



## **IMPACT OF ROMANTIC RELATIONSHIP ON PROSOCIAL BEHAVIOUR AND SELF-CONFIDENCE AMONG COLLEGE STUDENTS**

**Nikhil Mandial<sup>1\*</sup>, Dr. Mohammad Amin Wani<sup>2</sup>**

### **Abstract**

**Background:** Romantic Relationships are one of the core components that goes life along with a person and thereby may have chances of shaping and enhancing a person's self-confidence and Prosocial behaviour. This study revolves around the factors of romantic relationships and how they influence college students' Prosocial behaviour by making them more connected to society and also by enhancing their self-confidence.

**Aim:** The goal was to discover the effect of romantic relationships on the Prosocial behaviour and self-confidence of college students.

**Material & Method:** The data were collected from 100 college students who are in a relationship. Romantic relationship scale, Self-confidence scale, and Prosocial behaviour scale were used for the purpose of data collection.

**Results:** indicated that the Romantic relationship has a significant positive relation with prosocial behaviour and self-confidence Findings also revealed that prosocial behaviour is positively correlated with self-confidence. Results indicate no significant difference between gender in romantic relationships.

**Conclusion:** Results signified that a romantic relationship has a positive effect on Prosocial Behaviour and Self Confidence.

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<sup>1\*</sup>M.A Clinical Psychology, Lovely Professional University

<sup>2</sup>Assistant Professor Psychology, Lovely Professional University

**\*Corresponding Author:** Nikhil Mandial

\* M.A Clinical Psychology, Lovely Professional University

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## **Introduction**

Every individual form different kind of relationships in their lifetime, but among these relationships, a romantic relationship stands an important place in an individual's life. Romantic relationship comprises of many factors including closeness, emotionality, and the yearning for intimacy (Shulman, Connolly & McIsaac, 2011). According to researchers, a romantic relationship is when two people form an intimate connection based on attachment, interdependence, and a sense of their needs being met. There are three types of romantic relationships dating, cohabitation (living together), and long-term commitment (marriage, civil partnership).

In social exchange theory, a romantic relationship is described in economic terms. It claims that the partners in a relationship strive to maximize rewards or benefits given by the partner such as praise, comfort, etc. and minimize costs which include arguments, compromises, stress, etc. For a romantic relationship to work successfully rewards in the relationship is higher than the cost (Thibaut and Kelley, 1959), and Giving benefit to another individual is one of the core components of prosocial behaviour. Prosocial behaviour in adulthood makes us responsible citizens and makes us more connected with society as other people get benefited from our actions in a positive way. Some research suggests that the individual shows more Prosocial behaviour when experiencing positive emotional states (Aknin et al., 2019).

Showing kindness, being helpful, and being giving towards others not only provides definite and significant gains for the recipient but also creates a sense of satisfaction, confidence, and well-being among the giver. As romantic relationships are highly focused on excelling and growing together prosocial behaviour can enhance the process by enabling the individuals to help each other to accomplish goals by being supportive of each other's needs.

Romantic relationships can flourish further when one has the nature to sacrifice that is by putting others' needs before theirs with no or little cost to self-there by promoting the other person's welfare. While sacrificing is crucial in a committed relationship (Zoppolat et al., 2019). Some examples could be a willingness to change cities or jobs to be with the partner or having a particular dish liked by the partner despite not favouring the choice. These acts of kindness and warmth will help form more profound relationships among

individuals who are romantically involved. More prosocial behavior is also connected with higher life satisfaction (Dou et al., 2019).

The word Confidence is derived from the Latin word 'fidere' which means "to trust" and the meaning of self-confidence is having trust in ourselves. Self-confidence is linked with almost each and every element which leads to happiness and self-fulfilment. As our self-confidence grows, we'll find ourselves more driven toward our abilities (Markway, 2018). Self-confidence also plays a significant role in the development of academic performance, learning new things, and achieving success in life (Lone,2021). When we are in a romantic relationship, we deal with many new circumstances as we face responsibility towards other person and it affects our confidence level as it can be seen as "certainty in being able to handle something" (Stajkovic, 2006). A person with self-confidence will be optimistic and assertive. A person with high self-confidence has the ability to fight with difficulty in every phase of life.

