The Affection of Intimate Relationship Towards Anxiety and Depression

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Abstract. Intimate relationships and depression are among the most pivot topics worldwide. It is closely related to all of the people around us. Researchers found less bullying and unfair treatment of female characters now. Nevertheless, there are still problems happening. So, the severe problem after bullying comes up is symptoms like depression and anxiety—the correlation between intimate relationships and these symptoms is still a lack of cognition. So, this study need to find out to what extent intimate relationships have a positive or negative effect on anxiety and depression symptoms. This article collected data from different studies and essays and looked for patterns in the results to see the correlation between intimate relationships and depression. The result shows that in rural areas, where people lack education, there is a higher chance of domestic violence and depression symptoms, leading to consequences like divorce. Also, when people see female characters getting unfair treatment when they are young, they are more likely to learn violence and do it to others, imitating what they saw in the past.

1. Introduction

This article conducts an in-depth exploration of the intricate interaction between intimate relationships and the enduring impact of trauma, shedding light on how various forms of traumas can influence individuals' choice and cognition. This could explain why typical types of wounds affect the choice of partners and behaviours in a close and intimate relationship. This type of issue was rapidly shown by people who cannot face and deal with intimate relationships, which is a pessimistic point of view—responding negatively to this relationship and feeling stress. This could also cause by domestic violences inside of a relationship. Trauma happens and people are lacking the ability of keeping well behaved in a relationship.

Different cultures have different thoughts on domestic violence [1]. But in the end, this should not happen in a relationship. Multiple factors lead to this. For instance, for those people who have faced severe wounds in the past (e.g., domestic violence, psychological abuses, ignorance, being isolated, etc), this can also be affected by the original family that he/she was born in. Supposing kids see abusive behaviours when they are young. In that case, they are very likely to abuse others or get used to the thought that abusing or being abused is the right way of treating others when faced with obstacles or misunderstandings [2].Researchers have not mentioned many factors, and this problem needs severe treatment instead of ignoring it. This article only focus on the critical factors of affection in between to be more specific and focused on the question. Participant observation will be used in this test. Asking each participant individually and informed consent must be done.

The aims is to determine the correlation between how mentally healthy a person and the response seen in an intimate relationship. Do people with good mental health respond to a healthy and beneficial relationship? Or are there other factors that are required to have a positive relationship?

2. Introduction to the Respondent of the Research

This passage mainly focuses on rural area participants and those facing the problem already in an intimate relationship.

2.1 Introducing the Fundamental Concepts of the Whole Passage

The word intimate means sharing deep feelings freely with the one you feel you are close with. It is a sensation where people feel it is all right to reveal the truth about themselves and the feeling of "being protected in a nest". People share their privacies and most profound thoughts with the ones people trust the most, which is the definition of intimacy.

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When defining intimate relationships, all the points above must be included; obviously, more points are required. However, initially, this relationship needs to be pleasant and desirable. Intimate actions like kisses and hugs can all make you feel closer to others. Multiple studies have shown that kissing is a behaviour of selecting people's potential partners through their senses. The exchange of saliva microbes and DNAs can distinguish the traits of your potential partner. Furthermore, people's sensory systems, especially their nose, can smell pheromones when people get close to their lover.

2.2 Depression

Depression is a disease that leads to a low mood and hopelessness. When people lose interest in almost everything and fall into sadness, they tend to eat and sleep less than normal ones that are without depression. It is a persistent and long-term mental disease. Multiple reasons could cause depression—for instance, biological factors. Gaining from heredity, if one of your parents had this disease in the past, you will likely have the same disease in your recessive gene. When people diagnose depression, here are the steps required.

Physical tests are an indispensable part of the diagnosis. During this stage, healthcare providers may provide relevant questions regarding the patients' physical health. These inquiries are designed to gauge various aspects of the individual's physical well-being, such as overall health, vital signs, and any specific physical symptoms like headache. By conducting a thorough assessment of the individual's physical health, doctors or therapists can gain valuable insights into potential contributing factors to the symptoms.

