



Notice for the PhD Viva Voce Examination

Ms Shirly Hormis Tharakan (Reg. No. 1530089), PhD scholar at the School of Social Sciences, CHRIST (Deemed to be University), will defend her PhD thesis at the public viva voce examination on Tuesday, 27 September, 2022 at 10.30 am. The defense will be conducted online on the WebEx Meeting platform.

Title of the Thesis : **Broken Romantic Relationships:
Self-Forgiveness and Attitude towards
Marriage among Emerging Adults**

Discipline : **Psychology**

External Examiner : **Dr Vaishali V Raval**
(Outside Karnataka) Professor
Department of Psychology
Psychology Building, Miami University
Oxford, OH 45056, USA

External Examiner : **Dr Ramaa Raju**
(Within Karnataka) Associate Professor
Department of Psychology Jyothi Nivas College
Bengaluru - 560095
Karnataka

Supervisor : **Dr Baiju Gopal**
Associate Professor
Department of Psychology
School of Social Sciences
CHRIST (Deemed to be University)
Bengaluru – 560029
Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva.

Place: Bengaluru
Date: 14 September 2022

Registrar

ABSTRACT

The main aim of the study is to understand the relation between self- forgiveness and attitudes towards marriage, among emerging adults (18-25year olds) who have had a broken romantic relationship using the mixed method explanatory sequential research design. In Phase 1 of the study, 385 College students, (males and females) who had a romantic relationship breakup, were administered the Heartland Forgiveness Scale (HFS) and the Marital Scales using google survey, after receiving their consent. The data was analysed using the Statistical Package for Social Sciences (SPSS), Mann Whitney U test, post-hoc analysis, Kruskal -Wallis test, Shapiro-Wilk test, Friedman ANOVA, Post-hoc analysis, Spearman correlation analysis, Regression and Moderation conditional process model. In Phase 2, an in-depth interview of five males and five females who volunteered, was conducted using a semi structured interview schedule, for a deeper understanding of the information obtained in Phase 1. The session that was of 60- 90 minutes duration was audio recorded and the data was subjected to Thematic Network Analysis.

Findings of Phase 1 study indicates that there is a significant positive correlation between self-forgiveness and attitude towards marriage, except the financial aspect of marriage. Attitude towards marriage and forgiveness varied, based on certain aspects of the romantic relationship. Gender differences are present in certain aspects of attitude towards marriage. There is a positive and significant moderating role of gender in the relationship between dimensions of forgiveness with attitudes towards marriage. The relationship between self-forgiveness and intent to marry is positive and significant, especially for females.

In Phase 2 of the study, finding suggests that the romantic breakup which follows a systematic pattern, can be traumatic. Individuals are languishing post breakup as they are unable to forget or forgive the unresolved issues related to the breakup which affects attitude towards marriage. Difficulty forgiving oneself, one's ex-partner and the experience is indicated. Guilt related to breakup, physical relationship and suicidal attempts; fear about the loss of trust of parents and friends, doubts and worries about the success of their future marital relationship is evident.

Keywords: emerging adults, broken romantic relationship, attitude towards marriage, Self-forgiveness