

A Grounded Theory Analysis of the Experience of Repeated Love Failure among Iranian Youth

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Extended Abstract

Aim

This study's objective was to examine, through qualitative research employing Grounded Theory, the various factors that influence repeated love failure.

Methodology

Based on the saturation principle, semi-structured interviews were conducted in 2021 with 16 unmarried boys and girls in Tehran (6 boys and 10 girls) who had experienced at least two love failures. This study's participants were selected using a targeted, snowball and available methodology. Strauss and Corben's (1987) systematic analysis and three coding techniques—open, axial, and selective—were utilized to analyze the interviews. Four methods including member checking, co-researcher checking, research collaboration, and researcher checking, were used to ensure the validity and reliability of the data.

Findings and Conclusion

Conclusions and findings were presented in the following categories: causal factors, context factors, interfering factors, actions, and the consequences and pattern of recurrent love failure. According to the results, the core concept of the model was determined to be emotional-impulsive choice, communication weakness, and love failure categories. The eight classifications of recurrent love failure include: 1. Selection and communication based on active and unhealthy goals, such as satisfaction of sexual needs and focusing on physical and sexual attractiveness, impulsive and emotional substitution and not being healed of previous relationship tensions, self-reliance on themselves and the former lover, escaping loneliness, envying friends and competing with them, and rushing into relationships with the intention of marriage. 2. Pathological dependence combined with anxiety includes attempting to keep the other person in any way possible, not expecting to have a close friend of the opposite sex, an intense need for the affection of the opposite sex, and not noticing who the person is or if they are suitable. 3. Self-destruction and lack of self-compassion that includes feeling worthless, not being kind to yourself, negative self-judgment, drowning in a risky relationship, self-destructive behaviors in survivors, and having false and self-destructive hope for being able to change others. 4. Lack of preparations necessary for the relationship to become secure. It includes lack of economic preparation, lack of skills to maintain and continue the relationship, reluctance to finalize the marriage decision and embrace the responsibilities of a long-term partnership. 5. Destructive and unstable interaction patterns include deceiving relationships that are intended to deceive the partner, relationships with dominant and submissive partners, and relationships based on pursuers and withdrawers. 6. Conflicting differences, such as different outlooks on life and differences in way of life, familial differences and their conflicts, and different perspectives on the purpose of a relationship. 7. Irrational concerns, including fear of abandonment and rejection, fear of trusting, and repeated fear of failure. 8. Extraversion and excessive enthusiasm, naive trust, excessive dominance, and a lack of conscientiousness. The risk factors fell into two categories. 1. Inadequate parental supervision, excessive dominance in the family environment, and a dread of asking for guidance from parents in choosing and managing relationships, insufficient affection and attention in the family environment, disagreements and conflicts with the family, and lack of differentiation; 2. A lack of specialized and effective social network guidance consists of not receiving informational support from parents, not consulting a specialist, not having realistic peers, or a refusal to consult them. Two categories of recurrent love failure interference factors were identified. 1. a deficiency of decision-making aids includes lack of self-awareness and ignorance of desires and relationship goals (lack of self-awareness), lack of foresight and very poor consequence assessment, lack of adaptability, analysis, and decision-making ability. 2. Positive behavior, ineffective skills include a lack of realism, Idealism as well as a deficiency in emotion regulation and management. Four categories of actions include: 1. Transient and destructive emotional-cognitive actions include feeling of shame, feeling of failure, feeling of helplessness and loneliness, self-blame and self-guilt, depression, feeling of weakness and inability, and feeling of helplessness and isolation. 2. Stable and pernicious emotional-cognitive behaviors, such as mistrust and pessimism, discouragement,

feelings of worthlessness, rejection, and social withdrawal 3. Destructive physical actions include changes in appetite, physical sluggishness, and headaches. 4. Destructive behavior includes sobbing, drug use, impulsive behavior, and isolation. The consequences were divided into three categories: facilitators of correct choice and committed romantic relationship, absolute avoidance of romantic interactions, facilitators of incorrect choice, and re-failure of romantic relationship. Based on the findings, efforts should be made to improve intervening and environmental contexts.

Keywords: Recurrent Love Failure, Grounded Theory, Single Girls and Boys.