

Relationship Satisfaction, Anxiety & Trust in Young Adults: Moderating role of gender & no of Years in the relationship

Somya Sharma * & Dr. Ekta Bhambri Marwaha**

Author Affiliations and correspondence address:

Dr. Ekta Bhambri Marwaha, Associate Professor, Shyama Prasad Mukherjee College,
University of Delhi, Delhi. India. email: find_ektaa@yahoo.co.in

Somya Sharma, Masters, Dr.B.R Ambedkar University of Delhi, Delhi. India.

Abstract:

Introduction: Anxiety is typically described as an overwhelming sense of worry, uncertainty, and unease over a situation with an unclear conclusion. Trust is a subjective belief in another person's ability to be there when needed. Whereas relationship satisfaction is the overall appraisal of one's relationship. This study focuses on 'romantic relationships,' which can be described as a choice relationship between two people who are engaged in intimacy, commitment, and love. The present study is aimed to investigate the anxiety, trust, and relationship satisfaction of young adults during the pandemic

Objective: 1) To study anxiety, trust, & relationship satisfaction in young adults. 2) To determine the relationship between anxiety, trust, & relationship satisfaction in young adults. 3) To investigate the anxiety, trust, & relationship satisfaction in young adults of two age groups (18-28 and 29-39). 4) To investigate the anxiety, trust, & relationship satisfaction in males & females. 5) To study the anxiety, trust, & relationship satisfaction in young adults based on the number of years they have been in a romantic relationship (0-2 years, 2-5 years, 5 & above years).

Methodology: A sample of 150 individuals who were currently in a romantic relationship & belonged to Delhi-NCR were selected for the present study. The tools used in this study were The Self-rating Anxiety Scale (SAS) by Zung (1971), Relationship Assessment Scale (RAS) by S.S. Hendrick (1988) and Trust in Close Relationship Scale by Remple, Holmes, and Zanna (1985).

Result: The results were analyzed using descriptive as well as inferential statistics. There were substantially significant negative correlations between anxiety & trust; & anxiety &

relationship satisfaction, whereas trust & relationship satisfaction shared a positive correlation. Significant differences were found between the three variables when seen because of gender and the no. of years spent in the relationship.

Conclusion: On Relationship Satisfaction & Trust correlation came out to be significantly positive between the two variables. While an inverse relationship was found between anxiety & relationship satisfaction and anxiety and trust. significant results were found between male & female participants and the number of years they have been in the relationship.

Keywords: *Relationship Satisfaction, Trust, Romantic Relationship, Anxiety, Young Adult*

Note: Authors have no conflict of interest

Word count: 4814 without abstract and references

5161 with abstract

Abstract 347 words

Relationship Satisfaction, Anxiety & Trust in Young Adults: Moderating role of gender & no of Years in the relationship

Introduction

The young adulthood age marks the transition from adolescence to the start of real-world challenges and hardships. This is the age at when a person enters the world, a profession, and new relationships. Anxiety is regarded as a 'normal' aspect of life at this age and is commonly disregarded, which may result in a long-term pattern of poor stress response practices. The individual is focused on employment and relationship consolidation from the age of twenty-five to the end of the young adult years. Balancing both and working alone can lead to stress and concern, which can have an impact on other aspects of life. People have experienced higher degrees of anxiety as a result of the pandemic crisis, as a result of a total change in lifestyle and relationships, with growing pressures from jobs, unemployment, managing work and family both inside and outside their homes. Individuals over the age of eighteen have reported feeling more worried during the Covid-19 shutdown's early months (NIMH, 2021). According to Verma and Mishra (2020), 28% and 11.6% of people were overly worried and disturbed throughout the epidemic, respectively.

Anxiety is defined as an inexplicable sensation of fear and trepidation, as well as a sense of concern, uneasiness, or unease over something having an unpredictable consequence. Anxiety is characterized by a broad sense of dread over a potential future threat. Anxiety and stress are both made up of three parts: cognitive, physiological, and behavioural components. For instance, a person who is apprehensive or concerned about something will have ideas (cognitions) for the stimulus event like "what if my closest buddy doesn't want to talk to me". Simultaneously, this may cause physiological changes such as increased heart rate, perspiration, shaking, light-headedness, and so on. Attempting to avoid the circumstance is one of the behavioural components. Anxiety is a physiological response to stress. According to the World Health Organization, anxiety affects one out of every thirteen individuals worldwide and is the most frequent mental condition. Anxiety is defined as a sensation of worry and anxiety, as well as an unpleasant feeling of misery and discomfort.