Following the physical tests, blood tests may be administered to further investigate the people's problem. These tests encompass a wide range of assessments, including a complete blood count (CBC) to evaluate the composition of their blood and various metabolic markers. Thyroid function may also be conducted through blood tests.

A crucial component of the diagnostic process involves a psychiatric diagnosis, which focuses on assessing the individual's mental condition. Professionals may engage in interviews with the parients, during which they explore their symptoms, thoughts, daily behaviors, and emotional experiences.

To facilitate the evaluation of an individual's symptoms and mental health condition, healthcare providers often refer to established criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) [3]. This manual provides a standardized framework for diagnosing mental health disorders and delineates specific criteria that must be met for a particular diagnosis to be assigned.

3 Affection of Intimate Relationship Towards Depression

Depression is a mental illness that leads to a robust and desperate mood and loss of interest. An intimate relationship could play a vital role in recovering from this trauma. Research shows that a healthy relationship is inversely proportional to the probability of having a mental illness. This means that the healthier the relationship is, the less probability of having depression and trauma. Intimate behaviours like hugging, holding hands, and kissing are likely to let the chemicals in your body secrete and have the thought of happiness. Research shows that the ones who lack touching behaviour are more likely to have mental problems. Having sex could be the most helpful way of reducing stress physically.

The secretion of serotonin, dopamine, and oxytocin is the strongest during sex, which gives the most enjoyable moment of physical movement.

From mental perspective, it might be hard for those with these diseases to participate in this intimate relationship. The trauma before may lead to the sensation of fearlessness and disappointment towards themselves. During this period, people are afraid to have intimate relationships. They try to protect others by isolating themselves and hiding their feelings. Alternatively, they lose the ability to love and share their feelings with others. This can be remedied by visiting a therapist or constantly encouraging them with words and actions that may help them to get out of this trauma.

In this case, this study found several cases that would discuss further about this topic. Chatterji and Heise's experiment reports using several methods to determine the result. They had 21 sessions of classes to create a primary mindset of how to treat women properly and avoid abusive behaviour. The investigated were 18 to 49 years old and had to live together or get married. (1660 female, 1651 male) They evaluated the outcome of this course in 3 different periods: before the session after the session (12 months), and when it is 24 months later [4].

68% of women and 67% of the participants finished primary school education. Moreover, most were married, 66% of women and 67% of men. 39% of females and 25% of men reported depression.

When the result was conducted, 48% of women reported that bullying/abusive behaviour appeared in the past 12 months. Fifty per cent on sex, 57 per cent on sex/ body, 47 per cent on real severe problems for sex/body. 49% of women claimed that there was undesirable sexual behaviour happening in the past. In the males, 43% saw abusive behaviour from their dad or other male characters toward their mom. 28% of them said there was severe corporal punishment. In this case, most of the people who reported having depression symptoms are more likely to be the ones who got abused before or saw others get abused in the past. This proves my hypothesis that an intimate relationship is directly proportional to the chance of having depression [5].

People who live in the rural area in Rwanda were investigated. The data used now were adapted from the Indashyikirwa trial. This is a trial made up of a community random controlled trial. The result shows that over 2/3 of the population, both men and women, have finished primary school education, and most are married. 39% of women and 25% of men reported the symptoms of depression. Most of them saw their mom get abused and assaulted by others, which laid a foundation for depression. The author cleared limitations:

1. It relies on self-reporting, which might lead to social desirability bias.
2. Due to ethical and logistic issues, they were unable to control depression with the extinction of the Rwanda race.

3. The population tested may have a difference between the original Rwandan generation and the test group they are testing now, which makes a difference.

Vulnerable children were selected as the participants. They were using tests and surveys made previously to test the results. The result shows that when young kids get in touch with intimate relationship violence, they are more likely to get anxious and depressed. The hypothesis was on the relationship between maternal characters and kids [6].

