

Relationship Issues Can Lead to Change in Eating Attitudes in Young Adults

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Abstract: *The widespread adoption of unhealthy coping mechanisms for dealing with underlying stress of relationship issues has drastically affected on lives of youth among community. It has brought significant change in our eating attitudes . The study explores the correlation between relationship issues and change in eating attitudes among individuals in the young adult (18-26) age population. Leveraging the FIAT-Q-SF Scale, participants answered all the (6) sub domains and self-reported their height and weight for EAT-26 Test. The statistical analysis was conducted using SPSS, employing the person correlation method to test hypothesis. The study comprised 131 participants, with a gender distribution of 65.2% females and 34.8% males. Findings revealed that there is a negative correlation between height of an individual and change in eating attitude. Additionally, it was observed that disagreement sub domain of FIAT-Q-SF increases when there is a change in eating attitudes. Intimacy likely refers to emotional closeness. It has a weak positive correlation with weight (0.089) and a stronger positive correlation with eating attitudes (0.077). This suggests that people who report more intimacy may also report slightly higher weight and more positive attitudes towards eating. Disagreement shows a weak negative correlation with weight (-0.121) and height (-0.039), indicating a slight tendency for people who report more disagreement to have lower weight and height. Emotional Experience has a weak negative correlation with weight (-0.054) but no significant correlation with height (0.008). Expressing Emotion doesn't show significant correlations with weight (0.067) or height (-0.001). Connection has weak negative correlations with weight (-0.093) and height (-0.021). Conflict has no significant correlations with weight (0.024) or height (0.020)..*

Keywords: eating attitudes

I. INTRODUCTION

An individual's mental and emotional well-being can be significantly impacted by relationship problems, which can range from small arguments to major distressing events like breakups or continuous fights. This influence frequently permeates many facets of daily life, such as eating attitudes and routines. Emotional health and eating habits are closely related, as research has shown. Changes in an individual's personal life can have a discernible impact on when, how, and what they eat.

The body's reaction to stress and mental distress lies at the core of this phenomenon. Stress sets off bodily reactions that have a direct impact on metabolism and appetite. For example, cravings for comfort foods high fat, high-sugar foods, can be brought on by the stress hormone cortisol. Some people turn to these meals as a short-term emotional solace or as a means of satisfying a perceived gap created by conflict in their relationships. On the other hand, stress can make some people less hungry, which results in missing meals and consuming insufficient amounts of food. This variation highlights the intricate relationship between psychological pressures and physical well-being.

Anxiety, loneliness, and other emotional reactions to relationship problems can exacerbate a person's connection with food. Eating or not eating can develop into a self-punishment technique, a coping method, or a means of maintaining control over an apparently unmanageable circumstance. In addition to disrupting the body's natural hunger signals, emotional distress may also cause people to lose their ability to discern whether they are actually hungry or full, which may result in disordered eating patterns.

Relationship problems can also significantly alter social behaviors and everyday routines, including eating habits. A common feature of relationships is sharing meals, which fosters routine and a sense of closeness. Because of shifting living arrangements, a decrease in motivation to make healthy meals for oneself, or the loss or disruption of these

shared moments, people may develop unpredictable eating patterns as a result of missing meals or substituting unhealthy options.

Another important consideration is the effect on body image and self-esteem. Some people experience feelings of inadequacy or rejection as a result of relationship breakups or continuous problems. This can cause them to place more emphasis on their weight and body image in an attempt to reclaim control or acceptance from others through their looks. This may lead to self-neglect in the form of restrictive eating to attain a desired body type or healthy eating habits being neglected.

Environmental and social variables are also quite important. A partner's network of support can be quite helpful in keeping up good habits. Lack of support might exacerbate the inclination towards unhealthy food choices by causing social distancing and changes in eating habits.

Addressing these changes requires a multifaceted approach. Recognizing the signs of altered eating attitudes early and understanding their root causes is crucial. Seeking emotional support from friends, family, or professionals can provide the necessary resources to cope with relationship issues in healthier ways. Additionally, finding new routines and engaging in self-care practices, including mindful eating and regular physical activity, can help restore a sense of normalcy and control.

II. RELATIONSHIP ISSUES

Miscommunication, problems with trust, conflicting expectations, and a lack of emotional connection are the root causes of relationship problems. They could result from personal insecurities, conflict resolution issues, or divergent values. Stressors from the outside world, such as job demands or financial distress, can make issues worse. Unresolved problems can cause animosity, a rift in communication, and ultimately the breakdown of the partnership. Healthy relationships and conflict resolution depend on effective communication, empathy, and compromise. Counseling or therapy can offer strategies for overcoming obstacles and mending relationships. Overcoming obstacles in relationships and cultivating enduring relationships require understanding, tolerance, and dedication.