Relationships are committed bonds between two or more people. It usually involves caring and an emotional-physical bond between people. Relationships are of varied kinds, romantic relationships, family relationships, friendships, acquaintanceships, and so on. The focus of

the present study is on 'romantic relationships' which could be defined as a voluntary relationship between two individuals who are engaged with each other through intimacy, commitment, and love. Relationship satisfaction is the subjective evaluation of one's emotions and experiences regarding the relationship they are a part of. This evaluation could be negative, positive, or neutral and is highly dependent on past experiences, expectations, and outcomes, the ratio of efforts made and reciprocated, love, trust, commitment, and much more.

The Covid-19 pandemic brought with it many changes. These changes in work life and lifestyle have been stressful for many. People in romantic relationships have also been affected in many ways. For non-cohabiting couples, distance and the inability to physically meet and spend time together have affected their relationship satisfaction. While for cohabiting couples, lack of privacy and space, and handling work and home have been some obstacles. For couples with children, handling and dividing the household responsibilities have been an issue, and finding time for own self has also affected their relationship satisfaction. According to Randall and Bodenmann (2017), high levels of external stress have been related to decreased relationship satisfaction. These external stressors may include stress from work, unemployment, general anxiety, health worries during the pandemic etc. Vigl et al., (2021) revealed in their cross-sectional study that a decline in time shared with one's partner was most strongly associated with decreases in relationship satisfaction, resulting in a different pattern of findings for cohabiting and non-cohabiting individuals. Lockdown policies and insecure attachment were also seen as influential factors.

Trust

Rotter (1980) defined trust as "generalized expectancy held by an individual that the word, promise, or statement of another individual can be relied on." Trust is a subjective belief in another person's ability to be there, the idea of relying on someone when the need be. Trust in a relationship is a necessity and it comes from a degree of self-disclosure, past experiences, expectations, love and care between partners. Thus, trust could be defined as confidence and a belief a person has that another person will consistently respond to their needs and desires.

Need for Trust in romantic relationships:

Romantic relationships tend to occupy the minds of young adults as it's a time to explore and a pathway for settled adult life. Laborde, Gonzalez, and Minnis (2015), concluded in their research study that trust in a romantic relationship was related to fidelity, emotional intimacy,

and vulnerability. Trust is an important factor for a successful relationship. A successful partnership relies heavily on trust. Trust encourages self-disclosure, which, as previously established, increases relationship pleasure and brings people closer together. Adequate relationship management necessitates trust. Relationship management is all about cooperation and collaboration built on trust (Cheung et al., 2003). According to Pinto et al. (2009), trust serves as an emotional bond, a link that connects two people. As a result, trust draws people closer together, which promotes couple relationship pleasure. Trust even directs and preserves partnerships during difficult and turbulent times. It helps to reinforce expectations, hopes, and confidence through tough and difficult situations, as per Wong et al., (2008). As trust carries with it a sense of comfort and vulnerability, it enables for clear communication between persons. This enables dealing with challenging situations and aids in the avoidance of miscommunication and errors in judgement. If there is no trust, relationships are tainted with doubts and insecurities, which eventually leads to arguing between couples, discontent, and even the breakup. Finally, trust-based relationships tend to continue longer and bring more relationship happiness to the persons involved.

For non-cohabiting couples, the Covid-19 pandemic brought many changes to the trajectory of relationships. The inability to meet due to lockdown and quarantine, unable to spend time together physically, were all challenges for couples. The disruption in the routine provided its own stressors. Although, for cohabiting there wasn't much of a change in the frequency of spending time together, in fact it increased. Similar was the case for people in long-distance relationships. Thoresen et al., (2021) revealed that the level of generalized trust during the pandemic didn't differ much when compared to the pre-pandemic period. Increased levels of trust were reported for those who had a personal experience with Covid like testing positive, getting admitted, lost someone due to it. High perceived levels of threat and pandemic-related worries were related to a decreased level of generalized trust.

Methodology

The aim of the present study was to study anxiety, trust, and relationship satisfaction in young adults during the pandemic.

