emotional experience and expression, fear of missing out in Live in relationships Table 02 show coefficient of correlation results revealed that **assertion of needs** was significantly positive correlation to Bidirectional communication (r= .587, P=0.01) ,conflict (r=.674, p=0.01) Disclosure and interpersonal closeness (r=.595 ,p=0.01) fear of missing out (r=.351, p=0.05). **Bidirectional communication** as significantly positive correlation to conflict (r=.786, p=0.001), Disclosure and interpersonal closeness (r=.641

,p=0.01) Emotional experience and expression (r=.667, p=0.01), Fear of missing out (r=.471, p=0.01). Coefficient of correlation results revealed that **Conflict** was significantly positive correlation to Disclose and interpersonal closeness (r=.550,p=0.01) Emotional experience and expression (r=.701,p=0.01), Fear of missing out (r=.462, p=0.01). coefficient of correlation results revealed that **Disclosure and interpersonal closeness** was significantly positive correlation to emotional experience and expression (r=.606,p=0.01), fear of missing out (r =.323,p =0.05) Coefficient of correlation results revealed that **emotional experience and expression** was significantly positive correlation to fear of missing out (r=.589 ,p=0.01)

**Table 3** Simple Regression analysis

Variable	B	β	SE
Constant	41.6689		7.409
Fear of missing out	.700	.351	.269
R square	.123		

Note N=50 Dependent variable: Assertion of needs \*\*p<0.01

Table 3 simple regression analysis showed that positive emotions influence the Assertion of needs. The R2 value of .123 revealed that the predictor (fear of missing out) variable explained variance in

the outcome variable with  $F(6.757) = 13270.820$   $P < 0.01$ . The findings revealed that Assertion of needs strongly predicted FOMO ( $\beta = .351$ ,  $p < 0.01$ ).

**Table-4** Regression analysis

Variable	B	$\beta$	SE
Constant	39.401		7.336
Fear of missing out	.985	.267	.471
R square	.221		

Note N=50 Dependent variable: Bidirectional communication  $**p < 0.01$

Table 4 simple regression analysis showed that positive emotions influence the bidirectional communication The R2 value of .221 revealed that the predictor (Fear of missing out) variable

explained variance in the outcome variable with  $F(13.650) = 14646.080$   $P < 0.01$ . The findings revealed that Bidirectional communication strongly predicted FOMO ( $\beta = .267$ ,  $p < 0.01$ )

**Table 05** Regression analysis

Variable	B	$\beta$	SE
Constant	45.655		5.965
Fear of missing out	.783	.462	.217
R square	.214		

Note N=50 Dependent variable: conflict  $**p < 0.01$

Table 05 simple regression analysis showed that positive emotions influence the conflict The R2 value of .214 revealed that the predictor (Fear of missing out) variable explained variance in the

outcome variable with  $F(13.636) = 9588.580$   $P < 0.01$ . The findings revealed that conflict strongly predicted FOMO ( $\beta = .462$ ,  $p < 0.01$ )

**Table 06** Regression analysis

Variable	B	$\beta$	SE
Constant	57.525		7.409
Fear of missing out	.638	.323	.269
R square	.105		

Note N=50 Dependent variable: Disclosure and interpersonal closeness  $**p < 0.01$

Table 06 simple regression analysis showed that positive emotions influence the Disclosure and interpersonal closeness The R2 value of .105 revealed that the predictor (Fear of missing out) variable explained variance in the outcome

variable with  $F(5.609) = 12992.080$   $P < 0.01$ . The findings revealed that Disclosure and interpersonal closeness predicted FOMO ( $\beta = .323$ ,  $p < 0.01$ )

**Table 7** Regression analysis

Variable	B	$\beta$	SE
Constant	40.307		6.995
Fear of missing out	1.284	.589	.254
R square	.347		

Note N=50 Dependent variable: Emotional experience and expression \*\*p<0.01

Table 06 simple regression analysis showed that positive emotions influence the Emotional experience and expression The R2 value of .347 revealed that the predictor (Fear of missing out) variable explained variance in the outcome variable with F (25.508= 15877.920) P<0.01. The findings revealed that Emotional experience and expression strongly predicted FOMO ( $\beta = .589$  p<0.01)

**Discussion:-**

In the Present study it is found that Fear of missing out, assertion of needs, bidirectional communication, conflict, disclosure and interpersonal closeness, emotional experience and expression among live in relationship has a very unique role in the life of both the genders i.e. Male and females .While talking about our various Variables so assertion of needs (Identification And Expression) is used to stand for anything you want including making requests for social support , or other needs you may have that are more practical so according to our Current study males has high assertion of needs than females. In Bidirectional communication (impact and Feedback ) it describe how you impact or affect other people, how you give and respond to feedback . So by current study it is reported that Males has high Bidirectional communication than females. In conflict it is described that how you identify and then deal with conflict that occur between you and another person. So according to our current study Males has high conflicts than females. In Disclosure and Interpersonal closeness it describes how you may disclose ,or talk about yourself or your experiences with other people. It also describes your feelings about interpersonal closeness. So by current study Males has high Disclosure and Interpersonal closeness than females . Emotional experience and expression it describes how you identify and then express your feelings. So According to present study females feel more emotional experience and expression than males. (FOMO) describes the fear of not knowing information, events, experiences, or life decisions that will improve one’s life. [20]

More women experience FOMO than men. Have healthy and fulfilling relationships. John M. Grohol, renowned psychologist and founder of PsychCentral.[21] Fear of missing out on a relationship (FOMO) is a relatively new area of research in social psychology and relationship research.[22] One of the authors who discusses the importance of two-way communication in relationships is renowned psychologist and relationship researcher John Gottman. In his book Seven Principles of Marriage, Gottman emphasizes the importance of open communication and encourages couples to actively listen and express their feelings in constructive ways.[23]

**Conclusion: -**

In conclusion, important factors to consider in understanding and navigating live-in-relationships. FOMO can create anxiety and pressure in relationships, and it’s important for partners to communicate openly and assert their needs to avoid feelings of dissatisfaction or resentment. Bidirectional communication is crucial in addressing conflict and maintaining a healthy relationship. Disclosure and interpersonal closeness can lead to a deeper emotional connection, but it’s important to respect each other’s boundaries and individuality. Emotional experience and expression can enhance intimacy and understanding between partners, but it’s also important to manage emotions effectively and constructively. These factors are rooted in various psychological theories and concepts, such as attachment theory, social exchange theory, communication theory, and emotional intelligence. Understanding and incorporating these principles can contribute to the success and satisfaction of live-in relationships.

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