

## **Exploring Relationship Break-up and its Effect on Mental Health in Punjab Pakistan**

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### **Abstract**

The purpose of this research is to identify causes and effects of relationship break-up in Punjab, Pakistan especially with reference to psychological effects. A detailed structured questionnaire was constructed with the intent of measuring causes of breakups and post break-up consequences. Sample for the study was obtained through an online survey employing purposive sampling technique where 393 participants responded. Consequently, it was demonstrated that relationship breakdown involves considerable psychological and physical effects, underlining the importance of psychological and emotional assistance during the stressful periods. The findings show that younger individuals between 18 to 25 years were most often involved in premarital relationships and more prone to breakups. It also points such negatives as anger, helplessness, self-destructing tendencies, suicidal considerations, and social maladjustment among other negative effects ensuing from such breakups. Due to the religious and cultural norms of Pakistan, the premarital relationships are considered illegal and ill mannered, besides therefore there is no social support system to deal with the breakups. Study further claims that the limited number of people who got social support had reduced detrimental effects. According to the research, there is a need to encourage relationship repairs, support mental health programs, emotional support, and trust building as well as structure preventive measures for the negative impacts of relationship breakups. The next steps of investigation should address the association between breakup-related distress and the particular mental health problems in order to work out the prevention and intervention protocols.

**Keywords:** Relationship Break-up, Mental Health, Psychological effects, Physical effects, Social Support

## INTRODUCTION

Divorces are associated with poor mental health among the adults (Trichal, 2021). Massive data from researches concluded that poor mental health is result among divorced (Sander et al., 2020). Conflicts between couples are difficult to manage if remain unsettled in Pakistan now a days which end up in Separation and break up (Khan, 2019). Separation and break up may be a result of psychological distress and mental health issues. Divorce is permanent loss of intimate relationship that is inherently difficult process to heal or overcome the distress (World Health Organization: WHO, 2022). Permanent loss of spouse or romantic partner is part of grief process (Robinson & Smith, 2024).

Adulthood is consisting on three further phases early adulthood (also called emerging adults and early adults), middle and late adulthood also known as older adults (Baltes et al., 2014). In Pakistan mental health issues increased significantly in young adults (Sliwa, 2019) moreover emotional problem and distress are also identified in young adults. High suicide rate and addiction among aged 25 or younger is becoming prominent issue day by day. Mental health and well-being should be the main concern of any nation. Mental health issues unfortunately are not much facilitated by social segments; that's why problems prolong and transform into severe mental disorders. It is therefore imperative to conduct more specific studies related to the reason behind increasing mental disorders in Pakistani young adults. Moreover, social support based strategies should be provided that are simpler than other phases of treatment and prevent mental health issues (Javed et al., 2020).

Dawn News Pakistan, reported that among the suicidal death 54.78% never express their feeling or intention of having thoughts of killing themselves. It shows the serious communication gap between social circles. The causes of suicides are mental health issues, physical illness, financial crises, social conflicts and breakup of premarital relationships or divorces between spouses. Death rate according to ages are given below explained 18 to 25 are second highest number as they are 38.46% but the young adulthood is the population when suicidal thoughts begin on massive scale, young adulthood is being focused to prevent the suicidal and addiction rate while intervening suicidal thoughts to control further extension in next stage as 25-40 age range are one of the highest populations among suicide commitment as 47-25% among all ages (Rehman & Haque, 2020).

Suicide rate in Pakistan is higher in Punjab as compared to other provinces as 77.5%, in Sindh 15.5%, Khyber Pakhtunkhwa 3.80% and in Baluchistan it is 3.11 (Imran et al., 2022). Unmarried young adults reported the highest suicide rate, the reason behind was failure in love affairs and among the married highest reported reason was conflict with family. Suicidal thoughts are more linked with loneliness and lack of emotional and social support. It is highlighted that overcoming the feelings of loneliness and

emotional social support should be enhanced for the wellbeing of young adults (Hanif, 2021).

Suicidal accidents do not happen overnight, it comes with their long history behind them. Suicidal thoughts are the result of persistent distress and can be the cause of depressive symptoms, rumination, low self-esteem, suicidal behavior and many mental health problems (Fonseca-Pedrero et al., 2024).

Many studies postulated that drug use is increasing in youth of Pakistan (Ahmed et al., 2020; Batool, 2023). Study concluded that social factors are responsible of increasing addiction in Pakistan and multiple rehabilitation data concluded that break up, heartbroken and family pressure linked with increased drug abuse rate among young adults in Pakistan. Additionally, such social pressure is linked with psychological factors such as broken heart, depression, anxiety and loneliness. Increasing crime rate also makes families more conflicted. Medication and rehabilitation facilities are not enough, social environment and social help in such cases are more important to overcome drug abuse (Anwar et al., 2023).

