Factors Influencing Limerence in Dating Relationships among Female College Students

Oksoo Kim[1], Hae Ok Jeon[2*]
[1]College of Nursing, Ewha Womans University
[2]Department of Nursing, Cheongju University

여대생을 대상으로 한 이성 교제의 집착 행동에 영향을 주는 요인

김옥수[1], 전해옥[2*]
[1]이화여자대학교 간호대학, [2]청주대학교 간호학과

Abstract   This cross-sectional descriptive study investigated the influence of romantic relationships' characteristics, self-esteem and sexual autonomy on limerence in dating relationships among female college students who had or were currently engaged in a dating relationship. The data was collected through self-reported structured questionnaires from 167 female Korean college students using convenient sampling methods from November 25, 2012 to December 20, 2012. The data was analyzed using t-tests, one-way analyses of variance, Scheffe's test, Pearson's correlation coefficients, and multiple linear regression analysis with the IBM SPSS 23.0 program. The results showed that a significant difference was found in limerence according to the frequency of experiencing romantic breakup (F=4.16, p=.003), and limerence in dating relationships was negatively correlated with self-esteem (r=-.31, p<.001) and sexual autonomy (r=-.21, p=.006). Self-esteem and the frequency of romantic breakups explained 20% of limerence in dating relationships among the participants (F=8.03, p<.001). Therefore, as a strategy to solve the problems related to limerence during the period of dating, cognitive and educational interventions are needed to strengthen the self-esteem and sexual autonomy of college students who have had a high number of separations. In addition, early screening of college students with risk factors for limerence and providing problem-solving based counseling will help improve their psychological health.

요 약   본 연구는 이성 교제의 경험이 있는 여대생을 대상으로 이성 교제 관련 특성, 자아존중감, 성적 자율성이 이성 교제의 집착 행동에 미치는 영향을 파악하기 위한 목적으로 수행된 서술적 조사연구이다. 자료수집은 2012년 11월 25일부터 12월 20일까지 편의 표집의 방법으로 구조화된 설문지를 이용하여, 자가 보고식으로 조사되었으며, 총 167부의 설문지가 최종분석에 사용되었다. 자료 분석방법은 t-test, ANOVA, scheffe test, Pearson의 상관 계수와 다중 선형 회귀 분석방법을 사용하였다. 연구결과, 여대생의 이성 교제 시 집착 행동은 이별 경험의 횟수에 따라 유의한 차이가 있는 것으로 나타났으며(F=4.16, p=.003), 이성 교제의 집착 행동은 자아존중감(r=-.31, p<.001) 및 성적 자율성 (r=-.21, p=.006)과 유의한 음의 상관관계가 있는 것으로 나타났다. 자아존중감과 이별 경험의 횟수는 여대생의 이성 교제에서의 집착 행동에 유의한 영향을 주는 요인으로, 약 20%의 설명력을 갖는 것으로 파악되었다(F=8.03, p<.001). 그러므로 이성 교제 시 집착 행동 관련 문제를 해결하기 위한 전략으로, 이성과의 이별횟수가 많은 여대생의 경우, 자아존중감과 성적 자율성을 강화하기 위한 인지적, 교육적 중재가 필요하며, 집착 행동의 위험요인을 가지고 있는 여대생을 선별하여, 사례별 문제해결 기반 상담을 제공하는 것이 심리적 건강향상에 도움이 될 것이다.

Keywords : Female, Obsessive Behavior, Personal Autonomy, Self-Esteem, Student

1. Introduction

College students, who are typically young adults, become socially and psychologically independent while establishing intimate, interpersonal relationships, which are essential for their development[1]. In a romantic relationship, people can feel positive emotions such as happiness and joy or negative emotions and behavior such as excessive limerence[2]. Experiencing a romantic relationship breakup is associated with decreased self-esteem in late adolescents and young adults[3]. Furthermore, negative reappraisal of one's ex-partner decreases feelings of love after a romantic breakup and increases emotional distress[4].

