THE RELATIONSHIP AMONG LEVEL OF INTIMACY, ROMANTIC ATTACHMENT, COPING STRATEGIES, AND NEGATIVE EMOTIONAL EXPERIENCES IN YOUNG ADULTS WITH GHOSTING EXPERIENCE

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ความสัมพันธ์ระหว่างระดับความสัมพันธ์ ความผูกพันแบบโรแมนติก กลวิธีการจัดการปัญหา และประสบการณ์อารมณ์ทางลบ ในผู้ใหญ่ตอนต้นที่มีประสบการณ์การถูกทิ้งโดยไม่ได้รับคำอธิบาย

น.ส.ปิยภรณ์ ประเสริฐวิทย์

Thesis Title	THE RELATIONSHIP AMONG LEVEL OF INTIMACY, ROMANTIC ATTACHMENT, COPING STRATEGIES, AND NEGATIVE EMOTIONAL EXPERIENCES IN YOUNG ADULTS WITH GHOSTING EXPERIENCE
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ปิยภรณ์ ประเสริฐวิทย์ : ความสัมพันธ์ระหว่างระดับความสัมพันธ์ ความผูกพันแบบโรแมนติก กลวิธีการจัดการปัญหา และ ประสบการณ์อารมณ์ทางลบ ในผู้ใหญ่ตอนต้นที่มีประสบการณ์การถูกทิ้งโดยไม่ได้รับคำอธิบาย. (THE RELATIONSHIP AMONG LEVEL OF INTIMACY, ROMANTIC ATTACHMENT, COPING STRATEGIES, AND NEGATIVE EMOTIONAL EXPERIENCES IN YOUNG ADULTS WITH GHOSTING EXPERIENCE) อ.ที่ปรึกษาหลัก : ผศ. ดร.พรรณระพี สุทธิวรรณ, อ.ที่ปรึกษา ร่วม : รศ. ดร.สมโภชน์ เอี่ยมสุภาษิต

งานวิจัยทำการศึกษาเรื่องการโดนเท หรือการบุคคลที่ถูกทิ้งโดยไม่ได้รับคำอธิบาย ในสังคมไทย โดยมีวัตถุประสงค์ดังนี้

1. ศึกษาความสัมพันธ์ระหว่าง *ระดับความสัมพันธ์กับคู่รัก* (9 ระดับ) กับ*ประสบการณ์อารมณ์ทางลบ* (อารมณ์ทางลบต่อตนเอง และอารมณ์ทาง ลบต่อผู้อื่น) ในบุคคลที่โดนเทจากคู่รัก

2. ศึกษาความสัมพันธ์ระหว่าง*ระดับความความสัมพันธ์กับคู่รัก* (9 ระดับ) *ความผูกพันแบบโรแมนติก* (ความผูกพันแบบวิตกกังวล และความ ผูกพันแบบหลีกหนี) และ*กลวิธีการจัดการปัญหาจากการโดนเท* (5 วิธีได้แก่ 1. การจัดการปัญหาแบบปลดปล่อยอารมณ์ความรู้สึก 2. การจัดการปัญหาเชิงรุก 3. การ จัดการปัญหาแบบยอมรับความจริง 4. การจัดการปัญหาแบบหลีกหนีและโทษผู้อื่น และ 5. การจัดการปัญหาแบบโทษตัวเองและหมกหมุ่นกับปัญหา)

ผู้เข้าร่วมงานวิจัยเป็นผู้ใหญ่ตอนต้นอายุ 18 – 30 ปี (M = 22.3 ปี) จำนวน 335 คน คนที่มีประสบการณ์การโดนเทจากคู่รัก เก็บข้อมูล ทางออนไลน์โดยแบบวัดที่ผู้วิจัยพัฒนาขึ้น และวิเคราะห์ข้อมูลด้วยสถิติ ค่าสัมประสิทธิ์สหสัมพันธ์ (Pearson's correlation coefficient) วิเคราะห์ถดถอย พหุ (Multiple regression analysis) และวิเคราะห์การทดสอบตัวแปรกำกับ (Moderation analysis)

ผลของงานวิจัยพบว่า

1. ระดับความสัมพันธ์กับคู่รัก มีความสัมพันธ์ทางบวกกับประสบการณ์อารมณ์ทางลบ อย่างมีนัยสำคัญทางสถิติ ซึ่งกล่าวได้ว่า หากบุคคลมีระดับ ความสัมพันธ์แนบแน่นลึกซึ้งกับคู่รักกับคู่รักมาก เมื่อโดนเทหรือถูกทิ้งโดยไม่ได้รับคำอธิบาย บุคคลนั้นก็จะยิ่งเกิดอารมณ์ทางลบมากตามไปด้วย

2. ระดับความสัมพันธ์กับคู่รัก และความผูกพันแบบวิตกกังวลเป็นตัวแปรทำนายทางบวกต่อการใช้*การจัดการปัญหาแบบปลดปล่อยอารมณ์ ความรู้สึก* และการจัดการปัญหาแบบโทษตัวเองและหมกหมุ่นกับปัญหา ซึ่งกล่าวได้ว่า หากบุคคลมีระดับความสัมพันธ์แนบแน่นลึกซึ้งกับคู่รักกับคู่รัก และมีความผูกพัน แบบวิตกกังวลเมื่อถูกทิ้งโดยไม่ได้รับคำอธิบาย บุคคลนั้นมีแนวโน้มจะใช้*การจัดการปัญหาแบบปลดปล่อยอารมณ์ความรู้สึก* และการจัดการปัญหาแบบโทษตัวเองและ หมกหมุ่นกับปัญหา

3. ความผูกพันแบบหลีกหนี เป็นตัวแปรทำนายทางลบต่อการใช้*การจัดการปัญหาแบบปลดปล่อยอารมณ์ความรู้สึก* และการจัดการปัญหาแบบโทษ ตัวเองและหมกหมุ่นกับปัญหา ซึ่งกล่าวได้ว่า หากบุคคลมีความผูกพันแบบหลีกหนีเมื่อถูกทิ้งโดยไม่ได้รับคำอธิบาย บุคคลนั้นมีแนวโน้มจะใช้กลวิธีการจัดการปัญหาใน รูปแบบของการปลดปล่อยอารมณ์ความรู้สึก และการจัดการปัญหาแบบโทษตัวเองและหมกหมุ่นกับปัญหา

4. ระดับความสัมพันธ์กับคู่รัก เป็นตัวแปรทำนายทางลบต่อการใช้*การจัดการปัญหาแบบยอมรับความจริง* ได้ซึ่งกล่าวได้ว่า หากบุคคลมีระดับ ความสัมพันธ์แนบแน่นลึกซึ้งกับคู่รักมาก เมื่อถูกทิ้งโดยไม่ได้รับคำอธิบายบุคคลนั้นมีแนวโน้มจะใช้กลวิธีการจัดการปัญหาในรูปแบบยอมรับความจริงน้อยลง

สาขาวิชา	จิตวิทยา	ลายมือชื่อนิสิต ....
ปีการศึกษา	2562	ลายมือชื่อ อ.ที่ปรึกษาหลัก ....
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KEYWORD: Ghosting, Level of intimacy, Emotional experience, Romantic attachment, Coping strategies
        Piyaporn Prasertwit : THE RELATIONSHIP AMONG LEVEL OF INTIMACY, ROMANTIC ATTACHMENT, COPING STRATEGIES, AND NEGATIVE EMOTIONAL EXPERIENCES IN YOUNG ADULTS WITH GHOSTING EXPERIENCE. Advisor: Asst. Prof. PANRAPEE SUTTIWAN, Ph.D. Co-advisor: Assoc. Prof. Sompoch Iamsupasit, Ph.D.

The study aimed to explore ghosting or when the reasons for romantic relationship termination and subsequent disappearance of one's partner are not conveyed in Thai society, which has objectives as follow:

1. To explore the relationship between level of intimacy (9 levels) and negative emotional experience (negative-self emotions and negative-others emotions)

2. To explore the relationship between level of intimacy (9 levels), romantic attachment (attachment anxiety, and attachment avoidant), and coping strategies (*emotional release*, *direct approach*, *accommodation/acceptance*, *denial/blaming others*, and *self-blame/self-focused*)

Participants were 335 young adults aged 18 – 30 years old ($M = 22.3$ years) who have had experience being ghosted. Data were collected using online self-reported questionnaires developed by the researcher. Pearson's correlation coefficient, multiple regression, and moderation analysis were used to analyze the data.

Results found that:

1. Level of intimacy had a positive relationship with negative emotional experiences. Suggesting that, if one was more intimate with their partner they are more likely to have negative emotional experiences upon being ghosted.

2. Level of intimacy and attachment anxiety were found to be positive predictors of emotional release and self-blame/self-focused. Suggesting that individuals with high levels of intimacy and are anxiously attached were likely to utilize emotional release and self-blame/self-focused upon being ghosted.

3. Attachment avoidant was a negative predictor of emotional release and self-blame/self-focused. Suggesting that avoidantly attached individuals unlikely to utilize emotional release and self-blame/self-focused upon being ghosted.

4. Level of intimacy was found to be a negative predictor of self-blame/self-focused. Suggesting that if one was more intimate with their partner, the tendency to utilize self-blame/self-focused upon being ghosted also decreases.

Field of Study:	Psychology	Student's Signature ....
Academic Year:	2019	Advisor's Signature ....
		Co-advisor's Signature ....

ACKNOWLEDGEMENTS

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Chapter 1
Introduction

As a part of life, some romantic relationships may last, and some may not. The effects of break-ups can be devastating. This occurs even if the relationship may be perceived as short-lived (McKiernan et al., 2018), as they may result in extreme distress for both adult and adolescents (Davis, Shaver & Vernon, 2003). Loss of intimacy, including relationship dissolution, has been identified as being a major life event (Kendler et al., 2003) which can lead to intrusive thoughts and grief symptoms (Field, 2011; Field et al.,2009). Other negative effects include guilt, anger, and sorrow (Sprecher et al., 1998), as well as an increase in psychological distress and decline in life-satisfaction (Rhoades et al., 2011). There are reports of individuals attempting or successfully committing suicide, as well as feelings of outrage and the committing of serious crimes because of rejection or termination of a romantic relationship (Omoro, 2018; Jourjée, 2016). The Department of Statistics (2018) reported that the majority (91.4%) of people aged 15-24 use the Internet. Consequently, due to these technological advances, the dating style of young adults and their experiences can be vastly different from their parents'. Little empirical evidence has been documented regarding dating history in Thailand. However, given the cultural context, it can be assumed that Thailand's dating trend amongst young adults will also reflect that of their Western counterparts. Gathering from some online evidence, the older generations have previously used payphones, letters, and more recently, a pager. In the past, older generations may have used payphones, letters, and in later years, pagers as alternatives to face-to-face communication in dating. Despite diversifying

methods of communication there is no guarantee of success, and often heartbreaks ensue

This change and increased usage of technology has influenced how people interact with each other, and how they date. Social network sites (SNSs) such as Facebook, Twitter, Snapchat, and Instagram, online dating websites, and mobile applications such as Tinder, OKCupid, Grindr, and Bumble have enabled the manifestation of romantic relationships to be easier and more accessible. Santos (2010) gives possible reasons of why people may choose online dating instead of the more traditional route. The reasons proposed were that online dating gives individuals more access to possible dates with more variety, a 'customizable' experience in terms of choosing potential partners based on basic interests (Santos, 2010). These SNSs and mobile applications have created a world where individuals no longer have to confront each other to end a relationship, and it has also allowed people to avoid communicating altogether at this termination. The term 'ghosting' has been coined for the act of terminating a relationship through a lack of communication or complete avoidance altogether. The dating medium of older generations may have differed from how today's adolescents date, but ghosting can also be observed in previous decades. Although, the causes of ghosting in the past may have been more easily explained or excused. The reason for a sudden disappearance or lack of correspondence can be easily attributed to the loss of telephone numbers, addresses, or pager addresses. However, with such great accessibility now and user-friendly functions of mobile phones and the internet, the reason for a disappearance at the end of a relationship becomes harder to attribute. As the use of various SNSs become more prevalent and central, including Thailand's, ghosting has been a recognisable phenomenon in the

online community since at least 2015 (pantip.com). Connected to this, a 2017 song about ghosting called 'Line…' by WONDERFRAME featuring YOUNGOHM also fostered empathy and awareness in the public due to its relatability.