Guo (2017) found that subjective support and support utilization directly influence their Prosocial behaviour. Subjective support includes Respect, support, acceptance, recognition, and mutual help, which are the major factors in a romantic relationship and play an important role in cultivating Prosocial behaviour (Guo, 2017). Arora & Rastogi (2018) studied the correlation between Prosocial behaviour and self-esteem among young adults. The findings of this study show that self-esteem in an individual is positively correlated with prosocial behaviour. Individuals with high self-esteem are confident in themselves as self-esteem can be defined as the feeling of self-worth. Jaffar, Jahangir and Muhammad (2022) found that individuals with low self-esteem had lower levels of relationship satisfaction. An individual who has high self-esteem, in their romantic partner will get greater relationship satisfaction (Erol and Orth 2013). Self-esteem and self-confidence have a positive correlation with happiness. A person with high self-confidence will doubtlessly have high self-esteem.

## **Methodology**

### **Objective**

1. To assess the gender differences in romantic relationship, prosocial behaviour and self-confidence.
2. To examine the mean differences in romantic relationship, prosocial behaviour and self-confidence with respect to age.

3. To find the relationship of romantic relationship with prosocial behaviour and self-confidence.
4. To find the impact of romantic relationship on prosocial behaviour and self-confidence.

### Hypothesis

The following are the hypotheses were formulated based on the literature review:

1. There will be no significant difference between male and female on romantic relationship, prosocial behaviour and self-confidence.
2. There will be no significant difference in romantic relationship, pro-social behaviour and self-confidence with respect to age.
3. Romantic relationship is significantly correlated with prosocial behaviour and self-confidence.
4. There will be significant impact of romantic relationship on pro social behaviour and self-confidence.

### Sample

In this study, a sample of individuals who are dating or in a committed relationship (N = 100) was taken into consideration and were from Lovely Professional University, Phagwara, Punjab, India. The questionnaires were equally distributed among the participants belonging to an age range of 18- 29 years (college-going students). Only willing participants were included in the study. Honest responses were requested from the participants.

### Variables

The current study includes three variables Romantic Relationship, Prosocial behaviour and Self-confidence. Prosocial behaviour and Self-confidence are the dependent variable and Romantic Relationship is the independent variable.

### Tools

**1. Romantic relationship scale:** Self-developed scale romantic relationship scale used to determine the romantic relationship of participants in the current study. The scale consists of 34 items based on various aspects of romantic relationship. It uses a “yes” or “no” format for the responses and it’s

scored as 1= “yes” and 0= “no”. the internal consistency of the test through Cronbach’s alpha was found to be 0.93.

**2. Self-confidence scale:** The self-confidence scale is developed by Wani and Dhawan (2023) and was used to assess self-confidence among students. The scale consists of 14 items and uses a five-point Likert scale with 1= never to 5= always. Cronbach’s alpha was used for determining the internal consistency reliability of the scale and is found 0.74.

**3. Prosocial behavior scale:** The 13-items prosocial behavior scale was used to assess the level of pro-social behaviour among the participants. The scale uses a five-point Likert scale with 1= never, 2= sometimes, or 3= often.

### Procedure of data collection

The ethical standards of the study were kept uniform by using numerous conventions. Romantic relationship scale, Self-confidence scale, and prosocial behaviour scale was used for assessment purpose. Before distributing the questionnaires among participants, purpose of the student was discussed and all doubts of the participants were cleared and associated problems were handled. Confidentiality of the test was assured to the participants.

### Results

The current study examines student’s romantic relationship, prosocial behaviour and self-confidence. The subject is evaluated on different variables considered for the study. The independent sample t-test was assessed to find the mean difference in romantic relationship, prosocial behaviour and self-confidence with demographic factors like age and gender. Correlation analysis was used to assess the relationship among romantic relationship, prosocial behaviour and self-confidence. Furthermore, regression analysis was also used to investigate the impact of romantic relationship on prosocial behaviour and self-confidence. This section of the study thoroughly discusses the findings of the study.

