Original Research Article

The Role of Fear of Commitment: A Comparative Study between Situationships and Committed Relationships

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ABSTRACT

Background: Understanding commitment anxiety is crucial because it impacts both established relationships and newly formed situationships in today's romantic world. Committed relationships are distinguished by clear commitments and exclusivity, while situationships are typified by uncertainty and a lack of commitment. This discrepancy has ramifications and difficulties for people in different kinds of relationships. Deep emotional ties can be hampered by commitment anxiety, which can also impact relationship happiness in general. Developing successful counselling tactics and raising social awareness about the difficulties of modern relationships require an understanding of how commitment fears appear in various relationship dynamics.
Methodology: This qualitative inquiry involved semi-structured interviews with 16 young adults (ages 18-25) in India, who were either in committed relationships or situationships. Participants were selected using purposive and snowball sampling methods. A questionnaire on fear of commitment was administered, and thematic analysis was applied to the interview data.
Results: The results showed that the two groups' levels of commitment anxiety differed significantly. Lower levels of commitment phobia were fostered by committed relationships' clear emotional intimacy, reciprocal trust, good communication, and lack of uncertainty. Situationships, on the other hand, showed a lot of ambiguity, instability, and inadequate communication, which increased commitment anxiety. Situationships were greatly driven by external factors like social media and peer pressure, whereas committed relationships were more influenced by internal dynamics and prior positive experiences.
Conclusions: The study emphasizes how important it is to comprehend commitment anxiety in a variety of relationship settings. Committed relationships benefit from open communication and mutual trust, while situational relationships struggle with ambiguity and outside demands. Healthy romantic relationships can be fostered by these ideas, which can also contribute to society's awareness and therapy methods.
Keywords: Fear of commitment, committed relationships, situationships, relationship dynamics, emotional intimacy, communication.

INTRODUCTION

Robert Sternberg's theory of love suggests that romantic relationships need to grow to survive, much like great white sharks. Relationships can become unstable when they stagnate, frequently because one partner is emotionally unavailable or fears commitment. The development of "situationships," which are unofficial romantic or sexual relationships without official acknowledgment, is indicative of current trends, especially among younger generations who are hesitant to commit. To close a research gap on these dynamics, this study explores commitment anxiety and compares how it manifests in situationships versus committed relationships [1]. Situationships are more flexible than committed partnerships, yet they lack depth and clear

boundaries. They frequently avoid talking about the current and future state of the relationship because they thrive on ambiguity. Couples in situationships rarely establish exclusivity or make long-term commitments; instead, their interactions are motivated by convenience rather than true passion. In contrast to the reciprocal development and support observed in committed relationships, communication and emotional connection in situationships remain surface-level [2-3]. Situationships, which are vague and non-committal, provide a feeling of security but are frequently the result of poor communication or attachment fears. Commitment aversion is influenced by cultural expectations and feelings of guilt about productivity, particularly in younger generations. The widespread use of dating apps contributes to the complexity of relationship dynamics by encouraging indecision and the undervaluing of emotional ties. These patterns put traditional ideas of commitment in contemporary relationships to the test since they are shaped by cultural changes and past experiences [4-6].

Commitment phobia is a growing phenomenon in contemporary relationships and reflects societal trends that value autonomy and non-committal behaviour, which are especially noticeable in situationships. Traditional marital expectations are being challenged by commitment aversion in India, which is a result of changing cultural norms and economic independence. Navigating commitment fears requires an understanding of elements like attachment types and past experiences, particularly in environments with various cultures [7-10].

In romantic relationships, psychological elements such as attachment types and social standards impact the degree of commitment. Notwithstanding diverse variables, further investigation is required to comprehend the distinctions in commitment anxiety between committed relationships and situationships [11-13]. Due to FOMO, modern dating practices emphasize flimsy relationships and emotional anguish, posing problems including "avalanching," ghosting, and love bombing [14-17]. This investigation seeks to understand commitment anxiety in these kinds of relationships, which will help with counselling and the way society views contemporary romance.

