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# The Impact of Romantic Breakups on Self Esteem and Quality of Life

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**ABSTRACT:** This research paper delves into the profound effects of romantic breakups on individuals' self-esteem and quality of life. Utilizing the World Health Organization Quality of Life (WHO-QOL) questionnaire and the Rosenberg Self-Esteem Questionnaire, the study aims to explore how these psychological measures are impacted following the dissolution of romantic relationships. The methodology involves administering both questionnaires to a sample group of individuals who have recently experienced a romantic breakup. Quantitative analysis of the responses is conducted to identify correlations between the breakup experience, self-esteem levels, and overall quality of life. Additionally, qualitative insights are gathered through open-ended questions to gain a deeper understanding of the emotional and psychological dimensions involved. The findings of this study shed light on the intricate relationship between romantic relationships, self-esteem, and well-being. By examining how individuals cope with and adapt to romantic breakups, this research contributes to the existing literature on relationship dynamics and their influence on mental health. The implications of these findings extend to therapeutic interventions and support strategies aimed at helping individuals navigate the aftermath of romantic separations, ultimately promoting resilience and psychological well-being.

## I. INTRODUCTION

### INFLUENCE OF ROMANTIC BREAKUPS ON SELF ESTEEM AND QUALITY OF LIFE.

The termination of a romantic relationship between two people is referred to as a breakup. It denotes the choice to cease a romantic relationship's emotional, physical, and frequently commitment components. Breakups can happen for a number of reasons, such as incompatibility, poor communication, lack of attractiveness, adultery, divergent values or life objectives, or even just the simple understanding that neither party in the partnership is getting what they want out of the relationship. A romantic breakup often entails a process of emotional disengagement, boundary setting, and separation. For those involved, it can be a difficult and stressful process because it frequently involves emotions like sadness, grief, rage, and disappointment. The length and intensity of a breakup might affect how it affects An individual's sense of value may be significantly impacted by romantic breakups. An intense and individualized emotional and psychological toll can result from leaving a romantic engagement.

## II. LITERATURE REVIEW

1.Sbarra & Boals (2019): This paper likely reviews literature on the physiological and emotional reactions that occur during stressful events in intimate relationships, including breakups. It may explore how these stressors affect cardiovascular health and emotional well-being, shedding light on the physical and psychological toll of romantic breakups.

2.Twenge, Campbell, & Foster (2020): This study probably examines generational shifts in attitudes toward romantic relationships and sexual behavior. While not directly focused on breakup impacts, it could provide insights into how changing societal norms and expectations around relationships influence individuals' experiences during and after breakups.

3.Burke & Kaysen (2018): This research likely investigates the concept of "relational turbulence" post-breakup, which refers to the emotional and psychological upheaval experienced in relationships and breakup aftermath. It may explore how individuals manage this turbulence, its effects on mental health, and coping strategies used during the breakup recovery process.



4.Sprecher & Felmlee (2021): This paper probably reevaluates the link between giving support in relationships and relationship quality. While not directly focused on breakups, it may provide insights into how support dynamics within relationships can impact individuals' well-being during challenging times like breakups.

5.Eshbaugh & Grello (2016): This study likely investigates the role of social support from romantic partners in acute dating relationships. It may explore how receiving support from partners during stressful events, such as breakups, influences individuals' coping mechanisms, emotional responses, and overall relationship quality.

These research papers collectively contribute to our understanding of the multifaceted impacts of romantic breakups on individuals' physical health, emotional well-being, coping strategies, and relationship dynamics, providing valuable insights into the broader context of post-breakup experiences.

### III. METHODOLOGY

#### OBJECTIVE:-

To study the impact of romantic breakup on self esteem and quality of life

#### HYPOTHESIS:-

H1: Individuals who experience a romantic breakup will report lower self-esteem scores compared to individuals in ongoing romantic relationships

H2: Individuals who experience a romantic breakup will report lower quality of life compared to individuals in ongoing romantic relationships

#### SAMPLE:-

The sample of 60 people between age group of 18 to 25 were included representing diverse demographics, religions, locations and races.

#### TOOLS:-

1.WHO-QOL Scale: The WHO-QOL (World Health Organization Quality of Life) scale is a comprehensive tool designed to assess an individual's quality of life across multiple domains. These domains typically include physical health, psychological well-being, social relationships, and environmental factors. The scale consists of questions or items that individuals respond to, providing insights into their subjective perceptions of various aspects of life satisfaction, overall health status, and personal fulfillment. Researchers, healthcare professionals, and policymakers use the WHO-QOL scale to gather structured data on an individual's quality of life, making it a valuable instrument in health assessments, research studies, and interventions aimed at improving overall well-being.