**Table 1:** - Description of respondents with respect to Gender

| Gender | Frequency | Percent |
|--------|-----------|---------|
| Female | 64        | 64.0    |
| Male   | 36        | 36.0    |
| Total  | 100       | 100.0   |

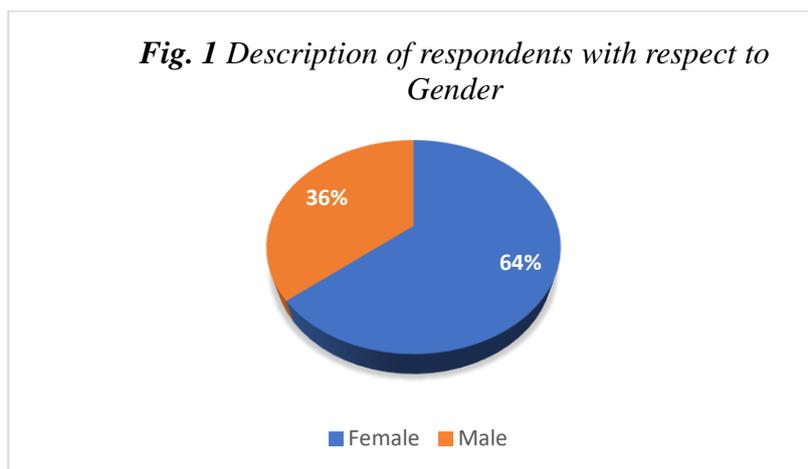


Table 1 shows the frequency distribution and percentage of participants depending on their age. Out of the total 100 participants, the majority 64 (64%) of participants were female and 36 (36%) participants were male.

**Table 2:** Mean differences in romantic relationship, prosocial behaviour, and self confidence with respect to gender

| Variable              | Gender | N  | Mean  | df | t-value | Sig. (2-tailed) |
|-----------------------|--------|----|-------|----|---------|-----------------|
| Romantic relationship | Male   | 36 | 25.94 | 98 | -1.39   | .16             |
|                       | Female | 64 | 28.40 |    |         |                 |
| Prosocial behaviour   | Male   | 36 | 51.50 | 98 | -.18    | .85             |
|                       | Female | 64 | 51.67 |    |         |                 |
| Self confidence       | Male   | 36 | 51.31 | 98 | .40     | .68             |
|                       | Female | 64 | 50.55 |    |         |                 |

The table 2 represents the number of participants according to gender. The mean of romantic relationship for female is (28.40) and for male is (25.94) which shows that romantic relationship tends to be slightly higher in female than male. The mean difference in pro-social behaviour for male and female is (51.50) and (51.67) respectively and therefore shows an insignificant difference. The mean difference for self-confidence in male is (51.31) and in female is (50.55) which shows that

males have slightly higher self-confidence than females in the current study.

Findings shows that there is statistically insignificant difference between female and male on romantic relationship ( $t = 1.39, p = .16$ ). There is statistically insignificant difference between female and male on prosocial behaviour ( $t = -.18, p = .85$ ). There is statistically insignificant difference between female and male on self-confidence ( $t = .40, p = .68$ ).

**Table 3:** Mean differences in romantic relationship, prosocial behaviour, and self-confidence with respect to Age

| Variable              | Age         | N  | Mean   | df | t-value | Sig. (2-tailed) |
|-----------------------|-------------|----|--------|----|---------|-----------------|
| Romantic relationship | 18-23 years | 77 | 27.584 | 98 | .137    | .891            |
|                       | 24-29 years | 23 | 27.304 |    |         |                 |
| Prosocial behaviour   | 18-23 years | 77 | 51.03  | 98 | -2.48   | .015            |
|                       | 24-29 years | 23 | 53.57  |    |         |                 |
| Self confidence       | 18-23 years | 77 | 51.29  | 98 | .949    | .345            |
|                       | 24-29 years | 23 | 49.26  |    |         |                 |

The table 3 represents the number of participants according to age. Out of total 100 participants, the majority 77 participants were from the age 18-23 and 23 participants were from the age group 24-29. According to the findings, there is statistically insignificant difference between the age group of 18-23 and 24-29 on romantic relationship ( $t = .137,$

$p = .891$ ). There is statistically insignificant difference between the age group of 18-23 and 24-29 on prosocial behaviour ( $t = -2.484, p = .015$ ). There is statistically insignificant difference between the age group of 18-23 and 24-29 on self-confidence ( $t = .949, p = .345$ ).