This research mainly focused on the male perspective in a relationship. They conduct volunteers through social media. E.g. Twitter, Facebook, etc. A 60-minute interview was done to check the symptoms of depression. Two Canadian males and females gave the reward after the interview to appreciate their time spent. (100 USD e-gift card) These people all went through emotional breakdowns by the broke of an intimate relationship. Data was uploaded to NVivo13. Thematic analysis was the primary method used.

The participants aged from 26-70. Most of them identified themselves as the opposite gender, and more than half of the group overcame divorce. They have responded to 9 programs on identifying depression using numbers to represent different statuses. 0 means always, 1 means several days, two means more than half of the days, and 3 means every single day. The total mark of the test was 27 marks. The threshold was done by distinguishing the marks. 0-4 very lightly depressed. 5-9 lightly depressed, 10-14 lightly moderate depressed, 15-19 moderate depressed, 20-27 deeply depressed.

A question on the willingness to commit suicide was asked by the observer. 12 people (26 per cent of the total) claimed that they had this thought.

The result that they gained shows that people could get depressed by losing support from their partners and family. It is hard for them to keep a healthy mindset when they lose support, and the pressure from that really makes them anxious and depressed.

Another research from Korea shows the negative influences between intimate relationships, bullying, and depression. They used a survey done in the past in between 2006-2009 on welfare for women. This includes the behaviour of the participants above 15.

The result shows a correlational relationship between depression and domestic violence. Women who face bullying are the ones who are more likely to get depressed. Compared to single females in Korea, married females are more likely to get depressed and have other mental symptoms, which proves the correlation between marriages and depression.

This research mainly focused on the male perspective in a relationship. They conduct volunteers through social media., e.g. Twitter, Facebook, etc. These people all went through emotional breakdowns by the broke of an intimate relationship. Data was uploaded to NVivo13. Thematic analysis was the primary method used. Results were shown in different perspectives. From the inside of each participant, the pressure and the anxiety gained from this relationship has deeply affected the male characters. Which leads to the potential behaviour of suicide and other mental illnesses. After breaking up, males tend to use drugs to reduce their negative feelings, losing hope and stopping them from doing things in their daily lives [7]. Fortunately, when they looked for help, their symptoms improved when they started to pay attention to other events. The conclusion is quite like other conclusions written by other authors. Looking for help will always feel better [8].

Research on vulnerable populations, researching in the database in multiple websites to gain information. A random effect model was created. A meta-analysis of 13 studies created the result which showed a pooled prevalence of postpartum depression was 21.55% (95% CI: 17.89, 25.94). The highest prevalence of postpartum depression occurred in Addis Ababa, 23.3%, and the lowest was in Harar, 13.11%. The meta-analysis indicated 5.46 folds increased risk of postpartum depression among women exposed to intimate partner violence (POR = 5.46 (95%CI: 3.94, 7.56, I2=38.8%) and 6.27 folds increased risk of postpartum depression among women who had inadequate social support (POR = 6.27 (95%CI: 4.83, 8.13, I2=0) relative to those who had adequate social support. The meta-analysis further revealed that marital dissatisfaction (POR = 2.6%; 95%CI: 1.48–4.65), previous postpartum depression (POR = 2.03%; 95%CI: 1.72–2.4), and substance abuse (POR = 2.03%; 95%CI: 1.72–2.4) were associated with postpartum depression." The conclusion shows the reduction in violence should be more valued than using drugs to reduce the sensation of depression after pregnancy [9].

4 Affection of Intimate Relationship Towards Anxiety

Anxiety is defined as a type of mental illness that leads to a low quality of relationships with others. The thought of anxiety is "infective." The spread of anxiety is usually from person to person, for instance, during a comparison between children. People always claim that their kids perform better than others, being the superior ones. When the parent "loses" in this match, the thought of anxiety spreads. The thought of a lack of skills and scoring lower in grades leads to anxiety. Furthermore, this idea may last for an extended period until the parent wins the comparison between people.