Objectives:

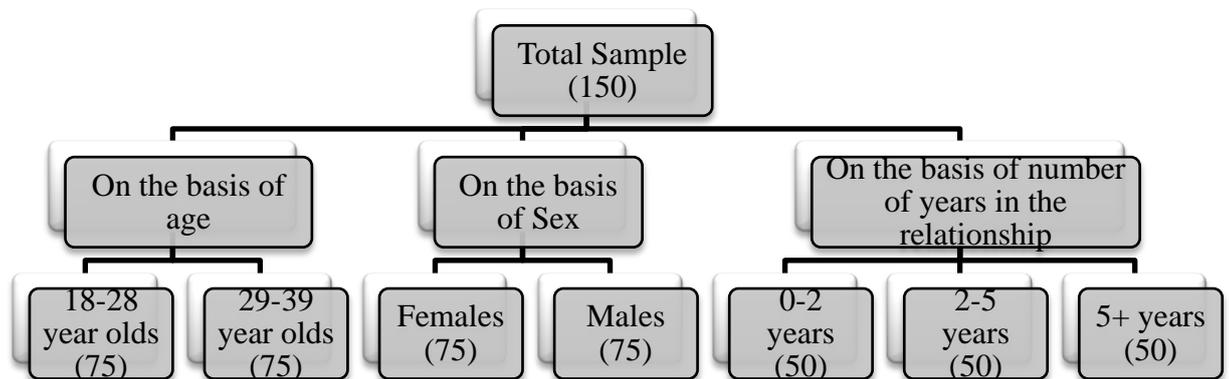
1. To investigate anxiety, trust and relationship satisfaction in young adults during the pandemic.
2. To determine the relationship between anxiety, trust and relationship satisfaction in young adults.
3. To examine the anxiety, trust and relationship satisfaction in young adults of two age groups (18-28 & 29-39)
4. To investigate the anxiety, trust and relationship satisfaction in males and females.
5. To study the anxiety, trust and relationship satisfaction in young adults based on the number of years they have been in a romantic relationship (0-2 years, 2-5 years, 5 and above).

Hypothesis

1. There will be some relationship between anxiety, trust and relationship satisfaction.
2. There will be some difference in anxiety, trust and relationship satisfaction between the two age groups (18-28 and 29-39).
3. There will be some differences in anxiety, trust and relationship satisfaction between males and females.
- 4: There will be some difference in anxiety, trust and relationship satisfaction based on the number of years spent in the romantic relationship (0-2 years, 2-5 years, 5 and above).

Sample:

150 individuals who are in a romantic relationship and are from the age group of 18-39 years old were taken as the sample for the present study. They were further divided based on gender, age, and number of years they have been in the relationship as represented below. The sample population comes from a diverse background based in Delhi-NCR. Prior consent was taken from them to participate in this study.



Tools:

- **The Self-rating Anxiety Scale (SAS):** given by William Zung (1971), consists of twenty items where some of which are worded positively and some negatively and taps into the psychological and physiological symptoms of anxiety. The scale has a good internal consistency with a Cronbach's alpha of .84. It also has a fair capacity to discriminate between clinical and non-clinical samples and anxiety and other psychiatric disorders.
- **The Trust in Close relationship Scale:** is a measure given by Remple, Holmes and Zanna (1985). It is a seventeen-item measure designed to measure the levels of trust in one's relationship partner. The scale can be divided up into three subscales, namely, Predictability, Dependability, and Faith. Reliability for this sample was high, $\alpha = .809$ (Franz, 2012). Cronbach's reliability index α for this scale varied from .83 to .88. Alpha reliabilities reported by the authors were .80, .72, .70, and .81 for faith, dependability, predictability and overall scale respectively.
- **The Relationship Assessment Scale (RAS):** given by S.S. Hendrick (1988). This scale is used to measure general relationship satisfaction. Respondents answer each item using a 5-point scale which ranges from 1 (low satisfaction) to 5 (high satisfaction). The internal consistency of RAS is high i.e., 0.86 to 0.91.

Results & Analysis

The present study aims to assess the anxiety, trust, and relationship satisfaction of young Indian adults during the pandemic. Along with it, an attempt has been made to understand how age, gender, and number of years in a committed relationship have an impact on

anxiety, trust, and relationship satisfaction. The data generated from the study were analysed using both descriptive and inferential statistics. The Mean and Standard Deviation of all the variables were computed. As well Pearson's correlation, student's t-test, and ANOVA were computed.

Table 1: Shows the correlation between anxiety, trust & relationship satisfaction

<i>Measures</i>	Relationship satisfaction	Trust
Anxiety	-0.75**	-0.66**
Relationship satisfaction		0.75**

Note: *significant at 0.05 level, ** shows significance at 0.01 level

Table 1 shows the correlation between anxiety, trust & relationship satisfaction. The *first objective* was to examine the relationship between anxiety, trust, and relationship satisfaction in young adults. The corresponding *hypothesis* for the same was that there will be some relationship between anxiety, trust, and relationship satisfaction. The results indicate a negative and highly significant correlation between anxiety and relationship satisfaction, with a coefficient of -0.75, and between anxiety and trust with a coefficient of -0.66. While a highly positive, significant correlation was found between relationship satisfaction and trust with a coefficient of 0.75. Hence the **H1** was accepted.

