



# Relationship Commitment and Hobby Enhancement in Women During the Period of Early Adulthood – A Conceptual Exploration

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## ABSTRACT

**This study explores the changes of perceptions with respect to two different aspects like Relationship Commitment and Hobby Enhancement in women during their young/early adulthood phase (ages 20-39 years). Early adulthood is the phase of life where significant changes are encountered with all aspects of life like Social, Psychological, Economical, and physiological. In this study we explore how the level of commitments and expectations in relationship are looked up and perceived during early adulthood Women, also we study another important aspect which is Hobby Enhancement, to understand how Women in the 20s or 30s perceive their interest and try to involve themselves in hobbies and interests and how it feels different in the 20s compared to in their 30s. Here we explore the conceptual framework and try to understand the research aspects in comparison with existing studies as well as personal perceptions and peers' experience analysis over the two aspects explored in this research study.**

***Keywords:- Relationship Commitment, Hobby Enhancement, Early Adulthood, Social, Personal Perceptions.***

## CHAPTER ONE INTRODUCTION

When it comes to the study of changes in a human being with respect to ageing, there have been several studies and studies done by many researchers since the centuries, but to a common man's perspective, these changes remain unknown. There are many regions or places where the awareness is very limited, especially for the women population it is further far from reach. So, this study is majorly focusing on the women population, because there will be a lot of changes that tend to happen in women biologically, physically, and mentally, adding to those social, environmental, and cultural changes as they age/grow old.

This study is focused on the Women of age group 20 to 49 years, which is generally termed as the young/early adulthood phase of human development. The respective study is out of self-experiences and with the collective experiences of the closest women around, the struggles, doubts/self-doubts, or the difficulties encountered during this period. So, the focus of study is currently exclusive to self-study, study of existing research and the experiences or opinions of the Women based out of South regions of Karnataka State, India, and the features majorly focused are Relationship Commitments and Hobby Enhancement.

The respective two categories/factors focused throughout the study, as they play a wide role in life during the period (20-39). Any small or major changes on those factors effectively changes the way of life/lifestyle of the individual, which in turn causes many physical, mental differences. When an individual is unaware of why the changes are majorly impacting or how they can deal with those, it leads to serious or adverse situations/conditions in life. For the same reason, it is very important to make people aware of the changes expected to happen during the transitions of ageing, majorly where there is a lot of unlearning and learning involved.

This study not only try to understand how women of respective age group feel during the transition from 20s to 30s, but it also focuses on how to segregate and generalise few common and differential findings and make the population aware of common changes which are expected to happen during that period, which will provide information to mitigate problems encountered better in future studies or research.

This Study is aimed to help women in 20s and 30s to understand the changes they experience in Relationship commitments and Hobby enhancements. As identified in general there will be major changes in Women's life between her early 20s and late 20s, but it takes another level of maturity in life over 30s, perceiving the outside world/society and understanding the relationship concept and zest towards life.

As observed so far, many will struggle to understand the difference and suffer to adapt to the sudden change, so this study is chosen to analyse and find out the ways to help them understand the flow of life and be motivated to adopt different aspects of life.

### ➤ *Focused Categories/Factors*

- *Relationship Commitment*

Perceiving relationships will drastically change as we age and grow older, may be with maturity or with the experiences of a person.

Being committed towards a spouse or romantic partner also changes drastically.

Lust or Love factors in the relationship differ.

- *Hobby Enhancement*

How Motivated to learn new skills as you grow old, focusing exclusively on 20s and 30s.

It is natural and takes no effort to cultivate a hobby in your younger ages and early adulthood, but will it be the same or different in late 20s and 30s with the career and family?

Both above-mentioned aspects are discussed and analysed how the perceptions will change drastically over the period as women grow old and how they impact a woman's wellbeing and the need of understanding the coping mechanisms and seeking professional help during the times of need.

## CHAPTER TWO REVIEW OF LITERATURE

Fancourt, Mak, Noguchi, Bone, Wels, Gao, Kondo, & Saito (2022), stated that the growing ageing population poses a global health threat, prompting many countries to promote hobby engagement to improve mental health. However, the benefits vary across cultural settings, requiring equality.

Tomioka, Kurumatani, & Hosoi (2016), their study examined the relationship between hobbies and a purpose in life (PIL) and mortality and decline in daily living activities among elderly community-dwelling individuals. Results showed that having neither hobbies nor PIL significantly increased mortality risk, decline in daily living activities, and decline in IADL.