Rationale

This qualitative inquiry aims to explore fear of commitment in "situationships" and committed relationships, addressing a research gap in understanding commitment anxiety across relationship types. By shedding light on these dynamics, this study seeks to inform counselling practices and deepen societal understanding of contemporary relationship challenges.

A comprehensive analysis of the psychological literature on relationship commitment highlights how important it is for maintaining romantic attachments and negotiating the complicated dynamics of modern relationships [18]. In the face of changing relationship trends and societal conventions, it is critical to recognize commitment as the desire to maintain a relationship across time. Today's world of rapidly evolving technology and the emergence of dating apps coupled with changing cultural standards has brought about tremendous changes to the relationship scene. The emergence of "situationships," where people are reevaluating relationship standards and embracing uncertainty, is one example of how these shifting dynamics are represented in non-traditional arrangements [19-20].

Many variables related to attachment types, gender norms, and personal expectations have been revealed by research endeavors that have contributed to the fear of commitment [21-23]. The pervasive fear of commitment has been shown to have a significant impact on interpersonal interactions and relationship satisfaction, underlining its complex nature and wide-ranging impacts [24-26].

The intricacies of commitment are further illuminated by examining individual characteristics, such as identity processing styles and self-esteem [27-28]. Narcissism and past relationship experiences influence commitment attitudes, emphasizing the complex interaction between personal characteristics and relationship dynamics.

Although there is an extensive amount of useful literature on commitment dynamics, little is known about the precise effects of fear of commitment in situationships as opposed to committed relationships. In order

to close this gap, this review will look at commitment anxiety in a range of relationship situations and explain how it affects people's personal and professional lives.

METHODOLOGY

Aim of the study

The study aims to assess and compare the fear of commitment among individuals in situationships and those in committed relationships.

Research Problem

Investigate and understand the differences in the experience and impact of fear of commitment between individuals in situationships and those in committed relationships.

Variables
- Fear of Commitment
- Situationship
- Committed Relationships

Sample

A sample of 16 young adults who were in committed relationships and situationships and residents of India between the age groups of 18 - 25 (n = 16) was selected.

Sampling Method

The study employed a purposive and snowball method of sampling to choose participants. Purposive sampling, also known as judgment sampling, is a purposeful, non-random method in which investigators choose study participants according to characteristics. Getting in contact with initial informants who then recommend other potential participants is known as snowball sampling.

Inclusion Criteria
1. Young adults between the ages of 18 and 25 are considered.
2. All the participants should be residents of India.
3. The participants have adequate knowledge of the English language and can read andanswer the survey.
4. Relationship Status:
    a. Individuals in Committed Relationships
    b. Individuals in Situationships

Tools

A questionnaire developed by the authors in 2023 will be administered to the sample of the study. With a sample of sixteen participants, the study compares the fear of commitment in people in situationships compared with committed relationships utilizing an interview guide authorized by a research mentor.

Procedure

By Using Google Forms, data from 16 Indian persons in situationships or committed relationships between the ages of 18 and 25 was gathered. Semi-structured interviews and thematic analysis were then conducted. Anonymity and confidentiality were guaranteed by the acquisition of informed consent.

Research Design

Qualitative research design was adopted followed by a thematic analysis which was applied to the semi-structured interviews conducted to examine the level of commitment in individuals involved in situationships compared to those in committed relationships.

RESULTS

To analyse the data gathered from the semi-structured interviews, a thematic analysis was employed on the transcripts. The process involved initial data familiarization, where efforts were made to become acquainted with the data. Subsequently, initial codes were generated through the coding of the data. Once initial codes were established, themes were identified based on similarities and the natural progression within the data. The developed themes underwent a review to ensure comprehensive coverage of the codes. Following the review, the themes were clearly defined and elaborated upon, and their analysis was further developed.