Intimate Relationship is developmental demand of adolescents and young adult stage (McKiernan et al., 2018). Romantic relationship usually starts in college and university period in Pakistan (Chitralli, 2020), end up in age between 18 to 25 in young adulthood (Schroeder et al., 2024). Losing premarital romantic relationship is the type of grief (Blue, 2017).

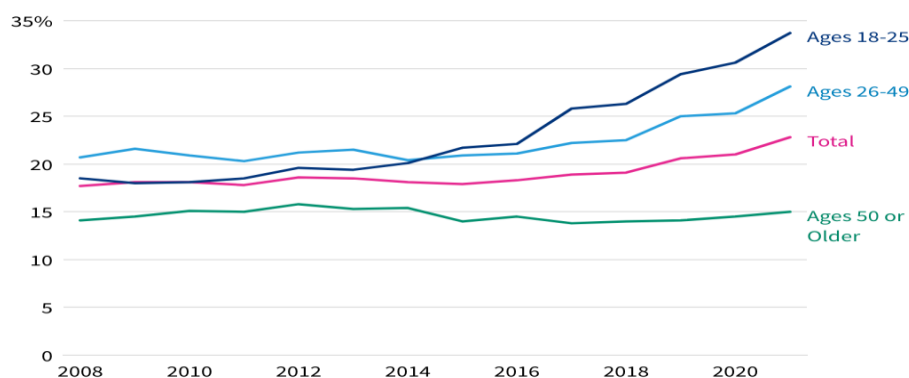
Grief is the immense sorrow or psychological pain after losing something permanently with whom someone attached emotionally (Merriam-Webster Dictionary, 2024). Grief is a distressful and traumatic event that increases the chances of many other emotional impairments and severe psychological disorders (Skritskaya et al., 2019). Losing someone's significant relation involves a cluster of features like; distress, disturbed relationship with other close relatives, intense feeling of sadness and loneliness, adjustment problem and poor reality contact (Markovic, 2023).

Grief after dissolution of a premarital romantic relationship affects mental health (McKiernan et al., 2018). In Pakistan break up in young adults predicts the increasing level of impulsivity, suicidal thoughts and aggression (Afzal et al., 2024). In Baluchistan a province of Pakistan, drug abuse is increasing due to romantic break up of relationships and many social factors (Batool, 2023). Premarital break up in romantic relationships also linked with marital dissatisfaction and divorces rates later in life. Dissolution of Premarital romantic relationship is also called disenfranchised type of grief.

Mental health problems are increasing day by day all over the world. USA Facts (2023) reported that young adults between 18 to 25 suffered from serious mental issues in the past years 2009 to 2019 and in 2021 survey, it is significantly increased.

### Adults ages 18–25 are most likely to have mental illness compared to other age groups.

Percent of adults who had mental illness in the past year by age group, 2008–2021



Survey methodology changed in 2020 and 2021. Data from 2020 should be compared to previous years with caution and data from 2021 should not be compared to previous years.

Source: Substance Abuse and Mental Health Services Administration

USA FACTS

<https://usafacts.org/articles/how-common-is-mental-illness/>

Young adult is the age group between 18 to 25 and 46% young adults are taking drugs or under serious mental disorder is the highest portion of society involved in drugs and alcohol than other all ages. Young adults 2 among 5 between the age of 18-25 are taking some kind of drugs and other substance uses and 1 to 3 young adults between 18-25 are taking marijuana in past few years (Substance Abuse and Mental Health Services Administration (SAMHSA), 2023). Large group of young adults 1 in 3 are suffering from psychological illnesses and 18 to 25 age is under psychological help than other all age groups specially in the Asian young adults (SAMHSA, 2023).

Causes of mental health problems are many as Javed and Javed (2022) reported that social conflicts and social problems. According to Nisar et al. (2019) stress and both psychological and physical traumas are rotted reason of prevailing stress in Pakistan. Grief is the worst type of stress which somebody face after losing loved one with whom he or she is emotionally attached.

Young adults are most ignored population in Pakistan because family and society considered them healthy, powerful and independent bodies those can take care of themselves. Young adults are expected to perform more and well every task in every life event. Young adulthood on the other hand itself is a critical stage that has its own drawbacks and problems. Break up of romantic relationship is one of them. Young adults in Pakistan are largest number than other ages as 63% of the whole population (Afzal et al., 2023).

Previous researchers have identified psychological disturbance related to break up in premarital relationships and grief. Break up in Romantic relationship stems the social problem in young adults worldwide. Social connections like Family and friend's attitude play important roles in wellbeing of young adults in Gujrat Pakistan (Afzal et al., 2023).