Lemay (2016), Four studies tested the forecast model of relationship commitment, which posits that forecasts of future relationship satisfaction determine relationship commitment and pro-relationship behaviour in romantic relationships independently of other known predictors and partially explain the effects of these other predictors.

Bui, Peplau, & Hill (1996), their study tested Rusbult's investment model on relationship commitment and stability, finding that rewards, costs, satisfaction, investments, and quality of alternatives significantly influence commitment and relationship duration.

Drigotas & Rusbult (1992), They have worked on the dependence model of breakup decisions suggests that the decision to remain in or end a relationship is strongly related to the degree of dependence on that relationship. Dependence is great when important outcomes in the current relationship are not available elsewhere. Two longitudinal studies support this model, comparing it to simpler breakup models.

Gutierrez, Thompson, Kemp, & Mulroy (2007), their study aimed to identify the relationship between shoulder pain in persons with spinal cord injury (SCI) and quality of life, physical activity, and community activities. Results showed that shoulder pain intensity was inversely related to subjective quality of life and physical activity.

Uhlenhuth (1973), they studied and analysed patients and day patients reported higher stress scores, with women reporting 25% higher symptom intensities than men. Life stress exposure may account for demographic differences in psychiatric disturbance.

Yao (1993), studied the stress field intensity approach and introduced a new design for predicting fatigue life, focusing on the mechanism of metal fatigue damage, allowing for better explanation of fatigue phenomena.

Aron & Aron (1997), This article introduces the self-expansion model, which suggests that individuals seek to expand their sense of self through close relationships. This concept highlights how relationship commitment can be influenced by the desire for self-growth and shared experiences. This model is relevant for understanding how women in early adulthood commit to relationships while balancing personal interests, such as hobbies.

Deci & Ryan (1985), Deci and Ryan's work on self-determination theory (SDT) emphasises the role of intrinsic motivation in personal growth and well-being. The pursuit of hobbies for personal enjoyment fits within this framework, as it fosters autonomy and competence. Their theory also explains how relationship commitment can either support or hinder these intrinsic motivations in women of early adulthood.

Patrick, et al. (2007), This study explores the role of need fulfilment in relationship satisfaction, linking self-determination theory to close relationships. It reveals that individuals who experience autonomy and competence in their relationships are more committed and satisfied. For women in early adulthood, fulfilling relationships may enhance their ability to pursue hobbies, contributing to overall well-being.

Rhoades, et al. (2011), This research examines the reasons behind cohabitation and how they relate to relationship commitment and individual well-being. The findings suggest that relationship motivations impact personal satisfaction and growth. Women in early adulthood who cohabit for personal fulfilment may find it easier to balance relationship commitment with hobby enhancement.

Sternberg (1986), Sternberg's triangular theory of love outlines the components of commitment, intimacy, and passion. His model helps explain how women in early adulthood prioritise relationship commitment while balancing other personal interests, such as hobbies. The model is useful for understanding the dynamics of long-term commitment and its effect on personal development.

Pressman, et al. (2009), This study investigates how engaging in enjoyable leisure activities, such as hobbies, correlates with psychological and physical well-being. The results highlight the importance of hobbies for stress relief and overall health. For

women in early adulthood, this research suggests that maintaining hobbies alongside relationship commitments can enhance life satisfaction.

Mikulincer & Shaver (2007), Mikulincer and Shaver's work on adult attachment highlights how attachment styles influence relationship commitment. Secure attachment fosters both strong relationships and the pursuit of individual goals, such as hobbies. For women in early adulthood, a secure attachment style may enable them to commit to a partner while enhancing their personal interests.

Le, et al. (2010), This meta-analysis examines the factors that predict the dissolution of non-marital relationships. It suggests that individual differences, such as personal interests or hobbies, can influence relationship longevity. Women in early adulthood who prioritise personal growth through hobbies may experience greater relationship stability if their partners support these pursuits.

Kearns & Fincham (2005), Kearns and Fincham discuss self-regulation as a key factor in maintaining healthy relationships. The ability to manage personal goals and relationship commitments can help individuals sustain both. For women in early adulthood, self-regulation might be crucial in balancing relationship responsibilities with hobby enhancement.

Greenhaus & Beutell (1985), This classic paper explores the conflict between work and family roles, which can be extended to include personal hobbies. Women in early adulthood often juggle relationship commitments, work, and hobbies. Understanding role conflict can provide insights into how women can manage these competing demands effectively.

Fletcher, et al. (2003), Fletcher and Clark focus on the interpersonal processes that contribute to relationship success. Their findings suggest that open communication and mutual support allow individuals to pursue personal interests, such as hobbies, without jeopardising relationship commitment. For women in early adulthood, these processes are essential for balancing both aspects of life.