Research shows that anxiety affects the most in between intimate relationships. The more intimate the relationship is, the more negative effect exists. In marriages, anxiety leads to divorces. However, the symptoms can be reduced if the partner pays more attention and is more tolerant.

This research mainly focused on the male perspective in a relationship. They conduct volunteers through social media, e.g. Twitter, Facebook, etc. A 60-minute interview was done to check the symptoms of depression. Two Canadian males and females gave the reward after the interview to appreciate their time spent. (100 USD e-gift card) These people all went through emotional breakdowns by the broke of an intimate relationship. Data was uploaded to NVivo13. Thematic analysis was the primary method used [10].

The participants aged from 26-70. Most of them identified themselves as the opposite gender, and a bit more than half of the group overcame divorce. They've responded to 9 different programs on identifying depression using numbers to represent different status. 0 means always, 1 means several days, 2 means more than half of the days, and

3 means every single day. The total mark of the test was 27 marks. The threshold was done by distinguishing the marks. 0-4 very lightly depressed. 5-9 lightly depressed, 10-14 lightly moderate depressed, 15-19 moderate depressed, 20-27 deeply depressed.

The observer asked a question about the willingness to commit suicide. Twelve people (26 per cent of the total) claimed that they had this thought.

The result that they gained shows that people could get depressed by losing support from their partners and family. It is hard for them to keep a healthy mindset when they lose support, and the pressure from that really makes them anxious and getting depressed.

Another research from Korea shows the negative influences between intimate relationships, bullying, and depression. They used a survey done in the past in between 2006-2009 on welfare for women. This includes the behaviour of the participants above 15 [11].

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5. Conclusion

Throughout the whole research, the present study has discovered that both sides of an intimate relationship could affect depression and anxiety. Positively, the symptoms can be reduced by caring and paying attention more to them. However, there are also negative perspectives that marriages can lead to worse symptoms. More anxiety and responsibility in a relationship are the main reasons. The present study mainly found the negative impact towards the relationship between anxiety and depression. Domestic violence and misbehaviour treatment of women is the main reason. This shows that people need to learn and behave more properly when they treat female characters.

Since there is more likely to have a negative impact on relationships due to depression and anxiety, this means related practitioner must behave more properly to protect and be more patient with them. Despite caring for them more, taking them to therapy is also needed for them to feel more relaxed and chilled. Regular psychological diagnoses are vital to them in curing the disease.

Several reasons could lead to this. In rural areas, people are lack of education. This means they are not likely to realize the right way of treating females carefully. Another reason could be the imitation effect. They saw their mom or other female characters getting abused, and they treated it as a norm to accept abuse from other female characters, which is obviously incorrect .

This research can let more and more people realize the right way of treating female characters. Avoiding the chance of getting bullied and unfair treatment. And treat the ones with anxiety and depression normally. Knowing that these symptoms are normal and acceptable. And this can be cured by paying more attention to them. This could be helpful to all the people around the world. Whether in an intimate relationship or not. Since people all face challenges and feel anxious about them. The meaning of proper treatment for women is beyond this article. Realizing fair treatment between genders and stopping these bullying behaviours is needed. This article can be used to learn how to test yourself if you are depressed and show the correlation between intimate relationships and anxiety and depression. Both perspectives, negative and positive, are included. This mainly benefits female characters who are facing depression and anxiety. So as their family members who want to help.

In the future, more real interviews and experiments will be done through visiting those people and asking them in detail as a comparison between the time period of being mistreated and now. The positive differences can be seen as the outcome of the whole experiment's aims. Limitations do exist. For instance, these outcomes and data are all collected from others, so there might be a problem with not re-testing the data with the same procedure. Also, there is a time difference between when they conducted these data and now. The idea of treating women properly is now much more responsible than before.

In conclusion, intimate relationship is closely related to affection for diseases. E.g., Depression. A healthy, well-behaved relationship could lead to a better reflection in avoiding abuse and deteriorating the symptoms of depression. A healthy relationship is much more useful than using drugs to deal with the symptoms. Clearly, a healthy relationship is required to avoid all these symptoms above.

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