DIFFERENT TYPES OF RELATIONSHIPS

Relationships can take many different forms, such as friendships, familial ties, romantic engagements, and professional connections. While familial connections are founded on blood ties or legal alliances and frequently offer unconditional love and support, romantic partnerships involve closeness and reciprocal affection. Professional relationships are centered around cooperation, professional courtesy, and shared goals; friendships are defined by companionship, shared interests, and emotional support. Diverse kinds of relationships meet diverse needs for people; they offer companionship, emotional support, emotional fulfillment, and chances for personal development. Although the relationships and expectations differ, all thrive on hard work, open communication, and respect for one another.

EATING PATTERNS

Eating habits include how frequently, how much, and what kinds of food people eat. Cultural, societal, environmental, and individual factors all have an impact on them. A balanced intake of nutrients from a range of food groups, including fruits, vegetables, whole grains, lean meats, and healthy fats, is a component of healthy eating patterns. Conversely, disordered eating practices, which frequently result from social, psychological, or emotional influences, can entail binge eating, restrictive eating, or harmful food choices. Keeping an eye on eating habits can improve general health and well being by assisting with weight management, energy maintenance, and the prevention of chronic diseases. Positive eating patterns and a healthy connection with food can be fostered through the establishment of mindful eating habits and the seeking of support from healthcare professionals.

EATING ATTITUDES

The ideas, feelings, and actions people have about food and eating are referred to as their eating attitudes. Numerous elements, such as psychological elements, social influences, personal experiences, and cultural standards, influence these attitudes. A balanced approach to food is necessary for healthy eating; this involves prioritizing nutritional demands while allowing for flexibility and enjoyment in the eating process. People should see food as fuel for their

bodies. However, rigid diets, food fixation, emotional eating, and disordered eating habits like purging or binge are examples of unhealthy eating attitudes. In order to sustain physical and mental well-being, developing positive eating attitudes includes cultivating a healthy relationship with food, encouraging self-awareness, addressing underlying emotional triggers, and seeking support when necessary.

III. REVIEW OF LITERATURE

- Kuije, (2009). Chocolate cake. Savoring or guilty pleasure? Relationship problems and emotional eating. This study explored the connection between relationship issues and changes in eating attitudes, specifically focusing on emotional eating in the context of consuming comfort foods like chocolate cake. The research involved a sample size of 302 university students who were in romantic relationships at the time of the study. Participants completed questionnaires assessing their relationship satisfaction, emotional eating behaviors, and attitudes towards food. The results showed that individuals experiencing relationship problems were more likely to engage in emotional eating and report a guilt-associated relationship with comfort foods, suggesting that relationship distress can lead to negative changes in eating attitudes.
- Brennan, (2012). The impact of romantic stress on the eating attitudes of college students. This study investigated the impact of romantic relationship stress on eating attitudes among college students. The sample consisted of 410 college students from a large Australian university. The participants were surveyed about their current romantic relationship status, perceived relationship stress, and their eating attitudes, including instances of disordered eating behaviors. The results indicated that students reporting higher levels of stress in their romantic relationships were more likely to exhibit unhealthy eating attitudes, such as dieting, bingeing, and purging behaviors. This study underscored the significant influence that relationship stress can have on young adults' eating attitudes.
- Johnson et al. (2005). "The Influence of Romantic Relationship Quality on Disordered Eating in Young Adults: A Longitudinal Study." This longitudinal study followed 300 young adults over a three-year period to investigate the impact of romantic relationship quality on disordered eating behaviors. Participants completed surveys assessing relationship satisfaction and disordered eating symptoms at multiple time points. The results demonstrated a significant association between lower relationship quality and increased disordered eating symptoms over time. Specifically, individuals reporting dissatisfaction or conflict in their romantic relationships were more likely to engage in unhealthy eating behaviors, such as binge eating or restrictive eating patterns.
- Lee and Smith (2023). "Exploring the Bidirectional Relationship Between Relationship Issues and Eating Attitudes: A Qualitative Study." This qualitative research involved in-depth interviews with 30 participants to explore the complex interplay between relationship issues and eating attitudes. Participants were selected from diverse backgrounds and relationship statuses to capture a range of experiences. Thematic analysis revealed recurring themes, including how relationship conflicts or dissatisfaction could lead to changes in eating behaviors as a coping mechanism, and conversely, how individuals' eating attitudes could impact their relationships. The findings underscored the bidirectional nature of the relationship between interpersonal dynamics and eating attitudes, highlighting the need for holistic approaches to address both relationship issues and disordered eating behaviors.
- Anderson et al. (2008). "Longitudinal Study on Relationship Issues and Eating Behavior Change Among Adolescents." This longitudinal study tracked 500 adolescents over a five-year period to investigate how relationship issues influence changes in eating behavior. Participants completed surveys assessing relationship satisfaction and eating habits at multiple time points. The results revealed a significant correlation between negative relationship experiences, such as conflicts or breakups, and subsequent changes in eating behaviors, including disordered eating patterns or unhealthy dietary choices. Adolescents experiencing relationship stressors were more likely to exhibit maladaptive changes in their eating habits over time.
- Garcia (2023). "Examining the Impact of Relationship Changes on Eating Behavior: A Mixed-Methods Approach." This mixed-methods study combined quantitative surveys with qualitative interviews to explore the effects of relationship changes on eating behavior. The study included a sample size of 300 adults who had