Table 2: Shows the Mean, SD, and t of Anxiety, Trust & Relationship Satisfaction scores based on two age groups.

Variables	Age (18-28yrs)		Age (29-39yrs)		t- value
	Mean	SD	Mean	SD	
Anxiety	41.05	8.69	37.73	8.99	2.3
Trust	89.73	13.13	92.16	9.09	1.3
Relationship satisfaction	26.80	5.79	28.52	4.15	2.09

Note: *significant at 0.05 level, ** shows significance at 0.01 level

Table 2 shows the Mean, SD, and t of Anxiety, Trust & Relationship Satisfaction scores based on two age groups. The second *objective* was to investigate the anxiety, trust, and relationship satisfaction in young adults of two age groups (18-28 and 29-39). The corresponding *hypothesis* formulated was that there will be some difference in anxiety, trust, and relationship satisfaction between the two age groups (18-28 and 29-39). The results indicate no significant difference between the two age groups individuals on anxiety, trust & relationship satisfaction.

Table 3: Shows the Mean, SD, and t of Anxiety, Trust & Relationship Satisfaction scores based on two age groups.

Variables	Male Mean	Male SD	Female Mean	Female SD	t- value
Anxiety	38.97	9.49	44.32	7.07	3.83**
Trust	90.75	2.69	95.07	4.9	3.63**
Relationship satisfaction	28.06	8.21	30.51	5.63	3.73**

Note: *significant at 0.05 level, ** shows significance at 0.01 level

Table 3 shows the Mean, SD, and t of Anxiety, Trust & Relationship Satisfaction scores of males & females based on two age groups. The third *objective* was to examine the anxiety, trust, and relationship satisfaction in males & females. The corresponding *hypothesis* formulated was that there will be some difference in anxiety, trust and relationship satisfaction between males and females. The results indicate a significant difference at a .001 level between male & female young adults on anxiety, trust & relationship satisfaction, therefore **H3** was accepted.

Table 4: Shows the Mean, SD, and F of Anxiety, Trust & Relationship Satisfaction scores on the basis of the number of years spent together in the relationship.

Variables	No of yrs spent in the relationship (0-2 yrs) Mean(± SD)	No of yrs spent in the relationship (2-5 yrs) Mean (± SD)	No of yrs spent in the relationship (5 + yrs) Mean (± SD)	F
Anxiety	46.26(± 7.30)	47.68 (± 10.27)	35.04 (± 8.78)	30.01**
Trust	80.36 (± 15.23)	83.58 (± 8.54)	92.4 (± 7.5)	15.58**
Relationship satisfaction	22.22 (± 3.68)	25.56(± 4.47)	30.46 (± 4.47)	39.93**

Note: *significant at 0.05 level, ** shows significance at 0.01 level

The fourth objective was to study the anxiety, trust and relationship satisfaction in young adults based on the number of years they have been in a romantic relationship (0-2 years, 2-5 years, 5 years and above). The table above suggests that significant differences have been obtained on anxiety, trust & relationship satisfaction of the individuals when seen on the basis of the number of years they have spent in the relationship. The corresponding hypothesis was that there will be some difference in anxiety, trust and relationship satisfaction based on the number of years spent in the romantic relationship (0-2 years, 2-5 years, 5 years and above) which is accepted.

Discussion

The present study aimed to examine the anxiety, trust, and relationship satisfaction of young Indian adults during the pandemic. Anxiety is defined as a perplexing combination of fear and apprehension, commonly referred to as "the butterflies in the chest" feeling. Trust is the belief that one has in one's relationship that one can rely on in times of need and are generally consistent in their behavior. Relationship satisfaction is the overall evaluation of a romantic relationship, which can be good, neutral, or negative. With the Covid-19 alarm spreading over the world, people's entire way of life changed, as did the nature of their relationships.

The *first objective* of the study was to examine the relationship between anxiety, trust, and relationship satisfaction in young adults. The *first hypothesis* of the study was that there will be some relationship between anxiety, trust, and relationship satisfaction. The results suggest that there is an inverse relationship between anxiety with relationship satisfaction and trust,

indicating that if anxiety increases, relationship satisfaction and trust will decrease and vice-versa. Anxiety makes a person always on the edge of danger, which may lead to irritability (Blair et al., 2018). Such irritability may lead to increased fights and arguments between couples, thus resulting in less positive appraisal of the relationship itself. An increase in arguments and quarrels may also affect the general environment of the home for couples living together. Anxiety also negatively affects the self-perceived quality of marriages. Neto and Pinto (2014) in their study showed that more the relationship satisfaction is there in an individual, the more positive appraisal of life will be. Hence, in line with our results, if there is more relationship satisfaction then anxiety tends to reduce relatively. As a good relationship tends to help an individual deal with dangers and problems better, with the support and care it provides. If not, it may lead to increased anxiety and vice-versa.