In Pakistan divorce rate has increased in previous five years (Rashid, 2024). Studies indicate the increasing divorce rates and conflicts between couples are linked with break up distress and grief over losing premarital intimate relationships. It is suggested that the young adults should be counsel after their breakup to deal with complexities (Maqbool et al., 2023)

## METHOD

As the study was exploratory in nature so a semi-structured questionnaire was generated with the aim to explore the causes and effects of premarital relationship breakup. A total of 12 questions were developed at first stage keeping in view of basic objectives of the study. The questionnaire was then sent to the four experts for suggestions and with these experts' opinion recommendations 6 more questions were added to meet the objectives at maximum level. One question was further added to deal with ethical considerations as the questions were related to the breakup grief which was quite a sensitive issue and recalling the emotional nature of grief they may feel the emotional pain which requires counseling.

Finally, a 19 items questionnaire was completed aims to explore the involvement of romantic relationship, experiencing breakup, duration and number of breakup, nature of relationship, memories related the breakup, emotional, psychological and physical effects, suicidal thoughts and attempts, use of drugs and social support.

## Procedure

After finalizing the questionnaire, a Google form was generated to collect the data from participants. Adding up the basic information regarding demographics participants were assured to keep their information confidential and be used only for research purpose as the research was done on double blind bases neither researcher nor subjects were known to each other. So it was that the information provided by the participants will be original, genuine and truth based. The Google form was shared in different whatsapp groups of students to collect the data. At the end of the questionnaire participants were offered counseling and therapy sessions. A total of 393 responses were received from all over the Punjab province in a period of two months.

## ANALYSIS AND FINDINGS

These insights provide a context for understanding how young adults experience and respond to the psychological and physiological impacts of romantic relationship breakup and resulting grief among Pakistani population.

**Table 1: Demographic Characteristics of Sample (N=382)**

	Frequency	Percentage
<b>Age</b>		
Under 18	17	4.5
18-20	157	41.1
21-24	185	48.4
25 onwards	21	5.5

**Gender**

Male	157	41.1
Female	225	58.9

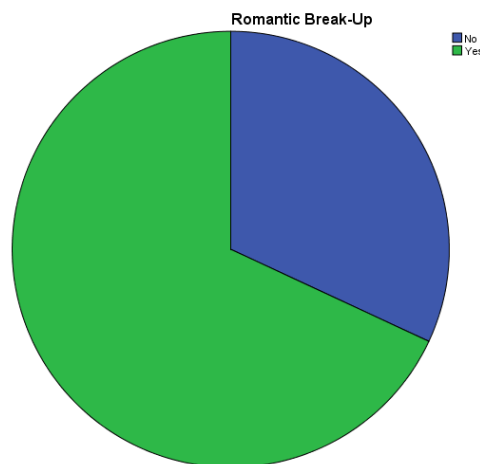
**Marital Status**

Single	353	92.4
Married	22	5.8
Divorced	4	1.0
Separated	2	0.5
Widowed	1	0.3

**Education**

Matriculation	3	.8
Intermediate	68	17.8
Graduation	273	71.5
Post-Graduation	38	9.9

The study's participant demographics reveal a predominantly youthful cohort, with a significant majority aged between 18 to 24 years. This age group represents a stage of life marked by active exploration of romantic relationships, including their joys and challenges. The gender distribution shows a slight majority of female participants compared to males, reflecting common trends seen in studies exploring relationship dynamics. Most participants identified themselves as single, highlighting the study's focus on individuals actively navigating or recently affected by romantic relationship experiences. In terms of education, a large proportion had completed at least a graduation degree, suggesting a group with varied educational backgrounds that may influence their emotional responses and coping strategies to relationship stresses.

**Prevalence of Romantic Breakups****1. Have you ever been in romantic relationship?**

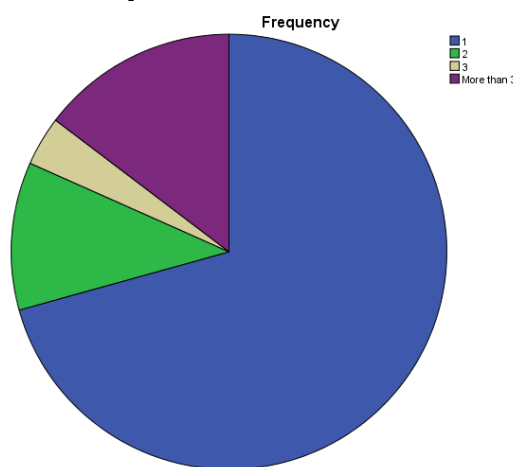
According to the data obtained, one can state that the majority of respondents from the sample (68. 1%) have been through a process of a romantic break up. This high prevalence can be argued to support the assertion that break

ups are rather a norm than the exception in people's lives. The emotional and psychological effects of such incidences can be expected to be far reaching and common. Knowledge of such persistence contributed to the acknowledgment of the necessity of resources and strategies to aid people going through these difficult changes.

Moreover, the examination of the data also reveals that 31. 9% of the respondents have never had a experience of a breakup, meaning that while breakups are rather frequent, still a vast number of people do not enter any romantic relationships at all or if they do, they are not forced to terminate them. This demographic could give information as to characteristics that allow relationships to be sustained for a long time or precautions or methods that can be used in relation to sustaining a relationship.