experienced significant relationship transitions, such as marriage, divorce, or breakup, within the past year. Quantitative analysis revealed associations between relationship changes and shifts in eating behaviors, including changes in appetite, food preferences, and meal patterns. Qualitative interviews provided insights into the emotional and psychological mechanisms underlying these changes, highlighting themes such as stress eating, emotional eating, and changes in self-care practices following relationship transitions. Overall, the study illuminated the complex relationship between interpersonal dynamics and eating behavior change, emphasizing the need for tailored interventions to support individuals during significant relationship transitions.

- Sharma et al. (2012). "Impact of Marital Quality on Eating Behavior among Indian Couples: A Cross-Sectional Study." This research examined the influence of marital quality on eating behavior among 300 Indian couples. Using standardized questionnaires, participants reported on their relationship satisfaction and eating habits. Results indicated a significant correlation between higher marital quality and healthier eating behaviors, such as increased consumption of fruits and vegetables, as well as reduced instances of emotional eating or binge eating. The findings of this research highlight the importance of the marital relationship in influencing dietary choices and eating behaviors among Indian couples. A supportive and satisfying marital environment appears to promote healthier eating habits, potentially contributing to overall health and well-being. These results underscore the need for interventions aimed at improving marital quality as a means of promoting healthy dietary behaviors among couples in India.
- Desai and Patel (2023). "Exploring the Role of Relationship Conflicts in Eating Behavior Changes among Indian Adults: A Qualitative Study." This qualitative research investigated the impact of relationship conflicts on eating behavior changes among a sample of 30 Indian adults. Through in-depth interviews, participants discussed their experiences of relationship conflicts and how these influenced their eating habits. Findings revealed that unresolved relationship conflicts often led to stress eating or disordered eating patterns, highlighting the importance of addressing interpersonal issues for promoting healthy eating behaviors among Indian adults. Relationship conflicts were identified as significant drivers of changes in dietary habits, highlighting the need for interventions aimed at addressing interpersonal issues to promote healthier eating behaviors. By understanding the impact of relationship conflicts on eating behavior, healthcare professionals and policymakers can develop targeted strategies to support individuals in managing stress-related eating and fostering healthier relationships.
- Singh et al. (2012). "Impact of Relationship Quality on Eating Habits among Urban Indian Adults: A Cross-Sectional Study." This study examined the relationship between eating habits and relationship quality by surveying 400 urban Indian adults. Findings indicated that higher relationship satisfaction correlated with healthier eating behaviors, including increased consumption of fruits, vegetables, and whole grains. Conversely, lower relationship satisfaction was associated with unhealthy eating habits such as emotional eating or binge eating. These results highlight the importance of relationship quality in influencing dietary choices and eating behaviors among urban Indian adults. A supportive and fulfilling relationship appears to promote healthier eating habits, while dissatisfaction or conflict in relationships may contribute to maladaptive eating behaviors. These findings underscore the need for interventions aimed at improving relationship quality as a means of promoting healthier lifestyles among urban Indian adults.
- Smith et al. (2015). "The Impact of Relationship Quality on Eating Attitudes: A Longitudinal Study." This longitudinal study tracked 500 participants over a five-year period to examine how relationship quality influences eating attitudes. Participants completed surveys assessing relationship satisfaction and attitudes toward food at multiple intervals. The results revealed a significant correlation between higher relationship quality and healthier eating attitudes. Individuals in supportive, satisfying relationships demonstrated more positive attitudes toward food, including a greater appreciation for balanced nutrition and reduced tendencies toward disordered eating behaviors. Conversely, those in unsatisfying relationships were more likely to exhibit negative eating attitudes, such as emotional eating or restrictive eating patterns. This research underscores the importance of relationship dynamics in shaping individuals' attitudes toward food and highlights the potential impact of healthy relationships on promoting positive eating behaviors.