Coming to trust with anxiety, the correlation between anxiety and trust showed an inversely strong relationship. Blair et al., 2018 suggested that heightened responsiveness by the amygdala, a part of the brain, to threat signals, is related to both irritability and anxiety. Thus, anxiety leads to the feeling of always being on the edge to face threats and danger, constantly scanning the environment for danger. This may lead to suspiciousness of the surroundings and intentions of others leading to difficulty in trust. Rodriguez et al., (2015), reported in a study that anxiously attached individuals who experienced distrust in their partner were more likely to show jealousy, snoop through their partner's personal belongings, and may also become psychologically abusive. Whereas the results indicated a positive correlation between relationship satisfaction and trust. This suggests that both relationship satisfaction and trust increase and decrease together. Our findings are supported by the results of a study done by Shujja (2013) which revealed that trust was a significant factor in marital satisfaction. The study by Laborde, Gonzalez, Minnis (2015) concluded in their study that trust was related to, emotional intimacy, fidelity in a relationship, and as well as vulnerability. All the above evidence from the studies reveals a similar pattern if there are fewer quarrels, lesser insecurities and more stability then trust and satisfaction will ensue. Hence, accepting the hypothesis.

The **second hypothesis** of the study was that there will be some difference in anxiety, trust and relationship satisfaction between the two age groups (18-28 and 29-39). Table 2 suggests that no significant differences were found in anxiety, trust, and relationship satisfaction when

seen on the basis of age from an inferential level of analysis. But if we look at the means of the two age groups, it shows that with age anxiety is decreasing, while trust and relationship satisfaction is increasing. In terms of relationship satisfaction, the meaning of this term may be different for different age groups. A Study by Seiffge-Krenke (2003) revealed that with the increase in age individuals, gave more importance to the duration of the relationship, gain more experience, and even gave higher ratings of partner support. Thus, suggesting there are some ways in which relationship satisfaction increases with age on a very specific, element-based level. In much of the review of literature done by Sorokowski et al., 2015, there was no prediction of age which affects the relationship satisfaction of individuals. Thus, supporting the results obtained in the present study. Again, at a more specific level, there can be differences in trust. For instance, young individuals may trust their partners easily with minimal effort while more mature individuals tend to trust after observing and evaluating their deep intentions towards them. But on a general level, there seems to be no difference in trust due to age. Sutter and Kocher (2007) examined trust and trustworthiness in adults and they found no differences in trust and trustworthiness across the sample of the adult participant taken. Thus, supporting our results. It is also important to note that the variables chosen are very subjective in nature and perspective. So, cultural and individual influences are bound to influence them.

The **third hypothesis** stated that there will be some difference in anxiety, trust, and relationship satisfaction between males and females. Table 3 suggests that significant differences were found in the anxiety, trust & relationship satisfaction scores of the sample when seen based on their sex. Sex differences in the variables of the present study can be attributed to biological factors, perception and appraisal, social factors, and individual differences. Social factors also play a key role in understanding the sex differences in the variables. A study done by Deng et al., (2016) also showed that females and males differ in specific emotional elements. For instance, women are more emotionally expressive than men, whereas men have a stronger emotional expression for anger-related stimuli. These biological and neurological reasons can be attributed to the differences in sex on these variables as all of them have an affective component to them. Andrede, Wachelke and Rodrigues (2015) revealed that love components predicted relationship satisfaction differently for both sexes (male and female). For females, the intimacy, passion and commitment variables were

significant predictors. On the other hand, for males, the commitment variable was not significant. Studies have also shown that females are more relationship-oriented than males, where females give more value to interpersonal components of the relationship while young males give more value to physical components. (Galliher, Welsh, Rostosky, and Kawaguchi 2004). Relationship satisfaction and focus of individuals also depend on their expectations from their relationship, their intentions i.e., whether they are looking for something serious or not, and the time they are in their life. Usually, individuals' marital and reproductive clocks are ticking, they tend to become more serious and determined in finding a suitable partner and focus on settling down. It is also to be noted that the way one expresses their concerns, and expectations of their relationships, depends largely on individual and societal factors. As discussed earlier, men are usually sealed-off when it comes to being emotionally vulnerable which could suggest why they show less relationship satisfaction and differ in their focus on what it is to be satisfied in a relationship. Relationships in a deep sense, refer mainly to the social and emotional aspect of being with someone, this emotional vulnerability of males is usually taught to be repressed by society and hence, its expression is affected. While females are more expressive in their outlook, they tend to express their satisfaction and dissatisfaction more openly and focus more on subjective and affective aspects of the relationship. Shujja (2013) and Thorosen et al., (2021) also noted significant differences in trust and marital satisfaction of married couples. Females showed more trust than males when it comes to trust. Thus, supporting our results and the third hypothesis was accepted.

