

The Mediating Effects of Resilience in the Relationship of Sexual Involvement and Romantic Relationship Dissolution

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ABSTRACT

Romantic relationship dissolution (RRD) can be perceived as an upsetting or momentous event and the most stressful and unsettling events that one can encounter in life. The aim of this study to investigate the relationship between sexual involvement in a relationship and romantic relationship resolution and the role of resilience as mediators of this relationship. Two hundred ninety-three emerging young adults (ages 18 to 29) from Klang Valley have participated in this study. The present study used the Resilience Scale (RS), the Core Bereavement Items (CBI), and demographic information items. Obtained results indicated a significant difference in sexual involvement in a relationship on the level of reactions to romantic relationship dissolution. The sexual involvement in the relationship was positively and significantly correlated with romantic relationship dissolution. Specifically, sexual involvement was negatively correlated with resilience, which was, in turn, negatively associated with romantic relationship dissolution. Additionally, results also show that mediation effect for sexual involvement in resilience to romantic relationship resolution was significant. The practical implications for helping professionals were also discussed in this work.

Keywords: Emerging young adults, Malaysian, resilience, romantic relationship dissolution, sexual involvement

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INTRODUCTION

In recent years, Malaysia has been startled by the growing percentage of parasuicide, suicide cases, and mental health matters such as anxiety and depression. Adolescents and young adults aged from 15 to 34 have been identified as a high-risk group for suicide with the highest suicide rates in

which seven people may attempt suicide per day (Aishvarya et al., 2013; Ali et al., 2014). Globally, the World Health Organization (WHO) described this as a public health issue that occurs throughout the human lifespan. It was reported that approximately 800,000 people die worldwide due to suicide almost every year (Ali et al., 2014). In Malaysia, The National Suicide Registry Malaysia (NSRM) reported 425 suicide cases in 2010, with an average of 60 cases recorded monthly and two cases daily whereby youth presented the highest percentage group (Aishvarya et al., 2013; Chan et al., 2017; Jin & Lee, 2011; Ministry of Health Malaysia [MHM], 2009). Also, along with years, research findings demonstrated that younger adults frequently relate to higher suicidal behaviour risk, which comprises suicidal attempts, suicidal ideation, and complete suicide (Armitage et al., 2015; Lantagne et al., 2017; Maniam et al., 2014).

Young adults' suicidal ideations are associated with psychological distress, depression, gender, relationship problems (notably, intimate relationship), an abusive relationship, drug and substances abuse, and social-environmental factors (Ahmad et al., 2014; Chan et al., 2020; Lantagne et al., 2017; Maniam et al., 2014; MHM, 2009). Besides initiating and maintaining a romantic relationship, one of the emerging adulthood's developmental tasks is learning how to deal with relationship dissolution (Arnett, 2004). Furthermore, research studies of adolescents and young adults also revealed extreme reactions to relationship

dissolutions are associated with negative consequences include increased risk for health problems, suicidal attempts (Ahmad et al., 2014; Chan et al., 2020; Davis et al., 2003; Lantagne et al., 2017; MHM, 2009), the pervasiveness of major psychiatric illness (such as Major Depression), a decline in psychological welfare, deterioration of academic performance, and down-fall of human relationships, including short and long length relationship (Armitage et al., 2015; Chan et al., 2017; Evan et al., 2004; Johari et al., 2011). In the present study, we observed that individuals might experience grief or sorrow following romantic relationship dissolutions. Specially, we proposed that individual personal resilience will act as a mediator in facing romantic relationship dissolution (Shulman & Connolly, 2013; Wagnild, 2012).

Given the emotional pain caused by romantic relationship dissolutions, it is frequently viewed as troubling and the most unsettling events that one can encounter in life. In other words, romantic relationship dissolutions are a great extent of loss in a person's life chapter, and it might generate a grief action (Lantagne et al., 2017). Therefore, it is a struggle for every individual to cope with unpleasant feelings and distressing events. Bowlby (1980) presented the grief process into four parts: progression of initial disbelief or numbness and protest, yearning and seeking, disorganization and hopelessness, and continuing self-reconstruction and reorganization. On the other hand, young adults' romantic relationships may give

openings for human being's utmost cultivating quality of mental and emotional life's happenstances such as love, joy, happiness, contentment, and gratification (Arnett, 2000, 2004). Undoubtedly, there were ups and downs, and even happiness can dissolve. Eventually, the same once happy relationships might become the cause of individuals' most significant excruciating psychological breakdowns. Everything is balance within a relationship. When it breaks down, or there is trouble within it, all sorts of problems can arise (Lantagne et al., 2017), and for some, it led to suicidal behaviour (Armitage et al., 2015). In the present study, we examine the degree of the capability to deal with disturbing emotions and events, also known as resilience (Blum, 1998; Shulman & Connolly, 2013; Wagnild, 2012).

