

OBSESSIVE LOVE, LONELINESS, AND REPETITIVE THINKING AMONG UNIVERSITY STUDENTS

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Abstract

Young adults specifically university students are considered the bright future of any state however they have been suffering from various mental health issues. There could be different reasons behind the development of emotional and psychological distress among the young generation. The current study aimed to explore Obsessive Love, Loneliness, and Repetitive Thinking Among University Students. Current study is a correlational study. This study was carried out in Faisalabad from November 2021 to April 2022. The sample for this research was N=400 ($n=200$ men, $n=200$ women) university students that were selected through a convenient sampling strategy from different universities of Faisalabad, Lahore, Karachi and Islamabad. Repetitive Thinking Questionnaire (RTQ; McEvoy, Mahoney & Moulds, 2010), UCLA Loneliness Scale (Russel, 1996), and Extreme Love Beliefs Scale (Doron et al., 2014) were used for the variables under study. The Descriptive statistics, Pearson correlation, and t-test were performed to assess the proposed hypotheses of current research through SPSS version 26. The results showed a significant positive correlation ($p<0.001$) among all variables moreover it was also observed that obsessive love and loneliness predicted repetitive thinking among university students.

Keywords: *Obsessive Love, Loneliness, Repetitive Thinking, University Students*

1. INTRODUCTION

Excessive enjoy is often a predicament in which a man or woman builds up a substantial accessory for you to merely one man or woman. He might experience motivated for you to often shield the beloved, as well as they will often try and command the actions involving people just as if these folks were a home. You will find there's difference involving passion along with excessive enjoy. Passion comes about inside first a few months of an reliable partnership, every time a man or woman regularly acknowledges her or his enjoy goal along with would like to shell out every single time with these. The two men and women get their unique identities in a very safe and sound partnership, and they also admiration every single other artists personalized place, pastime passions, along with internet connections over and above his or her affectionate alliance. Obsessions acquire while sensations involving passion turn into abnormal. Preoccupation enjoy is often a mind wellbeing indication that will influences about 0. 1 per cent involving folks. Excessive enjoy can even be looked as delusional envy, in which a man or woman interprets a new coworker's custom thus to their beloved while substantiation actually disloyal (Aleksandrovna, 2015).

Wasting extra time using enjoy subject, thinking of these people overly, along with spoiling such behaviors that will place these people touching themselves with an excessive amount are generally a number of widespread signs or symptoms involving excessive enjoy. The idea normally builds up in the unsure partnership. Given that they react as being a enjoy abuser and turn exceedingly relying on his or her beloved, somebody being affected by excessive enjoy may possibly reduce the liked someone's pursuits and might employ subconscious methods for you to affect his or her beloved in order to keep these people close up. Additionally, his or her uncontrollable behaviors stopped these people via placing balanced boundaries (Drydenn, 2018).

Those with minimal self-esteem, individuality complications, as well as those people being affected by obsessive-compulsive dysfunction, bipolar dysfunction, as well as delusional dysfunction may possibly acquire excessive partner attributes pertaining to various motives. Abnormal getting in touch with, text messages, unwelcome powerful care about your liked subject, excessive references your liked subject, uneven thoughts, feelings golf swings, keeping track of pursuits in the beloved, along with sensations involving powerful comfort immediately after getting in contact with your liked subject are generally many of the most widespread symptoms associated with an excessive partner (Legg, 2018).

Excessive enjoy might make somebody discover his or her beloved as being a property rather than lover. For ages, philosophers get was battling to get a notion involving "true" enjoy. In the same manner, there isn't a one list of conditions which could explain to your big difference involving excessive along with legitimate enjoy. Enjoy is surely an incredibly highly effective drive. Dopamine and also other effective mental faculties substances are generally unveiled throughout people who find themselves throughout enjoy. A lot of people find enthusiastic about maintaining along with owning anybody that they enjoy since these kinds of sensations are generally consequently solid. They will often apparently praise his or her partner from time to time, nevertheless while confronted, that they turn into infuriated as well as jealous. Your target your lover just as one object pertaining to "consumption" as well as control, in lieu of the same, is just about the hallmarks involving excessive enjoy. Those with excessive behaviors may possibly enjoy your lover because of their individual requires along with stresses, in lieu of warm these people along with needing the top for the children (Fraley, 2018).

Research explained that when romantic relationships fail, they become a source of stress for both individuals, and they may feel empty for which infidelity could be an attempt to find a new way to cope with stress as attachment is a key factor that influences people's relational actions, feelings, and beliefs, it may help explain why people cheat on their partners. According to research on insecure attachment, it was observed that anxious people preferred long-term and consistent relationships as they were afraid of being abandoned by their partners. Moreover, anxious people were unlikely to engage in an affair due to high level of expectations on a spouse and need to be loved on the other hand avoidant people indicated a fear of intimacy and less interdependence hence may be more likely to have an affair.