**Table 4:** - Relationship of romantic relationship with prosocial behaviour and self confidence

|                       | Romantic relationship | Prosocial behaviour | Self confidence |
|-----------------------|-----------------------|---------------------|-----------------|
| Romantic relationship | 1                     | .308**              | .443**          |
| Prosocial behaviour   |                       | 1                   | .483**          |
| Self confidence       |                       |                     | 1               |

Table 4 shows the correlation matrix using Pearson product moment correlation to assess the bivariate relationship among romantic relationship, prosocial behaviour and self-confidence. Romantic relationship has a significant positive correlation

with prosocial behaviour ( $r=.308$ ). Romantic relationship has a significant positive correlation with self-confidence ( $r=.443$ ). Additionally, prosocial behaviour has a significant positive correlation with self-confidence ( $r=.483$ ).

**Table 5:** - influence of romantic relationship on prosocial behaviour and self confidence

| Independent variable  | Dependent variable  | R                 | R <sup>2</sup> | AR <sup>2</sup> | SEE   | B    | SE   | Beta | t    | Sig. |
|-----------------------|---------------------|-------------------|----------------|-----------------|-------|------|------|------|------|------|
| Romantic relationship | Prosocial behaviour | .308 <sup>a</sup> | .095           | .086            | 4.219 | .160 | .050 | .308 | 3.21 | .002 |
|                       | Self confidence     | .443 <sup>a</sup> | .196           | .188            | 8.087 | .466 | .095 | .443 | 4.88 | .000 |

The findings of the study infer that there is significant impact of romantic relationship on self-confidence. Romantic relationships can have a positive impact on prosocial behavior. Studies have shown that people in healthy relationships are more likely to engage in prosocial behaviors, such as volunteering, helping others, and donating to charity. Being in a relationship can increase feelings of empathy, compassion, and social connectedness, which in turn can lead to more prosocial behavior. Additionally, witnessing prosocial behavior from a partner can inspire and encourage individuals to engage in similar behavior. However, difficult or unhealthy relationships can have the opposite effect, causing individuals to withdraw socially and engage in less prosocial behavior. It's important to build and maintain healthy relationships that foster positive prosocial behavior for the benefit of all involved. Romantic relationships can have a significant impact on self-confidence. Positive relationships can boost confidence by providing emotional support, validation, and a sense of security. They can also help with personal growth and self-discovery. However, difficult or toxic relationships can have the opposite effect, causing self-doubt, anxiety, and low self-esteem. It's important to nurture healthy relationships and set boundaries to ensure that they contribute positively to your confidence and well-being. It is revealed that romantic relationship contributes 9.5% in prosocial behaviour and 19.6% in self-confidence respectively.

### Discussion

A significant number of research has explored the romantic relationship and its effect on individuals. After reviewing the literature, four hypotheses were formed. First, there will be no significant difference between male and female on romantic relationship, prosocial behaviour and self-confidence. The results revealed that these hypotheses were true as there is statistically insignificant difference between male and female on romantic relationship. Gender was not significantly related to romantic relationship, prosocial behaviour and self-confidence. Jaffar, Jahangir and Muhammad (2022) also conducted the study and found that there is an insignificant difference between male and female in a romantic relationship.

The second hypothesis was that there will be no significant difference between the two age groups on romantic relationship, pro-social behaviour and self-confidence and the result revealed that there is insignificant difference between the two age groups i.e. 18-23 & 24-29 on romantic relationship, pro-social behaviour and self-confidence.

The third hypothesis described that romantic relationship is significantly co-related with prosocial behaviour and self-confidence. The results demonstrated that the romantic relationship has a significant positive correlation with prosocial behaviour. It means that if the relationship is romantic then the individual will be empathetic and concerned towards the other. A romantic relationship promotes commitment and commitment furthermore promotes the act of

prosocial behaviour toward the partner and society (Wiesel Quist et al., 1999).