### **Frequency of Romantic Relationships**

#### **2. If yes, how many times**

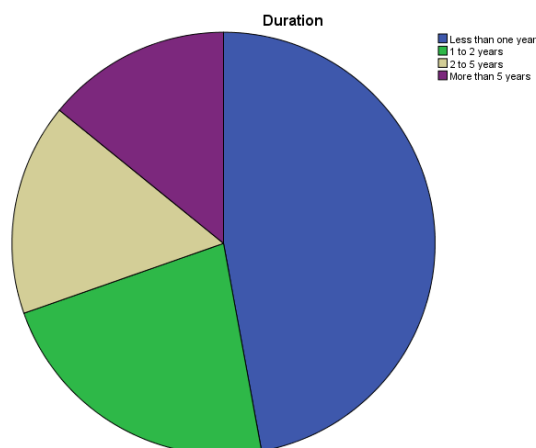


The largest part of the respondents, or 70. 7%, have reported they have been involved in only one romantic relationship, suggesting the trend of here-and-now relationships rather than tunnel relationships, although the latter type may be more numerous, as already mentioned. This may be attributed to the population's recognition of opening to various relationship types as a unfavorable position in terms of being more disposed toward multiple short term relationships rather than a single long term relationship. Small number of respondents marked that they have got two (11. 0%), three (3. 7%) or more than three (14. 7%) relationships meaning that serial monogamists are not very typical for the given sample.

It also suggests that respondents, because of having had several relationships, might have different attitudes to the relationships they have had and the breaks up that might have happened. These findings can be useful in distinguishing between different relationship experiences and the ways which people's previous loves and losses impact future romantic involvements and the ability to let go.



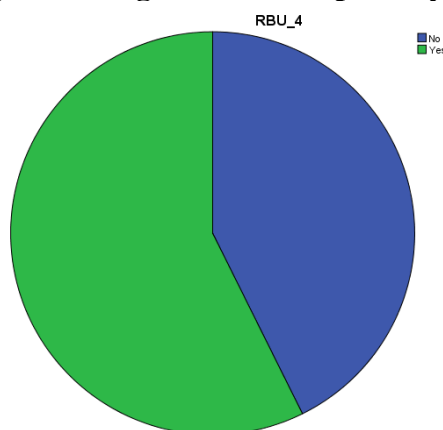
### 3. Relationship duration



47.1% of the relationships, many of them did not even last a year: Therefore, it can be concluded that people switch partners often in today's society. This duration might be typical for the initial stage of the relationships when people are checking each other's compatibility. The other frequent bracket is 1 to 2 years (22.5%) with the other being 2 to 5 years (16.2%); these are some of the more developed relationships where the couples are presumably to have been through different stages of the relationship.

The 14.1%, of the relationships of couples that have been together for over five years represents the strength and the commitment people make towards their relationships and may help to understand the causes of dissolution of such commitment. These variations of the duration of relationship point to the fact that the experiences of the people in their romantic engagements differs as well as the levels of dependence and attachment.

### 4. Have you gone through the break-up of any romantic relationship?



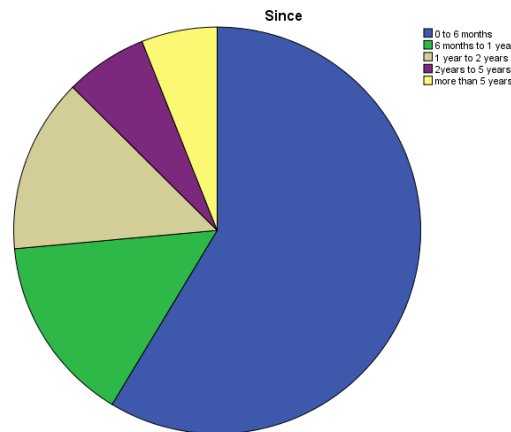
Looking at the responses, more than half of the respondents that is, 57.3% have been involved in a breakup, confirming the observation about the high rate of breakups. In this data it may be deduced that breakups are not rarities in most people's interpersonal relationships but rather a norm. This large group of never-breakup people (42.7%) can help compare and contrast the



characteristics that might be contributing to happy, healthy, lasting relationships, thus making a contribution to the study area.

Exploring the perceptions of people who have not gone through a breakup could show where they are getting it right and how to relate effectively. These two worlds represent the fact that the outcomes of romantic relationships are rather diverse owing to such states as break-ups.