Limerence is manifested through suspicion, fear of rejection, jealousy, loneliness, unstable attachment, and over-sensitiveness[5]. Excessive limerence not only hinders everyday life but also consumes significant mental energy, to the point where it can undermine a relationship[6]. In dating relationships, it is critical to maintain a proper distance without restriction and limerence, thereby ensuring each partner's privacy and facilitating the pursuit of an equal relationship[7]. A study revealed that the perpetration of dating violence among Korean college students was related more to limerence, although it was more strongly associated with limerence in female students[8]. In another study, obsessive-compulsive behaviors were found to have a negative effect on the relationship duration among both sexes; however, the tendency to display obsessive behavior was significantly higher in women than in men[9]. Therefore, this study examined the factors influencing female college students' limerence as a strategy to solve the problem of romantic relationship.

In this study, self-esteem was selected as the main variable predicted to affect female college students' limerence. Self-esteem is an important concept related to problem solving coping ability and sexual autonomy. College students with high self-esteem tend to cope rationally with conflict involving the opposite sex[10]. Self-esteem helps college students adapt to adulthood actively and effectively, allowing them to perceive themselves as valuable, competent entities[11]. In particular, the self-esteem of female college students is an influential factor in increasing sexual assertiveness [12]. Therefore, self-esteem is a key factor in the ability to resolve a relationship conflict.

As an early adult woman, female college students are referred to as an important factor in the sexual problem solving that can occur in dating. Sexual autonomy has been reported in previous studies as affecting sexual attitude and psychological health. Therefore, the analysis of the relations between sexual autonomy and limerence in dating relationship is expected to be helpful for solving physical and psychological problems. Sexual autonomy refers to the ability to control oneself while coping with external and internal conditions in a sexual situation and is an essential component of female college students' psychological health[13]. It is reported to be a major factor affecting sexual behavior, along with gender identity, sexuality, and sexual assertiveness[14]. Female college students with dating experience showed significantly higher sexual autonomy than did those without dating experience[15], and the higher their sexual autonomy, the more positive the sexual attitudes of Korean students[16].

Although the previous research on limerence in romantic relationships, in college students was not actively conducted, the results are as follows. Female college students were more obsessed than male students, and especially jealousy and irritability were higher in female students than male students. The higher the obsession, the higher the level of sexual violence for boys and psychological violence for girls[17]. In other studies, there was a significant difference in limerence with and without sexual experience.

Obsessional behavior had a negative effect on romantic relations, and factors affecting limerence interacted with each other[18]. In addition, ruminant thinking, which is considered to be self-governing and depressive in intercourse, is a factor that can lead to negative behaviors such as date violence and limerence[19]. The limerence' experience has a significant correlation with verbal and sexual violence, suggesting that negative consequences of obsessional behavior can be identified and that therapeutic interventions for limerence are needed. However, most previous studies on problems(dating violence, stocking etc.) that can occur in dating relationships have investigated[20-23]. And there were studies on the dating experience and relationship quality of adolescents[24] and analysis of attachment behavior as a predictor of emotional and physical dating violence[25], but there was a lack of analysis on sexual and psychological factors affecting limerence. Especially, few studies have considered sexual and psychological factors such as sexual autonomy and self-esteem in female college students and the association between these factors and limerence during dating relationships. Therefore, we assessed the influence of these factors on limerence in dating relationships among college students, and the findings of this study could be used as basis for the development of interventions to improve the psychological and social health of young women.

1.1 Purpose

This study aimed to investigate influences of romantic relationships, self-esteem and sexual autonomy on limerence among female college students. The specific aims of the study were to investigate romantic-relationship's characteristics, level of limerence in romantic relationships, self-esteem and sexual autonomy of subjects. And it was to examine differences of limerence by socio-demographic and romantic-relationship's characteristics and factors influencing limerence among female college students. Based on the finding of the study, we will plan and provide nursing strategies to improve female student's limerences considering related factors.

2. Methods

2.1 Research Design

This study used a cross-sectional and descriptive study design to investigate the effects of self-esteem and sexual autonomy on limerence in dating relationships among female college students.

2.2 Participants

Participants were female college students who had or were currently involved in a dating relationship, who understood the purpose of the study, and agreed to participate. Convenience sampling considering the distribution by grade was conducted to recruit female students who were attending one of three colleges located in three provinces in the Republic of Korea.