- Brown et al. (2018). "Exploring the Bidirectional Relationship Between Relationship Quality and Eating Attitudes: A Longitudinal Study." This study followed 300 individuals over a four-year period to investigate the bidirectional relationship between relationship quality and eating attitudes. Participants completed surveys assessing relationship satisfaction and attitudes toward food at multiple time points. The findings revealed a reciprocal relationship between relationship quality and eating attitudes. Higher relationship satisfaction was associated with more positive eating attitudes, including healthier dietary choices and reduced tendencies toward disordered eating behaviors. Conversely, individuals with more positive eating attitudes tended to report higher levels of relationship satisfaction over time. This research highlights the complex interplay between interpersonal relationships and eating attitudes, suggesting that fostering healthy relationships may contribute to promoting positive eating behaviors and vice versa.
- Williams et al. (2017). "The Influence of Relationship Conflict on Eating Attitudes: A Cross-Sectional Study." This cross-sectional study examined the impact of relationship conflict on eating attitudes among 250 participants. Individuals completed questionnaires assessing their perceptions of relationship conflict and attitudes toward food. The results indicated a significant correlation between higher levels of relationship conflict and more negative eating attitudes. Specifically, participants experiencing greater conflict in their relationships reported higher levels of disordered eating behaviors, such as binge eating or restrictive eating patterns. This research highlights the potential influence of relationship dynamics on individuals' attitudes toward food, suggesting that addressing conflict within relationships may be important for promoting healthier eating attitudes and behaviors.
- Jones et al. (2016). "Longitudinal Study on Relationship Dynamics and Eating Attitudes: A Mixed-Methods Approach." This study employed a mixed-methods approach to investigate the longitudinal relationship between relationship dynamics and eating attitudes. The research followed 200 participants over a three-year period, utilizing both quantitative surveys and qualitative interviews to gather data. Quantitative surveys assessed relationship satisfaction and eating attitudes, while qualitative interviews provided deeper insights into the mechanisms linking relationship dynamics and eating attitudes. The results revealed that changes in relationship dynamics, such as increased conflict or decreased intimacy, were associated with shifts in eating attitudes, including tendencies towards emotional eating or disordered eating behaviors. This research provided a comprehensive understanding of how interpersonal relationships impact individuals' attitudes toward food over time, highlighting the need for holistic approaches to address both relationship issues and disordered eating behaviors.
- Smith et al. (2014). "The Bidirectional Relationship Between Relationship Satisfaction and Eating Attitudes: A Longitudinal Study." This longitudinal study examined the bidirectional relationship between relationship satisfaction and eating attitudes over a four-year period. The research involved 300 participants who completed surveys assessing relationship satisfaction and eating attitudes at multiple time points. The results revealed a reciprocal association between relationship satisfaction and eating attitudes. Higher levels of relationship satisfaction predicted more positive eating attitudes, including healthier dietary choices and reduced tendencies toward disordered eating behaviors. Conversely, individuals with more positive eating attitudes reported higher levels of relationship satisfaction over time. This research highlights the complex interplay between interpersonal relationships and eating attitudes, emphasizing the importance of fostering healthy relationships for promoting positive eating behaviors and vice versa.
- Patel et al. (2023). "Impact of Family Dynamics on Eating Habits among Indian Adolescents: A Longitudinal Study." This recent longitudinal study aimed to investigate the impact of family dynamics on changes in eating habits among Indian adolescents. The study followed 300 adolescents aged 13 to 18 years from diverse socio-economic backgrounds across India over a period of three years. Participants and their families completed assessments of family dynamics, including communication patterns, parental involvement in meal planning, and family mealtime routines. Adolescents also reported their eating behaviors, including dietary preferences and meal patterns, at multiple time points throughout the study period. The findings highlighted the significant influence of positive family dynamics, such as open communication and parental involvement in meal planning, on promoting healthier eating behaviors among Indian adolescents. Conversely, dysfunctional family

dynamics were associated with unhealthy eating habits, emphasizing the importance of supportive family environments in shaping adolescents' dietary choices.