Neff & Karney (2009), Neff and Karney investigate how stress impacts relationship dynamics, particularly adaptive processes like communication and conflict resolution. For women in early adulthood, engaging in hobbies may serve as a buffer against relationship stress, helping them maintain both personal well-being and relationship satisfaction.

Amato & Rogers (1997), This study examines the factors contributing to marital dissatisfaction and divorce over time. Amato and Rogers found that couples who lacked personal hobbies and individual interests were more likely to experience marital problems.

Blais, et al. (1990), The authors propose a motivational model that links intrinsic motivation and personal goals with relationship satisfaction. The study revealed that couples who support each other's personal interests and hobbies report greater relationship satisfaction and happiness.

Bianchi & Milkie (2010), This review addresses the evolving dynamics between work, family, and personal life, including hobbies. Bianchi and Milkie found that work-life balance, including time for hobbies, significantly affects relationship quality.

Bowlby (1988), Bowlby's attachment theory provides a foundation for understanding how early attachment experiences influence adult relationships. Individuals with secure attachment styles are better equipped to balance relationship commitment and personal interests, such as hobbies.

Crawford & Henry (2004), This paper discusses the PANAS scale and its relevance to measuring psychological well-being in relation to personal interests and relationships. Hobbies that enhance positive affect contribute to overall well-being and positively influence relationship commitment.

Dunbar & Shultz (2007), This paper explores how social and personal networks, including shared hobbies, contribute to human relationship dynamics. Dunbar and Shultz suggest that hobbies and shared activities foster deeper relationship connections and commitment.

Finkel, et al. (2014), This study critiques modern marriage expectations, focusing on the pressures to fulfil personal growth needs through relationships. Finkel et al. argue that maintaining hobbies outside of the relationship can reduce the pressure on partners to fulfil all personal needs, thus enhancing commitment.

Frone, et al. (1992), This research examines the impact of work-family conflict on personal well-being and relationships. Frone et al. found that engaging in hobbies can mitigate work-family conflict, leading to better relationship commitment and satisfaction.

Gailliot, et al. (2007), This study examines the relationship between self-control and personal interests, such as hobbies. The authors found that hobbies requiring self-control contribute to personal well-being, which in turn enhances relationship commitment.

Gable, et al. (2004), This study explores how sharing personal interests and hobbies with partners impacts relationship dynamics. Gable et al. found that couples who share positive experiences, including hobbies, report higher levels of relationship satisfaction.

Huston & Vangelisti (1991), This longitudinal study investigates the socioemotional factors that contribute to long-term marital satisfaction. Huston and Vangelisti found that couples who maintain personal hobbies alongside relationship commitments report higher long-term satisfaction.

Impett, et al. (2005), This study investigates the impact of daily sacrifices, including time for hobbies, on relationship satisfaction. The authors found that while occasional sacrifices can enhance relationships, consistently giving up hobbies may reduce personal well-being and relationship satisfaction.

Kelley & Thibaut (1978), Kelley and Thibaut's theory of interdependence explores how mutual reliance in relationships affects commitment and personal growth. The theory suggests that couples who support each other's personal interests, including hobbies, experience stronger relationship commitment.

Knobloch & Solomon (2002), This paper examines how individuals manage uncertainty in relationships, including the negotiation of personal space and hobbies. Knobloch and Solomon found that open communication about personal interests and hobbies reduces relational uncertainty and increases commitment.

La Guardia, et al. (2000), This study applies self-determination theory to attachment and relationship dynamics. La Guardia et al. found that individuals who feel secure in their relationships are more likely to pursue hobbies, enhancing both personal and relational well-being.

Lambert, et al. (2012), This study investigates how sharing positive experiences, including hobbies, affects relationships. Lambert et al. found that couples who regularly share their personal hobbies with each other report greater relationship satisfaction and commitment.

#### ➤ *Research Gaps*

Even though there are plenty of existing research available on the aspects of Relationship Commitment and Hobby Enhancement still there is huge gap in analysis of Women perspective majorly during the transition phase of 20s to 30s and overall during the early adulthood phase, there are many research based on relationship building with partners but very minor contributions for the woman as individual perspective and how she traverse through this phase. Also geographically, regionally and culturally the previous research lacks contributions covering all the perspectives, which gives this research subject a wide scope to explore many untouched areas and improvements to the existing problems. Research so far contributed and studied gives westernised aspects, so there is a lot of scope for South India aspects and women situated in those regions.