After a breakup, it is normal to feel distress, grief, and depression (Robak & Weitzman, 1998; Mearns, 1991). The grief experience is stronger if the relationship was perceived as an intimate one, whether that was physically or emotionally (Robak & Weitzman, 1998). Additionally, termination of a romantic relationship, especially a married one, has been reported to leave emotional turmoil - such as feelings of rejection, depression, bitterness, confusion, hostility, loneliness, failure, guilt, and disorganization (Baumeister & Leary, 1995). Of course, there are many varying factors that can influence post-breakup depression. For example, the duration of the relationship, the intensity of infatuation or love towards their partner, and a partner's physical attractiveness (Hindy, Schwarz & Brodsky, 1989 as cited in Mearns, 1991) are all significant factors. As depression is reported to have a negative effect on immediate recall, health, and non-compliance with medical treatments, (Kizibash, Vanderploeg & Curtisse, 2002; Moussavi et al., 2007; DiMatteo, Lepper & Croghan, 2000). Education is needed for more positive coping mechanisms after a break up, and this may vary depending on attachment style.

There has been very little research done regarding ghosting, both internationally and domestically. In 2018, researchers (Freedman et al., 2018; Koessler, 2018) explored ghosting and factors associating with it. Freedman et al. (2018) found an association between beliefs grounded in destiny and growth and ghosting behaviours - those who believe in the notion of 'soulmates' will be more likely to ghost their partner and find ghosting to be an appropriate method to

terminate short- and long-term relationships. Koessler (2018) suggested that developments in technology have influenced processes of relationship dissolution, as seen by the difference between ghosting and direct (confrontational) conversation strategies used to terminate a relationship.

Different factors may affect the ways an individual cope with the dissolution of a romantic relationship. Especially when the event is deemed to be stressful, and causes emotional turmoil. This turmoil must be dealt with in order manage one's state of mind, emotional and physical well-being (Caver, Scheier & Weintrub (1989)), thus it is also important to understand how one may cope when ghosted. When relationships are romantic in nature, it is important to understand the romantic attachment of individuals with their current or ex-partner; because romantic attachment is related to how individuals cope upon relationship dissolution (Hatfield and Rapson, 1995; Jerome & Liss, 2005). Furthermore, when examining romantic attachment (anxious and avoidant attachments), research (Feeney & Noller, 1992) found that anxiously attached individuals were very upset and surprised by the termination of their romantic relationship, whereas attachment avoidant individuals are relieved upon realizing the dissolution of their romantic relationship.

Although there is an awareness of ghosting occurring in the Thai cultural setting, as of the writing of this paper there is little to no empirical research regarding ghosting in Thai. There is much research already done on romantic rejection, and relationship dissolution (Sukoltaman, 2011)). However, ghosting as an observable subject is a new field in psychology, and more research should be done to understand the effect of ghosting on young adults. It is a phenomenon that will only continue to increase due to technological advancements. Thus, it is important to understand

ghosting in terms of the Thai cultural context, not only for today's young adults but to prepare for the continuous change in the way young adults date.

The goal of this study is to understand the emotional consequences of being ghosted, and how coping strategies relate to adult romantic attachment style in Thai young adults (18 – 30 years old). By understanding the above points, we can devise an appropriate coping strategy for different attachment styles, in relation to the intensity of emotional experience they may have felt due to being ghosted.

Literature Review

Young Adults

Rindfuss (1991) limits young adults' years as individuals who are between 18-30 years old. The reason for his claim is that the age of 18 marks significant change in many cultures – for example, being encouraged to make their own decisions such as voting, registering for the military draft, and choosing what path to take after high school. The researcher suggests that being 30 years old, represents the end of the young adulthood's era. If at 18 years old is where everything as we know it changes, at the age of 30 it is almost expected that one should have grown accustomed to the changes. This excludes certain significant life events, such as marriage, starting a family, or increased financial responsibilities. People aged between 18-30 in Thailand have also encountered major societal and political changes in their adulthood, such as multiple floodings across the country, and political protests/changes in governmental regimes. While participation in such events may not directly affect these individuals, the impact of these events may affect all people throughout the country regardless of age group.

Along with the aforementioned changes that these young adults may have experienced, there are also significant physical and psychological changes, that these individuals will have to adapt to.

What is ghosting?

Ghosting is a potential part of the relationship dissolution process and defined as "unilaterally ceasing communication (temporarily or permanently) in an effort to withdraw access to individual(s) prompting relationship dissolution (suddenly or gradually) commonly enacted via one or multiple technological medium(s)" (LeFebvre, 2017). Despite the term "ghosting" being rather new in the research field, it is colloquially well known and understood. The term itself may be newly established, but the behaviour of cutting off contact with no form of explanation is not – whether this be for punitive or defensive purposes (Sommer, Williams, Ciarocco & Baumeister, 2018).

In 2016, a survey from dating site Plenty of Fish (McClean, 2016) showed that 78% of people between the ages of 18 and 33 have been "ghosted" at least once; in the same year, a poll by market research firm YouGov reported that 11% of people have reportedly ghosted someone. More recently, in 2019 a YouGov poll on the same topic revealed that 30% of people had ghosted their romantic partner or friend. With the advent of emerging technology, ghosting may be the popular strategy that people use to avoid or withdraw from conflict. Lack of communication can also be seen in social ostracism. The difference between ghosting and social ostracism is the purpose and desired outcome. Whilst social ostracism, such as the silent treatment, may have a punitive goal (Sommer et al., 2018), it is also can be used for the purpose of seeking

attention and elicit a behavioural change from the recipient party. Ghosting behaviours on the other hand have a different implication. Individuals who ghost may deem it as an appropriate way to avoid confrontation and save any mental energy invested in the interaction. They may have the mindset of "why bother?", since it is a casual relationship. As an avoidance strategy, ghosting may lead to maintaining an unclear relationship and prolong the breakup process. For instance, the ghostee may feel accountable and wish to identify the cause of the ghosting, which could be beneficial to know for future relationships (LeFebvre et al., 2020a) .

Reasons for ghosting

Manning et al. (2019) conducted a qualitative study to explore the justification of ghosting and found that ghosting can be seen as a technique for protecting the ghoster from awkwardness and minimizing embarrassment. Freedman, Powell, Le & Williams (2018) suggest that implicit theories of the relationship may play a role in the attitudes an individual may have on ghosting. Implicit theories of relationships consist of two views; destiny and growth (Knee, 1998). Knee (1998) theorized that the destiny belief is based on the understanding of the individuals in the relationship as 'belonging' to each other as it is meant to be. The growth belief is based on the idea that the success of the relationship is cultivated and developed. The findings of Freedman et al. (2018) imply that destiny theorists accept ghosting as an appropriate method to end long- and short-term relationships. Freedman and colleagues (2018) found that strong destiny beliefs were positively correlated with having ghosted a romantic partner, and finding ghosting as an acceptable way to end a short- and long-term relationship. However, the acceptability of ghosting changes with growth beliefs

after establishing physical intimacy. This means that people with strong growth beliefs have a stronger tendency to cut off communication once physical intimacy is achieved. Perhaps they view physical intimacy as something fixed rather than something that can be developed. This suggests that physical compatibility is viewed as something that cannot change upon dissatisfaction of sexual experience, which leads to ghosting.

Le, Dove, Agnew, Korn & Mutso (2010) found that good predictors for relationship dissolution are associated with interdependence theory. This includes self-expansion, social networks, and other interpersonal processes such as love, and self-disclosure. This indicates that, to study effective predictors for ghosting behaviour, understanding the role that interpersonal processes have in romantic relationships may help to imply the nature of ghosters. However, due to the nature of the research and cultural differences, an analytical understanding of ghosting behaviour itself will be required first. By understanding how adult romantic attachment style affects coping strategies, and the consequences of ghosting, we can help individuals with different attachment styles learn how to cope and guide them into having an appropriate coping strategy regarding the consequences of ghosting.

Level of Intimacy

In 1993, Moss & Schwebel determined intimacy by the level of commitment and positive affective, cognitive, and physical closeness one experiences with a partner in a reciprocal relationship. Moreover, Rokach & Philibert-Lignières, (2015) conceptualized intimacy as an idea where partners possess extensive and private knowledge about one another. Care for one another, interdependence, mutuality, trust,

and commitment also contribute to intimacy. Though overlapped in certain aspects, an example being physical intimacy and passion in Sternberg's "*Theory of Love*", romantic intimacy does not equal to romantic love (Moss & Schwebel, 1993). The difference between the two concepts lies in the role of commitment/decision, wherein experience is a big contributor. Experience in romantic intimacy does not necessarily contribute to the reason that one loves another (Moss & Schwebel, 1993). This suggests that love may be the result of the level of intimacy a person has with another. Additionally, inadequate intimacy was reported to be one of the frequent reasons that caused casually dating young adults to break-up (Bravo, 2018).

In 1997, Williams & Connolly suggested that intimacy is an interpersonal, shared affective experience which manifested in various forms throughout the life span. In an attempt to asses intimacy in late adolescent girls, Williams and colleagues (2001) used the Network of Relationships Inventory which assessed many different types of intimacy the individuals have with people of varying relationships (i.e. same-sex best friends, family members). Additionally, Gebhart and colleagues (2003) suggested that those whose need for intimacy is greater, tend to have fewer sexual partners in their life. Suggesting that intimacy has an effect on romantic relationships outcomes.

In this study, the researcher has chosen to develop a level of intimacy questionnaire which assess various types of emotional and physical intimacy and commitments, such as whether or not they have met their ghoster, have an emotional connection with them, and did they have a sexual relationship with them prior to being ghosted. The reason for this is because upon meeting, one must have established some trust with their partner (with the assumption that they met on-line or

was after some period of time where trust was established via SNSs). Culturally, if one has sexual relations with their partner, it is deemed to be serious, and thus, the researcher had chosen to include sexual relationship into the questionnaire.

Emotional Experience

Research suggests that social ostracism or rejection can have a devastating impact on pain perception, mental health, self-esteem and hostility (Kross, Berman, Mischel, Smith, & Wager, 2011; Downey & Feldman, 1996). As ghosting is similar to social ostracism in the aspect of ceasing communication with the other party, comparable effects could be inferred. However, ghosting can be seen as a more common occurrence, due to many situations and opportunities through SNSs that can facilitate it. For example, with online dating applications (e.g. Tinder and Hinge, etc.), one could unmatched the other party or 'disappear' by deactivating or deleting their dating profiles. With more personalized messenger applications such as WhatsApp, Facebook, or Line, one could simply block the other person should they not want to receive any further communications from the other party.