In a romantic relationship, after some time commitment, the desire to become one with the partner arises, and eventually, sexual involvement has become an essential foundation to hold a relationship (Furman et al., 1999; Muniruzzaman, 2017; Perlman & Duck, 1987; Roche, 1986). In the present study, sexual involvement comprises sexual activities, sexual interaction, or sexual intercourse. Romantic sexual act becomes an expression or sign of love and caring, attractions (Hill, 2002; Lee et al., 2006; Muniruzzaman, 2017), a great sign against instabilities (Simpson, 1987), and proves that the partners belong to each other as one person in romantic relationships. Subsequently, a romantic relationship becomes severe and committed if the

intimate relationship was sexually involved. Hence, higher expectations were to be affected upon more commitment in the relationship (Shulman & Connolly, 2013).

Consequently, psychological distress following relationship dissolution may worsen contact engaged with sexual act than relationships without sexual act involvement (Kahn & London, 1991; Shulman & Connolly, 2013). Therefore, when intimate relationship stability is shaken and ended, it might lead to distress (Davis et al., 2003; Felmler et al., 1990; Lantagne et al., 2017). For instance, the increased possibility of suicidal ideation and attempts among emerging young adults is connected with having had sexual interaction or intercourse in the premarital relationship (Armitage et al., 2015; Kahn & London, 1991; Maniam et al., 2014; Shulman & Connolly, 2013). Benton et al. (2003) indicated that 50% or more college students presented issues related to a relationship when they went to a college counselling psychotherapy centre. Hence, it should be no surprise that most emerging young adults often shared problems related to the termination of a significant romantic relationship with their therapists or counsellors (Chan et al., 2017).

The literature discussed that sexual involvement or act of sex was a personal (private) subject and cannot be shared openly or publicly (Bogart et al., 2000). This belief applies in Malaysia, too (Lee et al., 2006; Zulkifli & Low, 2000). Some cultures (especially in the eastern country) and people may even abstain from sexual involvement in relationships mainly because of the

diversity in some social norms, moral values, terrors of getting pregnant, and sexually transmitted diseases (Muniruzzaman, 2017). However, as years passed, young individuals have become more lenient when it concerns sexual activities and sexual intercourse involvement during an ongoing intimate relationship (Muniruzzaman, 2017; Peplau et al., 1977; Zulkifli & Low, 2000). Subsequently, it shifted the norm, which contradicted the previous decades' customs in which females were expected to keep their virginity until their marriage night (Peplau et al., 1977; Zulkifli & Low, 2000). There were gender differences considering sexual involvement in an intimate relationship. Men are frequently looking forward to sexual activities and sexual involvement (Lee et al., 2006), whereas women are looking for emotional connection and interdependence (Canary & Emmers-Sommer, 1997). In other words, women were engaged in sexual interaction and involvement to fulfil the need for emotional intimacy, whereas men tend to satisfy only their sexual desires. Past research indicated a rising statistic of couples who engaged in sexual contact even though they have just started a relationship (Lee et al., 2006; Moore & Rosenthal, 1993; Muniruzzaman, 2017; Peplau et al., 1977; Zulkifli & Low, 2000).

Present Study

This study investigated the relationships between sexual involvement in a relationship, resilience, and romantic relationship dissolution for Malaysian emerging young adults. Structural Equation

Modeling is an analytical approach that allows researchers to build a model of the processes that give rise to the observed data (Little, 2013). Hence, it has been applied to examine the relationship between sexual involvement, resilience and romantic relationship in this study and to explore the following hypotheses:

Hypothesis 1: Sexual involvement in the relationship would be positively associated with romantic relationship dissolution.

Hypothesis 2: Resilience would mediate the relationship between two variables: sexual involvement and romantic relationship dissolution. Specifically, sexual involvement in a relationship would be correlated with resilience negatively, which would, in turn, be negatively correlated with romantic relationship dissolution.