The existing studies also lack the establishment of the transition phase of this developmental life cycle in women and how it affects further in the absence of its awareness. Many things perceived in 20s starts to seem different in 30s, which in turn poses the confusion and in many cases it causes serious mental health conditions in many women which ignored to identify and get required care may further lead to physical conditions as well, so it is important to identify the issue soon which happens only by spreading the required awareness in all parts or regions of women population which help to self-access the life changes and navigate the transition in better way.

No Proper Analysis of Specific Categories so far found in the Literature Surveys, which could be reachable/accessible easily. We could see the correlation between the two dimensions considered but not as two separate aspects individually and the importance of them to have an impactful life cycle development without experiencing further implications.

Could find many people around who are struggling to adapt to the changes in the mindset and social influences with personal and professional life involved, but there is limited methods to spread awareness and restricted access to profession help, so there is strong need to finding methods to spread awareness and coping methods and helping them understand the changes in prior and to be prepared as well as channel them in a better way to benefit oneself. Understanding and helping the women in need of counselling to cope or adapt to the transitional traumas and stress.

## CHAPTER THREE

### CONCEPTUAL FRAMEWORK

➤ *Research Topic:*

Study on Relationship Commitment and Hobby Enhancement in Women of Early Adulthood.

➤ *Objective:*

Conceptual Study on Two aspects which are Relationship Commitment and Hobby Enhancement majorly focussing Women in early adulthood in the regions of South India.

➤ *Operational Definitions:*

- **Relationship Commitment:** An interpersonal connection which stands on mutual commitment whether it is through love, trust, honesty, openness, or another behaviour is referred to as a committed relationship. Close friendships, long-term partnerships, engagements, marriages, and civil unions are examples of committed relationships.
- **Hobby Enhancement:** Enhancing and enriching the leisure time to make it pleasurable perceivable way by learning and adopting interested new skill or activity in day-to-day life.
- **Early Adulthood Women:** Early Adulthood is the period of life cycle, which is between adolescence and middle age, the age group considered under early adulthood is between 20 to 40 years, some cases few suggests it might last till 45 years as well but considering the current respective study we consider the standard age group between 20 to 40 years which is 20 to 39 years of women population.

➤ *Variables Under Study:*

Both the Variables considered here can be accessed independently as well as one depending on the other, but here in the study we majorly focus on having both the variables to be independent to each other.

• *Study and Understanding Relationship Commitment which helps to:*

- ✓ To access the Commitment status and willingness to get into a relationship.
- ✓ How often partners change or look out for better people.
- ✓ Level of maturity in handling the relationships
- ✓ Decision towards choosing the commitment type.

• *Study and Understanding Hobby Enhancement which helps to:*

- ✓ To access the interest towards picking up a hobby or new skill.
- ✓ To check whether the early induced hobbies are still in practice or discontinued.
- ✓ Interest in enhancing knowledge or indulging in new things.
- ✓ Exploring different activities to keep updated with the current trend.

➤ *Conceptual Framework Establishment:*

• *Relationship Commitment: The Search for Stability and Emotional Connection*

Relationship commitment is a central component of romantic relationships and involves the emotional, cognitive, and behavioural investment in maintaining and nurturing a bond with a partner. Sternberg's Triangular Theory of Love (1986) identifies commitment as one of the three components of romantic relationships, alongside intimacy and passion. In early adulthood, relationship commitment represents a life perception focused on stability, shared responsibilities, and future planning. It often requires compromise, prioritisation of the partner's needs, and the willingness to sacrifice individual autonomy in favour of relationship maintenance.

For many women in early adulthood, relationship commitment is associated with a search for emotional connection, companionship, and long-term partnership. Studies on relationship commitment indicate that individuals who invest in committed relationships experience higher levels of emotional security, social integration, and life satisfaction (Rhoades et al., 2011). However, this perception of life can sometimes come into conflict with personal autonomy and the desire for self-exploration, especially when relationship demands limit personal freedom.

• *Hobby Enhancement: The Pursuit of Autonomy and Self-Expression*

Hobby enhancement refers to the active pursuit of personal interests, leisure activities, and creative outlets that contribute to an individual's sense of self. In contrast to relationship commitment, hobby enhancement represents a perception of life centred on autonomy, exploration, and self-fulfilment. Self-determination theory (Deci & Ryan, 1985) posits that individuals have an inherent



need for autonomy, competence, and relatedness, and hobbies are often a means of fulfilling the need for autonomy and personal growth.