Collins & Gillath (2012) suggests that the possible reactions to a relationship ending and subsequent interactions with their partners are as follows: remaining friends, getting back together, anger, and distress. However, in 2008, Perilloux & Buss explored the emotions experienced immediately after the breakup, as well as the financial/emotional cost associated with the breakup. Those who were rejected reported feeling substantially more sad, angry, confused, shocked, and jealous after the breakup than those who did the rejecting. Rejectors (those who rejected the romantic relationship in the break-up) reported a mix of more happiness and more

guilt after the breakup than Rejectees (individuals that experienced rejection in the break-up of their romantic relationship).

Furthermore, Field and colleagues (2009) conducted a study with 192 university students about breakup distress and found that the participants who did not initiate the breakup reported a high score on intrusive thoughts and sleep disturbance, as well as feeling rejected and betrayed immediately after a sudden and unexpected breakup. LeFebvre and colleagues (2020b) revealed that after a breakup men and women may process negative emotions differently in their public and private accounts of the relationship dissolution depending on their audience. They found that only men were using the same negative emotion words in both situations. Some individuals also display high severity post traumatic symptoms after having experienced relationship dissolution (Chung et al., 2003).

In this study, emotional experiences according to Perilloux & Buss (2008) framework was used to study the negative emotional experience (negative-self and negative-others emotions) young adults had upon being ghosted.

Romantic Attachment

Adult romantic attachment styles can be analysed through two dimensions; avoidant and anxious (Bartholomew & Shaver, 1998). Attachment patterns can be separated into four categories: secure, preoccupied, dismissing-avoidant, and fearful-avoidant. Secure attachment is characterized by a positive model of self and other (Bartholomew & Shaver, 1998) - they are more comfortable with intimacy in a close relationship. Preoccupied attachment is characterized by a negative model of self and a positive model of other. Preoccupied individuals are more likely to anxiously seek

acceptance and validation from others, with the belief that they can acquire safety or security. Dismissing attachment is characterized by a positive model of self and a negative model of other. Dismissing individuals tend to avoid emotional intimacy due to negative preconception; but they also maintain sense of worth by defensively denying the value of close relationships. Fearful attachment is characterized by a negative model of self and other. These individuals are more highly dependent on other's acceptance and affirmation; however, they tend to avoid intimacy to avert the pain of loss and rejection due to their negative expectation. Research suggest that all types of attachment style can be seen in Thai society, however studies also imply that dismissing attachment style does not appear in the Thai population as frequently as secure and preoccupied attachment; fearful attachment style also exists at a very low percentage (Krawcomsri, 2002; Wachirodom, 2006). However, Wei and colleagues (2004) argued that attachment is better conceptualized as two continuous dimensions, attachment anxiety and attachment avoidance (Cameron, Finnegan, & Morry, 2012), rather that discrete as there is no empirical study to determine the methods of exact differentiation between the four categories (Lee et al., 2018). A study done by Feeney & Noller (1992) found that anxiously attached individuals are very upset and surprised by the termination of their romantic relationship, whereas attachment avoidant individuals are relieved at the news of their relationship dissolution. Interestingly, Sheppard (2012) suggested that avoidantly attached individuals underestimate the duration of their affective reactions (i.e. emotional consequence) as perhaps they think they are less distressed from it.

Furthermore, Krahé and colleagues (2015) found that in the presence of their partners, highly attachment avoidant women reported higher pain ratings and showed

higher peaked amplitude in certain brain regions in response to the pain stimuli. Additionally, research also suggests that the relationship between victimization/abuse and post-traumatic stress was strongest for women with high dismissing (attachment avoidant) scores (Sandberg, 2010). Mikulincer and Shaver (2003) suggest that the attachment system is activated when a situation is subjectively viewed as threatening. When threat is high, the attachment system may be activated more strongly. Therefore, individual differences in secondary attachment coping strategies, such as attachment to friends and lovers, which occur when there are negative interactions with an unavailable and unresponsive attachment figure, may be more pronounced compared to situations where threat is lower.

In this study, two dimensions, attachment anxious and attachment avoidance, were used to study romantic attachment in Thai young adults.

Coping strategies

Folkman and Lazarus (1980) defined coping as 'the cognitive and behavioral efforts made to master, tolerate or reduce external and internal demands and conflicts among them'. Caver and colleagues (1989) suggested that coping is a way of executing the response that we have towards a perceived threat or the perception of consequence of that threat. Zuckerman & Gagne (2003) expanded on both of the aforementioned concepts which resulted five dimensions of coping strategies: *self-help*, *approach*, *accommodation*, *avoidance*, and *self-punishment*.

1) Self-help refers to strategies, such as expressing emotion, understanding emotion, and emotional and instrumental support seeking, that can be used as sustaining emotional well-being when under perceived threat or duress.

2) Approach refers to strategies that represent problem solving activities directing at the source of the stress i.e. active coping, planning, and suppression of competing activities.

3) Accommodation consists of strategies such as maintaining optimism, acceptance, positive reframing, and replacement, that represent an attempt to come to terms with adversity.

4) Avoidance refers to strategies that represents behaviors that orient the person away from the problem. This includes mental disengagement, denial, goal replacement, and other-blame.

5) Self-punishment, which consists of self-blame, self-focused rumination. The first three factors: self-help, approach, accommodation was considered as adaptive, whereas avoidance, and self-punishment was maladaptive.

In addition, Leung and colleagues (2011) found a relationship between relationship styles and coping strategies. Individuals with secure relationship style tend to use adaptive coping strategies and are less likely to have used maladaptive coping strategies. However, clingy (anxious/preoccupied) and fickle (anxious and avoidant/fearful; Hatfield and Rapson, 1995) individuals are more likely to utilize maladaptive coping strategies. Interestingly, Jerome & Liss (2005) also proposed that denial and mental disengagement coping strategies were associated with relationship anxiety but not relationship avoidant in adult attachment style.

Research (Simpson, 1990; Sprecher et al., 1998) suggests that, when in a relationship, individuals with avoidant and anxious attachment styles tend to have more negative emotions such as less interdependence, commitment, and trust. However, highly avoidant men are also less likely to be emotionally distressed after a

break-up. Simpson (1990) reasoned that the lack of emotional distress stemmed from their avoidant attachment style rather than less desirable qualities of their romantic involvement, such as low interdependence, trust, commitment, and satisfaction. In addition, attachment avoidant individuals are more likely to use indirect methods of break-up strategies such as avoidance/withdrawal, and distant/mediated communication (Collins & Gillath, 2012). In addition, anxiously attached individuals were found to have hyperactive affect-regulation in order to intensify their expressed distress, whereas avoidantly attached individuals reduced their expressed distress by deactivating their affect-regulation (Ponizovsky & Drannikov, 2013) Similar to the results in the Western culture, several local studies also suggest a positive relationship between secure and preoccupied attachment style, and social support seeking (Krawcomsri, 2002). Research also found that dispositional emotion coping, secure attachment, and anxious attachment were predictive of increased state depression, while perceived control and avoidant attachment were negatively related to depression (Speer, 1997).

In this study, five copings strategies according to Zuckerman and Gagne's (2003) framework was used because of its concise and adaptive nature of the questionnaire and explanation. Although the study maintains five dimensions as previously done by Zuckerman and Gagne (2003), the dimensions underwent name changes and items reduction to better fit Thai cultural context and ghosting. The name changes were as follow: 1) self-help to emotional release, 2) approach to direct approach, 3) accommodation to Acceptance/Accommodation, 4) avoidance to denial/blaming others, and 5) self-punishment to self-blame/self-focused

Objective

The study aimed to explore the occurrence of ghosting in Thailand and how it could affect young adults' emotions as a consequence from being ghosted. Furthermore, by understanding the role of romantic attachment moderation on the relationship between level of intimacy and different types of coping strategy, it is possible to devise a counselling/therapy plan in order to see how attachment patterns might contribute to a person's ability to cope and sustain emotional well-being through various use of coping strategies.

Research question

1. What is the relationship between level of intimacy during the relationship with the ghoster and negative emotional effects experienced by the ghostee after the realisation that they have been ghosted?

2. Does anxious/avoidant attachment style moderate the relationship between level of intimacy during the relationship with the ghoster and coping strategy used?

Conceptual framework

1.

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                                              ┌──────────────────────┐
                                         ↗    │ Negative-self emotion │
                                       ╱       └──────────────────────┘
        ┌──────────────────┐  ⤢
        │ Level of intimacy │
        └──────────────────┘  ↘
                                       ╲      ┌────────────────────────┐
                                         ↘    │ Negative-others emotion │
                                              └────────────────────────┘
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2.

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              ┌────────────────────────────────┐
              │ Romantic Attachment - Anxious   │
              └────────────────────────────────┘
                             │
                             ↓
  ┌──────────────────┐            ┌─────────────────────────────────────┐
  │ Level of intimacy │ ────────→ │          Coping strategy            │
  └──────────────────┘            │  • Emotional Release                │
                             │     │  • Direct Approach                  │
                             │     │  • Acceptance/Accommodation         │
                             │     │  • Denial/Blaming Others            │
                             │     │  • Self-Blame/Self-focused          │
                             │     └─────────────────────────────────────┘
              ┌────────────────────────────────┐
              │ Romantic Attachment- Avoidant   │
              └────────────────────────────────┘
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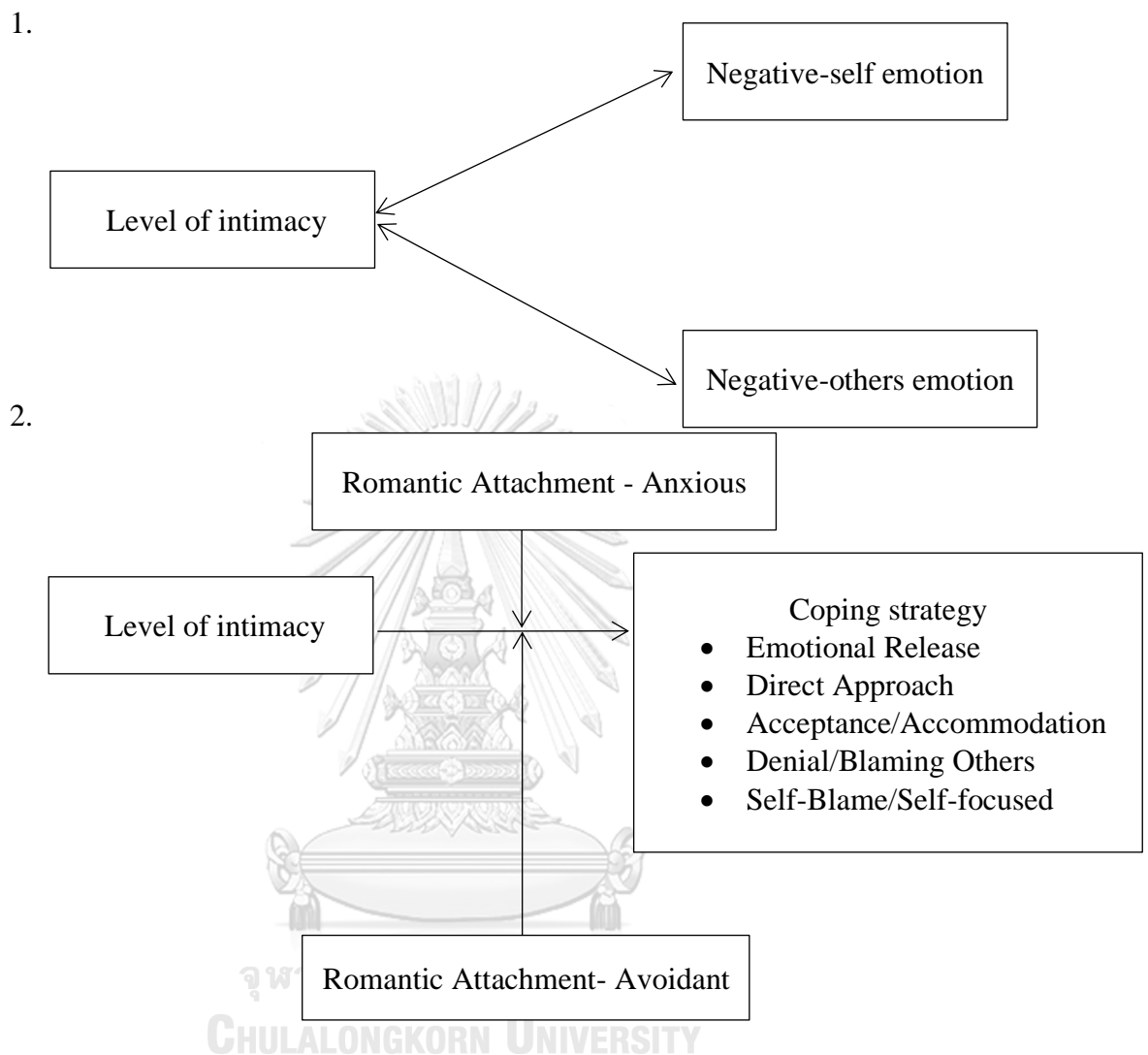
Hypotheses