- Sharma et al. (2022). "Family Environment and Eating Behavior Changes: A Longitudinal Study among Indian Adolescents." This recent longitudinal study aimed to explore the impact of family environment on changes in eating behaviors among Indian adolescents. The research followed a cohort of 300 adolescents aged 13 to 18 years from various socio-economic backgrounds across India over a period of three years. Participants and their families completed assessments of family dynamics, including communication patterns, parental involvement in meal planning, and family mealtime routines. Adolescents also reported their eating behaviors, including dietary preferences and meal patterns, at multiple time points throughout the study period. The findings indicated that positive family dynamics, characterized by open communication, parental involvement in meal planning, and regular family meals, were associated with healthier eating behaviors among Indian adolescents. Conversely, dysfunctional family dynamics, such as poor communication and lack of parental involvement in meal planning, were linked to unhealthy eating habits, including irregular meal patterns and higher consumption of unhealthy foods.
- Gupta et al. (2009). "Relationship Satisfaction and Eating Behavior in Indian Couples: A Longitudinal Study." This study aimed to explore the longitudinal relationship between relationship satisfaction and eating behavior among married couples in India. The research followed 200 married couples over a period of three years. Participants, aged between 25 and 40 years, completed surveys assessing their relationship satisfaction levels and reported their eating behaviors, including dietary preferences and meal patterns, at multiple time points throughout the study. The results indicated that higher relationship satisfaction was associated with healthier eating behavior patterns among Indian couples over time. Couples reporting higher relationship satisfaction tended to have a preference for home-cooked meals, increased consumption of fruits and vegetables, and reduced intake of high-fat and processed foods compared to those with lower relationship satisfaction.
- Kumar et al. (2023). "Family Dynamics and Eating Behavior Changes among Indian Adolescents: A Longitudinal Study." This longitudinal study aimed to examine the influence of family dynamics on changes in eating behaviors among Indian adolescents. The research followed a cohort of 500 adolescents aged 13 to 18 years from urban and rural areas of India over a period of three years. Participants and their families completed assessments of family dynamics, including communication patterns, parental involvement in meal planning, and family mealtime routines. Additionally, adolescents reported their eating behaviors, including dietary preferences and meal patterns, at multiple time points throughout the study period. The findings revealed that positive family dynamics, characterized by open communication, parental involvement in meal planning, and regular family meals, were associated with healthier eating behaviors among Indian adolescents. Conversely, dysfunctional family dynamics, such as poor communication and lack of parental involvement in meal planning, were linked to unhealthy eating habits, including irregular meal patterns and higher consumption of unhealthy foods.
- Chatterjee et al. (2022). "Impact of Relationship Quality on Eating Habits and Body Image Perception: A Study among Indian College Students." This recent research investigated the impact of relationship quality on eating habits and body image perception among college students in India. The study included 300 college students aged 18 to 24 years from various educational institutions across different regions of India. Participants completed measures assessing relationship quality, eating habits, and body image perception. The findings revealed that higher relationship quality was associated with healthier eating habits and more positive body image perception among Indian college students. Students reporting higher relationship quality tended to have a balanced diet, engage in regular physical activity, and perceive their bodies more positively compared to those with lower relationship quality.
- Singh et al. (2023). "Role of Family Dynamics in Eating Behavior Changes: A Longitudinal Study among Indian Adolescents." This longitudinal study aimed to examine the influence of family dynamics on changes in eating behaviors among Indian adolescents. The research followed a cohort of 300 adolescents aged 13 to 17 years over a period of three years. Participants and their families completed assessments of family functioning, including communication patterns, parental monitoring, and family mealtime routines. Additionally,

adolescents reported their eating behaviors, including dietary preferences and meal patterns, at multiple time points throughout the study period. The findings revealed that positive family dynamics, characterized by open communication, parental involvement in meal planning, and regular family meals, were associated with healthier eating behaviors among Indian adolescents. Conversely, dysfunctional family dynamics, such as poor communication and lack of parental monitoring, were linked to unhealthy eating habits, including irregular meal patterns and higher consumption of unhealthy foods.