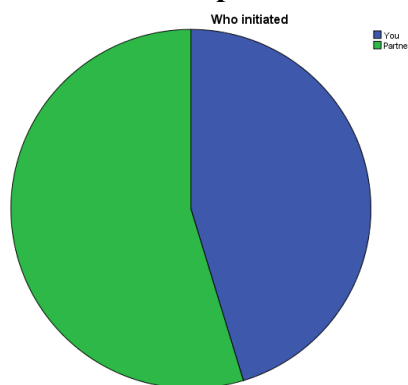
### 5. Break-up since



More than half of the respondents (58.6%) reported that they have been through a breakup within the past half a year, which shows that they witness recent and, therefore, possibly still vivid effects. This may point to the need fulfilling immediate emotional and psychological needs which may be heightened due to the current generation's characteristics. The increase in percentage in those who are willing to avoid the respondent as the time since the breakup increases illustrating the healing process and the weakening of reaction to the breach of relational trust.

The distribution also depicts how people have not recovered at the same level yet, people are in different stages of their recovery. The first group members might still be suffering from the sharp emotional pain of the break-up while the second and third group members are in different recovery and self-actualization stages. The following is timeline of how people heal from a break up based on these stages of grief.

### 6. Who initiated the break-up?



Again 54. 7% of the respondents stated that their partner was responsible for the breaking up the relationship as opposed to 45. 3% who broke up with their partners. It might have pronounced the emotional processes and such feelings as rejection in those who did not initiate the relationship as opposed to those who did. Stress has been identified as resulting from the interaction of the two partners with identifying the left partner as a more terminated partner to look out as the one who initiates the breakup. Understanding the patterns of who initiates the breakup can help in understanding the coping mechanism and the emotions that arise from it.

This data also indicates that being the initiator also has a feeling of vulnerability, being forced to do something that one might feel guilty about doing. An examination of the factors that propel the initiation of the relationship dissolution from both clients' and practitioners' points of view can be extremely useful in constructing a greater picture of relationship dissolution.

### **7. Can you enlist reasons of break-up?**

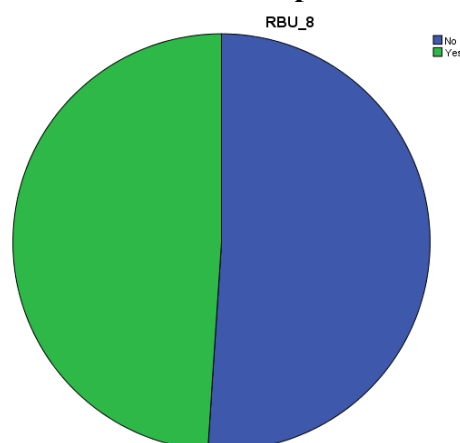
The possible causes of breakups as explained by the respondents comprises cheating/trust issues/misunderstanding, problems emanating from the family, own problems, communication breakdown, compatibility/financial stability and disrespect, behaviors, and long distance.

Infidelity and breach of trust become counted among primary causes of break-ups. Trust often is the cornerstone of any romantic relationship and if it is ever violated it is nearly impossible to rebuild. These problems are worsened by misunderstandings that make reconciliation almost impossible. As regards the family, family problems are very important as well as family expectations that put much pressure on relations, especially when family values and their support are significant.

Individual and external problems are also causes of breakups which include but not limited to, psychological problems and personal developmental plans. Silent treatment is a massive problem as people fail to restore the relations to a stable state due to the absence of communication. It shows that shared emotions are important for couple's happiness and lack of money is essential to cause constant conflict and unhappiness.

Non-respect and conflicts, sometimes in form of abuse and control defeat the culture of respect and interdependency required in wholesome relations. It present certain issues; inadequate physical touch leading to weakening of the relationship and more reliance on technology. In dealing with all these various cases of breakups, understanding the underlying causes can help develop ways/strategies to avoid such incidences and the necessary assistance that could strengthen relationships.

### 8. Did you share about break-up with someone?



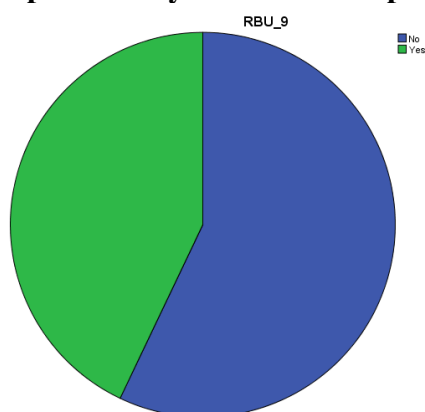
Here the analysis of this question indicates that although the difference in the number of people who shared their breakup experience is small but those who did not share their experience is comparatively high. Telling people around about the break up can be symbolic of the healing process since friends and family can reassure and support the person. Reluctance of sharing their pain related to grief can be as a result of the individuality of some people or fear to open up or seek help. This kind of relationship is not accepted and supported by the society, therefore people seem to be fearful of talking to individuals around them and remain in pain which further lead them to severe sort of psycho-social issues. Following are the verbatim of some of the respondents who did not share their pain with others.