1. Level of intimacy positively correlated to intensity of negative emotions.

2. Romantic attachment (anxious and avioidant) are moderators of the interaction between level of intimacy and coping strategies (emotional release, direct approach, acceptance/accommodation, denial/blaming others, self-blame/self-focused.

Operational Definitions

Young adults

Refers to individuals aged 18 to 30 (Rindfuss, 1991).

Ghosting experience

Refers to the most recent termination of the romantic relationship within one year wherein communication with the participant was unilaterally ceased by the other party without any prior warning or reason. Participants were asked "Was your romantic relationship terminated without the other party communicating with you and simply disappeared (ghosting)?". The experience was recorded with dichotomous answers (yes/no, coded "1" and "0", respectively).

Ghostee

Refers to the person whose romantic relationship was terminated without notice, or communication from the other party. Participants were asked "Have you ever been ghosted in the past year?". The experience was recorded with dichotomous answers (yes/no, coded "1" and "0", respectively).

Ghoster

Refers to the person that initiated the relationship termination without notice or communication to the other party. Participants were asked "Have you ghosted someone within the past year?". The experience was recorded with dichotomous answers (yes/no, coded "1" and "0", respectively).

Level of Intimacy

Refers to the intimacy level that the ghostee had with the ghoster prior to being ghosted. The level of intimacy measurement scheme was developed by the researcher and advisors, presenting as a checklist ranging from 1 to 9. As the number increases, physical intimacy and commitment also increases. Details of the checklist were as follows: 1) had not met, talked, no commitment, 2) had not met, talked, thought about commitment, 3) had not met, talked, commit to relationship, 4) met, no commitment, no sex, 5) met, thought about commitment, no sex, 6) met, commitment to relationship, no sex, 7) met, no commitment, have sex, 8) met, thought about commitment, have sex, 9) met, commitment to relationship, have sex.

Negative Emotional Experiences

Refers to the emotional experience of the ghostee upon realizing they have been ghosted, The questionnaire assessed two categories of negative emotions; 1) negative-self emotions, and 2) negative-others emotions.

Negative-self emotions refer to the feeling of sadness, fear, confusion, regret, guilt, remorse, and shock.

Negative-others emotions refers to feelings of anger and vengefulness.

measured by the Negative Emotional Experience Questionnaire as developed from Perilloux & Buss' (2008) framework.

Romantic attachment

Refers to the attachment that one has with their romantic partner, which is differentiated by the scores of two dimension: anxious, and avoidant . Attachment anxiety is characterized by an excessive need for approval from others and fear of interpersonal rejection or abandonment. Attachment avoidance is defined as a fear of interpersonal closeness or dependence (Wei et al., 2004). These two variables are measured by Experience in Close Relationship (ECR-R 18).

Coping strategies

Refers to the strategy (or strategies) which an individual would use to manage the turmoil or distress caused by being ghosted. The responses can be differentiated into five coping dimensions: 1) Emotional Release - self-help by sustaining emotional well-being, 2) Direct Approach - approach stress using problem-solving strategies, 3) Acceptance/Accommodation - accommodate stress through acceptance and reframing negative outcomes, 4) Denial/Blaming Others - avoid stress through denial and blaming others, and 5) Self-Blame/Self-Focused - self-punishment through self-focused rumination and self-blame. In this study, a revised coping strategy questionnaire developed from Zuckerman and Gagne's (2003) framework was used.

Chapter 2

Method

The study aims to understand the relationship between attachment styles and coping strategies used by individuals aged 18 -30 years old who have been ghosted, as well as the relationship between attachment styles and the emotional consequences experienced by people who have been ghosted. In addition, this research also seeks to understand the association between coping strategies used and the intensity of emotional consequences experienced by the ghostee.

Participants

The study utilized a sample of 335 participants (27 men, 304 women, and 4 other) aged 18-30 (M =22.93, SD = .181) who have experienced being ghosted within a year of completing the questionnaire, understand Thai, and have agreed to participate in the study. The majority of the participants identified as heterosexual (64.8%), whilst 35.2% identified as homosexual, bisexual or pansexual.

Instruments

Given that many of the questionnaires were in English, it was required that these questionnaires be translated into Thai. The translation was checked, and edited by the researcher, advisors, and supervisor.

Level of Intimacy Questionnaire

The questionnaire was a nine-item checkbox of level of intimacy developed by the researcher. Participants were asked to identify *one* type of intimacy they had with their ghoster. The levels ranged from the lowest

emotional, and physical intimacy (1 = "Had not met, talked, no commitment") to the highest (9 = "Met, commitment to relationship, have sex").

Negative Emotional Experience Questionnaire

The questionnaire assessed nine-item five-point rating scale consisting of sad, angry, confused, shocked, vengeful, indifferent, scared, guilty, remorseful, and regretful, developed from Perilloux & Buss' (2012) framework by the researcher. Responses were on a 5-point rating scale ranging from 0 (have not experienced the emotions at all) to 4 (have felt this emotion very intensely) for each of the items or not applicable, measuring the degree of which the participant had experienced the emotional experience listed. Participants were prompted with "how did you feel when you realized that you were ghosted?" before answering the question.

The nine items were translated and was checked by five young adults for their understanding of the language. The pilot analysis was done using 100 samples, the items underwent exploratory factor analysis (EFA) with Promax rotation (see *Appendix B*). The negative emotional experiences were differentiated into two categories 1) negative-self emotion (sad, scared, confused, regret, remorse, shock, and guilt; α = .833), and 2) negative-other emotion (anger and vengeance; α = .840).

Experience in Close Relationships Questionnaire (ECR- R 18)

The questionnaire was developed by the researcher using Fraley, Waller & Brennan (2000) and Wongpakaran & Wongpakaran's (2012) frameworks. The used questionnaire was used to assess two dimensions of romantic attachment; anxious and avoidant attachment styles. The questionnaire was an 18-item questionnaire consisting of a five-point rating scale, ranging from 0 (strongly disagree) to 4 (strongly agree). The 18-items were translated and was checked by five young adults for their understanding of the language.

The pilot analysis was done using 100 sample, where the 18 items were retained. Nine items assessed the avoidant subscale, for example, "*I prefer not to show a partner how I feel deep down*". The other nine items assess the anxiety subscale, for example, "*I often worry that my partner will not want to stay with me*". Higher scores were associated with higher levels of anxiety or avoidance. In the current study. the anxiety subscale had an internal reliability of .848, and the avoidance subscale's internal reliability was .864.

Ghosting Coping Strategy Questionnaire (GCSQ)

The questionnaire was developed by the researcher using Zuckerman & Gagne's (2003) coping strategy framework to assess coping strategies used by individuals who have been ghosted. Participants were instructed to indicate the extent to which they used a coping strategy. A five-point rating scale (anchored by 0 = "never use this coping strategy" and 4 = "always use this coping strategy" and) to respond to questions about coping styles.

Initially, the questionnaire had 40 items, however, after underwent a Corrected Item-Total Correlation (CITC) analysis and an internal reliability test. Item inclusion criteria were that the item must have CITC value greater than the critical r (.173, $df = 90$, $p < .05$), and items repetition were removed whilst the construct must have been unaffected. After the statistical analysis was done according to the criteria, 31-items remained in the GCSQ, the questionnaire was used to measure the following five coping responses to stress:

1) Emotional Release (for example, "*I try to get emotional support from friends or relatives*"),

2) Direct Approach ("*I take direct action to get around the problem*"),

3) Acceptance/Accommodation ("*I get used to the idea that I've been ghosted*"),

4) Denial/Blaming Others ("*I pretend that it hasn't really happened*"),

5) Self-blame/Self-focused ("*I relive the problem by dwelling on the experience all the time*").

In the current study, the five coping responses have good internal reliability as measured by Cronbach's alpha using 100 samples, ranging from .645 to .918.

Demographic questions

General information: age, gender, sexuality, type of ghosting experience, frequency of the experience within a year, highest education level, and relationship status.

Procedure

There were a total of 558 participants; however, due to some not meeting the inclusion criteria, only 335 data sets (60%) were used in the analyses. Participants were recruited for a study examining relational qualities. The study was concerned with individuals who have experienced ghosting in a romantic relationship. Participants were required to be 18 – 30 years old and to have been ghosted within one year prior at the time of the study.

A series of questionnaires (i.e., ECR, The Ghosting Coping Strategy Questionnaire, Emotional Experience) were given to the participants via online platforms through convenient and snowballing sampling technique. Given the inclusion criteria as mentioned above, no participants were further excluded from the study.

Chapter 3

Results

To see if the data met the assumptions of normality, linearity, and multicollinearity, tests were conducted and indicated that there were no violations of these assumptions. Data analysis was done using SPSS (version 22.0.0) and PROCESS 3.5 (Hayes, 2018). A series of descriptive analysis, correlational study was conducted to assess the relationship between level of intimacy and negative emotional experiences. Furthermore, multiple regression, and moderation effect were conducted to assess the relationship between level of intimacy and intensity of emotional experience, and the effect of attachment anxiety and avoidance as moderators for level of intimacy and different coping strategies.