Loneliness may be a word the fact that bespeaks any agonizing sentiments which can present themselves anytime community necessities won't be connected with, which might get as a result of scarcity of a reliable attachment input partner. It is actually all natural to have

enjoyment from certain on their own point in time from time to time. If your man values solitude, she's not going that will truly feel remoted from a harmful feel or even to prefer community relationships. Remoteness together with loneliness commonly choose in conjunction, together with together can harm don't just our developmental health and wellbeing but will also our overall well-being (Legg, 2019).

Sentiments for loneliness could possibly change if your man acquires a reliable attachment that will these romances, they also can sometimes last. It's not at all at all times painless to speak about loneliness, when people challenge that will contact other individuals, he may truly feel additional remoted. Loneliness is certainly made worse by just too little of thoughtful joints, which describe why any person will truly feel quiet with a significant online social network. Could be fresh numerous typical mates together with pays this point in time socializing, however, she is not going to truly feel notably all over someone. Expending a long time utilizing adults together with loved ones might trigger sentiments for loneliness from too little of attachment utilizing shut down close friends participants during our own personal daily life (Acquah et al., 2016).

Research explained any formalized together with typical community fellow member, and even seen community help support, the fact that determined the partnership somewhere between loneliness together with numerous intellectual medical conditions. From a cross-sectional investigate a sample for 7, 461 human beings was initially questioned running a unique risk pattern structure. The actual outcome within the investigation stated the fact that loneliness was initially even more frequent during most women, compared with gents. At the same time, loneliness was initially uncovered to generally be caused by most of intellectual sicknesses, notably despair, fear, together with OCD (Lucas et al., 2019).

Rumination may be a approach to repeated thinking about the same exact thinking, which might be dismal or simply shadowy, from continual thinking. Rumination is usually bad for our intellectual health and wellbeing since the device lead to misery together with stop our power to look at behavior appropriately. It could possibly produce consumers that will truly feel quiet together with touch him or her off from you (Watkins, 2008).

Continual thinking will present themselves meant for numerous purposes. Including, people could possibly consider the fact that by just reiterating thinking, he will find knowledge towards this life's issue, or simply he may contain a story for developmental or simply bricks-and-mortar strain having started any custom for ruminating thinking. At the same time, adulthood's not secure attachments together with uncontrollable daily life gatherings could possibly play a role in any structure for frequent notion behaviors (Elizabeth, 2020).

At the same time, of those with selected temperament behavior (such mainly because perfectionism, neuroticism, worry, together with rapport sensitivity) have already been shown to set up continual wondering behaviors. These types of consumers put an extremely quality value on their romances from not secure scarves utilizing other individuals that they can be ready come up with essential unique forfeit regardless if they're just not working for these people (Segerstrom, 2011).

Following hypotheses have been formatted:

- There would be a significant correlation between obsessive love, loneliness, and repetitive thinking between university students.
- Obsessive absolutely love may prognosticate being alone and additionally may well planning.
- In that respect there became a serious in obsessive love, loneliness, and repetitive thinking involving men's in addition to woman's college or university learners.

2. METHODOLOGY

Participants

The sample for this research was N=400($n=200$ men, $n=200$ women) university students that were selected through a convenient sampling strategy from different universities of Faisalabad, Lahore, Karachi and Islamabad

Measures

1. Repetitive Thinking Questionnaire (RTQ; McEvoy, Mahoney & Moulds, 2010)

It is a five-point Likert-type scale having 31 items. The scale has been divided into two subscales (i.e presence of repetitive thinking and absence of repetitive thinking), a high score on the respective subscale represents the presence or absence of repetitive thinking in an individual.

2. UCLA Loneliness Scale (Russel, 1996)

UCLA Loneliness Scale (Russel, 1996) was used. It is a uni-dimensional self-reported measure having 20 items. The items have a four-point Likert-type response format ranging from 0-3. It measures the severity level of loneliness. The test-retest reliability of this scale was from .70 to .90. The Cronbach`s alpha reliability coefficient was $\alpha = 0.91$ and the item-total correlation varied from $r = .44$ to $r = .68$.

3. Extreme Love Beliefs Scale (Doron et al., 2014)

This inventory lists different attitudes or beliefs about love and relationships that people sometimes hold. It is a seven-point Likert-type scale having 10 items, the higher the score extreme will be love beliefs

Procedure

Your choice involving files series through the office involving therapy commence involving Riphah Intercontinental University or college Faisalabad ended up being consumed

immediately after approving your summary through the aboard involving analyze.. Every participant of the research was briefed regarding the purpose of the research. The participants that fulfilled the inclusion criteria and were willing for participation were included in the research. They were assured of their confidentiality and their right of withdrawing from the research at any time. At last questionnaires were provided to the participants who filled assessment measures by themselves.