METHODS

Participants

In this study, the sample encompassed 293 Malaysian young adults. Of 293 participants, 125 were males (42.7%), and 168 were females (57.3%). Participants were from ages 18-29, with a mean of 23.98 ($SD = 2.59$). According to Arnett (2000, 2004), emerging adulthood (ages 18-29) is a stage where individuals at this developmental stage are involved in a more intimate and long-term romantic relationship than their previous experiences during the adolescent stage. Therefore, emerging adulthood's developmental task is to initiate and maintain a romantic relationship and learn how to

deal with relationship dissolution (Arnett, 2004). In this study, participants were engaged in a romantic relationship that (1) ended over the last twelve months, (2) the romantic relationship has lasted for no less than three months, (3) sexual involvement in a relationship was a consented contact. Past research showed that most people were adjusted to the relationship termination within one year, while a well-established timeframe for grieving following a breakup or relationship loss was yet supported (Bursik, 1991; Wang & Amato, 2000).

Measures

The Resilience Scale Short Form (RS-14; Wagnild, 2009). The short form of RS-14 comprises 14 items from the original measures. This instrument measures an individual's ability to bounce back from hardship or adversity. It contains two subscales, which are Personal Competence and Acceptance of Self and Life. The examples of items for the Personal Competence subscale are, "I feel proud that I have accomplished things in life," "I usually take things in stride." The samples item of the Acceptance of Self and Life subscale are "Keeping interested in things is important to me," "I can get through difficult times because I've experienced difficulty before." Participants in the study were asked to respond to all the items of RS-14 with 7 points Likert-type scale from 1 (strongly disagree) to 7 (strongly agree). Wagnild (2012) reported that the concurrent validity of this measure was obtained by correlated the RS scores with

measures of life satisfaction ($r = .37, p = .001$), depression ($r = -.41, p = .001$), morale ($r = .32, p = .001$) and health ($r = -.26, p = .001$). Substantially, in a review of 12 studies that used this RS scale, the results reported that the internal consistency was high, with Cronbach's alpha coefficients ranging from .85 to .94 (Wagnild, 2009). The internal consistency of the total score was .95. for this study.

The Core Bereavement Items. (CBI; Burnett et al., 1997). The CBI was used to measure the construct of romantic dissolution. The CBI consists of 17 items with a 4-point Likert scale (0 = never, 1 = A little bit of time, 2 = Quite a bit of time, 3 = A lot of the time/ Always/ Continuously). Three subscales and the sample items of this measure include: Images and Thoughts (e.g., "Do thoughts of "x" come into your mind whether you wish it or not?), Acute Separation (e.g., "Do you find yourself looking for "x" in a familiar place?), and Grief (e.g., "Do the reminders of "x" such as photos, situations, music, places, etc. cause you to feel loneliness?). In this study, participants were described that "x" relates to their partner with whom they experienced a romantic relationship dissolution. Only one item particularly mentioned death, which included under the subscale of "Images and Thoughts." For the current study, this item was modified from "Do you experience images of the events surrounding "x" s death?" into "Do you experience the image of the event surrounding the breakup with "x"?" as suggested by Docherty (2009).

The CBI is a suitable and dependable tool to measure the level of reactions to romantic relationship dissolution (Docherty, 2009). Holland et al. (2013) found a relationship between ICG-R with Thoughts, $r(755) = .66, p < .001$, and Emotional Responses, $r(755) = .80, p < .001$ as concurrent validity. The Cronbach alpha for the CBI's total score is .91 (Burnett et al., 1997). The internal consistency of the total score was .92 for this study.

Sexual Involvement in the Relationship.

Consistent with previous research (Simpson, 1987), the sexual involvement nature of participants' previous dating relationship was measured with an item inquiring about whether they had engaged (consented contact) in sexual intercourse with their partner (coded 1 if yes, 0 if no).

Procedure

This study has received IRB approval by the university research committee, which abides by ethical research guidelines. Participants were recruited using a purposive sampling method. First, participants were contacted through key contacts, e-mail,

and internet groups. Next, each identified potential participant was administered with a consented form and a set of questionnaires. An informed consent document was developed and distributed to the participants before answering the questionnaires. The informed consent comprised a general description of the research project, information on confidentiality and its limits, and information regarding the participants' choice to withdraw anytime during the study. The questionnaire consisted of demographic items, the Resilience Scale (RS), and the adapted Core Bereavement Items (CBI).