Romantic relationship has a significant positive correlation with prosocial behaviour. Individuals who are romantically related tend to have a higher level of self-confidence as compared to those who are not involved in a romantic relationship. The relationship between romantic relationships, self-confidence, and prosocial behavior is complex and multifaceted. Positive and healthy romantic relationships can enhance both self-confidence and prosocial behavior. When individuals feel supported and validated by their romantic partners, it can boost their self-esteem and confidence, which in turn can lead to greater prosocial behavior. Positive relationships can also enhance feelings of empathy, compassion, and social connectedness, which are all important factors in promoting prosocial behavior. On the other hand, relationships that are characterized by conflict, emotional abuse, or other negative dynamics can erode both self-confidence and prosocial behavior. In such relationships, individuals may experience feelings of anxiety, low self-esteem, and insecurity, which can lead to a decrease in prosocial behavior. Additionally, unhealthy relationships can be isolating and may result in individuals withdrawing from social situations. Overall, it's important to cultivate positive and healthy romantic relationships in order to foster self-confidence and prosocial behavior. By providing emotional support, validation, and a sense of security, these relationships can enhance well-being and promote positive social interactions.

Furthermore, the fourth hypothesis is confirmed by the fact stated that there is a significant impact of romantic relationships on pro-social behaviour and self-confidence. Therefore, individuals with good-quality of romantic relationship will always have a positive impact on their self-confidence and prosocial behaviour level.

Romantic relationships can have a significant impact on both self-confidence and prosocial behavior. Positive and healthy relationships can boost self-confidence by providing emotional support, validation, and a sense of security. In turn, this increased self-confidence can lead to greater prosocial behavior, such as volunteering, helping others, and donating to charity. Healthy relationships can also enhance feelings of empathy, compassion, and social connectedness, which are all important factors in promoting prosocial behavior. On the other hand, relationships that are characterized by conflict, emotional abuse, or other negative dynamics can erode both self-confidence and prosocial behavior. In such relationships,

individuals may experience feelings of anxiety, low self-esteem, and insecurity, which can lead to a decrease in prosocial behavior. Additionally, unhealthy relationships can be isolating and may result in individuals withdrawing from social situations, further reducing their opportunities for prosocial behavior. Overall, the quality of romantic relationships is an important factor in the development of both self-confidence and prosocial behavior. Positive relationships can provide a supportive and nurturing environment that fosters these traits, while unhealthy relationships can be detrimental to both.

### **Conclusion**

As we know that human beings are social animals and they want love, affection, and belongingness. Due to this, we make many kinds of relationships in our lifetime. The romantic relationship is also one of these. Romantic relationships enhance an individual's personality in many ways as that individual tries to implement changes in themselves or in the environment to be with his/her lovable person.

In our study, we concluded that a romantic relationship has a positive effect on prosocial behaviour and it will make an individual more responsible towards society and help him in being a helpful and kind citizen. The individual learns cooperation and self-sacrifice in a relationship which further transcends into prosocial behaviour and benefit others.

In a romantic relationship, we live with our partner who is different from us but we do selfless efforts to make him/her feel good. We share things, understand each other's problems, and help each other. We trust and support our partner, and in these types of positive attitude, our prosocial behaviour flourish. Prosocial behaviour in individuals is an important element for a society to run smoothly.

Helping others or sharing happiness with others makes us feel good about ourselves and it directly affects our self-confidence. We have proved in this study that prosocial behaviour is positively correlated with self-confidence. Romantic relationships have a positive effect on individuals' overall growth.

An individual with high self-confidence will excel in many areas of life and thrive for success. If we have a romantic partner then we have confidence in ourselves as we know that there must be something special in us that other partner chooses to be with us and in our present study we found that a romantic relationship is positively correlated with self-confidence. If the person is in a romantic

relationship, then they will have good self-confidence.

Romantic relationships are good for individuals as they can lead to a happy and successful life but if the relationship between two partners doesn't have a romantic aspect then they may lack empathy, trust, and belongingness and may have low self-confidence and may not be helpful towards others.

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