*"I feel aggressiveness in my behavior I don't wanna talk to anyone wanna be alone all time I got angry very easily"*

*"No one important to anyone"*

Knowledge of the results of sharing or absence of sharing can help reveal the validity of the social support mechanisms, and the significance of communication processes on the stage of emotional recovery. The findings presented here imply the need for talking about the circumstances of breakup with the aim to overcome the related pain.

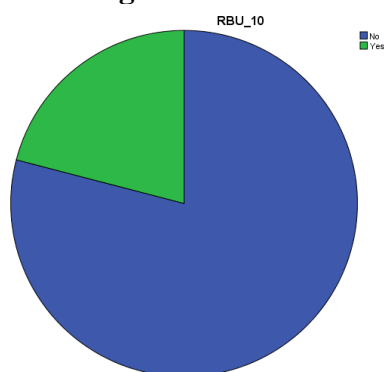
### 9. Has break-up affected your relationship with others negatively?



If the respondent's previous relationship ended through a breakup, the impact would be on the following; Indeed, a majority of the respondents (42.9%) said that their break-up had a negative impact on their interactions with other people. This means that, when a couple breaks up, the psychological effects of this decision are not only restricted to the couple's romantic relationship and interactions but also affect other friends, families, and people in common. The rest who did not experience such negative impacts amount to 57.1%, hence, there are persons who utter breakup experience that does not have dominion of the other spheres of social life.

Learning about factors that can help to lessen the effect on other relationships or make it worse can acquire useful information about how to deal with other relationships during these emotionally disruptive times.

#### 10. Have you ever thought of suicide due to this event?

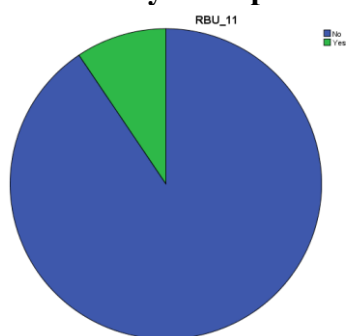


The responses like 21% of respondents have had suicidal thoughts due to a breakup is worrying and points towards the extreme level of break-up related emotional dysphoria. It shows the necessity for special mental health programs and resources that would help to ease the suffering and avoid escalation of such tragic cases.

*"Frustrated on little things, sadness, highly intense migraine, fatigue, irritated, want to withdraw from everything"*

Of the non-suicidal respondents, 79.1% express the view that although break-ups are painful, most people are not to this extent devastated. However suicidal thoughts are also present in a significant number of people and thus there should be focus on mental health and welfare.

#### 11. Have you ever made any attempt of suicide due to this event?

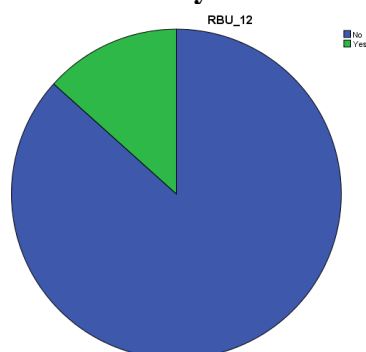


The 9. 4% of the respondents who stated they once attempted suicide because of a broken relationship is something very alarming, as this shows that a breakup can really affect one's psychological disposition. Thus, the present result points to the importance of increasing the availability of mental health care services and interventions which may help prevent such severe reactions to affective dysfunction.

*"I spent two month in hospital"*

According to 90. 6% of the respondents, they did not attempt suicide even though they went through a breakup, thus, implying that most people though they are affected psychologically, have ways of dealing with the trauma they undergo. Such coping patterns can be very important in eradicating the pervading suicide attempts among those going through break ups.

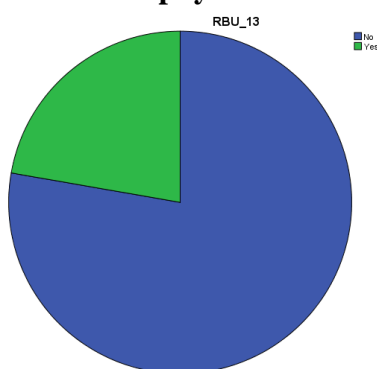
### 12. Have you ever tried for any substance/drug use due to this event?



The survey also suggested a possible unhealthy way through which some people manage their break-up. 13. 4% of the respondents consumed substances or drugs following the break-up. Indeed, this behavior demonstrates the reader the need to find a healthier way to respond to personal issues, such as coping with substance use when affected by heartbreak.

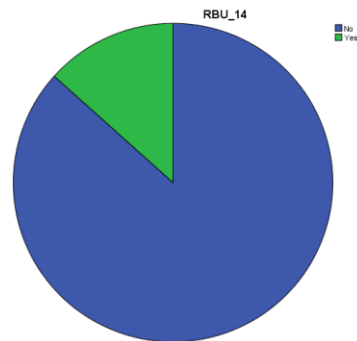
Most of the respondents 86. 6% who never used substances further affirmed that there are other ways people cope or probably have better resistance to succumbing to substance abuse. Knowledge of these other coping mechanisms can be useful in the development of ways and means to alleviate stress and suffering resulting from the breakdown of a relationship.