RESULTS

Preliminary Results

Table 1 presented the mean, standard deviations, and intercorrelations of the measures. Gender was measured as a dichotomous variable (0 = male; 1 = female). The sexual involvement in the relationship was positively and significantly correlated with romantic relationship dissolution. Hence, Hypothesis 1 was supported. The romantic relationship dissolution was also significantly and negatively related to

Table 1
Means, standard deviations, and intercorrelations among measures

Measure	N	<i>M</i> (<i>SD</i>)	Range	1.	2.	3.	4.
1. CBI	293	16.34 (14.95)	0-51	–	-.75**	.19**	-.08
2. RS-14	293	71.86 (13.25)	14-98	–	–	-.17**	.03
3. SEX	293	.59 (.49)	0-1	–	–	–	-.12*
4. Gender	293	.57 (.50)	0-1	–	–	–	–

Note. CBI = The Core Bereavement Items; RS-14 = The Resilience Scale - Short Form; SEX = Sexual involvement. Gender: 0 = male; 1 = female.

* $p < .05$; ** $p < .01$

resilience and sexual involvement in the relationship. Resilience was significantly and positively related to sexual involvement in the relationship. Gender was significantly correlated with the sexual involvement nature of the relationship. Males reported significantly higher in sexual involvement nature of relationships than females. There was no missing data for this study.

Data Analytic Plan

In this study, structural equation modelling was used with the software Mplus 7.2 (Muthén & Muthén, 1998-2012) to test the hypothesis model (see Figure 1). Structural equation modelling was applied in this study because it is useful for studying direct and indirect effects and the relationship between the variables involved in this study (Kline, 2016). First, we evaluate whether the manifest variables adequately

represented the latent variables by testing the measurement model. Next, to test the research hypothesis on the relationship between the variables, we analyzed the structural model.

The maximum likelihood estimator with robust standard errors (MLR) was applied in the analysis since MLR can have the capacity for multivariate normality violations. To reduce the number of variables, we decided to utilize item parcelling. The strength of item parcelling includes a more reliable model fit and fewer parameters (Little et al., 2002). Two item parcels grounded by the RS-14 subscales formed the latent variables of resilience. On the other hand, romantic relationship dissolution was indicated by three-item parcels reflecting the CBI subscales. However, item parcelling was not applied for sexual involvement in the relationship because SEX has only 1 item.

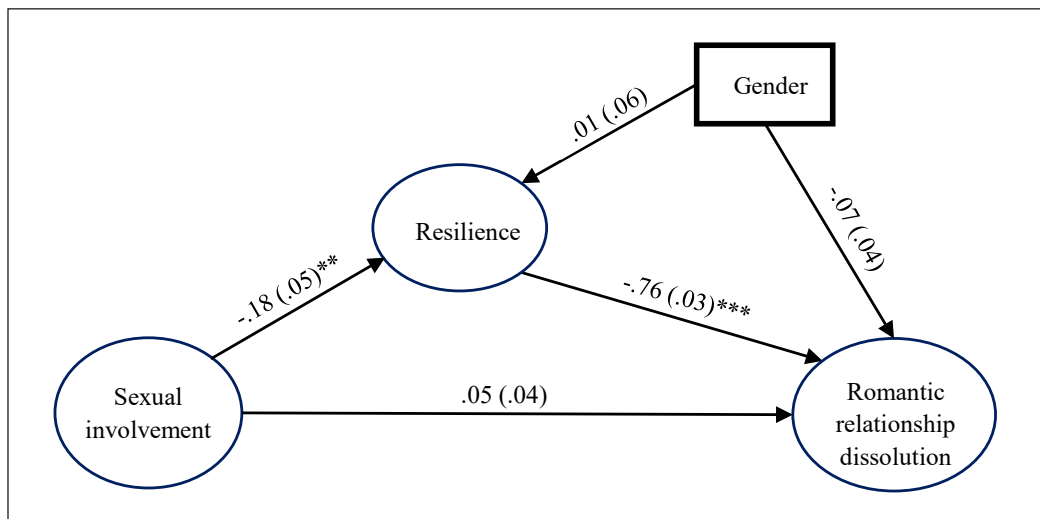


Figure 1. Structural equation model (Model B)

Note. To facilitate readability, indicator variables are omitted from this figure. The numbers outside and inside the parentheses represent standardized coefficients and standard errors, respectively.