The **fourth hypothesis** was that there will be some difference in anxiety, trust and relationship satisfaction based on the number of years spent in the romantic relationship (0-2 years, 2-5 years, 5 and above). Table 4 suggests that significant differences have been obtained in anxiety, trust and relationship satisfaction scores of the participants when seen on the basis of the number of years they have spent in the relationship. Romantic relationships are expected to last longer with the increasing age of the partners. The results could be attributed to the fact that usually, with increased length of the relationship, couples identify with each other better, understanding is more, there is more stability, and so on. Relationship satisfaction increases with the number of years or time spent together and can also be attributed to how well communication between the couple gets with increased exposure to one another. Ruffieux, Nussbeck, and Bodenmann (2016) did a 10-year longitudinal study

that revealed relationship length, women's ability to positively communicate, and combined satisfaction of both men and women. In the early stages of a relationship, when one is still getting to know the other person, the bond is frequently weak and fraught with conflicts. At this point, people frequently don't know how to handle their partners' extreme emotional outbursts during disputes or how to make them happy. One learns to know the other person better as a result of increased exposure. One can predict a person's behavior in a circumstance with more time spent together. This makes it possible to anticipate their needs and act immediately to soothe them, improve their mood, and, if necessary, apologize in the appropriate way. The outcomes of trust also point to a similar trend, and all of the aforementioned arguments may hold true when discussing trust in a romantic partnership. An individual can use their past experiences as a reference point when faced with uncertainty. For instance, if a trust issue arises, a person will probably cite instances in the past where their spouse has shown to be reliable. However, it is more probable that the partner will have problems winning back the person's entire confidence if they did something to violate it. Spending more time together provides more chances to build trust via actions and behaviours. However, despite the fact that trust is difficult to build, a person's fears, prior relationships, and personality that are unrelated to the current relationship may affect their judgment and capacity for trust. It's conceivable that despite the efforts of the partner, one is unable to fully trust the other. The only options in these situations are time and self-healing. One ultimately gains confidence in the intentions of the person they are with more time and patience. Other variables that can affect the sample under consideration's levels of fear, trust, and relationship satisfaction include geographical closeness, marital status, the location of the meeting, and the impact of the continuing epidemic. More methods than one might think were affected by the COVID-19 epidemic. For practically the whole world, the Pandemic proved to be physically and emotionally draining. The entire state-wide lockdown has a negative impact on several people's interpersonal ties. Uncertainty, lack of preparation for the lockout and a complete change of lifestyle, unemployment, the inability to contact with loved ones effectively, and physical distance from partners are only a few of the numerous causes of anxiety. Twenty-eight percent of the 354 Indian participants in Verma and Mishra's (2020) investigation of the prevalence rates of depression, anxiety, and stress during the Covid-19 epidemic and associated sociodemographic correlates reported feeling nervous. The lockdown and the epidemic may have had a negative impact on relationships since it prohibited people

from communicating, spending time together physically, and engaging as they used to. A cross-sectional study by Vigl et al. (2021) examining the impact of Covid-19 on relationship satisfaction found that a decrease in time spent with one's partner was most strongly associated with decreases in relationship satisfaction, with different patterns of findings for those who cohabit and those who do not.