### 13. Have you ever been in physical relation with your partner?



78% of the respondents responded that they did not have physical contact with their partner, which otherwise raises many personal, cultural, or situational factors affecting physical contact in the relationship. Among the 22% who reported that they had a physical relationship, it can thus be deduced that physical aspects are an important factor for part of the surveyed people. It can be used to know about the dependence of physical contact in couple's relationships and its influence on the emotional aspect of the separation. It can assist in offering better assistance to those patients, who are experiencing the end of physically intimate relationships.

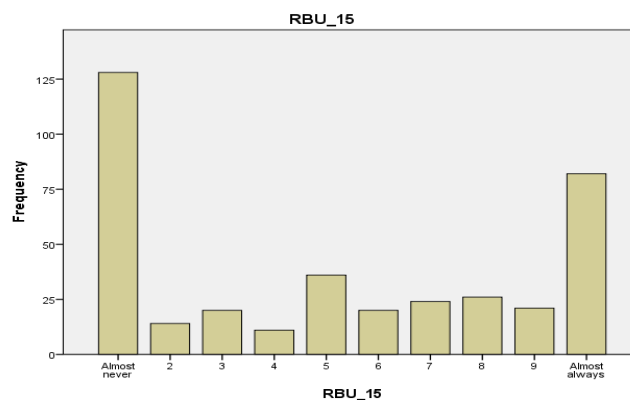
**14. Have you ever been in sexual relation with your partner?**



Regarding this aspect, the overwhelming majority of the respondents (86.6%) reported that they did not practice sexual intercourse with their partner, possibly due to the established values, phase of the relationship, and cultural beliefs or norms while 13% did. Is sexual intimacy vital in the romantic relationships? 13% who indicated that they were involved in a sexual relationship have shown that sexual intimacy is valuable for some people in the context of romantic partnership.

It will be useful in the investigation of the role of sexual intimacy in the relationships and the effects of its absence or presence on the emotional aspects of the break up. As such, it is possible to consider adjusting the support systems to cover these gaps in terms of improving emotions and psychological help.

**15. How much you recall the past moments spent together? Rate on scale of 10**



The range of frequencies corresponds to the various degrees of the occurrence of the moments spent with a partner that people can recall. A slightly smaller group of respondents, which is 33.5% in our case, almost never use the act of remembering and this speaks about their type of coping – grieving which implies distancing. Conversely, 21.5% of respondents stating that they almost always recall such moments, meaning that there is a strong afterglow or unresolved psychological issues.

This variation exemplifies social variation by showing that different people have different tendencies in emotional processing and ways of dealing with the aftermath of a breakup. Such differences can be helpful in understanding how best to support and intervene in order to assist individuals in another form of healing which is emotional healing.

#### **16. What kind of emotional/psychological symptoms you felt after this break-up experience?**

Data collected pointed to several behavioral and psychological consequences of the breakups, thus raising the alarm on the psychological health of the respondents. Some of the mentioned concerns were depression, anxiety, and over-thinking, and majority proceeded to report feeling sad chronically, worrying always, and ruminating on things that had happened to them constantly. These symptoms point to major disturbances of mental health that could impede the healing processes and outcome in to long term diseases.

Often cited were elements related to loneliness, sadness, and general displeasure underlining the consequent emotional deficit that follows the termination of a romantic union. Regret and guilt were reported frequently together with anger and other negative feelings by most of the respondents. Stress and trauma were also evident with some volunteers demonstrating signs of what resembles PTSD, they had intrusive thoughts and no feelings. Proceeding to the psycho-social facets, hopelessness was reported high with clients complaining of lack of direction and aim in life.

Additionally, the following behavioral symptoms were mentioned: screaming without obvious cause, crying episodes, increased rage, and jealousy, which also interfered with the daily activities and other interpersonal relationships. High rates of aggression and low self-esteem characterized the symptoms; people suffered from low self-estimates or perceived inadequacy. In particular, the breakdown experience necessitated the disavowal of trust in people, social withdrawal, as well as the consolidation of fears and phobias subsequently isolating respondents and amplifying their sufferance.

#### **17. What kind of physical symptoms you felt after this break-up experience?**

Some of the specific consequences of romantic relationship breakup studies show that there exists a continuum of physical and emotional consequences as a result of the break-up of a romantic relationship. Self-perceived stress symptoms included shortness of breath, increased pulse rates, and hormonal



changes which are the symptoms associated with acute stress. These physiological changes are aggravated by stress, and one experiences shivering, headache or body aches, among others.