* $p < .05$; ** $p < .01$; *** $p < .001$.

In this study, to test the hypothesized mediation effects, bias-corrected bootstrapping was applied. We produced 5,000 bootstrap samples utilizing random sampling by replacement. The mediation effects have been measured significantly with the condition where zero was not included in the 95% confidence intervals. Finally, we applied Hu and Bentler's (1999) two-index presentation strategy to determine the model's model fit. Following Hu and Bentler (1999), the several combinations comprised: i) NNFI of .96 or higher and an SRMR of .09 or lower; ii) RMSEA of .06 or lower and an SRMR of .09 or lower; iii) CFI of .96 or higher and an SRMR of .09.

Main Results

The measurement model (Model A) showed adequate fit (see Table 2), and the factor loading was all significant, $p < .001$. By default, Mplus tests the correlations among latent variables. With the findings of the measurement model, we then continue to test the hypothesized structural mediation model. The hypothesized structural model (Model B) also achieved adequate fit from

the analysis presented in Table 2. Sexual involvement and resilience both together explained 59.3% of the variance of romantic relationship dissolution.

As presented in Table 2, resilience mediated the relationship between sexual involvement and romantic relationship dissolution, supporting Hypothesis 2. Specifically, sexual involvement was negatively correlated with resilience, which was, in turn, negatively associated with romantic relationship dissolution. Our hypothesis 2 was supported. Interestingly, the direct effect from sexual involvement to romantic relationship dissolution was not significant, $\beta = .05$, $SE = .04$, $p > .05$. Additionally, the mediation effect for sexual involvement in resilience to romantic relationship dissolution was significant. Thus, resilience was the full mediator for this model.

DISCUSSIONS

This study intended to investigate the relationships among sexual involvement in relationship, resilience, and romantic relationship resolution among Malaysian

Table 2
Goodness-of-fit indices and mediation effects in structural equation models (N = 293)

Model	<i>df</i>	Scaled χ^2	RMSEA [CI]	CFI	SRMR
A: Measurement model	4	9.67	.07 [.01, .13]	.99	.01
B: Hypothesized structural model Value (Figure 1)	10	23.60	.06 [.03, .10]	.99	.01
Mediation Effects (based on Model B)			Unstandardized Mean Indirect Effect (<i>B</i>)	Unstandardized 95% CI	
Sexual involvement → resilience → Romantic relationship dissolution			1.58	[.58 2.65]	

Note. RMSEA = root-mean-square error of approximation; CI = 90% confidence intervals for RMSEA; CFI = comparative fit index. All scaled χ^2 values were significant at $p < .001$.

emerging young adults. Specifically, we examined the relationship between sexual involvement in a relationship and romantic relationship dissolution and the role of resilience as mediators of this relationship.

Sexual Involvement in the Relationship and Romantic Relationship Dissolution

The present finding showed that sexual involvement in the relationship was positively and significantly correlated with romantic relationship dissolution. In other words, the result showed that there was a significant difference between sexual involvement in a relationship and non-sexual involvement on the level of reactions to romantic relationship dissolution. The result was consistent with some research findings whereby consented sexual involvement creates commitments which will cause misery when the relationship is unstable and when it is terminated (Felmlee et al., 1990; Fine & Sacher, 1997; Kahn & London, 1991; Maniam et al., 2014; Shulman & Connolly, 2013; Simpson, 1987; Sprecher, 2002).

Psychological anguish subsequent from relationship dissolution may worsen in a relationship involving sexual involvement than relationships without sexual commitment (Kahn & London, 1991; Muniruzzaman, 2017; Zulkifli & Low, 2000). Sexual involvement or act of sex was a personal (private) subject which cannot be shared openly or publicly (Bogart et al., 2000), particularly in an eastern country like Malaysia (Lee et al., 2006; Zulkifli & Low, 2000). As Malaysia is a country with

cultural diversity, some cultures and people may even denounce young people who sexually involved in relationships mainly because of the differences in particular social norms and moral values (Muniruzzaman, 2017). This social reaction may lead to suicidal behaviour following by romantic relationship dissolution (Lee et al., 2006; Maniam et al., 2014). Therefore, when intimate relationship stability has shaken and ended, it might increase psychological distress (Bogart et al., 2000; Felmlee et al., 1990; Fine & Sacher, 1997; Lantagne et al., 2017; Shulman & Connolly, 2013; Simpson, 1987; Sprecher, 2002).