Six respondents were excluded owing to incomplete responses (valid response rate=96.5%). The minimum required sample was 119(G-Power 3.1.3)[26] to maintain an explanatory power level of .95, an effect size of .15 (medium), and a significance level (alpha) of .05 in the linear multiple regression analysis with three predictors (i.e., frequency of romantic breakup experience, self-esteem, and sexual autonomy). Finally, data from 167 students were included in analyses.

2.3 Instrumentation

2.3.1 Self-Esteem

Self-esteem refers to "one's evaluation of one's own worth," and was measured via the Rosenberg Self-Esteem Scale(RSES)[27]. The RSES consists of

five items pertaining to perceiving the self positively and five items pertaining to perceiving the self negatively. A Likert scale ranging from 1(strongly disagree) to 4(strongly agree) are employed for all 10 items, and higher scores indicate higher self-esteem. The scale is scored by summing the values for the 10 items (total score range=10-40). When developing this tool, Cronbach's alpha was .92; in the present study, the reliability of this scale was also high(α=.85).

2.3.2 Sexual autonomy

Sexual autonomy refers to the ability to control oneself while coping with external and internal conditions in a sexual situation. It was measured using the sexual autonomy scale, developed by Chang[13], to assess relationships with the opposite sex. This tool consists of 13 items rated on a Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree), where higher scores indicate higher levels of sexual autonomy. The scale is scored by summing the values for the 13 items (total score range= 13-65). When developing this tool, Cronbach's alpha was= .86; in the present study, the reliability of this scale was also high (α=.86).

2.3.3 Limerence in dating relationships

Limerence in dating relationships was measured using the Jipchack Behavior Scale[5]. This tool consists of 38 items across five subscales: "suspicion," or not believing in the sincerity of one's partner's affection (11 items); "fear of rejection," or anxiety about being rejected by one's partner (10 items); "jealousy," or feeling jealous of people close to one's partner and therefore desiring to monopolize the partner (6 items); "loneliness/unstable attachment," or always wanting to be with one's partner to feel stable and safe (5 items); and "over-sensitiveness," or trying to direct affection toward oneself by being very sensitive to one's partner's behavior (6 questions). For all 38 items, a 5-point Likert scale

was used, ranging from 1 (strongly disagree) to 5 (strongly agree). The scale is scored by summing the values for the 38 items (total score range=38-190). Higher scores indicated more severe limerence. When developing the tool, Cronbach's alphas for the subscales ranged from .73 to .88; the reliability for each subscale was also high (α=.77-.88).

2.4 Data Collection and Ethical Consideration

Data were collected using structured self-report questionnaires from November 25 to December 20, 2012. The questionnaires could be completed anywhere, and at any time, and were collected anonymously. The study protocol was approved by the Institutional Review Board (IRB) of E University, Seoul, South Korea on September 27, 2012. (IRB File No. 2012-07-09). Participants were informed about the purpose of the study and assured of their right to refuse to take part in, or to withdraw from, the research. Prior to data collection, written consent was obtained from all participants. Participants were assured of complete anonymity and confidentiality. The purpose of the study was delineated before the survey's commencement, which explained that participation in the study involves no physical and mental harm.

2.5 Data Analysis

Statistical analyses were performed using IBM SPSS 23.0 program (SPSS; IBM, Armonk, NY, USA). Participants' socio-demographic and romantic relationship characteristics, self-esteem, sexual autonomy, and limerence in dating relationships were examined using frequencies, percentages, means, standard deviations, and range values. Differences in limerence were analyzed using t-tests and one-way analyses of variance (ANOVA). Scheffé's tests were performed for post-hoc analysis. Pearson's correlation was performed to examine

the correlations among predictor variables. To assess factors influencing limerence in dating relationships among participants, a multiple linear regression analysis was performed.