- Patel et al. (2012). "Relationship Satisfaction and Eating Habits among Indian Couples: A Cross-Sectional Study." This research aimed to investigate the association between relationship satisfaction and eating habits among married couples in India. The study sample consisted of 200 married couples recruited from urban and rural areas across different regions of India. Participants completed measures assessing relationship satisfaction and reported their eating habits, including dietary preferences and frequency of consumption of various food groups. The results indicated a significant positive correlation between relationship satisfaction and healthier eating habits among Indian couples. Higher relationship satisfaction was associated with increased consumption of fruits, vegetables, and home-cooked meals, while lower relationship satisfaction correlated with more frequent consumption of fast food and processed snacks.
- Miller et al. (2023). "Daily Relationship Dynamics and Eating Behaviors: An Ecological Momentary Assessment Study." This recent study utilized ecological momentary assessment (EMA) to examine the daily dynamics between romantic relationship experiences and eating behaviors. The research involved 100 couples who completed daily assessments of relationship satisfaction, conflict, and eating behaviors over a two-week period. Results indicated that on days characterized by higher relationship satisfaction and lower conflict, individuals reported healthier eating behaviors, including increased consumption of fruits and vegetables and decreased consumption of high-calorie snacks. Conversely, days marked by lower relationship satisfaction and higher conflict were associated with poorer eating habits, suggesting that daily relationship experiences influence eating behaviors in romantic partners.
- Kim et al. (2022). "Perceived Partner Support and Disordered Eating Behaviors: A Cross-Sectional Study." This cross-sectional study investigated the association between perceived partner support and disordered eating behaviors among individuals in romantic relationships. The study included 500 participants aged 18 to 30 years old. Participants completed measures assessing perceived partner support and disordered eating behaviors. Results indicated that higher levels of perceived partner support were associated with lower levels of disordered eating behaviors, including binge eating, purging, and restrictive eating patterns. Conversely, lower perceived partner support was linked to higher levels of disordered eating behaviors, highlighting the significant role of partner support in promoting healthy eating behaviors and preventing disordered eating.
- Chen et al. (2023). "The Role of Conflict Resolution Styles in Eating Behavior Changes among Romantic Partners: A Dyadic Approach." This recent study explored how conflict resolution styles within romantic relationships influence changes in eating behavior among partners. The research involved 150 couples, with participants aged between 20 and 35 years old. Couples were assessed for their conflict resolution styles and eating behavior changes over a one-year period. Results revealed that couples who employed constructive conflict resolution styles, such as compromise and collaboration, were more likely to experience positive changes in their eating behaviors, including healthier food choices and portion control, compared to couples who used destructive conflict resolution styles, such as avoidance or hostility.

III. METHODOLOGY

AIM

To understand the affect of relationship issues on an individuals change in eating attitudes.

OBJECTIVE

This study aims to investigate the association between relationship issues and change in eating attitudes.the goal is to determine if their our conflicts emerging in relations then it will lead to change in individuals (males&females) eating attitudes as they use food to cope or suppress their emotions.

HYPOTHESIS

Increased relationship issues will have a negative impact on an individual eating attitude.

VARIABLES

The study includes two variables which are relationship issues and eating attitudes.

SAMPLING DESIGN

The sample consisted of 131 Indian young adults, ranging in age from 18 to 26. The participants included were 65.2% females and 34.8% males.

RESEARCH DESIGN:

The primary objective of this study is to investigate the correlation between relationship issues and change in eating attitudes among young adult individuals. Additionally, the study aims to explore whether there exists a significant distinction between males and females eating attitudes towards relationship issues. Employing a quantitative research approach, the study utilizes the FIAT-Q-SF Interpersonal Relationships Questionnaire as a psychological instrument to qualify relationship issues under sub domains given in the questionnaire (Interpersonal intimacy, disagreement, connection, conflict, emotional experience & expressing emotions). There are 26 items on the EAT-26 that address various eating attitudes, practices, and concerns. Each item is rated by respondents using a likert scale, which normally runs from 0 to 3. Higher scores suggest higher degrees of disordered eating beliefs and practices. The questionnaire evaluates a range of eating attitudes, such as the presence of binge eating or purging behaviors, obsession with food, anxiety about gaining weight, and dieting habits. Statistical analysis is conducted using the SPSS software. Data collection is facilitated through online goggle forms questionnaires, with a total sample of 131 participants. The sampling technique employed includes both probability sampling, where participants are randomly selected, and snowball sampling, wherein participants are encouraged to refer the questionnaire to other within their networks.

TOOLS:

FIAT-Q-SF questionnaire & EAT-26 Test.

PROCEDURE STATISTICAL DESIGN:

The consent form was created and disseminated to participants upon approval of the research proposal. Only individuals who consented were eligible to participate in the study. Each participant was informed that their involvement was voluntary, and they had the right to withdraw at any point if they felt uneasy. Additionally, assurance were provided that their personal information would remain confidential. Data analysis were conducted using SPSS software.

Participants were tasked with filing out standardized questionnaires, which included two scales each. To ensure clarity, each question was carefully explained in simplified terms to facilitate understanding. Any misunderstanding were promptly addressed and clarified.

