

Implications of Female Infidelity to Their Male Partners' Self-esteem
And Attitudes towards Interpersonal Relationships

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Alfred Jorrel F. Bayle

Michelle Angela C. Chung

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ABSTRACT

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Authors: Alfred Jorrel Bayle
Michelle Angela Chung

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Objectives of the Study

General

The purpose of this study is to find out the implications of female infidelity to their male partners’ self-esteem and attitudes towards interpersonal relationships.

Specific

1. To determine the personal background of the respondents in terms of the following:

- Age
 - Educational attainment
 - Emotional Profile
2. To have a gauge of the relationship of the couple like, prior to the incident.
 3. To know what were the reasons for infidelity as viewed by the respondents.
 4. To measure the current level of self-esteem of the respondents.
 5. To determine the implication of infidelity to the respondent's self-esteem.
 6. To have an awareness on the implications of infidelity to the respondent's attitudes towards interpersonal relationships.

Scope and Limitations

The study would accumulate information related to the act of infidelity, the respondent's perception of the particular relationship, their way of handling the situation and their outlook on women and relationships after the incident. This study did not tackle marital infidelity per se.

The results of the study would not be generalized to the rest of the population with similar characteristics. The use of purposive sampling prevents this.

Methodology

This study employed the descriptive-research design specifically, due to the nature of information gathered from respondents. The information were in the form of subjective personal experiences, as such required the use of descriptive analysis.

The respondents' Emotional Profile was gauged using the emotional profile test, How Emotional Are You?

To gather relevant data, interview process was used for this study, in which case it was the main tool. The researchers used open-ended questions in which the subjects were allowed to express themselves freely on the query raised in the study. Questions were focused on the following areas: their perception of the relationship, their views why they were cheated by their girlfriends, and their self-esteem after the incident. The researchers utilized the Culture Free Self-esteem Inventory to determine the self-esteem of the respondents and a self-made questionnaire was utilized to elicit the respondents' views on women.

In order to gather accurate data, the interview sessions were recorded through a tape recorder with their consent.

Major Findings

1. Eight out of the nine respondents achieved a score that categorized them as having Balanced Personality Types. While one achieved a score which was categorized as an Emotive Type.
2. The relationships of each of the respondents had been developing steadily in the beginning before the incident of infidelity had severed the emotional ties between the respondent and his partner.
3. The four reasons for infidelity as viewed by the respondents were as follows: distance, busyness, disagreement with parents or relatives of the partner, unfinished relationship with the girl's ex-boyfriend, and clashing of views due to puberty.
4. Five of nine respondents were ranked as having Very High self-esteem, three ranked as having Intermediate self-esteem, and one ranked as having Low self-esteem.
5. While most of the respondents were found to have high levels of self-esteem, ending the relationship due to female infidelity had caused a sudden drop of self esteem.
6. The event of female infidelity did not have a lasting effect in the respondent's interpersonal relationships with the opposite sex. The respondents did not adapt their individual experiences as a generalized perspective towards females.

Conclusions:

1. Most of the respondents involved in this study were in their early 20s and have a higher capacity for managing their emotions.
2. Relationships that had been progressing strongly and steadily in the beginning do not always last.
3. A relationship requires much effort and attention for it to succeed. Those who enter into long-distance relationships must be prepared to handle the heightened demands of such a relationship, while it is best to resolve issues from past relationships before engaging into another.
4. Individuals with high or very-high self-esteem are not immune to experience severe emotional stress. This proved one of the assumptions in this study that among older respondents, infidelity might not be a big contributing factor to his self-esteem.
5. The respondents in this study, though having Balanced Emotional type, were deeply affected by the incident. They have assessed themselves poorly after the relationship but have bounced back after quite some time. Some of them are currently in a relationship, but have claims of being less serious or committed in their relationship.
6. Not all males are so quick to judge members of the opposite sex based solely on the experience with one girl.

Recommendations

1. It would do well not to let the present status of a relationship lead to a conclusion that the relationship will never end or will not have problems.
2. Before entering into a relationship, be sure of what you want and be prepared to make a lot of adjustments for your partner, because he/she will be doing the same thing.
3. Individuals with working experience appear to be more articulate as respondents in sharing their experience than those who have never been employed.
4. The value of friends is immeasurable. They serve as emotional support in emotionally trying times and help one to grow and move on. There is no such thing as “too many friends.”
5. For future researchers, it might be beneficial to include female respondents to be able to study also the point of view of a female committing infidelity.
6. Regarding tools, a more comprehensive tool for gathering respondent data would aid for a more in-dept study.

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