3. Results

3.1 Socio-demographic and dating relationship's characteristics, self-esteem, sexual autonomy, and limerence in dating relationships

Participants' mean age was 21.57 years(SD=1.25 years), and 29.9% were senior students. Regarding living arrangements, 47.3% were living with their family, which was the mode, and 52.7% were living without family, including living alone and living in boarding houses or dormitories. The mean duration of the romantic relationships was 16.43(SD=18.98) months; 29.9% had no experience with breakups, while 25.1% had experienced one breakup. Regarding the sources of students' relationship advice, 82.0% reported "a friend of the same sex," followed by "a friend of the opposite sex," "parents," and "siblings," in that order. The mean score of limerence in dating relationships was 91.03 (SD=20.33). Mean scores for self-esteem and sexual autonomy were 29.60 (SD=4.35) and 55.31 (SD= 5.65), respectively(Table 1).

Table 1. Socio-demographic and dating relationship's characteristics, self-esteem, sexual autonomy, and limerence in dating relationships

(N=167)

Characteristics/categories	M±SD/n(%)
Age(years)	21.57±1.25
Grade	
Freshmen	33 (19.8)
Sophomore	48 (28.7)
Junior	36 (21.6)
Senior	50 (29.9)
Major	
Art and humanity	25 (15.0)
Sciences	24 (14.4)
Medicine & life science	118 (70.7)
Religion	
Yes	83 (49.7)
No	84 (50.3)
Living arrangement	69(46.6)
Living with family	79 (47.3)
Living without family	88 (52.7)
Romantic relationship's periods(month)	16.43±18.98
Frequency of romantic breakup experience	
None	50 (29.9)
Once	42 (25.1)
Twice	31 (18.6)
Three times	19 (11.4)
≥Four times	25 (15.0)
Main counselor for dating relationship	
Friends of same sex	137 (82.0)
Friends of opposite sex	14 (8.4)
Siblings	4 (2.4)
Parents	7 (4.2)
Etc.	5 (3.0)
Self-esteem	29.60±4.35
Sexual autonomy	55.31±5.65
Limerence in dating relationship	91.03±20.33

3.2 Differences of limerence by socio-demographic and dating relationship's characteristics

There was a significant difference in limerence in dating relationships by the frequency of romantic breakup experience (F=4.16, p=.003; Table 2). In the scheffé post hoc test, those with a breakup frequency of "three times" scored higher on limerence in dating relationships than did those with a frequency of "None."

3.3 Correlations among limerence related variables of female college students

Limerence in dating relationships was negatively correlated with self-esteem (r=-.31, p<.001) and sexual autonomy (r=-.21, p=.006), (Table 3).

3.4 Factors influencing limerence in dating relationships among Korean female college students

A multiple linear regression analysis was performed to identify the factors associated with limerence in dating relationships including variables showing significant differences in or relevance to limerence in this study (Table 4). To examine the basic assumptions for regression

analysis, the correlation coefficient between independent variables was .08–.44, and the correlation between predictive variables was independent. The Durbin Watson test score was 1.86, with no correlations among residuals. The tolerance ranged from 0.71 to 0.99 ($>$ 0.10), and the variance inflation factor ranged from 1.23 to 1.40 ($<$ 10), which indicated that none of the variables exhibited multicollinearity. The frequency of romantic breakup experience and self-esteem were identified as significant predictors of limerence in dating relationships. These variables explained 20% of limerence in dating relationships among female Korean college students (F = 8.03, $p<$ .001). The nominal number of breakup was converted into a dummy variable and was included in the analyses. With respect to the frequency of breakup experience, there was a significant effect on limerence in those with breakup experience than in those with no breakup experience. Particularly, experiencing three breakups (β= .32, $p<$ .001) or more than four breakups (β= .30, $p<$ .001) had a higher influence on obsessive behavior compared to experiencing no breakup. Participants with low self-esteem also showed high limerence in dating relationships (β= −.33, $p<$ .001).

4. Discussion

Most participants were not living with their family, indicating that it may be difficult for family members to help female college students with problematic dating behavior. Lee and Ha[28] reported that attachment to and psychological independence from one's parents not only influence mental health but also attitudes toward dating relationships; therefore, it is necessary to enhance social support considering students' diverse types of residence during their university years. Most participants reported that they were consulting about romantic relationships with same-sex friends. However, there should be a system within the university to help students address their problems more professionally and systematically. Jang and Kang[17] reported that in college students, it is important to have a safe and positive relationship pattern in dating relationships, which affects limerence. Therefore, it is necessary to build a support system that can protect psychological health from problems that can occur during heterosexual dating.