For women in early adulthood, hobbies serve as important avenues for self-expression, relaxation, and stress relief. Hobbies allow individuals to explore their interests, develop new skills, and maintain a sense of identity separate from their relational roles. Engaging in hobbies has been linked to higher levels of psychological well-being, increased life satisfaction, and greater emotional resilience (Pressman et al., 2009). The perception of life associated with hobby enhancement prioritises individual exploration and personal fulfilment over relational interdependence.

- *Contrasting Perceptions of Life: Relationship Commitment vs. Hobby Enhancement*

Relationship commitment and hobby enhancement reflect two diverging perceptions of life, each with its own set of values and priorities. While relationship commitment emphasises interdependence, emotional connection, and future planning, hobby enhancement prioritises autonomy, personal growth, and self-exploration. These contrasting perceptions of life often require women to balance competing demands and expectations, both from their partners and from their own desires for personal fulfilment.

The self-expansion model (Aron & Aron, 1997) offers a framework for understanding how individuals balance these two aspects. The model suggests that close relationships provide opportunities for personal growth by expanding an individual's sense of self through shared experiences. In this context, relationships can support hobby enhancement by allowing women to pursue their interests with the encouragement of a partner. However, when relationships are overly demanding or restrictive, they can limit opportunities for hobby engagement, leading to potential dissatisfaction and a loss of autonomy.

- *The Influence of Social Expectations and Gender Roles*

Social expectations and traditional gender roles play a significant role in shaping how women perceive and navigate the demands of relationship commitment and hobby enhancement. In many cultures, women are socialised to prioritise relationships and caregiving roles, often at the expense of personal interests and hobbies. This can create tension between the societal expectation to commit fully to romantic relationships and the personal desire for self-expression and autonomy through hobbies.

Role conflict theory (Greenhaus & Beutell, 1985) provides insight into how these competing demands create psychological stress for women. When the expectations of relationship commitment conflict with the time and energy required for hobby enhancement, women may experience feelings of guilt, stress, or inadequacy. This role conflict can lead to lower life satisfaction and diminished well-being if one aspect is consistently prioritised over the other.

- *Integrating Relationship Commitment and Hobby Enhancement: A Path to Balance*

Despite the potential for conflict between these two perceptions of life, relationship commitment and hobby enhancement do not have to be mutually exclusive. In fact, research suggests that individuals who maintain personal interests and hobbies within a committed relationship experience greater relationship satisfaction and personal well-being (Patrick et al., 2007). Engaging in hobbies can provide women with a sense of individuality and fulfilment, which in turn enhances their emotional resilience and ability to contribute positively to their relationships.

The key to balancing relationship commitment and hobby enhancement lies in communication, mutual support, and establishing healthy boundaries. Women in supportive relationships, where partners encourage personal growth and autonomy, are more likely to pursue their hobbies without sacrificing their commitment to the relationship. This balance allows for the coexistence of both aspects of life, leading to a richer, more fulfilling life experience.

- *Adulthood Attachments and Leaning over Family, Friends and Partner*

Securely attached individuals are better able to balance relationship commitments with personal pursuits, such as hobbies. Adult attachment theory and its impact on relationship dynamics and personal development (Mikulincer & Shaver, 2007). Secure attachment fosters both strong relationship commitment and the pursuit of individual interests and allows women in early adulthood to maintain fulfilling relationships while engaging in personal hobbies.

- *Non-marital Relation Factors and the Conclusion and Key Contributors*

This meta-analysis identifies factors that predict non-marital relationship dissolution, with personal interests and autonomy as key contributors. Le et al, found that individuals who maintain personal hobbies and interests alongside their relationship are more likely to sustain long-term commitments (Le et al, 2010). Pursuing hobbies while in a relationship can reduce the likelihood of relationship dissolution. Hobbies can serve as a protective factor against relationship dissolution for women in early adulthood.

- *Self-efforts in making the Relationship Healthy*

Self-regulation is essential for maintaining balance in relationships, especially when juggling personal interests such as hobbies. Kearns and Fincham found that individuals who effectively self-regulate their behaviour report higher relationship satisfaction (Kearns & Fincham, 2005). Self-regulation helps partners maintain both relationship commitment and personal hobbies

without conflict. Women who can regulate their personal and relational goals will find it easier to balance relationship commitment with hobby enhancement.

- *Balancing and Sources of conflicts between Professional and Personal roles*

This classic study examines the role conflict between work and family, extending to personal hobbies as well. Greenhaus and Beutell highlight the potential for conflict when individuals are unable to balance personal and professional roles (Greenhaus & Beutell, 1985). Conflict arises when one role (e.g., relationship commitment) overshadows personal interests (e.g., hobbies). Women in early adulthood can reduce role conflict by balancing relationship commitments with personal hobbies.