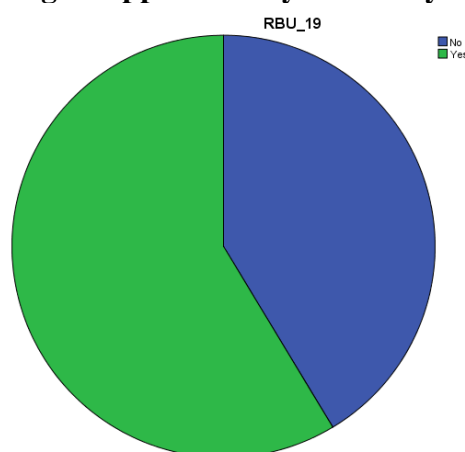
Psychologically, stress caused by a breakup affects sleeping patterns resulting in fatigue and keeping awake all night and thus, getting dark circles beneath the eyes. Hormonal changes and stress, therefore, could be the reason for acne and early graying of hair as observed with some of the participants. They provided intentions in terms of physical health with the participants notifying the researchers of experiences of feeling weak and even losing weight unwittingly.

### **18. How it affects your studies/performance?**

From the responses obtained, it is clear that breakups are a real major factor when it comes to academics and general well-being. Many mentioned an inability to focus, loss of interest in studies, and falling grades. These findings correlate with results in psychological literature on how emotional stressors, like breakups, lessen cognitive capabilities that include, among others, those related to attention, perception, memory, expectation, reasoning, and problem-solving.

Common factors cited to cause poor performance include overthinking, emotional turmoil, loss of motivation, lost interest in societal activities, and reduced concentration on their studies. Some of the responses relate temporary effects of the situation, which ranged between a few weeks and a couple of months, while other responses related longer-term impacts of up to three years. Although the duration and intensity differ from one individual to another, breakups can indeed disrupt one's academic trajectory through effects on concentration, motivation, and emotional stability, showing a need for support mechanisms that may cushion these challenges during such times.

### **19. Have you got support from your family/friends/peers?**



To a similar question, 58. 6% of participants disclosed that they get support from one or more of the following; family, friends, or peers indicating that social support play a vital role in coping up with issues to do with break up.

This support can be helpful to help avoid negative emotional consequences and to build up protective factors.

The 41.4% of the respondents who did not receive support suggests that there is a lack of social support for a category of people.

*'I was not sure if I could pass through the phase, but I tried hard to focus on my studies, friends and family to divert myself from that haunting memory.....but still whenever I think about that moments or memories....it hurts and sometimes makes me cry hard.'*

Thus, to match the level of breakup distress, it is vital to distinguish which factors differentiate one from receiving support and to create tools that would help build support for those who need it. Those who got no any support reported more for need of counseling.

### **Conclusion.**

This study was designed to explore the causes and consequences of intimate relationship breakup among adults of Punjab Pakistan. For this purpose a questionnaire was developed focussing on causes and consequences of relationship breakup. A sample of three hundred and ninety three (N=393) was collected online through google form. According to these findings, these results reinforced the current understanding of the significant costs of the breaking up of romantic relationships while also stressing on the importance of the psychological and physical well-being of an individual during times of such stress. Future studies may endeavor to uncover methods of preventing the mentioned above effects and reconstructing a person after failed relationships stemming from breakup-related stress.

Another implication of such findings is the requirement of a multiple support style to deal with all such kind of issue related to the interpersonal conflicts and consequences of intimate relationship breakup which may further turn into serious disorders. Treatment programs based on such aspects as mental health, social and emotional support, regulation of emotions, and formation of trust and self-esteem are critical for recovery and personal development for those who seek help to deal with the aftermath of a love relationships' dissolution.

It is also pertinent to mention here that grief is loss of someone significant in life for ever, however it is necessary to apply standardized instrument on relevant population bearing loss of loved one after romantic relationship for more accurate outcomes and to confirm correlates.

Current study was conducted on adult population to see either they are involved in relationship or not. Result suggested age range between 18 to 25 are highest number of those are involved in premarital relationship. It is suggested to focus on specific age range (young adults) for objective data and should be focused for psychological help to rescue at early stage so can be minimized the chances of developing serious kind of mental and physical illness and to prolong in next phase of life.

Further studies should be planned to measure the relationship of anger, helplessness, self-injury, suicidal thoughts and attempts, self-esteem, social support, loneliness and social adjustment subject to overcome the effects of unsuccessful relationships or partner rejection that plays a significant role in future life of effectees. Premarital romantic relationship and its breakup also found as a high rate in this population especially young adults which itself considered as illegal in Pakistani culture and religion. It is usually condemned and might be not supported and consoled by society after the breakup of this kind of illegal or disliked relationship. Additionally, study highlighted “Suicidal Thoughts” should be taken serious before it converted into successful committing suicide among heart broken in premarital relationship in next study. Moreover interventions should be planned to prevent these psycho-social issues at early stage to save this generation from the adverse effects of this grave problem prevailing in the society.

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