Table 1
Sociodemographic Characteristics of Participants (N = 335)

Baseline characteristic	*n*	*%*
Gender		
Female	304	90.7
Male	27	8.1
Other	4	1.2
Total	335	100
Sexuality		
Heterosexual	217	64.8
Homosexual	36	10.7
Bisexual	80	23.9
Pansexual	2	0.6
Total	335	100
Have been a ghoster		
Yes	215	64.2
No	120	35.8
Total	335	100

Table 2 continue

Baseline characteristic	n	%
Level of intimacy		
1) Not met, talked, no commitment	25	7.5
2) Not met, talked, thought about commitment	20	6.0
3) Not met, talked, commit to relationship	4	1.2
4) Met, no commitment, no sex	94	27.8
5) Met, thought about commitment, no sex	74	22.2
6) Met, commit to relationship, no sex	29	8.7
7) Met, no commitment, have sex	22	6.6
8) Met, thought about commitment, have sex	25	7.5
9) Met, commit to relationship, have sex	42	12.6
Total	335	100
Age range 18-30 years old	$M = 22.9$	$SD = 3.3$

Results from Table 1 showed that the majority of participants were female

(90.7%), heterosexual (64.8%), have met though not had sex with their ghoster

(58.7%), single (82.1%; not seeking a partner, 40.6%; seeking a partner,

41.5%), have an undergraduate degree (80.9%), were students (50.1%) or

work full-time (33.4%)

Relationship between level of intimacy and emotional consequence

     A correlational analysis was done to explore the relationship between

level of intimacy and negative emotional experiences (negative-self, and

negative-others emotions). Results from Table 2 indicated that there was a

significantly positive relationship between level of intimacy, negative-self

emotions (r = .215, p <.001), and negative-others emotions (r = .205, p <

.001). From the results, it is indicated that as one gets more intimate with their

ghoster partner, the intensity of sadness, fear, confusion, regret, remorse,

shock, guilt, anger, and vengeance also increases upon finding out that they

have been ghosted. The low correlational level between level of intimacy and

negative emotional experiences could be explained by length of the period in

which the intensity of said emotions had subsided due to the period of to how

long since they had been ghosted (M = 5.51 months).

Table 3
Descriptive Statistics and Correlation for Level of Intimacy and Emotional
Consequence (N = 335)

Measure	M	SD	1	2	3
1. Level of intimacy	5.160	2.253	-		
2. Negative-self emotions	2.144	.938	.215***	-	
3. Negative-others emotions	1.331	1.256	.205***	.387***	-

*Note., *** p < .001*

     Upon further examination, using one-way ANOVA and post-hoc

comparison using the Tukey test (See Appendix D), it was indicated that there

were significant differences (p < .05) between the mean score of levels of

intimacy and negative-self emotions. The "had not met, talked, and no commitment" group (M = 1.543, SD = .750) felt the negative-self emotions at a significantly lower intensity than that of the "met, thought about commitment, no sex" group (M = 2.253, SD = .915), the "met, commit to relationship, no sex" group (M = 2.576, SD = .858), the "met, thought about commitment, sex" group (M = 2.349, SD = 1.060), and the " met, commit to relationship, sex" group (M = 2.398, SD = .837). An assumption could be made that the intensity of negative-self emotions that the first groups and the others differ on having met and perceive/actual commitment as no significant difference could be found between the aforementioned first group, other "not met" groups, and "no commitment" groups.

Furthermore, the mean of intensity of neg-others emotions, and level of had significant differences. The Tukey test revealed that the "met, commit to relationship, sex" group (M = 1.941, SD = .214) felt negative-others emotions at a greater intensity than the "had not met, talked and no commitment" group (M = 1.182, SD = .136), and the "met, thought about commitment, no sex" group (M = 1.941, SD = .214).

Relationship among level of intimacy, romantic attachment and coping strategies

A multiple linear regression and moderator analysis was conducted to test the second hypothesis that level of intimacy would predict emotional release coping strategy with attachment anxiety and attachment avoidance as moderators. The results (See Table 3) suggested a collectively significant effect between the level of intimacy, attachment anxiety and avoidance, and emotional release coping strategy (F= 4.506, $p < .001$, $R2 = .064$). The model

was significant and predicted 6.4% of the variance in emotional release coping strategy. Attachment avoidance made the largest unique contribution to emotional release ($\beta = -.173$, p = .002), followed by attachment anxiety ($\beta = .123$, $p = .028$), and level of intimacy ($\beta = .056$, $p = .021$). However, significant moderation effects on the model were not found for both relationship anxiety ($\beta = -.013$, p = .583) and relationship avoidance ($\beta = -.032$, $p = .183$). This implied that individuals with higher level of intimacy and attachment anxiety are likely to use emotional release coping strategies. Whereas attachment avoidant individuals were less likely to release their emotions as a coping mechanism to sustain their emotional well-being.

Regarding the model for direct approach coping strategy, it was hypothesised that level of intimacy would predict the use of direct approach with attachment anxiety and attachment avoidant as moderators. It was found that the overall model was statistically significant ($F = 2.587$, $p = .026$, $R2 = .038$) where the model could explain 3.8% of the variance in direct approach coping strategy. Upon examining individual predictors, only attachment avoidance ($\beta = -.162$, $p = .005$) was a significant predictor of the model. This suggests that avoidantly attached individuals are more likely to approach the situation with the intention to solve the problem (i.e. find out reason for being ghosted).

Contrary to the previous models, the model of level of intimacy predicting acceptance/accommodation with attachment anxiety and attachment avoidant as moderators was not statistically significant ($F = 1.061$, $p = .382$, $R2 = .016$). However, when individual predictors were examined, it was found

that the level of intimacy (β = -.051, p = .034) was a unique predictor in the model.

Similar to the model of acceptance/accommodation, the collective effect between level of intimacy, relationship anxiety and avoidance, and denial/blaming others was not significant (F = 1.335, p = .249, R2 = .020). However, when examining individual predictors, only relationship avoidance (β = -.122, p = .039) was a significant predictor in the model.

Lastly, there was a collectively significant effect between level of intimacy, relationship anxiety and avoidance, and self-blame/self-focused (F = 5.452, p < .001, R2 = .077). Wherein the level of intimacy was used to predict the use of self-blame/self-focused with attachment anxiety and attachment avoidant as moderators. The model was significant and predicted 7.7% of the variance in self-blame/self-focused coping strategy. Attachment anxiety was the largest unique contributor to the use of self-blame/self-focused (β = .230, p < .001), followed by attachment avoidance (β = -.114, p = .036), and levels of intimacy (β = .063, p = .008). Overall, there were no statistically significant interaction effects between level of intimacy and relationship anxiety, and intimacy and relationship avoidance across all models. The results suggested that individuals with higher level of intimacy and attachment anxiety are likely to use self-blame/self-focused as a coping strategy when ghosted. However, attachment avoidant individuals were less likely to blame themselves as a reason for being ghosted.

Table 3

Moderator Analysis: Intimacy level, attachment anxiety and avoidance, and types of coping strategy

Effect	B	*SE*	β	95% CI		*p*
				LL	*UL*	
Emotional Release						
Intercept	2.301	.058	-.016	2.186	2.416	< .001
Intimacy	.060	.026	.056	.009	.112	.021
Anxiety	.147	.067	.123	.016	.279	.028
Avoidance	-.229	.074	-.173	-.375	-.083	.002
Intimacy x Anxiety	-.015	.028	-.013	-.071	.040	.583
Intimacy x Avoidance	-.043	.032	-.032	-.106	.020	.183
Direct Approach						
Intercept	2.748	.052	-.011	2.645	2.851	< .001
Intimacy	.022	.023	.023	-.024	.067	.3573
Anxiety	.077	.060	.071	-.041	.195	.1993
Avoidance	-.188	.067	-.162	-.318	-.057	.0051
Intimacy x Anxiety	-.031	.025	-.028	-.080	.019	.2233
Intimacy x Avoidance	-.022	.029	-.018	-.079	.035	.4472
Acceptance/Accommodation						
Intercept	3.031	.048	-.008	2.937	3.125	< .001
Intimacy	-.045	.021	-.051	-.087	-.004	.034
Anxiety	.014	.055	.004	-.094	.122	.800
Avoidance	-.019	.061	-.026	-.139	.100	.974
Intimacy x Anxiety	.001	.023	.004	-.044	.046	.752
Intimacy x Avoidance	-.024	.026	-.021	-.076	.028	.360
Denial/Blaming Others						
Intercept	1.087	.048	-.004	.992	1.182	< .001
Intimacy	.010	.022	.012	-.032	.053	.635
Anxiety	.095	.055	.094	-.014	.204	.086
Avoidance	-.127	.061	-.122	-.248	-.007	.039
Intimacy x Anxiety	-.004	.023	-.003	-.049	.042	.874
Intimacy x Avoidance	-.006	.027	-.005	-.058	.047	.828

Note. Total N = 335. CI = confidence interval; LL = lower limit; UL = upper limit.

Table 3 continue

Effect	B	*SE*	β	95% CI		*p*
				LL	*UL*	
Self-Blame/Self-Focused						
Intercept	1.630	.062	-.005	1.507	1.7531	< .001
Intimacy	.074	.028	.063	.019	.129	.008
Anxiety	.291	.072	.230	.150	.431	< .001
Avoidance	-.167	.079	-.114	-.323	-.011	.036
Intimacy x Anxiety	-.027	.030	-.022	-.086	.032	.374
Intimacy x Avoidance	-.007	.034	-.005	-.074	.061	.846

Note. Total N = 335. CI = confidence interval; LL = lower limit; UL = upper limit.

จุฬาลงกรณ์มหาวิทยาลัย

CHULALONGKORN UNIVERSITY

Chapter 4
Discussion

Hypothesis 1: Level of intimacy positively correlated to intensity of negative emotions.

The results of this study contributed additional information on the relationship between the level of intimacy and negative emotional experiences in relation to ghosting experiences in Thai young adults. The results as observed suggested that H1 was supported. As hypothesized, the level of intimacy positively correlated to both negative-self emotions, and negative-others emotions, suggesting that as one gets more intimate with their ghoster, the feeling of negative emotions will also intensify upon the relationship dissolution.

However, the variables correlated at low levels. This may be due to the retrospective nature of the study, which may have caused the intensity of the emotions to be less intense. Nevertheless, the results observed were consistent with the previous findings of Sprecher and colleagues (1998), wherein participants reported to have a greater score on the Distressed Index, which contained negative emotions such as depression, guilt, anger, hate, frustration, resentment, loneliness, and jealousy. This greater score was observed when the participants perceived to have greater commitment in the relationship before the relationship dissolution.

The reason for these findings could be that, as the majority of participants were reported to be women, they had more to lose in terms of both emotional, and physical aspect in the relationship (Perilloux & Buss, 2008). Hence why those with more intimate relationship with their ghoster, tend to have felt negative emotional

experiences more than their less intimate counterpart. It could also be that due to

(un)spoken agreement of certain commitments whether it be at emotional or sexual

level, the sense of lost the ghostee may have felt upon ghosting is because they feel

betrayed. With certain intimacy level such as sexual relations come with the

expectation of longevity of the relationship, due to this ghostee reported with more

intimate relationship with the ghoster reported more intense negative emotional

experiences. Coupled with when the reasons for the disappearance were not

conveyed, the intensity of negative emotional experiences for the ghostee may have

been more intense too. However, despite such negative emotional experiences,

research also suggest that individuals take approximately two months to successfully

adjust to romantic relationship dissolution (Sheppard, 2009 cited in Sheppard, 2012).

Hypothesis 2: **Attachment anxiety and avoidance as moderators for the**
interaction between level of intimacy and coping strategies

The results partially supported H2. Level of intimacy, attachment anxiety, and

attachment avoidance were significant predictors of use of the emotional release

coping strategy. In other words, participants who reported greater level of intimacy

and attachment anxiety also reported greater use of emotional release upon being

ghosted. The opposite is true for individuals who reported greater levels of attachment

avoidance. However, neither of the romantic attachment dimensions moderate the

relationship between levels of intimacy and emotional release. This finding indicates

that the relationship between level of intimacy has a positive effect on sustaining

one's emotional well-being upon being ghosted, regardless of the romantic attachment

the participant had towards their ghoster.

