

Torn within, Torn apart: Exploring the link between Self-Conflict and Romantic Strain.

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"One's self-concept is at the very core of all that one experiences, including the dynamics of interpersonal relationships" (Rogers, 1951). This study explores the effect of disturbed intrapersonal relationships, characterized by low self-compassion and diminished self-esteem, on romantic interpersonal relationships. Intrapersonal relationships, or an individual's internal dialogue and self-perception, significantly shape how one engages with others, particularly in intimate partnerships. Individuals with poor self-esteem often experience heightened insecurities, maladaptive attachment patterns, and difficulty establishing emotional intimacy with their partners. The diverse sample will consist of participants aged 18-25. The methodology will employ reliable and valid scales to measure these psychological dimensions, self-esteem, self-compassion, and the effect on romantic relationship satisfaction. The study includes the appropriate statistical methods to obtain the correlation between the variables. Through the research reviews the individuals with low self-esteem are more prone to relationship dissatisfaction, heightened jealousy, and trust issues, which adversely affect the overall quality of their romantic relations. These findings underscore the necessity of fostering positive self-perception and emotional regulation to build resilient, supportive, and fulfilling romantic relationships.

Keywords: Intrapersonal relationships, Self-worth, Self-esteem, Romantic relationships, Relationship satisfaction.