- *Maintaining close relationship with people having Interpersonal Connection*

The interpersonal processes that sustain close relationships, emphasising communication and support for personal interests. Couples who openly communicate about their personal goals and hobbies experience greater relationship satisfaction (Fletcher & Clark, 2003). Mutual support for personal hobbies enhances relationship quality and commitment. Supporting a partner's hobbies is critical to maintaining both relationship commitment and personal well-being in early adulthood.

- *Effects of Stress in Relationship and and the resolution analysis*

High levels of stress can hinder individuals' ability to pursue personal hobbies, which can, in turn, affect relationship satisfaction. Neff and Karney examine how stress impacts relationship dynamics, particularly conflict resolution and personal well-being. Women who engage in hobbies report lower levels of stress and higher relationship satisfaction. Pursuing hobbies may help buffer the effects of stress on relationship commitment in women of early adulthood.

- *Conceptual Analysis of Self and Peer experience with respect to Relationship Commitment and Hobby Enhancement*

The Research study has been undertaken out of self-experience and concerning factors identified during the early adulthood stage, the developmental experiences faced before the early adulthood phase have been navigated with innocence and with the help of elders around. During the period of early adulthood where the adulthood emerges, and the responsibility will slowly befriend which in turn causes different aspects to be explored solely and decisions tend to shape how the choice we make shapes the next days of life.

The ignored tasks and activities start to look like major life advancements and commitment upon us and life have forced us to handle things with our subconsciously gained experience so far in life.

Considered the aspects or dimensions here in this study the Relationship Commitment factors emerge in the starting stages of early adulthood phase which is in early 20s and continue to rephrase and restructure its perception during the transition period of 20s to 30s and so the Relationship Commitment perceived in 30s will have drastic change when compared to it in 20s. The love perceived in 20s would bring instant pleasure, happiness and commitment used to be the last factor of analysis, the love and hate, situationship, cheat etc., are perceived without deeper thought, so they would give instant please as well as instant shock and verse if it did not go as expected, but the age and the social factors gave the courage factors to make mistakes freely and move on to different phase. With this we could understand 20s Relationship expectations and commitments were very instant in early 20s and they might have quicker results of both pleasure and disguise.

The next transition period is from late 20s to early 30s where the Women usually get involved in different aspects of life like family, work as well as biological factors like hormones and social factors like how people perceive and expect in a woman. With these changes the perception of relationships will drastically change and women in many parts are not even aware of these changes they experience and struggle to handle or navigate things, which in turn cause mental and physical health issues if not identified and addressed on time.

Relationship and being Committed to the promised relationship seem to be an integral part of handling a family and gaining a societal normative factor to live within a respective community. So, the late 20s and early 30s will become crucial stage to build a healthy relationship which in turn provides confidence, happiness, strength and a safe place for Women to live without conflicts in the society so the pleasure of building healthy family as well as building career to make sure the family or the self are in good economical/financial advancement also contributes to shape the better living. Considering the late 2000s generational expectations it is seen in South Indian regions majorly in Karnataka as observed, women in early adulthood are usually seen balancing both family and work. Building better family/personal life and well as work/professional life's been normalised in recent times which is causing an overwhelming factors in the women all of a sudden during this transitional phase, alongside the commitment in a relationship would seem to be integral part of life with a minor inconvenience in the relationship factors would live a strong impact on one's life, especially considering the women the effects of relationship and its perceptions are at the maximum side as Women are considered to be emotional beings as well the biological factors like women hormones contribute a lot in the perception of relationship its commitments and how important it matters and contributes to a women in late 20s or early 30s women. There are stages where women feel major distress due to relationship inconvenience, divorce, separation, arguments, fights between family etc., have conscious understanding, which leads to overthinking of advertisement and lack of social or familial support can lead to a lot of mental implications in many women in their early 30s.

Self-analysis on relationship commitment has been analysed by life's self-experiences as well as with the close observation of other women in life. This study is picked up specifically to navigate the changes of perceptions in the early adulthood phase where the awareness is very minimal. There have been cases of depression, Anxiety diagnosed in early 30s and late 30s women by ignoring the effects of relationship's, family and social aspects. So it is crucial to have the awareness of self-love, self-care and building self-confidence with or without being in an romantic or familial relationships so that any unpleasant events occurred during the phase can be self-identified and mitigated through the self-coping mechanism build by the perceived awareness as well as willingness to seek the professional help and seeking the help to resolve conflicts in early stages benefit to avoid adverse condition for the next phases of life.