Furthermore, the current study indicated an impact of sexual involvement in gender on romantic relationship dissolution. Specifically, male students reported higher sexual involvement during romantic relationships in our research. Hence, the finding is consistent with past research, which indicated gender differences, considering the act of sexual involvement in an intimate relationship (Canary & Emmers-Sommer, 1997; Davis et al., 2003; Lee et al., 2006; Maniam et al., 2014). Men are frequently looking forward to sexual interaction or sexual intercourse, whereas women are looking for emotional connection and interdependence (Canary & Emmers-Sommer, 1997; Muniruzzaman, 2017). Nevertheless, women were engaged in sexual interaction or sexual intercourse to appease emotional intimacy, whereas men are inclined only to meet their sexual desires. Subsequently, a romantic relationship becomes more severe and unswerving if

the intimacy relationship was established on sex, and some may perceive sexuality as an emotional investment reward in a connection (Kahn & London, 1991; Peplau et al., 1977; Muniruzzaman, 2017; Shulman & Connolly, 2013).

Resilience as Mediator

Practically, the finding of this study demonstrated the mechanisms that describe the relationship between sexual involvement in a relationship and romantic relationship resolution. The result indicated that resilience is the significant full mediator for the relationship between sexual involvement and romantic relationship resolution. Besides, resilience is also depicted as a mediator between risk factors and adverse outcomes (Ahern et al., 2006; Everall et al., 2006; Helgeson, 1994; Wight et al., 2005).

Gilligan (2007) asserted that resilience is termed as an individual's capacity to respond, conduct a proper manner in context to adversity, achieve even with the appearance of negativity, and significantly exceed ambitions in the presence of negativity. Moreover, resilience was also described as a construct used to differentiate individuals who succeeded with the company of adversity and individuals who abated in the same circumstances (Arnett, 2004; Bowlby, 1980; Wagnild, 2003). In the current study, resilience is defined as a person's capability to "bounce back" in the face of adversity, which leads to a productive and satisfying life and prevents the possible destructive effects of negative stressors (Wagnild, 2012).

Romantic relationship dissolution can be stressful, upsetting, and momentous events one encounters in life (Demir, 2008; Lantagne et al., 2017; Stephen, 1987). Therefore, once they understand how to respond to this loss in life with resilience, downturns are not so overwhelming, defeating, or destructive (Overbeek et al., 2003; Perlman & Duck, 1987; Wagnild, 2012). Substantially, the degree and nature of the reaction to romantic relationship dissolution are varied for every individual (Lantagne et al., 2017; Spanier & Castro, 1979). On the contrary, the adjustment may come with more significant ease and might comprise thoughts of relief or a feeling of freedom to delve into new chances. The dissolution or termination of romantic relationships can sometimes lead to personal growth, personal well-being, and positive life transformation, even though the ending may have happened relatively recently (Buehler, 1987; Helgeson, 1994; Seligman & Csikszentmihalyi, 2000; Shulman & Connolly, 2013; Tashiro & Frazier, 2003).

Personal resilience has various implications for the course of grief, despair, and readjustment after each relationship dissolution (Simpson, 1987). Substantively, relationship termination or dissolution is perceived as a process instead of episodes. Different people apply diverse coping approaches to recapture the connection or cater to the introduced changes (Lantagne et al., 2017; Shulman & Connolly, 2013; Sprecher & Fehr, 1998). Therefore, personal resilience is the principle of the readjustment and grief process in counselling and

psychotherapy. Essentially, the results revealed from the current study will help provide a holistic understanding of young adults' resilience in encountering their romantic relationship dissolution. Although the term resilience has been defined in many ways, mainly, it was a combination of individuals' attributes (resources) and life events (protective factors). In other words, resilience was also perceived as a set of traits (Ahern et al., 2006). Hence, to bounce back from the process functioning at the equivalent stage as they were before the adversity, this set of combinations is applied.

Limitations and Future Directions

The present research study indicated some limitations linked to the proposition of future directions for the research study. Firstly, we utilized only one item to measure the sexual involvement nature of the relationship. In future studies, efforts could be made to select a more appreciate questionnaire on sexually involved terminated intimate relationships. Next, our study used a self-report format. Thus, we propose a prospective study to collect multiple sources or multiple wave data as this format of the questionnaire might have instigated standard method bias (Zhao et al., 2016). Thirdly, we applied cross-sectional data in the study, making it unfeasible to deduce causal conclusions about the structural model's pathways. Lastly, potential studies may examine the variables and the model identified in this study using longitudinal or experimental methods and qualitative design.