Dating problems have been reported to be an issue in 10% of adolescent suicides[29], which demonstrates the need for professionally trained counselors who can offer emotional support when relationship problems manifest. Considering Korean culture and emotions, this is necessary in college, which is typically the time when students actively begin to engage in uninhibited dating relationships. In the present study, the mean score(90.03) for limerence in dating relationships was higher than the mean score (86.23) reported in Yang and Lee's study[30] of adults aged 20-40 years. limerences may be more prevalent among college students compared to adults because college students lack the experience required to flexibly cope with relationship issues and have yet to fully establish their own identities. Also, Yang and Lee[30] found a clear discrepancy between the "ideal" and "actual" self in those who were highly obsessive in dating relationships. Furthermore, passion and willingness to sacrifice for the sake of a relationship were high when the discrepancy between one's ideal and actual partner was also high. In addition, limerence becomes more severe with increased negative communication; however, it decreases when one party perceives mutual respect. Accordingly, it appears necessary for partners to respect each other by directly confronting the discrepancies between ideal and actual selves, thus reducing limerence and having a relationship based on mutual understanding.

Yang and Suh[23] reported that female college

Table 2. Differences of limerence in dating relationships by socio-demographic and dating relationship's characteristics (N=167)

Characteristics/ Categories	Limerence in dating relationships			
	M ± SD (Possible range: 38-190)	Standardized score (5-point scale)	t or F	p
Grade				
Freshmen	93.15 ± 25.68	2.45 ± 0.68		
Sophomore	88.83 ± 18.21	2.34 ± 0.48	.49	.692
Junior	89.58 ± 19.04	2.36 ± 0.50		
Senior	92.78 ± 19.49	2.44 ± 0.51		
Major				
Art and humanity	84.28 ± 28.70	2.22 ± 0.76		
Sciences	92.13 ± 17.61	2.42 ± 0.46	1.63	.198
Medicine & life science	92.24 ± 18.57	2.42 ± 0.49		
Religion				
No	91.40 ± 18.56	2.41 ± 0.49	0.24	.811
Yes	90.65 ± 22.08	2.39 ± 0.58		
Living arrangement				
Living with family	88.23 ± 21.73	2.32 ± 0.57	-1.70	.092
Living without family	93.55 ± 18.75	2.46 ± 0.49		
Frequency of romantic breakup experience[*]				
None[a]	83.54 ± 18.87	2.20 ± 0.50		
Once[b]	89.88 ± 20.86	2.37 ± 0.55		
Twice[c]	93.26 ± 15.34	2.45 ± 0.40	4.16 a<d	.003
Three times[d]	103.05 ± 18.68	2.71 ± 0.49		
≥Four times[e]	96.04 ± 23.78	2.40 ± 0.63		

[*]Scheffe test

Table 3. Correlations among limerence related variables of Korean female college students (N=167)

Variables	1	2	3	4
	r(p)	r(p)	r(p)	r(p)
1. Age				
2. Romantic relationship's periods(month)	.44(.001)			
3. Self-esteem	.08(.303)	-.13(.338)		
4. Sexual autonomy	.19(.014)	.14(.296)	.31(<.001)	
5. limerences in romantic relationships	-.04(.608)	-.05(.720)	-.31(<.001)	-.21(.006)

Table 4. Factors influencing limerence in dating relationships among Korean female college students (N=167)

Variables	limerence in dating relationships				
	B	SE	β	t	p
Constant	149.94	15.23		9.85	<.001
Frequency of romantic breakup experience					
(1= once) *	8.62	3.83	.18	2.25	.026
(1= twice) *	11.41	4.22	.22	2.71	.008
(1=three times) *	20.50	4.91	.32	4.17	<.001
(1=≥four times)*	16.91	4.52	.30	3.74	<.001
Self-esteem	-1.53	0.35	-.33	-4.40	<.001
Sexual autonomy	-0.41	0.27	-.12	-1.55	.123
$Adj\ R^2$	.20				
F (p)	8.03(<.001)				