Hobby Enhancement is another aspect that has been perceived differently throughout the phase of early adulthood in Women, especially when transitioning from 20s to 30s the perception of hobbies or interests changes and at the same time it adds differential impacts to the day-to-day life. When in childhood or pre adulthood phase Enhancement of Hobbies would be the integral part of the journey, may be by force or by self-interest children pick up the hobby and enhance it by involving efforts of learning it, through this Children not only learn a new life skill but also helps them to develop lot of cognitive aspects of bring, brings calming effects, releases happy hormones as they enjoy the process of doing it. Learning new skills always builds happiness and boosts confidence. When we grow old and reach 20s slowly the skills orientation is mostly towards the career goals and building a skill which helps to shape a career than to perceive the joy of knowing and indulging in it, which eventually fades away during the 30s in most of the women as the family, work and other responsibilities kicks in the space of getting involved in oneself with a activity or skill they like will diminish. When the zest of enhancing the hobby reduces, the mind lacks leisure space, which increases the stress factor eventually with daily strict routines and stressful lifestyle.

It is important to spread the awareness of self-care to have some time and space for oneself in women in their day-to-day activities is very important, important for working women in urban areas. Also, for the Women in rural areas who will be continuously involving themselves to the family and household works need to be aware to give themselves space to enhance their mood by concentrating on any simple interest that brings them joy and they feel to be themselves. As the early adulthood brings lot of responsibilities, new life roles and different problems to be mitigated to build the healthy future or life, it is the necessity to keep oneself happy and healthy, but most of the factors only adds stress factors than the happy and peaceful ones so it requires all the women to put conscious effort on building a leisure interest, involving in something they enjoy and do it freely without pressure which boosts the confidence to face the problems and traverse through the life in better and healthy way.

Many studies that are discussed in this research paper proves how well building a new hobby or enhancing a liked hobby boosts and helps to navigate through many relationships, family, career, emotional and physical conflicts of life during the early adulthood phase.

## CHAPTER FOUR DISCUSSION

Considering the Conceptual frameworks and the feedbacks of the each diversified studies we can take away the factors like Hobby Enhancement and Relationship Commitment plays crucial role during the early adulthood and women experience may experience adverse effect as well as pleasurable effects according the awareness and coping mechanism adopted, also the destiny of each person differs which brings different experiences and perception of situations in each women, some might consider to get married, some may not, other might like to stay in a romantic relationships alone but not the societal normative rituals etc., so the perception an healthy relationship and commitment in relation is completely different in each women. The definition of commitment may vary but the perception of relationship is almost similar within women as it is one of the crucial factors.

Women are generally termed to be more emotional beings than Men as they feel the sense of confidence, happiness, motivation through the healthy relationship and feel demotivated, sad, under confident when in a crooked relationship, which impacts and establishes evidently during the early adulthood phase majorly during late 20s and 30s.

As discussed in many studies, we can observe the fact, how different aspects like gender roles, family factors, work life balance and partner acceptance impact on mental health by adding both negative and positive factors. When a relationship remains healthy, the experience is positive and Women feel mentally strong, active and happy. If it goes in the negative direction, it gets heavy to handle and leads to stress, depression and anxiety over the life factors.

The prior research also showed how indulging and building hobbies helps mitigate many life issues and help focus on oneself. Also, many relationship issues are resolved through self-care by involving in a new hobby or enhancing the already learning and interested hobby. The skills or the activities we enjoy and indulge provide special joy factors and help release happy hormones which in turn boost confidence to self-retrospect and face any complication a woman may or might face during the life course.

Important to build a hobby throughout the life course not only in the childhood or pre adulthood but also in early, mid and old age phase as well. Because enhancing the positive factors always brings confidence and energise, boosts to sustain the younger enthusiasm even during the older phase of life.

Awareness of developmental changes women experience in their early adulthood phase, can be provided to the women population and for families to support the women in their family by treating them better not only in younger ages but also in the older phases of their life.

With this study we can take away how relationships are perceived and the confusion experienced during the process of understanding the transitional differences in the perceptions to their early 20s to early 30s and how it is important to understand the difference and accept the natural process of perceptions.

Also, it is important to have a close circle of women to share the confusions and difficulties they face during the transition, if not at least to not hesitate to seek professional help when things get complicated due to the differential and serious expectations from the social, environment factors.

There are many therapeutic suggestions and professional experts with open hands to help navigate the complications women face during the early developmental transitional periods also indulging themselves with hobbies or the interest add on like a sweet treat in between a lengthy lecture session.