Table 1: Thematic Analysis of Fear of Commitment in Committed Relationships

Themes	Sub-Themes	Code	Code Verbatim
Relationship Dynamics	High Commitment	A.1	P2 To me, commitment means being deeply connected to my partner, who becomes the first person I wantto share my thoughts and experiences with every day. It's about knowing that we can rely on each other no matter what happens and striving to be there for eachother through thick and thin.
			P4 Commitment means that you are not physically, but emotionally, and mentally there. And the way the person wants you to be connected to you is giving her that commitment, yeah, that you will be with him or her.
	Attachment Styles	A.2	P2 My upbringing, especially the supportive and nurturing environment created by my parents, has dshapedmy approach to commitment in relationships. Their unwavering belief in my abilities instilled a sense of confidence and self-assurance in me, which carries over into my relationships.
			P6 I have a very good relationship with my family
	Respect and Acceptance	A.3	P1 "Words of affection, respect, understanding...he accepts me the way I am."
			P2 "Respect in a relationship, to me, means being able to accept each other for who we are and respecting each other's boundaries and individuality. I felt completely accepted by my partner when he demonstrated understanding and respect for my need to have personal time, even if it meant declining his call momentarily."
	High Satisfaction	A.4	P1 "I'll say a 10 because he is understanding and I like his nature more than anything else and he accepts me the way I am."
			P2 I feel more satisfied in my current relationship because of the mutual understanding and support we share.
	Communication	A.5	P3 "We communicate primarily through messaging and occasional video calls. However, we're always there to talk things out when needed. We haven't faced any significant communication challenges so far."
	Trust and Security	A.6	P1 "Trust is I think the most basic in a relationship. If you don't have trust, obviously there is nothing else left. So I trust him a 110% and same goes from his side also."
			P3 I feel secure when I know my partner is committed to our relationship.

	Enhanced Emotional Intimacy	A.7	P2 "Emotional intimacy is about being able to share our deepest thoughts and feelings without fear of judgment. There have been moments of profound connection with my partner, where we've felt completely understood and accepted by each other. These moments reinforce the strength of our emotional bond and deepen our connection."
			P5 I think as one is not physically available so it is very necessary to be present emotionally in my case at least as it basically feels that someone is there always to listen and understand
			P8 Feeling restlessness and regret after a major fight made me realize how emotionally connected I am to him.
	Low Ambiguity and Uncertainty	A.8	P3 We focus on living in the present and enjoying our time together without worrying too much about the future.
			P4 No there is no ambiguity since we go with flow considering we are now in a committed relationship
External Influences	Peer Influence	B.1	P2 "In good ways yeah I take that influence but in some bad ways and some insecurities I just hear just here and then I let it out...So I don't pay attention to that."
			P5 "We value our friends' opinions, but ultimately, we make decisions that are best for us as a couple."
			P6 "External influences can be distracting, but we've learned to prioritize our relationship above others' opinions."
	No social media	B.2	P1 "No impact."
			P3 "Social media hasn't had a significant impact on our relationship, but we did open up about our relationship on social media, which led to some discussions."
	Past Relationship Experiences	B.3	P2 "Lessons learned from past relationships have definitely influenced my current commitment. While there may be lingering fears of history repeating itself, my partner's consistent efforts to reassure me and his understanding of my past experiences help mitigate those concerns
			P3 I've learned from past relationships to prioritize communication and trust, which has influenced my commitment levels in my current relationship.
Individual Factors	Low Fear of Relationship Failure	C.1	P1 "I don't have the fear of a relationship failing. I have a fear of losing the person."
			P2 There's a natural fear of failure in any relationship, but it's important not to let it overshadow commitment. Navigating uncertainty requires patience and trust in the relationship's strength.
			P8 Yes, sometimes the fear of relationship failure does cross my mind, and it makes me feel like giving more effort to my relationship.

	Self-Identity and Self-Esteem	C.2	P1 "Yeah, it's like don't expect much. Secondly, you have your own life you don't have to surround yourself around him completely ya vice versa it's just like where were you, how are you, what are you doing why did you not tell me anything like that you obviously had a life before him right so I have that basic thinking that I have my own life, he has his own and ya now it's been great with that thinking"
			P-3 Our strong individual identities and self-esteem levels contribute positively to our relationship. We know ourselves well, which helps us understand each other better and navigate challenges together."
	Shared Future Goals	C.3	P6 "Future goals are something we discuss openly, aligning our aspirations to build a shared vision for our relationship."
			P2 While we may have different individual goals, my partner and I align on key aspects of our future together.
			P7 "While we have individual career aspirations, we also discuss our future together and how we can support each other's goals."

