

Abstract

Relationship churning is a frequent phenomenon in the relational researches it is characterized as a transition process that is associated with many unhealthy couple outcomes. The purpose of the current study is to explore reasons initiating romantic relationship, reasons of relationship churning, consequences of relationship churning, and coping strategies dealing with breakup. Findings suggested that personal factors in the self and in the partner lead towards initiating and maintain romantic relationships. Major reasons behind relationship breakup were namely lack of socialization, controlling behaviors, self-absorbed behaviors, rejecting behaviors and other factors. Furthermore, relationship breakup had negative consequences such as physical problems, academic problems, socialization problems and emotional distress. Churners imply strategies dealing with breakup namely substitution, spiritual coping, altruism, cognitive coping and multiple relationships. Significant reasons of renewal were relationship anxiety; prior commitments and emotional bonding were explored by churners. Consequences were also analyzed that includes positive and negative impacts such as boosting to stability, contentment, academic performance, effective socialization and toxicity of reunion. The implications and recommendation of research are discussed such as psychometric instrument of measurement should be developed to measure relationship churning effectively. Awareness can be given that severe consequences of break up can be reduced and work wellness can be increased in churners by adopting coping strategies dealing with break ups.