Regarding the use of direct approach as a coping strategy, it was found that individuals who are anxiously attached to their partners are more likely to utilize this strategy upon the realization of their situation. Furthermore, level of intimacy, attachment anxiety, and attachment avoidance were significant predictors of self-blame/self-focused . Suggesting that, similar to emotional release, participants who reported a greater level of intimacy and attachment anxiety also reported greater use of emotional release upon being ghosted. The opposite is true for individuals who reported greater levels of attachment avoidance. Neither attachment anxiety nor attachment avoidance moderate the use of self-blame/self-focused for ghostees. This suggests that level of intimacy has a positive effect on punishing oneself with repetitive thoughts centered on self-blaming, regardless of the romantic attachment that the participant had with their ghoster.

The findings imply that anxiously attached individuals may have chosen strategies which facilitate emotional outbursts and self-focused experiences (such as, emotional release and self-blame/self-focused) rather than going through routes that require accepting the situation and shifting the blame to other people. The findings of the study regarding attachment anxious individuals utilizing emotion-focused coping strategies were consistent with that of Holmberg and colleagues (2011). Holmberg and colleagues (2009) had previously explained that this could be because anxiously attached individuals may have chosen to display their distress/emotions for the purpose of gaining support from their friends/family rather than directly asking for said support in fear of rejection. Thus, amplifying the intensity of their expressed distress.

Moreover, avoidantly attached individuals reported less social support seeking from others, thus resulting in the negative prediction in the utilization of emotion-focused coping strategies. An explanation for this is that attachment avoidant individuals may have the tendency to reduce their expressed distress due to the down regulation of their distress (Mikulincer & Shaver, 2003; Holmberg et al., 2011; Ponizovsky & Drannikov, 2013).

Contrary to the second hypothesis, romantic attachment does not moderate the relationship between level of intimacy and the utilization of different coping strategies. This finding indicates that the relationship between level of intimacy has a positive effect on emotional release and self-blame/self-focused upon being ghosted regardless of the romantic attachment that the participant had with their ghoster. Unlike the threats presented in Holmberg et al. (2011), being ghosted with intimate relationship with the ghoster may have not been a severe enough for the ghostee to activate their attachment system in relation to the utilization of coping strategies.

Strengths

As ghosting is still a new research field both nationally and internationally, the researcher hopes that this study will help contribute to the research in regard to attachment styles, emotional experience, and coping strategies used for those with experience being ghosted. Improving on Holmberg et al. (2011), where the findings were significant with only "purer" categories of the four-type attachment style (anxious and avoidant attachment styles), this study utilized two dimension of romantic attachment to analyze the moderating role instead.

Limitations

Due to the lack of interaction effect between level of intimacy and attachment dimensions, more research must be done to explore how the use of coping strategies relate to different types of ghosting experiences (i.e. the period of which they were ghosted), and to understand the factors that could moderate the use of these coping strategies in order to help facilitate the use of more adaptive coping strategies for individuals. Furthermore, as the method was retrospective and self-reporting in nature, this might have affected both the intensity of negative emotional experiences and the reported use of coping strategies. Individuals are more susceptible to forgetfulness, which may impact the intensity of negative emotional experiences. Moreover, individuals have also chosen to report their desired coping strategy rather than the strategy that may have been implemented at the time.

Future research

Future research should measure the intensity of emotional consequence before and after the different coping strategies were utilized. This should occur in a laboratory and/or with detailed diary data. Additionally, improvements with the methodology could be improved by revising the questionnaire items by statistical means, and thus reducing the time in which the participants would spend on the questionnaire.

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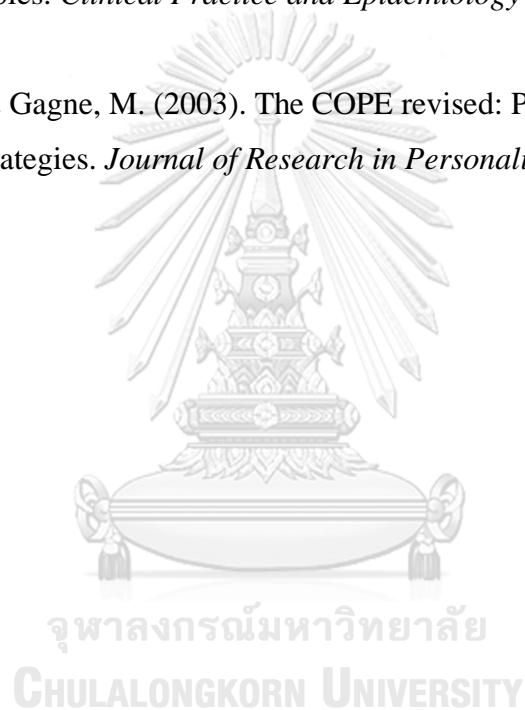
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Appendix A

Instruction and Full questionnaire set

แบบสอบถามนี้เป็นส่วนหนึ่งของงานวิจัยเรื่องการสำรวจประสบการณ์การถูกทิ้งโดยไม่ได้รับคำอธิบาย (การถูกเท) จากคนที่มีความสัมพันธ์แบบคู่รัก ของคนไทย ที่อาศัยอยู่ในประเทศไทย อายุ 18 - 30 ปี โดยการสำรวจนี้มี จุดประสงค์เพื่อพัฒนาแบบสอบถาม

ในแบบสอบถาม มีทั้งสิ้น 63 ข้อ ใช้เวลาประมาณ 30 นาทีในการทำ

ส่วนที่ 1: ข้อมูลด้านความสัมพันธ์

ส่วนที่ 2: การรับมือกับการถูกทิ้ง

ส่วนที่ 3: ข้อมูลส่วนบุคคล

การตอบแบบสอบถามครั้งนี้จะเป็นไปด้วยความสมัครใจของท่าน ท่านสามารถหยุดทำแบบสอบถาม ได้หากท่านไม่ ต้องการตอบคำถามในแบบสอบถามข้อมูลที่ท่านตอบจะไม่มีการระบุตัวตนและเป็นความลับ โดยการรายงานผลจะ รายงานผลเป็นภาพรวม และผู้วิจัยจะนำคำตอบของท่านไปใช้ในเชิงวิชาการเท่านั้น

หากท่านมีประเด็นสงสัยหรือต้องการสอบถามเพิ่มเติมสามารถติดต่อได้ที่ piyapond.pra@gmail.com

ส่วนที่ 1: ประสบการณ์ความรัก (Fraley, Waller & Brennen, 2000; Wongpakaran & Wongpakaran, 2012)

ไม่เห็นด้วยอย่างยิ่ง	ไม่เห็นด้วยบ้าง	ไม่เห็นด้วยและ เห็นด้วยพอ ๆ กัน	เห็นด้วยบ้าง	เห็นด้วยอย่างยิ่ง
0	1	2	3	4

ความสัมพันธ์ระหว่างคุณกับคนรักเป็นเช่นใด ในช่วง 1 ปีที่ผ่านมา
ขอให้คุณนึกถึงความสัมพันธ์กับคนรัก (หากกำลังมี / เคยมีคนรัก) หรือจินตนาการ (ไม่เคยมีคนรัก) ว่า หากมีคนรัก

	Anxiety
1	ฉันคิดอยู่เสมอ ว่าเขาไม่อยากอยู่กับฉัน
2	เวลาที่ฉันแสดงความรักต่อเขา ฉันกังวลว่าเขาจะไม่รู้สึกแบบเดียวกับฉัน
3	ฉันกลัวว่าเขาจะไม่รักฉัน มากเท่าที่ฉันรักเขา
...	....

	Avoidance
10	ฉันมักจะคุยกับเขาเสมอ เวลาที่ฉันมีปัญหาหรือรู้สึกไม่สบายใจ
11	ฉันบอกเขาทุกเรื่อง
12	ฉันรู้สึกสบายใจที่จะเล่าเรื่องส่วนตัวให้เขาฟัง
...	....

> **"เท"** หมายถึง การที่บุคคลมีความสัมพันธ์แบบโรแมนติกกับคนอื่นสักระยะหนึ่ง (เช่น คุยกัน จีบกัน เป็นแฟน
> กัน) แล้วความสัมพันธ์นั้นก็ถูกตัดหายไป <u>โดยไม่มีการบอกเลิก ไม่มีคำอธิบาย หายตัวไปเลย ติดต่อไม่ได้</u>

1 ใน 1 ปีที่ผ่านมา คุณเคย หรือไม่ "เทคนอื่น" ☐ ไม่เคย   ☐ เคย โปรดระบุจำนวน) ครั้ง ....)

   เพราะสาเหตุใด คุณถึงเลือกที่จะ "เทคนอื่น" ....

   ....

   ....

2 ใน 1 ปีที่ผ่านมา คุณเคย "โดนคนอื่นเท" หรือไม่   ☐ ไม่เคย ☐ เคย โปรดระบุจำนวน)ครั้ง..................)

3 คุณพยายามหาเหตุผลในการที่คุณ "โดนคนอื่นเท" หรือไม่   ☐ ไม่หาเหตุผล   ☐ หาเหตุผล

   เหตุผลที่ได้มานั้น คือ ....

   ....

   ....

4 หลังจากการ คุณรู้สึกเช่นไร ในระดับไหน "โดนคนอื่นเท"	ไม่รู้สึกแบบนี้เลย	รู้สึกน้อยมาก	รู้สึกปานกลาง	รู้สึกมาก	รู้สึกมากที่สุด
	0	1	2	3	4
เสียใจ/โศกเศร้า					
กลัว					
งง/สับสน					
เสียดาย					
สูญเสีย					
ช็อก					
โกรธ					
แค้น					
รู้สึกผิด					

กรุณาอธิบาย (เพิ่มเติม) ....

....

....

<u>ส่วนที่ 2: การรับมือกับการถูกทิ้ง</u>

โปรดนึกถึงประสบการณ์การ "โดนคนอื่นเท" ครั้งล่าสุดของคุณ

1　คุณ "โดนเท" ครั้งล่าสุดเมื่อไหร่　　　　　............ปี .... เดือน

2　ระยะเวลาของความสัมพันธ์ในช่วงนั้น　　　............ปี .... เดือน

3　ในช่วงที่ติดต่อกัน คุณเคยได้พบได้เจอตัวจริงของเขาไหม
　　☐ ไม่เคยพบกัน แต่คุยกันผ่านช่องทาง ....
　　☐ เคยพบกัน .... ครั้ง (โปรดระบุจำนวน)

4　ความสัมพันธ์ของคุณกับเขา อยู่ในระดับใด
　　☐ ไม่เคยพบกัน เพียงแค่คุยถูกคอกัน แต่ยังไม่คิดจะเป็นแฟนกัน
　　☐ ไม่เคยพบกัน คุยถูกคอกัน และคิดจะเป็นแฟนกัน
　　☐ ไม่เคยพบกัน คุยถูกคอกัน และตกลงเป็นแฟนกัน
　　☐ เคยพบกัน แต่ยังไม่คิดจะเป็นแฟนกัน และยังไม่มีความสัมพันธ์ทางเพศ
　　☐ เคยพบกัน และคิดจะเป็นแฟนกัน และยังไม่มีความสัมพันธ์ทางเพศ
　　☐ เคยพบกัน ตงลงเป็นแฟนกัน แต่ยังไม่มีความสัมพันธ์ทางเพศ
　　☐ เคยพบกัน แต่ยังไม่คิดจะเป็นแฟนกัน และมีความสัมพันธ์ทางเพศ
　　☐ เคยพบกัน คิดจะเป็นแฟนกัน และมีความสัมพันธ์ทางเพศ
　　☐ เคยพบกัน ตกลงเป็นแฟนกัน และมีความสัมพันธ์ทางเพศ
　　☐ อื่น ๆ (กรุณาอธิบาย) ....