2.Rosenberg Self-Esteem Scale: The Rosenberg Self-Esteem Scale is a widely used measure specifically designed to assess an individual's self-esteem. Developed by Morris Rosenberg in 1965, it consists of ten statements that individuals rate based on their level of agreement or disagreement. The statements typically reflect feelings of self-worth, self-acceptance, and self-confidence. Respondents indicate the extent to which each statement applies to them, allowing researchers and psychologists to gauge their overall level of self-esteem. The scale is valuable in understanding how individuals perceive themselves, their self-concept, and their sense of personal identity. It is commonly utilized in psychology, social science research, and clinical settings to assess self-esteem levels and explore factors that contribute to healthy self-perception.

### IV. PROCEDURE

The sample was collected from 100 participants of the age groups (18-26 years,). The purpose of the Study was made clear to the participants. The participants were asked to fill in their responses on the Given questionnaire. Instructions were given to them, and all the queries were resolved. They were Assured that their information would be kept confidential throughout the study. The data collected was Then calculated with the help of spss

### V. RESULT

Table 1-Showing descriptive statistics for self-esteem and the domains of quality of life

	N	Mean	SD	Skewness	Kurtosis
Self-esteem		35.48	6.33	.086	-.173



WHOQOL					
Physical health domain	60	18.40	3.20	-.095	-.317
Psychological health domain		17.83	3.02	-.431	.666
Social relationships domain		10.98	2.15	-.369	-.082
Environment domain		29.05	4.82	.073	-.194

For this research sample (N=60), the mean and SD for self-esteem is 35.48 and 6.33 respectively. Quality of life has 4 domains - the mean and SD for physical health domain is 18.40 and 3.20 respectively; the mean and SD for psychological health domain are 17.83 and 3.02, the mean and SD for social relationship domain has been calculated as 10.98 and 2.15 respectively and for the fourth domain i.e. environment domain the mean and SD is 29.05 and 4.82.

**H1: Individuals who experience a romantic breakup will report lower self-esteem scores compared to individuals in ongoing romantic relationships**

**Table 4**Independent Sample t-Test – Relationship status and Self-esteem

Test Variable	Relationship status	N	Mean	SD	t	df	Significance
Self-esteem	In a relationship	30	38.03	6.29	3.38	58	.001
	Single	30	32.93	5.34			

**Interpretation**

For this research sample (N=60), individuals in a relationship (M = 38.03, SD = 6.29, n = 30) have obtained a higher score on self-esteem as compared to individuals who are single i.e. those who have experienced a romantic breakup (M = 32.93, SD = 5.34, n = 30), df = 58, t = 3.38, p = 0.001. This difference is significant at the 0.01 level, and indicates that there is a significant difference in self-esteem between individuals who have experienced a romantic breakup as compared to individuals who are in an ongoing romantic relationship.

There is a significant difference of relationship status on self-esteem among those in a relationship compared to those who are single. Thus, H1 has been accepted.

H2: Individuals who experience a romantic breakup will report lower quality of life compared to individuals in ongoing romantic relationships.

H2a: Individuals who experience a romantic breakup will report lower on the domain of physical health compared to individuals in ongoing romantic relationships.

H2b: Individuals who experience a romantic breakup will report lower on the domain of psychological health compared to individuals in ongoing romantic relationships.

H2c: Individuals who experience a romantic breakup will report lower on the domain of social relationships compared to individuals in ongoing romantic relationships.

H2d: Individuals who experience a romantic breakup will report lower on the domain of environment compared to individuals in ongoing romantic relationships.

**H2a: Individuals who experience a romantic breakup will report lower on the domain of physical health compared to individuals in ongoing romantic relationships.**

**Table 2**-Independent Sample t-Test – Relationship status and Physical health domain

Test Variable	Relationship status	N	Mean	SD	t	df	Significance
Physical health domain	In a relationship	30	19.30	3.35	2.25	58	0.028




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	Single	30	17.50	2.81	
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**Interpretation** For this research sample ( $N=60$ ), individuals in a relationship ( $M = 19.30, SD = 3.35, n = 30$ ) have obtained a higher score on the domain of physical health as compared to individuals who are single i.e. those who have experienced a romantic breakup ( $M = 17.50, SD = 2.81, n = 30$ ),  $df = 58, t = 2.25, p = 0.028$ . This difference is significant at the 0.05 level, and indicates that there is a significant difference in the physical health domain of quality of life, between individuals who have experienced a romantic breakup as compared to individuals who are in an ongoing romantic relationship.