*Dummy variable, reference group (frequency of romantic breakup experience was 'none')

students are more likely to perpetrate dating violence than male students, noting a close relationship between limerence and borderline personality disorder. Limerence levels of female students were also higher than those of male students. Therefore, a psychological intervention program is needed to effectively control limerence among female college students. In this study, there were significant differences in limerence by frequency of romantic breakup experience. Participants who had experienced breakup three times exhibited a greater level of limerence than did participants with no breakup experience. In other words, the level of obsessive-compulsive behavior can be affected by the frequency of breakups, indicating that breakup frequency is an important factor to identify individuals at a risk of limerence in romantic relationships. Limerence may negatively influence romantic relationship satisfaction and stability; moreover, it appears that limerence varies depending on the level of affection conveyed by a partner's behavior[31]. Therefore, when college students experience romantic breakups, they need to take measures to solve their psychological and emotional problems and to control their limerence behavior in human relationships. To do this, it is necessary to consider the frequency of breakups.

The multiple linear regression analysis revealed that self-esteem and frequency of romantic breakup experience explained 20% of limerence in dating relationships among female Korean college students. Self-esteem showed negative effects on limerence, the lower participants' self-esteem, the higher their limerence levels. The number of romantic breakups was also a significant factor associated with limerence; when the number of romantic breakups was more than three, it showed a strong influence on limerence.

Jeon and Lee[18] reported that women were more obsessed and affected by the sexual experience.

Sexual autonomy was not found to be a significant factor in this study. Therefore, it is suggested to identify the predictive factors of women's limerence by considering the various sexual factors in the future research. Also, it is necessary to provide professional social support and counseling to address the problem of limerence in female students with low self-esteem and high number of breakup experiences. Strategies that aim to manage female Korean college students' limerence in dating relationships should address key factors such as self-esteem, and frequency of romantic breakup experience.

4.1 Limitations

The present study has some limitations. First, inferences as to potential causation between independent variables and limerence in dating relationships are not possible due to the cross-sectional design of this study. Second, sampling bias might exist, as the participants included in this study were a convenience sample of female students from three colleges located in three provinces within the Republic of Korea. Therefore, attention should be paid to the interpretation and generalization of the results of this study. Third, the conclusions were drawn by comparing and analyzing various previous studies about the long time since the data of this study was collected. Therefore, in interpreting the results, it is necessary to be careful in considering these limitations, and it will be more meaningful if the research reflects the latest trends and compares research outcomes. Future research suggests repeated studies with more subjects and regions. In future studies, analysis of influential factors including the various physical, psychological, and psychological factors by screening the subjects who are at high risk for limerence in dating relationships might provide more useful data. In addition, this study focused on the relationships with the opposite sex; future studies should develop and apply an intervention

program in consideration of sexual diversity by sampling participants with different sexual orientations and consider various other issues in a dating relationship. In addition, based on the results of this study, future research will consider gender and various demographic characteristics, and comprehensively understand and explore the various factors that affect the of dating relationships. This study suggests a study to build a model that predicts the limerence of dating relationships.

5. Conclusion

Self-esteem and frequency of romantic breakup experience were notably associated with limerence in dating relationships among female Korean college students. College students may lack the psychological maturity to effectively deal with relationship conflicts. To address the related physical, emotional, and psychological needs required for healthy dating relationships, students should seek help from professionals who can provide effective and realistic advice. It might also be effective to implement counseling and solution-based strategies aimed at developing and applying personal, situational, and customized therapeutic nursing interventions that address limerence in dating relationships. The incidence of violence in dating relationships has a significant impact on young adults, including decreased mental and physical health. Therefore, it is necessary to pay attention to the occurrence of obsessive behaviors in women aged in their early 20s who have had many relationships end and who have low self-esteem. Women who display obsessive behaviors should be prompted to seek therapeutic nursing services. Psychological health problems that may arise through unfavorable dating outcomes among female college students may require nursing interventions.

References

[1] E. H. Erikson, J. M. Erikson, The Life Cycle Completed(Extended version). New York, NY: W.W. Norton & Company. 1998.