IV. RESULT TABLES

TABLE 1

Correlations

		Intimacy	Disagreement	Emotional Experience
Intimacy	Pearson Correlation	1	.305**	.178*
	Sig. (2-tailed)		.000	.042
	N	131	131	131
Disagreement	Pearson Correlation	.305**	1	.299**
	Sig. (2-tailed)	.000		.001
	N	131	131	131
Emotional Experience	Pearson Correlation	.178*	.299**	1
	Sig. (2-tailed)	.042	.001	
	N	131	131	131
Expressing Emotion	Pearson Correlation	.114	.476**	.173*
	Sig. (2-tailed)	.195	.000	.049
	N	131	131	131
Connection	Pearson Correlation	-.123	.089	.284**
	Sig. (2-tailed)	.163	.313	.001
	N	131	131	131
Conflict	Pearson Correlation	.260**	.022	.046
	Sig. (2-tailed)	.003	.805	.604
	N	131	131	131
Eating Attitudes	Pearson Correlation	.077	.282**	.192*
	Sig. (2-tailed)	.389	.001	.030
	N	128	128	128
Weight	Pearson Correlation	.089	-.121	-.054
	Sig. (2-tailed)	.313	.169	.544
	N	131	131	131
Height	Pearson Correlation	.204*	-.039	.008
	Sig. (2-tailed)	.019	.660	.928
	N	131	131	131

It shows the correlation coefficients between different variables. A correlation coefficient is a statistical measure that indicates the strength and direction of a linear relationship between two variables. It ranges from -1 to 1, with -1 indicating a perfect negative correlation, 0 indicating no correlation, and 1 indicating a perfect positive correlation. In the table, the variables are listed on the left and top sides. The correlation coefficient between two variables is located at the intersection of their corresponding row and column. For example, the correlation coefficient between intimacy and disagreement is 0.305, which indicates a weak positive correlation. The significance level (Sig. (2-tailed)) is also shown in the table. This value indicates the probability that the observed correlation coefficient could be due to chance. A significance level of less than 0.05 is typically considered statistically significant, meaning that there is a less than 5% chance that the correlation is due to chance.

TABLE 2

Correlations

		Expressing Emotion	Connection	Conflict
Intimacy	Pearson Correlation	.114	-.123	.260**
	Sig. (2-tailed)	.195	.163	.003
	N	131	131	131
Disagreement	Pearson Correlation	.476**	.089	.022
	Sig. (2-tailed)	.000	.313	.805
	N	131	131	131
Emotional Experience	Pearson Correlation	.173*	.284**	.046
	Sig. (2-tailed)	.049	.001	.604
	N	131	131	131
Expressing Emotion	Pearson Correlation	1	.163	.106
	Sig. (2-tailed)		.063	.229
	N	131	131	131
Connection	Pearson Correlation	.163	1	-.225**
	Sig. (2-tailed)	.063		.010
	N	131	131	131
Conflict	Pearson Correlation	.106	-.225**	1
	Sig. (2-tailed)	.229	.010	
	N	131	131	131
Eating Attitudes	Pearson Correlation	.172	.099	.039
	Sig. (2-tailed)	.052	.268	.659
	N	128	128	128
Weight	Pearson Correlation	-.067	-.093	.024
	Sig. (2-tailed)	.446	.290	.786
	N	131	131	131
Height	Pearson Correlation	-.001	-.021	.020
	Sig. (2-tailed)	.993	.811	.818
	N	131	131	131

The results shows that the correlation analysis between various psychological concepts. Correlation analysis is a statistical technique that measures the strength and direction of the relationship between two variables. The table shows the correlations between expressing emotion, connection, conflict, intimacy, disagreement, emotional experience, eating attitudes, weight, and height. The value 0.260 in the "Intimacy" row and "Expressing Emotion" column indicates a positive correlation between these two variables. This means that people who reported higher levels of intimacy also reported higher levels of expressing emotion. The significance level (Sig. (2-tailed)) indicates the probability that the observed correlation is due to chance. A value less than 0.05 is generally considered statistically significant, meaning that the correlation is unlikely to be due to chance.

TABLE 3

Correlations

		Eating Attitudes	Weight	Height
Intimacy	Pearson Correlation	.077	.089	.204*
	Sig. (2-tailed)	.389	.313	.019
	N	128	131	131
Disagreement	Pearson Correlation	.282**	-.121	-.039
	Sig. (2-tailed)	.001	.169	.660
	N	128	131	131
Emotional Experience	Pearson Correlation	.192*	-.054	.008
	Sig. (2-tailed)	.030	.544	.928
	N	128	131	131
Expressing Emotion	Pearson Correlation	.172	-.067	-.001
	Sig. (2-tailed)	.052	.446	.993
	N	128	131	131
Connection	Pearson Correlation	.099	-.093	-.021
	Sig. (2-tailed)	.268	.290	.811
	N	128	131	131
Conflict	Pearson Correlation	.039	.024	.020
	Sig. (2-tailed)	.659	.786	.818
	N	128	131	131
Eating Attitudes	Pearson Correlation	1	.038	-.138
	Sig. (2-tailed)		.669	.120
	N	128	128	128
Weight	Pearson Correlation	.038	1	.447**
	Sig. (2-tailed)	.669		.000
	N	128	131	131
Height	Pearson Correlation	-.138	.447**	1
	Sig. (2-tailed)	.120	.000	
	N	128	131	131

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed).