Demographic data we gathered from the participants revealed that the majority of them (n=122) were in non-cohabiting relationships, of which four were long-distance relationships. While 28 individuals were married and living together. Thus, proximity plays a part in this situation. As a result of the increased contact, shared experiences, and time spent together that proximity fosters, it can help relationships seem more satisfying and more trustworthy. Closeness fosters familiarity with the partner and their behaviors, which helps them develop a stronger bond. Nevertheless, other researches contend that couples' subjective contentment may not be much impacted by geographic closeness. As a result, although it is still debatable, proximity is claimed to impact relationships in some way. Additionally, marital status is relevant and influences how close the couples are to one another. Even if the couples are not cohabiting, we noticed another closely linked element that plays a role in their replies from the participants: the distance between their houses. In a subjective answer to the question "how often do you connect/communicate/spend time with each other, considering the pandemic", some of the participants mentioned that they meet quite often because they live very close by. As a result, it is clear from the participants' subjective replies that proximity to one another has some favorable impacts on the relationship as a whole. How they met was a further demographic data that was obtained from the subjects. 30 participants said they met their spouses online via social media, whereas 120 participants said they met their partners in person. As meeting someone online comes with its own set of concerns and uncertainties about the individual, this may have an impact on anxiety, trust, and relationship satisfaction. One does not know the other person's motives, what they hope to get out of the connection, or whether they are compatible. However, following repeated exposure, these uneasy sentiments frequently pass, leading to either the continuance or cessation of the link. In order to better understand how various people attempt to maintain their relationships throughout the epidemic, another demographic question was included. The participants' responses shed light on the idea that technology was crucial to making the relationship enjoyable during the

epidemic. Numerous couples used regular phone talks, video chats, online movie viewing, playing online and board games etc.

Conclusion:

The purpose of the current study was to look at young Indian adults' relationship satisfaction, trust, and anxiety throughout the epidemic. 150 individuals who are in a romantic relationship and are based in Delhi-NCR and are between the ages of 18 and 39 made up the sample. These individuals' data were analyzed at both the descriptive and inferential levels. Given that data collecting took place at a time when the Covid-19 epidemic was at its worst, the pandemic's influence was also considered. When sample correlational scores were examined, it was shown that there was a substantial positive correlation between relationship satisfaction and trust. While anxiety and relationship pleasure as well as anxiety and trust were revealed to have inverse, or strongly negative associations.

References

- Altshuler, L. L., Hendrick, V., & Cohen, L. S. (1998). Course of mood and anxiety disorders during pregnancy and the postpartum period. *The Journal of clinical psychiatry*, 59 Suppl 2, 29–33.
- Bhatti, R.S., & Channabasavanna, S.M., (1985). Study of neuroses: I life events and personality dimension. *Indian journal of psychiatry*. 27. 127-37. Retrieved from https://www.researchgate.net/publication/51651321_Study_of_neuroses_I_life_events_and_personality_dimension.
- Blair, R. J. R. (2018). Traits of empathy and anger: Implications for psychopathy and other disorders associated with aggression. *Philosophical Transactions of the Royal Society London B Biological Sciences*, 373(1744), 373. doi: 10.1098/rstb.2017.0155. CrossRef Google Scholar PubMed
- Chaplin T.M, Hong K.A, Bergquist K, Sinha R. (2008). Gender differences in response to emotional stress: An assessment across subjective, behavioral, and physiological domains and relations to alcohol craving. *Alcoholism: Clinical and Experimental Research*; 32:1242–1250. [PMC free article] [PubMed] [Google Scholar] [Ref list]
- Cheung, S., Ng, T. S., Wong, S., & Suen, H. C. (2003). Behavioral aspects in construction partnering. *International Journal of Project Management*, 21(5), 333-343. doi:10.1016/s0263-7863(02)00052-2

- Chua RYJ, Ingram P, Morris MW. (2008). From the head and the heart: locating cognition- and affect-based trust in managers' professional networks. *Academy of Management Journal* 51(3): 436–452
- Crum, K. I., Hwang, S., Blair, K. S., Aloï, J. M., Meffert, H., White, S. F., . . . Blair, R. J. (2020). Interaction of irritability and anxiety on emotional responding and emotion regulation: A functional MRI study. *Psychological Medicine*,51(16), 2778-2788. doi:10.1017/s0033291720001397
- De Andrade, A. L., Wachelke, J. F., & Howat-Rodrigues, A. B. (2015). Relationship satisfaction in young adults: Gender and love dimensions. *Interpersona: An International Journal on Personal Relationships*,9(1), 19-31. doi:10.5964/ijpr.v9i1.157
- Deng, Y., Chang, L., Yang, M., Huo, M., & Zhou, R. (2016). Gender differences in emotional response: Inconsistency between experience and expressivity. *PLOS ONE*,11(6). doi: 10.1371/journal.pone.0158666
- Dunstan, D. A., Scott, N., & Todd, A. K. (2017). Screening for anxiety and depression: reassessing the utility of the Zung scales. *BMC psychiatry*, 17(1), 329. <https://doi.org/10.1186/s12888-017-1489-6>
- Fitzpatrick, J., & Lafontaine, M. (2017). Attachment, trust, and satisfaction in relationships: Investigating actor, partner, and mediating effects. *Personal Relationships*,24(3), 640-662. doi:10.1111/per.12203
- Hofmann, S. G., Anu Asnaani, M., & Hinton, D. E. (2010). Cultural aspects in social anxiety and social anxiety disorder. *Depression and Anxiety*,27(12), 1117-1127. doi:10.1002/da.20759
- Kuru, E., Safak, Y., Özdemir, İ, Tulacı, R., Özdel, K., Özkula, N., &Örsel, S. (2018). Cognitive distortions in patients with social anxiety disorder: Comparison of a clinical group and healthy controls. *The European Journal of Psychiatry*,32(2), 97-104. doi: 10.1016/j.ejpsy.2017.08.004
- Levy-Gigi, E., Bonanno, G. A., Shapiro, A. R., Richter-Levin, G., Kéri, S., &Sheppes, G. (2015). Emotion regulatory flexibility sheds light on the elusive relationship between repeated traumatic exposure and posttraumatic stress disorder symptoms. *Clinical Psychological Science*,4(1), 28-39. doi:10.1177/2167702615577783