ไม่ใช้ วิธีนี้เลย	ใช้วิธีนี้ บ้าง	ใช้วิธีนี้ ปานกลาง	ใช้วิธีนี้ บ้าง	ใช้วิธีนี้ มากที่สุด
0	1	2	3	4

5　หลังจากการ "โดนคนอื่นเท" คุณใช้วิธีเหล่านี้เพื่อจัดการความรู้สึกตนเองบ้าง หรือไม่
Emotional Release
1　ฉันแสดงอารมณ์ออกมาทันที เมื่อรู้ตัวว่าโดนเท
2　ฉันพยายามปลดปล่อยความรู้สึกออกมา ไม่เก็บมันไว้
3　ฉันไม่เก็บอารมณ์ไว้ แต่ปล่อยให้ตัวเองแสดงความรู้สึกอย่างเต็มที่
...　........
Direct Approach
7　ฉันตั้งใจที่จะจัดการกับความรู้สึกของตัวเองให้ได้
8　ฉันลองหาวิธีใหม่ ๆ เพื่อจัดการกับปัญหา
9　ฉันมุ่งจัดการกับปัญหาที่ต้นเหตุ
...　........

	Acceptance/Accommodation
14	ฉันพยายามที่จะรู้สึกดีกับชีวิต ไม่ว่าจะเกิดอะไรขึ้น
15	ฉันพยายามที่จะมองทุกอย่างในแง่ดี แม้ว่าฉันจะโดนเท
16	ฉันทำใจได้ว่าโดนเท
...	....
	Denial/Other-blame
20	ฉันบอกตัวเองว่า "ไม่จริง ฉันไม่ได้โดนเท"
21	ฉันไม่ยอมรับว่าฉันโดนเท
22	ฉันทำเหมือนว่าเหตุการณ์นี้ ไม่เคยเกิดขึ้น
...	....
	Self-blame/Self focused
25	ฉันคิดว่า การที่ฉันโดนเท เป็นความผิดของฉันเอง
26	ฉันคิดว่า ปัญหาที่เกิดขึ้น เพราะฉันเป็นต้นเหตุ
27	ฉันตำหนิตัวเองว่า เป็นเพราะฉัน เขาถึงเทฉันไป
...	....

<u>ส่วนที่ 3: ข้อมูลส่วนบุคคล</u>

1 เพศ   □ ชาย   □ หญิง

2 รสนิยมทางเพศ   □ ชอบเพศตรงข้าม   □ ชอบเพศเดียวกัน   □ ชอบทั้ง 2 เพศ
(Bisexual)

3 อายุ   ปี ....

4 ระดับการศึกษาสูงสุด
□ ประถม   □ มัธยม   □ ปวช./ปวส./อนุปริญญา (Diploma)
□ ปริญญาตรี   □ ปริญญาโท   □ ปริญญาเอก

5 สถานะภาพความสัมพันธ์ปัจจุบัน
□ โสด (ยังไม่อยากมีคู่)   □ โสด (กำลังมองหาคู่)   □ มีคู่รัก
□ แต่งงาน
□ แยกกันอยู่   □ หย่า   □ หม่าย

6 สถานะการทำงาน
□ นักเรียน นักศึกษา   □ ว่างงาน   □ ว่างงาน (กำลังหางาน)
□ ทำงานเต็มเวลา (full-time)   □ ทำงาน part-time   □ ทำงานอิสระ(freelance)

Appendix B.

Factor loading of Emotional Experience

Table 5
Factor Loading for Emotional Experience (N =100)

	Factor		
	1	2	3
	NSE	NOE	POE
Scared	**.817**		
Remorse	**.777**		
Guilt	**.688**		
Sad	**.645**		
Shock	**.575**		
Confused	**.488**		
Regret	**.431**		
Vengeance		**.908**	
Anger		**.871**	
Happy			**.851**
Relieved			**.776**
Indifferent	-.350		**.351**

The factors were extracted using Principal Axis Factoring with Promax rotation, and
the suppression of any factor loading lower than .30.

Appendix C

Corrected Item-Total Correlation of Ghosting Strategy Questionnaire

Table 6

Correct Item-Total Correlation of Ghosting Coping Strategy Questionnaire (N = 100)

	Item (Translated)	Corrected Item-Total Correlation
ER1	ฉันแสดงอารมณ์ออกมาทันที เมื่อรู้ตัวว่าโดนเท	.572
ER2	ฉันพยายามปลดปล่อยความรู้สึกออกมา ไม่เก็บมันไว้	.707
ER3	ฉันไม่เก็บอารมณ์ไว้ แต่ปล่อยให้ตัวเองแสดงความรู้สึกอย่างเต็มที่	.711
ER4	....	.648
ER5	....	.692
ER6	....	.494
DA1	ฉันตั้งใจที่จะจัดการกับความรู้สึกของตัวเองให้ได้	.237
DA2	ฉันลองหาวิธีใหม่ ๆ เพื่อจัดการกับปัญหา	.613
DA3	ฉันมุ่งจัดการกับปัญหาที่ต้นเหตุ	.806
DA4	....	.716
DA5	....	.762
DA6	....	.637
DA7	....	.793
AC1	ฉันพยายามที่จะรู้สึกดีกับชีวิต ไม่ว่าจะเกิดอะไรขึ้น	.488
AC2	ฉันพยายามที่จะมองทุกอย่างในแง่ดี แม้ว่าฉันจะโดนเท	.509
AC3	ฉันทำใจได้ว่าโดนเท	.521
AC4	....	.573
AC5	....	.580
AC6	....	.494
DB1	ฉันบอกตัวเองว่า "ไม่จริง ฉันไม่ได้โดนเท"	.518
DB2	ฉันไม่ยอมรับว่าฉันโดนเท	.520
DB3	ฉันทำเหมือนว่าเหตุการณ์นี้ ไม่เคยเกิดขึ้น	.258
DB4	....	.417
DB5	....	.332
SS1	ฉันคิดว่า การที่ฉันโดนเท เป็นความผิดของฉันเอง	.743
SS2	ฉันคิดว่า ปัญหาที่เกิดขึ้น เพราะฉันเป็นต้นเหตุ	.786
SS3	ฉันตำหนิตัวเองว่า เป็นเพราะฉัน เขาถึงเทฉันไป	.838
SS4	....	.813
SS5	....	.662
SS6	....	.660
SS7	....	.725

Note. ER = Emotional Release, DA = Direct Approach, AA = Acceptance/Accommodation, DB = Denial/Blaming Others, SS = Self-Blame/Self-Focused.

Item inclusion criteria were CITC < critical r (.173, $df = 90$, $p < .05$) and items repetition were removed whilst the construct must have been unaffected. The overall reliability of the 31-items questionnaire was .809. The internal consistency was also high, with the Cronbach's alpha coefficients of each dimension ranging from .645 to .918. Details as follows:

1) *Emotional Release:* sustain emotional well-being, consisted of 6 items, $\alpha = .849$

2) *Direct Approach:* approach stress using problem-solving strategies, consisted of 7 items, $\alpha = .861$

3) *Acceptance/Accommodation:* accommodate stress through acceptance and reframing negative outcomes, consisted of 6 items, $\alpha = .776$

4) *Denial/Blaming Others:* avoid stress through denial and blaming others, consisted of 5 items, $\alpha = .645$

5) *Self-blame/Self-focused:* self-punish through self-focused and self-blame rumination, consisted of 7 items, $\alpha = .918$

Appendix D

ANOVA and Post-hoc

Table 7

One-Way Analysis of Variance (ANOVA) of negative emotional experiences by level

of intimacy

Source		Sum of Squares	df	Mean Square	F	Sig.
Negative-self Emotions	Between Groups	22.897	8	2.862	3.442	.001
	Within Groups	271.040	326	.831		
	Total	293.937	334			
Negative-others emotions	Between Groups	28.717	8	3.590	2.347	.018
	Within Groups	498.504	326	1.529		
	Total	527.221	334			

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Table 8

Tukey Post-hoc Analysis of negative emotional experiences and the level of intimacy

	Comparison					95% CI	
Variable	Condition	Condition	Mean Difference	SE	p_{tukey}	LL	UL
Negative-self Emotion	not met, talked, no commitment	not met, talked, thought about commitment	-.31431	.27355	.966	-1.1685	.5399
		not met, talked, commit to relationship	-.63570	.49103	.932	-2.1691	.8977
		met, no commitment, no sex	-.47387	.20519	.339	-1.1146	.1669
		met, thought about commitment, no sex	-.71005*	.21093	.024	-1.3687	-.0514
		met, commit to relationship, no sex	-1.03350*	.24885	.001	-1.8106	-.2564
		met, no commitment, sex	-.43117	.26655	.795	-1.2635	.4012
		met, thought about commitment, sex	-.80572*	.25790	.050	-1.6111	-.0003
		met, commit to relationship, sex	-.85512*	.23033	.007	-1.5744	-.1358

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p$_{tukey}$	95% CI	
	Condition	Condition				LL	UL
Negative-self Emotion	not met, talked, thought about commitment	not met, talked, no commitment	.31431	.27355	.966	-.5399	1.1685
		not met, talked, commit to relationship	-.32140	.49942	.999	-1.8810	1.2382
		met, no commitment, no sex	-.15956	.22453	.999	-.8607	.5416
		met, thought about commitment, no sex	-.39574	.22980	.733	-1.1133	.3219
		met, commit to relationship, no sex	-.71920	.26503	.147	-1.5468	.1084
		met, no commitment, sex	-.11687	.28171	1.000	-.9966	.7629
		met, thought about commitment, sex	-.49141	.27355	.685	-1.3456	.3628
		met, commit to relationship, sex	-.54081	.24772	.419	-1.3144	.2328

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_tukey	95% CI	
	Condition	Condition				LL	UL
Negative-self Emotion	not met, talked, commit to relationship	not met, talked, no commitment	.63570	.49103	.932	-.8977	2.1691
		not met, talked, thought about commitment	.32140	.49942	.999	-1.2382	1.8810
		met, no commitment, no sex	.16183	.46551	1.000	-1.2918	1.6155
		met, thought about commitment, no sex	-.07434	.46807	1.000	-1.5360	1.3873
		met, commit to relationship, no sex	-.39780	.48634	.996	-1.9165	1.1209
		met, no commitment, sex	.20453	.49563	1.000	-1.3432	1.7523
		met, thought about commitment, sex	-.17001	.49103	1.000	-1.7034	1.3634
		met, commit to relationship, sex	-.21941	.47713	1.000	-1.7094	1.2705