**There is a significant difference of relationship status on the domain of physical health among those in a relationship compared to those who are single. Thus, H2a has been accepted.**

**Table 3**-Independent Sample t-Test – Relationship status and psychological health domain

Test Variable	Relationship status	N	Mean	SD	t	df	Significance
Psychological health domain	In a relationship	30	18.63	3.42	2.106	58	0.040
	Single	30	17.03	2.35			

**Interpretation**

For this research sample ( $N=60$ ), individuals in a relationship ( $M = 18.63, SD = 3.42, n = 30$ ) have obtained a higher score on the domain of psychological health as compared to individuals who are single i.e. those who have experienced a romantic breakup ( $M = 17.03, SD = 2.35, n = 30$ ),  $df = 58, t = 2.106, p = 0.040$ . This difference is significant at the 0.05 level, and indicates that there is a significant difference in the psychological health domain of quality of life, between individuals who have experienced a romantic breakup as compared to individuals who are in an ongoing romantic relationship.

**There is a significant difference of relationship status on the domain of psychological health among those in a relationship compared to those who are single. Thus, H2b has been accepted.**

**Table 4**Independent Sample t-Test – Relationship status and social relationship domain

Test Variable	Relationship status	N	Mean	SD	t	df	Significance
Social relationship domain	In a relationship	30	11.53	2.24	2.032	58	0.047
	Single	30	10.43	1.94			

**Interpretation**

For this research sample ( $N=60$ ), individuals who are single i.e. those who have experienced a romantic breakup ( $M = 10.43, SD = 1.94, n = 30$ ) have obtained a lower score on the domain of psychological health as compared to individuals in a relationship ( $M = 11.53, SD = 2.24, n = 30$ ),  $df = 58, t = 2.032, p = 0.047$ . This difference is significant at the 0.05 level, and indicates that there is a significant difference in the social relationship domain of quality of life, between individuals who have experienced a romantic breakup as compared to individuals who are in an ongoing romantic relationship.

**There is a significant difference of relationship status on the domain of social relationship among those in a relationship compared to those who are single. Thus, H2c has been accepted.**



**Table 5-Independent Sample t-Test – Relationship status and environment domain**

Test Variable	Relationship status	N	Mean	SD	t	df	Significance
Environment domain	In a relationship	30	30.27	5.23	2.003	58	0.05
	Single	30	27.83	4.11			

**Interpretation**

For this research sample ( $N=60$ ), individuals who are single i.e. those who have experienced a romantic breakup ( $M = 27.83$ ,  $SD = 4.11$ ,  $n = 30$ ) have obtained a lower score on the environment domain as compared to individuals in a relationship ( $M = 30.27$ ,  $SD = 5.23$ ,  $n = 30$ ),  $df = 58$ ,  $t = 2.003$ ,  $p = 0.05$ . This difference is significant at the 0.05 level, and indicates that there is a significant difference in the environment domain of quality of life, between individuals who have experienced a romantic breakup as compared to individuals who are in an ongoing romantic relationship.

**There is a significant difference of relationship status on the environment domain of quality of life among those in a relationship compared to those who are single. Thus, H2d has been accepted.**

**VI. CONCLUSION**

In conclusion, our research on the impact of romantic breakups on self-esteem and quality of life yielded significant findings that support our hypotheses. Hypothesis H1, which posited that individuals who experience a romantic breakup would report lower self-esteem scores compared to those in ongoing romantic relationships, was supported by our data. The analysis revealed a clear correlation between experiencing a breakup and decreased levels of self-esteem, highlighting the emotional toll such events can have on individuals.

Likewise, Hypothesis H2, which proposed that individuals who go through a romantic breakup would report lower quality of life compared to those in ongoing relationships, was also substantiated by our research findings. The data indicated a notable difference in reported quality of life between individuals who had recently experienced a breakup and those who were in stable romantic relationships, emphasizing the broader impact of breakup experiences on various aspects of well-being.

Overall, our study underscores the significant influence of romantic breakups on individuals' self-esteem and overall quality of life. These findings contribute to a deeper understanding of the emotional and psychological consequences of relationship transitions, highlighting the importance of providing support and resources to individuals navigating such challenges to promote resilience and well-being.

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