- Neto, F., & Da Conceição Pinto, M. (2014). Satisfaction with love life across the adult life span. *Applied Research in Quality of Life*,10(2), 289-304. doi:10.1007/s11482-014-9314-6
- Pieh, C., O'Rourke, T., Budimir, S., & Probst, T. (2020). Relationship quality and mental health during COVID-19 lockdown. *PLOS ONE*,15(9). doi:10.1371/journal.pone.0238906
- Rempel, John K. Holmes, John G.; Zanna, Mark P. (1985). Trust in close relationships.. *Journal of Personality and Social Psychology*, 49(1), 95–112. doi:10.1037/0022-3514.49.1.95
- Ruffieux, Mireille, Nussbeck, Fridtjof, Bodenmann, Guy. (2014). Long-Term Prediction of Relationship Satisfaction and Stability by Stress, Coping, Communication, and Well-Being. *Journal of Divorce & Remarriage*. 55. 485-501. 10.1080/10502556.2014.931767.
- Scott, S. B., Sliwinski, M. J., & Blanchard-Fields, F. (2013). Age differences in emotional responses to daily stress: The role of timing, severity, and global perceived stress. *Psychology and Aging*,28(4), 1076-1087. doi:10.1037/a0034000
- Seiffge K.I. (2003). Testing Theories of Romantic Development from Adolescence to Young Adulthood: Evidence of Developmental Sequence. *International Journal of Behavioral Development*; 27(6):519–531. [Google Scholar]
- Singh, A. K. (2012). The Psychology of Love: Exploring the gender differences in unmarried and married couples. *SSRN Electronic Journal*. doi:10.2139/ssrn.2325910
- Sorokowski, P., Randall, A. K., Groyecka, A., Frackowiak, T., Cantarero, K., Hilpert, P., . . . Sorokowska, A. (2017). Marital satisfaction, sex, age, marriage duration, religion, number of children, economic status, education, and collectivistic values: Data from 33 countries. *Frontiers in Psychology*,8. doi:10.3389/fpsyg.2017.01199
- Taywade, A., &Khubalkar, R., (2018). A Comparative Study of Anxiety among Young Adults and Elderly. Retrieved from https://www.researchgate.net/publication/337487421_A_Comparative_Study_of_Anxiety_among_Young_Adults_and_Elderly
- Thoresen, S., Blix, I., Wentzel-Larsen, T., &Birkeland, M. S. (2021). Trusting others during a pandemic: Investigating potential changes in Generalized Trust and its relationship with

pandemic-related experiences and worry. *Frontiers in Psychology*,12.
doi:10.3389/fpsyg.2021.698519

Vanneste, B. S., Puranam, P., &Kretschmer, T. (2013). Trust over time in exchange relationships: Meta-analysis and Theory. *Strategic Management Journal*,35(12), 1891-1902. doi:10.1002/smj.2198

Who-backed Global Youth Mobilization Funds Young People's ideas to combat impact of COVID-19 pandemic. (n.d.). Retrieved April 24, 2022, from <https://www.who.int/news/item/19-04-2021-who-backed-global-youth-mobilization-funds-young-people-s-ideas-to-combat-impact-of-covid-19-pandemic>

Zaider, T.I., Heimberg, R.G., Iida, M., (2010). Anxiety disorders and intimate relationships: a study of daily processes in couples. *Journal of Abnormal Psychology* 119, 163–173

Zung, William W.K. (1971). A Rating Instrument for Anxiety Disorders. *Psychosomatics*, 12(6), 371–379. doi:10.1016/S0033-3182(71)71479-0