[2] Y. N. Kim, J. T. Kim, "The relations among adult romantic attachment, love attitudes and courtship conflict resolution strategies of South Korean college students", *Journal of Human Understanding and Counseling,* Vol.29, pp.19-32, 2008.

[3] E. C. Luciano, U. Orth, "Transitions in romantic relationships and development of self-esteem", *Journal of Personality and Social Psychology,* Vol.112, No.2, pp.307-328, 2017.
DOI: https://doi.org/10.1037/pspp0000109

[4] S. J. E. Langeslag, M. E. Sanchez, "Down-regulation of love feelings after a romantic break-up: Self-report and electrophysiological data", *Journal of Experimental Psychology: General,* Vol.147, No.5, pp.720-733, 2017.
DOI: https://doi.org/10.1037/xge0000360

[5] A. Woo, Investigation of factors affecting jibchack behavior of romantic relationship and development of jibchack behavior scale. Unpublished master's thesis, Chung-Ang University, Seoul, 2008.

[6] H. K. Kwon, J. H. Jang, Y. M. Kwon, "The development and validity study of the romantic relationship behavior scale (RRBS)", *The Korean Journal of Woman Psychology,* Vol.10, No.4, pp.497-524, 2005.

[7] K. S. Lee, D. W. Hahn, "The characteristics of partner and relationship ideals in intimate relationships", *The Korean Journal of Social and Personality Psychology,* Vol.19, No,1, pp.163-184, 2005.

[8] J. Y. Jang, J. H. Kang, "The mediation effect of clinging behavior on the relationship between the object relation level and the dating violence of college students", *Korean Journal of Counseling,* Vol.18, No.1, pp.307-327, 2017.
DOI: http://doi.org/10.15703/kjc.18.1.201702.307

[9] A. M. Woo, J. S. Park, T. Y. Jung, "A search for components of limerence and its mediation effects in romantic relationships", *The Korean Journal of Woman Psychology,* Vol.13, No.4, pp.521-546, 2008.
DOI: https://doi.org/10.18205/kpa.2008.13.4.007

[10] S. H. Lee, M. J. Chung, "Effects of differentiation from family of origin and self-esteem of college students on their coping behaviors toward partners", *The Korea Journal of Youth Counseling,* Vol.13, No.2, pp.33-45, 2005.

[11] M. E. Pritchard, G. S. Wilson, B. Yamnitz, "What predicts adjustment among college students? A longitudinal panel study", Journal of American College Health, Vol.56, No.1, pp.15-21, 2007.
DOI: https://doi.org/10.3200/jach.56.1.15-22

[12] B. M. Kim, J. S. Park, "Relationships among

parent-child communication, self-esteem and sexual assertiveness for male and female university students: Gender difference", *Korean Journal of Women Health Nursing,* Vol.21, No.1, pp.11-22, 2015.
DOI: http://dx.doi.org/10.4069/kjwhn.2015.21.1.11

[13] S. B. Chang, "Development of sexual autonomy measurement for college students", *Korean Journal of Women Health Nursing,* Vol.8, No.1, pp.106-115, 2002.

[14] Y. Kim, G. Cho, "Effects of sexual autonomy, sexual assertiveness, sexual subjectivity on sexual behaviors among university students", *Journal of Fisheries and Marine Sciences Education,* Vol.26, No.6, pp.1332-1341, 2014.
DOI: https://doi.org/10.13000/jfmse.2014.26.6.1332

[15] G. Y. Cho, Y. H. Kim, "Factors affecting sexual autonomy among female university students", *Journal of the Korea Academia-Industrial cooperation Society,* Vol.15, No.11, pp.6710-6718, 2014.
DOI: https://doi.org/10.5762/kais.2014.15.11.6710

[16] S. G. Kim, "A study on sexual attitude, autonomy and harassment experience of college students", *Journal of the Korea Academia-Industrial Cooperation Society,* Vol.18, No.3, pp.223-231, 2017.
DOI: https://doi.org/10.5762/KAIS.2017.18.3.223

[17] J. Jang, J. Kang, "The mediation effect of clinging behavior on the relationship between the object relation level and the dating violence of college students", *Korean Journal of Counseling,* Vol.18, No.1, pp.307-327, 2013.