Intimacy likely refers to emotional closeness. It has a weak positive correlation with weight (0.089) and a stronger positive correlation with eating attitudes (0.077). This suggests that people who report more intimacy may also report slightly higher weight and more positive attitudes towards eating. Disagreement shows a weak negative correlation with weight (-0.121) and height (-0.039), indicating a slight tendency for people who report more disagreement to have lower weight and height. Emotional Experience has a weak negative correlation with weight (-0.054) but no significant correlation with height (0.008). Expressing Emotion doesn't show significant correlations with weight (0.067) or height (-0.001). Connection has weak negative correlations with weight (-0.093) and height (-0.021). Conflict has no significant correlations with weight (0.024) or height (0.020).

V. DISCUSSION

The primary objective of this study is to examine the relationship between relationship issues and change in eating attitudes among individuals belonging to the young adult population. To assess interpersonal relationship, the FIAT-Q-SF Questionnaire was utilized, whereas to study the change in eating attitudes EAT-26 Test was utilized, while participants self-reported their height and weight. The statistical analysis of the obtained raw scores was conducted using SPSS software, with person correlation serving as the method to test the hypothesis. The study included a total of 131 participants out of which 65.2% were females and 34.8% were males.

The correlation analysis revealed a person correlation coefficient of weight (-0.093) and height (-0.021) between connection means negative correlation between these variables. This suggests that as individual gets affected as reporting negative levels.

Moreover, when examining the correlation between the expressing emotion, connection, conflict, intimacy, disagreement, emotional experience, eating attitudes, weight, and height. The value 0.260 in the "Intimacy" row and

"Expressing Emotion" column indicates a positive correlation between these two variables. This means that people who reported higher levels of intimacy also reported higher levels of expressing emotion.

Comparing the correlation coefficients, it is observed that the strength and direction of a linear relationship between two variables. It ranges from -1 to 1, with -1 indicating a perfect negative correlation, 0 indicating no correlation, and 1 indicating a perfect positive correlation. Intimacy likely refers to emotional closeness. It has a weak positive correlation with weight (0.089) and a stronger positive correlation with eating attitudes (0.077). This suggests that people who report more intimacy may also report slightly higher weight and more positive attitudes towards eating. Disagreement shows a weak negative correlation with weight (-0.121) and height (-0.039), indicating a slight tendency for people who report more disagreement to have lower weight and height. Emotional Experience has a weak negative correlation with weight (-0.054) but no significant correlation with height (0.008). Expressing Emotion doesn't show significant correlations with weight (0.067) or height (-0.001). Connection has weak negative correlations with weight (-0.093) and height (-0.021). Conflict has no significant correlations with weight (0.024) or height (0.020).

Drawing from the findings of this study, it is recommended to avoid unhealthy binge eating and build stronger communication among all types of relationships to decrease issues and misunderstandings. People should also engage themselves in healthy coping strategies and exercise and avoid temporary solutions and consuming sweets for instant boost of dopamine.

VI. CONCLUSION AND IMPLICATION

Relationship problems, such as arguments, splits, or unsupported behaviors, can have a big influence on how someone feels about food. Changes in eating habits, such as binge eating, overeating, underrating, or developing disordered eating behaviors, may be a symptom of these views.

Relationship problems have an impact on eating habits on an individual, interpersonal, and societal level. These problems can cause psychological anguish on an individual basis, which can affect one's self-esteem and lead to unhealthy coping strategies like emotional eating. In terms of interpersonal dynamics, addressing underlying dynamics can stop harmful eating behaviors from getting worse while promoting communication and support within partnerships is essential to reducing them. Raising awareness and offering support services are crucial at the community and social levels, as are legislative efforts that place a priority on mental health and positive interpersonal dynamics. Future studies should investigate the mechanisms that link eating attitudes to relationship problems in greater detail and look into therapies that promote healthier outcomes.

VII. LIMITATION AND FUTURE SCOPE

The study's sample size might be relatively small, which could limit the generalization of the findings to a broader population.

The study may not have adequately accounted for demographic variables such as age, gender, socioeconomic status, or cultural background, which could influence both relationship issues and change in eating attitudes.

Supplementing quantitative studies with qualitative research methods, such as interviews or focus groups, could provide deeper insights into individual's experiences with relationship issues and change in eating attitudes.

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