3. RESULTS

Table 1

Demographics characteristics of sample (N=400)

<i>Variables</i>	<i>Categories</i>	<i>f</i>	<i>%</i>
Gender	Female:	200	50
	Male:	200	50
	Total:	400	100
Qualification	BS:	312	78
	MSc:	29	7.2
	MS:	59	14.8
	Total:	400	100

Table 2

Descriptive Statistics for Age of the Sample

Variable	Male (n=200)		Female (n=200)	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Age	22.30	3.93	22.16	3.16

Table exposes those detailed reports designed for grow old belonging to the mens, and even lady men and women. That really mean grow old designed for fellas is without a doubt 22.30years ($\pm SD = 3.93$), and for females is 22.16 years ($\pm SD = 3.16$).

Table 3

Outline in Linear Regression Studies through Crazy take pleasure in simply because predictor in Being lonely and even Bump thinking about on Men and women.

Predictor	R^2	ΔR^2	F	$Sig.$
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Perception of Loneliness	.56	.31	92.55	.000*
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* $p < .001$

Table proved the end result in Many different Regression Studies to attempt in cases where Crazy take pleasure in forecasted being lonely and even bump thinking about. The analysis found that adult`s obsessive love ($\beta = .80, p < .001$) and loneliness ($\beta = .41, p < .001$) predicted repetitive thinking.

Table 4

Inter-Correlation Between Loneliness, Repetitive Thinking, and Obsessive Love Among University Students.

Variables	UCLA	RTQ	EXLS
UCLA	-		
RTQ	.415**	-	
EXLS	.490**	.536**	-

Table showed significant correlations ($p < 0.001$) among all the variables.

Table 5

Descriptive Statistics and t-test statistics attachment styles, repetitive thinking, loneliness, and obsessive love among male (n=200) and females (n=200) Adults (N=400)

Scales	Gender	M	SD
UCLA	Men	35.49	11.584
	Women	39.35	11.591
RTQ	Men	102.89	23.589
	Women	109.13	24.666
EXLS	Men	45.09	12.189
	Women	48.74	13.817

The table revealed that will person accessory, being alone, similar contemplating along with excessive enjoy ended up being observed additional throughout girls as compared with guy university or college individuals.

4. DISCUSSION

The 1st hypothesis on this analysis forecast that will excessive enjoy would likely anticipate being alone along with similar contemplating. The final results on this hypothesis spelled out that will adult's excessive enjoy ($\beta = .80, p < .001$) along with being alone ($\beta = .41, p < .001$) forecast similar contemplating. This could be spelled out by making use of a survey that's accomplished to view in case there were one of the links involving being alone along with excessive enjoy features throughout older people. An overall involving more than 200 older people ended up surveyed. Your studies discovered that will people that tend not to recognize being alone may possibly acquire excessive compulsions for you to enjoy since his or her awareness involving being alone along with impression involving self-sufficiency could possibly be not as good when compared with individuals who have dependable human relationships along with self-assured individuality capabilities (Lucas et al., 2019).

The other hypothesis reported that will generally there has to be important link involving similar contemplating, being alone, along with excessive enjoy amid university or college individuals. The final results exhibited a tremendous beneficial link ($p < .001$) involving all specifics. A survey that will searched into their bond involving university or college students' accessory variations along with his or her sensations involving being alone spelled out this specific partnership. An overall involving 173 undergraduate university or college individuals ended up applied as being a taste just for this analyze. Those that have a new risk-free accessory variety seasoned a reduced a higher level being alone when compared with those that have not confident accessory variations, good study's studies. Some of those folks, cultural assist supported as being a mediator involving accessory habits along with suffers from involving being alone (Bernardon et al., 2011).

A final hypothesis in the analysis spelled out that will generally there has to be factor throughout similar contemplating, being alone, along with excessive enjoy amid guy along with women university or college individuals. The final results on this hypothesis revealed that will person accessory, being alone, similar contemplating along with excessive enjoy ended up being observed additional throughout girls as compared with guy university or college individuals. This specific consequence ended up being recognized by the analyze that's taken on for you to investigate the partnership involving university or college students' accessory variations along with excessive enjoy variations. For this reason, an example involving 360 scholar individuals through the University or college involving Iran ended up decided on. Good studies, your Ambivalent Not confident Accessory Fashion played out a role inside growth involving Excessive Enjoy Fashion. In addition, it turned out observed additional throughout women older people when compared with guy older people. Several examines discovered a large URL involving Excessive Enjoy Fashion along with Accessory Variations (Doron et al., 2012).

5. CONCLUSION

The final results in the analyze figured excessive enjoy could acquire on account of not confident accessory variations which often can even more acquire similar contemplating along with being alone amid older people. The many specifics underneath analyze ended up observed

important confidently correlated collectively this means a boost a single varying induced a boost inside various other along with vice versa. On the other hand, your girl or boy big difference throughout person accessory variations, being alone, similar contemplating, along with excessive enjoy amid university or college individuals discovered the ended up observed additional throughout women university or college individuals as compared with guy university or college

Limitations and Recommendations

The current study aimed to explore obsessive love, repetitive thinking and loneliness among university students. The sample was only taken from Faisalabad's universities for further detailed analysis the sample can be taken from universities of different cities. Moreover, in further studies loneliness can also be tested as a predictor for obsessive love and repetitive thinking among adults.

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