[18] S. G. Jeon. Y. H. Lee, "The effect of object relationship level and frequency of partner behavior on limerence in romantic relationships", *Korean Journal of Woman Psychology,* Vol.18, No.1, pp.33-53, 2013.
DOI: https://doi.org/10.18205/kpa.2013.18.1.003

[19] G. Jeong, "Influence of limerence and ruminative response on dating violence in romantic relationship", *Journal of The Korea Contents Association,* Vol.17, No.11, pp.479-490, 2017.
DOI: https://doi.org/10.5392/JKCA.2017.17.11.479

[20] J. H. Ju, K. H. Suh, "Relations of parental attachment and clinginess in dating relationships to dating violence", *Korean Journal of Youth Studies,* Vol.22, No.5, pp.209-229, 2015.

[21] H. Kang, K. Park, "The variables related to risk factor for victims and to maintenance of violent dating relationships", *Korean Criminal Psychology Review*, Vol.9, No.3, pp.27-54, 2013.

[22] R. C. Shorey, T. L. Cornelius, C Strauss, "Stalking in college student dating relationships: A descriptive investigation", *Journal of Family Violence*, Vol.30, No.7, pp.935-942, 2015.
DOI: https://doi.org/10.1007/s10896-015-9717-7

[23] S. A. Yang, K. H. Suh, "Relationship between clinginess and dating violence of college students: Focused on mediating effect of borderline

personality", *Korean Journal of Youth Studies*, Vol.21, No.10, pp.315-333, 2014.

[24] T. L. Gillum, "Adolescent dating violence experiences among sexual minority youth and implications for subsequent relationship quality", *Child and Adolescent Social Work Journal,* Vol.34, pp.137-145, 2017.
DOI: https://doi.org/10.1007/s10560-016-0451-7

[25] G. Sweeten, M. Larson, A. R. Piquero, "Predictors of emotional and physical dating violence in a sample of serious juvenile offenders", *Criminal Behaviour and Mental Health,* Vol.26, pp.263-277.
DOI: https://doi.org/10.1002/cbm.2015

[26] F. Faul, E. Erdfelder, A. G. Lang, A. Buchner, "G*POWER 3: A flexible statistical power analysis program for the social, behavioral, and biomedical sciences. Behavior Research Methods", *Behavior Research Methods,* Vol.39, pp.175-191, 2007.
DOI: https://doi.org/10.3758/bf03193146

[27] M. Rosenberg, Conceiving the Self. New York, NY: Basic Books. 1979.

[28] J. Y. Lee, S. H. Ha, "Effects of parental attachment of college students on mental health mediated by psychological separation and risk in intimacy", *Korean Journal of Counseling,* Vol.13, pp.2821-2837, 2012.
DOI: https://doi.org/10.15703/kjc.13.6.201212.2821

[29] G. R. Yun, (2013, August 21). Status of suicide of elementary, middle and high school students 2009 to 2013. The Segye Newspaper. Retrieved from http://www.segye.com/newsView/20130820004438

[30] M. S. Yang, Y. H. Lee, "The effects of self-discrepancy and degree of match between ideals and actual partner and relationship quality on jibchack behavior", *Catholic Journal of Social Science,* Vol.27, pp.7-39, 2011.

[31] P. A. Boelen, A. Reijntjes, "Negative cognitions in emotional problems following romantic relationship break-ups", *Stress and Health,* Vol.25, pp.11-19, 2009.
DOI: https://doi.org/10.1002/smi.1219

Oksoo Kim [Regular member]

- Feb. 1985 : Ewha Womans Univ., Nursing, MS
- Dec. 1996 : Nebraska Univ., Nursing, PhD
- Mar. 1997 ~ current : Ewha Womans Univ., College of Nursing, Professor

〈Research Interests〉

Aged health, Chronic disease, Obesity, Depression

Hae Ok Jeon   [Regular member]

- Feb. 2007 : Ewha Womans Univ., Nursing, MS
- Aug. 2010 : Ewha Womans Univ., Nursing, PhD
- Mar. 2011 ~ current : Cheongju Univ., Dept. of Nursing, Associate professor

〈Research Interests〉
Chronic illness, Internet based coaching program, Adult health