Practical Implications

Nevertheless, the findings of the current study carry significant implications for helping professionals such as counsellors, psychotherapists, psychologists, and social workers to understand the types of indicators that may enhance young adults' romantic relationship resolution. Substantially, personal growth programs can be designed to promote the crystallization of resilience. For instance, counsellors and psychotherapists could emphasize the building, enhancing, and strengthening existing individuals' strengths and resiliency instead of repairing damage or illness as the goal in treatments (Seligman & Csikszentmihalyi, 2000). Therefore, the findings provide valuable knowledge and information in theoretical and applied studies to explore the most beneficial prevention and examine suitable assessment and various intervention alternatives while assisting clients with suicidal ideation due to relationship termination.

Moreover, relationship dissolutions may be a painful experience for some individuals. Personal resilience may play a role as a mediator between adversity and psychological agony. For instance, individuals with a higher level of resilience were aware of their inner strengths to effectively manage their problems. Therefore, they were able to bounce back from the distressing and upsetting emotions of romantic relationship dissolutions. Substantially, interventions centred on self-care intervention can be applied in counselling sessions to develop a client's

resilience. Given the importance of the relationship's meaningful nature, young people identify their romantic relationship as one of the most compassionate kinds of connections in their lifecycles (Furman & Buhrmester, 1992). In other words, they perceived a romantic relationship as a very significant relationship. Therefore, relationship termination or dissolutions were more prone to be harder, especially for people who have yet to experience such a loss. The findings may help professionals design coping and adjustment approaches upon understanding how young adults respond to dissolution in a healthy and non-self-harm way.

Other than that, to alleviate psychological pain or distress following relationship dissolution, both relationship factors (i.e., commitment, satisfaction, sexual involvement, initiator status) and person-related factors (i.e., resilience, self-esteem) should take into consideration. Professional mental health practitioners such as counsellors, clinical psychologists, psychotherapists, and college professors may utilize individuals' characters such as emotional resilience and characteristics of their relationship as one of the facets in the helping process to deal with relationship termination issues. Substantially, counsellors and therapists should be aware that sexual involvement in romantic relationships has become a significant issue in most individuals, especially late adolescents and emerging young adults. Due to that point, romantic relationship dissolution may

generate considerable concerns. Therefore, by taking into account these relationships and people who involved in it, related topics in the process of intervention, including the first evaluation, the case conception, and the application of treatment strategies, would result in a facilitative outcome for individuals to go through rumination and emotional anguish after the end of a relationship.

The literature showed that adolescents and young adults were susceptible to exposure to the first episode of major depression after the dissolution of a romantic relationship (Overbeek et al., 2003). The current study indicated the correlation between resilience and reactions to romantic relationship dissolution. Participants with lower levels of resilience might be more inclined to higher dissolution scores and demonstrated higher levels of depression. Thus, personal resilience may serve as scanning and filtering factors for therapy and counselling interventions in adolescents and young adults. Besides, helping professionals shall consider providing clients with lower resilience levels, additional guidance subsequent from romantic relationship dissolution. Given that personal resilience was associated with romantic relationship dissolution or termination, it is notable for including the constructive effect on supplementing approaches to intensify the effectiveness of the therapy process while managing depressed persons following relationship dissolution.

CONCLUSIONS

In conclusion, the study suggests a positive association between the sexual involvement of nature and romantic relationship resolution. It also supports a structural mediation model. It has explained how resilience could enhance the romantic relationship resolution. The findings of the current study have empirically established new pathways to improve the romantic relationship dissolution. Despite its limitations, this study presents several vital implications for professionals in helping professions and mental health professions, such as counsellors, therapists, social workers, psychologists, and clients. Due to the occurrence of relationship dissolution and the aftermath triggered by it, it is crucial for helping professionals understand the pathway of healing and facilitate clients to sail through the therapeutic process.

A further research study is crucial to heighten knowledge of the association between the current study variables. A parallel investigation in which including disparate populations would be advantageous. As proposed, a longitudinal study may well be beneficial given that relationship dissolution is a progression, and reaction to that experience usually changes over time.

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