With the research study, we can clearly understand how perception of new interests reduces during the course of life, so it is important to spend time with self with an activity which brings inner joy and self-love to accept them to be what they are and be confident to resolve any kind of conflicts they get to handle.

There are many studies which also depict how well the Hobby enhancement compliments and helps to build a healthy relationship not only in partner/romantic relationships but also with friends, family and peer relationships.

### ➤ *Benefits of the Study*

Study provides the aspects which are sensitive and not widely studied with respect to the transitioning of developmental phase especially during early adulthood as the same phase offer various perceptions within the duration like how 20s desires, choices and thinking widens change over turning 30s.

The geographical regions like India, South India and Karnataka regional studies are also very minimal in focus when it comes to psychological research and awareness, so with this study it is a minor effort to spread the awareness and contribute to the betterment of womanhood around.

With the spread of awareness, chances of enhancement of self also the courage and understanding of how to take up the life transitions with better knowledge and with open mind to seek help within the society, peer group or with the professional support.

Early adulthood phase of Women is the crucial stage of her life as it gives enormous life experiences and expectations so to be aware of those transitional changes makes the mentally strong and acceptable to face the consequences with open mind which in turn avoid a lot of mental and physical illness and conditions or disorders.

Lot of Physical complications women eventually face during her old ages are the reason for being mentally stressed, depressed and being anxious during her early adulthood, so study helps them to be aware how important it is to spend the early adulthood more cautiously and confidently than being weak, confused and under confident.

➤ *Future Scope*

- Including Men Population to the in the Survey
- Broadening the Survey area
- Adding few more Characteristics/Categories of Analysis
- Different methodologies of access
- To Generalise the counselling methods for the better understanding of oneself.
- Methodologies to help betterment of results encountered in this study.
- Case Studies with a group of Women in their late 20s and 30s.
- Quantitative Analysis using Questionnaire.
- To implement for different dimensions.
- For both Male and Females, to see how contrast or similar both might fall.

## CHAPTER FIVE CONCLUSION

Every phase provides different life experiences and expectations with respect to many different factors in life, but it impacts the conscious mind during the Early Adulthood phase than compared to pre adulthood phase. From the first stage of developmental phase till early adulthood all the life experiences, perceptions, analysis and well as concerns are not in the level of conscious mind as it stores without our awareness but during the early adulthood phase almost all the situations, life advancements etc., are perceived in Conscious mind which poses different perception and provides sense of realisation and maturity which in turn help us to boost our confidence in decision making for the future self.

All the Studies majorly contributed to understand the different factors helping to enhance relationships and hobby while busy stages of life, where women be crucially vulnerable in losing control over one's life in some respects builds a better empire, all this depends on how well the acceptance of developmental changes and transitions are understood and adopted.

The choice of being in a healthy relationship or toxic one is in the hands of decision makers but the fact of understanding the outcome of one's own decision makes it better to be aware of future consequences and get ready to accept the challenges with an open mindset.

Better connections, self-care, positive regards with self and surrounding environment, family, peers and society makes a huge difference to build a healthy community with committed relational bonding. Prioritising self, also not ignoring the surrounding builds strong sense of empathy, love and care within self also towards others. This plays a crucial role in shaping womanhood better with respect to health, community and the whole region of life's existence.

The Perception of people will be better and precise through understanding and past experiences, which may not be aware consciously, but the past experiences store always triggers a personality that we possess, so keen to understand oneself and observing the changes they can witness and correct themselves if required brings positive regard and situational awareness throughout the life cycle.

Understanding the Relationship Commitment and Hobby Enhancement as one simple complementing as well as two different independent aspects both provide similar benefits of awareness of the changes during the Early adulthood phase and its perception, which help mitigate or resolve the conflicts that are usually ignored or overlooked.

### ➤ *Summary*

The overall take away from the study in short is to understanding how Women experience during her Early adulthood and how it helps to be aware of the changes and confusions they may expect during these transition period helps them to mitigate the life conflicts with better judgement and resolution

Relationship and commitment factors are analysed very differently with respect to multiple situations, different relation perception type, which in turn provides the understanding of transitional changes and helps build navigational skills to resolve the conflicts and live a confident happy life.

Hobby Enhancement helps in the betterment of a woman, despite all the conflicts, making time for oneself to indulge in a self-care activity or have a self-time to understand how it feels to spend time with self also help boost confidence to build better days for future.

Seeking Professional help to understand the conflicts and being open minded to accept the reality and to have the courage to face the changes that life offers as well as adapt to the changes that may come expected or unexpected.



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