Table 8 Continue

| Variable | Comparison | | Mean Difference | SE | p_tukey | 95% CI | |
	Condition	Condition				LL	UL
Negative-self Emotion	met, no commitment, no sex	not met, talked, no commitment	.47387	.20519	.339	-.1669	1.1146
		not met, talked, thought about commitment	.15956	.22453	.999	-.5416	.8607
		not met, talked, commit to relationship	-.16183	.46551	1.000	-1.6155	1.2918
		met, thought about commitment, no sex	-.23618	.14170	.766	-.6787	.2063
		met, commit to relationship, no sex	-.55964	.19369	.095	-1.1645	.0452
		met, no commitment, sex	.04269	.21595	1.000	-.6317	.7171
		met, thought about commitment, sex	-.33185	.20519	.795	-.9726	.3089
		met, commit to relationship, sex	-.38125	.16923	.374	-.9097	.1472

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-self Emotion	met, thought about commitment, no sex	not met, talked, no commitment	.71005*	.21093	.024	.0514	1.3687
		not met, talked, thought about commitment	.39574	.22980	.733	-.3219	1.1133
		not met, talked, commit to relationship	.07434	.46807	1.000	-1.3873	1.5360
		met, no commitment, no sex	.23618	.14170	.766	-.2063	.6787
		met, commit to relationship, no sex	-.32346	.19976	.794	-.9473	.3004
		met, no commitment, sex	.27887	.22142	.942	-.4126	.9703
		met, thought about commitment, sex	-.09567	.21093	1.000	-.7544	.5630
		met, commit to relationship, sex	-.14507	.17616	.996	-.6952	.4050

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-self Emotion	met, commit to relationship, no sex	not met, talked, no commitment	1.03350*	.24885	.001	.2564	1.8106
		not met, talked, thought about commitment	.71920	.26503	.147	-.1084	1.5468
		not met, talked, commit to relationship	.39780	.48634	.996	-1.1209	1.9165
		met, no commitment, no sex	.55964	.19369	.095	-.0452	1.1645
		met, thought about commitment, no sex	.32346	.19976	.794	-.3004	.9473
		met, no commitment, sex	.60233	.25780	.323	-.2027	1.4074
		met, thought about commitment, sex	.22779	.24885	.992	-.5493	1.0049
		met, commit to relationship, sex	.17839	.22015	.997	-.5091	.8659

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-self Emotion	met, no commitment, sex	not met, talked, no commitment	.43117	.26655	.795	-.4012	1.2635
		not met, talked, thought about commitment	.11687	.28171	1.000	-.7629	.9966
		not met, talked, commit to relationship	-.20453	.49563	1.000	-1.7523	1.3432
		met, no commitment, no sex	-.04269	.21595	1.000	-.7171	.6317
		met, thought about commitment, no sex	-.27887	.22142	.942	-.9703	.4126
		met, commit to relationship, no sex	-.60233	.25780	.323	-1.4074	.2027
		met, thought about commitment, sex	-.37454	.26655	.895	-1.2069	.4578
		met, commit to relationship, sex	-.42394	.23997	.704	-1.1733	.3254

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-self Emotion	met, thought about commitment, sex	not met, talked, no commitment	.80572*	.25790	.050	.0003	1.6111
		not met, talked, thought about commitment	.49141	.27355	.685	-.3628	1.3456
		not met, talked, commit to relationship	.17001	.49103	1.000	-1.3634	1.7034
		met, no commitment, no sex	.33185	.20519	.795	-.3089	.9726
		met, thought about commitment, no sex	.09567	.21093	1.000	-.5630	.7544
		met, commit to relationship, no sex	-.22779	.24885	.992	-1.0049	.5493
		met, no commitment, sex	.37454	.26655	.895	-.4578	1.2069
		met, commit to relationship, sex	-.04940	.23033	1.000	-.7687	.6699

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
	met, commit to relationship, sex	not met, talked, no commitment	.85512[*]	.23033	.007	.1358	1.5744
		not met, talked, thought about commitment	.54081	.24772	.419	-.2328	1.3144
		not met, talked, commit to relationship	.21941	.47713	1.000	-1.2705	1.7094
		met, no commitment, no sex	.38125	.16923	.374	-.1472	.9097
		met, thought about commitment, no sex	.14507	.17616	.996	-.4050	.6952
		met, commit to relationship, no sex	-.17839	.22015	.997	-.8659	.5091
		met, no commitment, sex	.42394	.23997	.704	-.3254	1.1733
		met, thought about commitment, sex	.04940	.23033	1.000	-.6699	.7687

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-others emotions	not met, talked, no commitment	not met, talked, thought about commitment	-.14000	.37098	1.000	-1.2985	1.0185
		not met, talked, commit to relationship	.71000	.66592	.979	-1.3695	2.7895
		met, no commitment, no sex	-.29532	.27827	.979	-1.1643	.5737
		met, thought about commitment, no sex	-.22243	.28606	.997	-1.1157	.6709
		met, commit to relationship, no sex	-.45379	.33748	.917	-1.5077	.6001
		met, no commitment, sex	-.51727	.36149	.885	-1.6461	.6116
		met, thought about commitment, sex	-.58000	.34976	.771	-1.6722	.5122
		met, commit to relationship, sex	-.98048[*]	.31237	.048	-1.9559	-.0050

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-others emotions	not met, talked, thought about commitment	not met, talked, no commitment	.14000	.37098	1.000	-1.0185	1.2985
		not met, talked, commit to relationship	.85000	.67731	.943	-1.2651	2.9651
		met, no commitment, no sex	-.15532	.30451	1.000	-1.1062	.7956
		met, thought about commitment, no sex	-.08243	.31164	1.000	-1.0556	.8908
		met, commit to relationship, no sex	-.31379	.35943	.994	-1.4362	.8086
		met, no commitment, sex	-.37727	.38205	.987	-1.5703	.8158
		met, thought about commitment, sex	-.44000	.37098	.959	-1.5985	.7185
		met, commit to relationship, sex	-.84048	.33596	.235	-1.8896	.2086

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-others emotions	not met, talked, commit to relationship	not met, talked, no commitment	-.71000	.66592	.979	-2.7895	1.3695
		not met, talked, thought about commitment	-.85000	.67731	.943	-2.9651	1.2651
		met, no commitment, no sex	-1.00532	.63131	.809	-2.9768	.9661
		met, thought about commitment, no sex	-.93243	.63479	.869	-2.9147	1.0499
		met, commit to relationship, no sex	-1.16379	.65956	.706	-3.2234	.8959
		met, no commitment, sex	-1.22727	.67216	.665	-3.3263	.8717
		met, thought about commitment, sex	-1.29000	.66592	.588	-3.3695	.7895
		met, commit to relationship, sex	-1.69048	.64707	.185	-3.7111	.3302

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-others emotions	met, no commitment, no sex	not met, talked, no commitment	.29532	.27827	.979	-.5737	1.1643
		not met, talked, thought about commitment	.15532	.30451	1.000	-.7956	1.1062
		not met, talked, commit to relationship	1.00532	.63131	.809	-.9661	2.9768
		met, thought about commitment, no sex	.07289	.19218	1.000	-.5272	.6730
		met, commit to relationship, no sex	-.15847	.26267	1.000	-.9787	.6618
		met, no commitment, sex	-.22195	.29287	.998	-1.1365	.6926
		met, thought about commitment, sex	-.28468	.27827	.983	-1.1537	.5843
		met, commit to relationship, sex	-.68516	.22951	.074	-1.4019	.0316

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-others emotions	met, thought about commitment, no sex	not met, talked, no commitment	.22243	.28606	.997	-.6709	1.1157
		not met, talked, thought about commitment	.08243	.31164	1.000	-.8908	1.0556
		not met, talked, commit to relationship	.93243	.63479	.869	-1.0499	2.9147
		met, no commitment, no sex	-.07289	.19218	1.000	-.6730	.5272
		met, commit to relationship, no sex	-.23136	.27091	.995	-1.0774	.6146
		met, no commitment, sex	-.29484	.30029	.987	-1.2326	.6429
		met, thought about commitment, sex	-.35757	.28606	.945	-1.2509	.5357
		met, commit to relationship, sex	-.75804*	.23890	.043	-1.5041	-.0120

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p$_{tukey}$	95% CI	
	Condition	Condition				LL	UL
Negative-others emotions	met, commit to relationship, no sex	not met, talked, no commitment	.45379	.33748	.917	-.6001	1.5077
		not met, talked, thought about commitment	.31379	.35943	.994	-.8086	1.4362
		not met, talked, commit to relationship	1.16379	.65956	.706	-.8959	3.2234
		met, no commitment, no sex	.15847	.26267	1.000	-.6618	.9787
		met, thought about commitment, no sex	.23136	.27091	.995	-.6146	1.0774
		met, no commitment, sex	-.06348	.34962	1.000	-1.1553	1.0283
		met, thought about commitment, sex	-.12621	.33748	1.000	-1.1801	.9277
		met, commit to relationship, sex	-.52668	.29856	.706	-1.4590	.4056

Table 8 Continue

| Variable | Comparison | | Mean Difference | SE | p_{tukey} | 95% CI | |
	Condition	Condition				LL	UL
Negative-others emotions	met, no commitment, sex	not met, talked, no commitment	.51727	.36149	.885	-.6116	1.6461
		not met, talked, thought about commitment	.37727	.38205	.987	-.8158	1.5703
		not met, talked, commit to relationship	1.22727	.67216	.665	-.8717	3.3263
		met, no commitment, no sex	.22195	.29287	.998	-.6926	1.1365
		met, thought about commitment, no sex	.29484	.30029	.987	-.6429	1.2326
		met, commit to relationship, no sex	.06348	.34962	1.000	-1.0283	1.1553
		met, thought about commitment, sex	-.06273	.36149	1.000	-1.1916	1.0661
		met, commit to relationship, sex	-.46320	.32545	.888	-1.4795	.5531

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_{tukey}	95% CI	
	Condition	Condition				LL	UL
Negative-others emotions	met, thought about commitment, sex	not met, talked, no commitment	.58000	.34976	.771	-.5122	1.6722
		not met, talked, thought about commitment	.44000	.37098	.959	-.7185	1.5985
		not met, talked, commit to relationship	1.29000	.66592	.588	-.7895	3.3695
		met, no commitment, no sex	.28468	.27827	.983	-.5843	1.1537
		met, thought about commitment, no sex	.35757	.28606	.945	-.5357	1.2509
		met, commit to relationship, no sex	.12621	.33748	1.000	-.9277	1.1801
		met, no commitment, sex	.06273	.36149	1.000	-1.0661	1.1916
		met, commit to relationship, sex	-.40048	.31237	.936	-1.3759	.5750

Table 8 Continue

Variable	Comparison		Mean Difference	SE	p_tukey	95% CI	
	Condition	Condition				LL	UL
Negative-others emotions	met, commit to relationship, sex	not met, talked, no commitment	.98048[*]	.31237	.048	.0050	1.9559
		not met, talked, thought about commitment	.84048	.33596	.235	-.2086	1.8896
		not met, talked, commit to relationship	1.69048	.64707	.185	-.3302	3.7111
		met, no commitment, no sex	.68516	.22951	.074	-.0316	1.4019
		met, thought about commitment, no sex	.75804[*]	.23890	.043	.0120	1.5041
		met, commit to relationship, no sex	.52668	.29856	.706	-.4056	1.4590
		met, no commitment, sex	.46320	.32545	.888	-.5531	1.4795
		met, thought about commitment, sex	.40048	.31237	.936	-.5750	1.3759

*. The mean difference is significant at the 0.05 level.

VITA

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DATE OF BIRTH   27 May 1997

PLACE OF BIRTH   Bangkok

INSTITUTIONS   University of Otago, Bachelor of Science
ATTENDED

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