Several major themes emerged from the thematic analysis of fear of commitment in committed relationships. Participants emphasized that supportive familial situations affected their high levels of commitment (A.1, A.2). High satisfaction and successful communication were largely attributed to acceptance and respect (A.3, A.4, A.5). Relationship stability and strengthening bonds required emotional closeness and trust (A.6, A.7). By concentrating on the here and now, participants reduced ambiguity and uncertainty (A.8). Individual characteristics and commitment levels were also significantly shaped by outside variables and relationship experiences in the past (B.1, B.3, C.1, C.2). These results shed important light on the mechanics of commitment anxiety in committed partnerships.

Table 2 - Thematic Analysis of Fear of Commitment in Situationship

Theme	Sub-Theme	Code	Verbatim
Relationship Dynamics	Attachment Style Issues	D.1	P2 "I have a good relationship with my mom and dad, but it's terrible with my grandmother and okay with my grandfather and I don't know what to call a relationship with my sibling because it's always about arguments and fights. So yeah, that's it. That's the beauty of that."
			P3 I had a good relationship with my parents and elder brother, although I went through a rough patch in my secondary school years due to depression. Emotions-wise, I've always kept to myself and been independent.
	Dysfunctional family structure	D.2	P6 Okay, so my parents are divorced and I'm not in touch with my father. Like, I'm with my mother. That's it. And I'm closer to my mother. She's the only person I'm close to.
			P7 My upbringing made me seek older, more mature partners for care and support. Not having a father figure led me to seek comfort and guidance from older men.
	Trust and Respect	D.3	P3 Trust was lacking as we met online, making it hard for me to fully trust. Uncertainty and mixed signals made me doubt the relationship's foundation.

			P7 Honesty and openness are more important to me than blind trust.
	Insecurity	D.4	P6 I feel that there's uncertainty more like the weightage of uncertainty is more in the situationship
			P1 I think a lot of times when the other person is not replying quickly or like not really communicating what they feel that makes me feel insecure
			P3 Insecurity arises from actions implying I'm not enough or doubts about the relationship's direction.
	Communication	D.5	P3 We avoided discussing our future because we knew it would lead to an end. This lack of communication, particularly about long-term goals, affected the relationship negatively.
			P7 Communication is sometimes a struggle for me, but I try to open when needed. In the past, lack of communication led to misunderstandings and eventual breakup.
			P8 We struggled to effectively convey our needs and feelings, leading to misunderstandings and frustration.
	Emotional Intimacy	D.6	P6 I don't really consider situationships where emotional intimacy is required. So that's like a highlevel of intellectual connect that you make with theperson.
			P2 I tend to overthink a lot leading to frustration and lack of understanding
	High Ambiguity	D.7	P1 it does sometimes affect my commitment due to anxiety
			P3 Uncertainty led to anxiety and delayed conversations about our future, which eventually affected my commitment.
			P6 Yes, it has a lot influenced my take towards commitment, because when there's uncertainty, always my answer to that, whenever I have to take a decision is a no.
External Influences	Peer Influence	E.1	P1 Yes, their opinions influence me, especially if they're negative. It can affect my communication and commitment to the relationship
			P7 Yes, peer pressure and societal norms influenced my early relationships, but now I keep my relationship private to avoid external influence.
	Social Media	E.2	P1 Yes, social media's portrayal of relationships can sometimes lead to doubts and affect communication and commitment.
			P2 "I guess social media was a big help to us as we were in a long-distance relationship for whole one year.
			P8 social media can influence perceptions of commitment by showcasing idealized relationships, which may create unrealistic expectations
	Past Relationship	E.3	P6 Yes. So I was in a long-term relationship, but then that fall, so that's why I still am. And, my relationship with my father and my parents relationship. That also has affected my take on commitment.

			P1 Yes, past experiences, especially from dating apps, have made me more insecure and uncertain, affecting my commitment in the current relationship.
	Dating app influences	E.4	P3 "Yes, past experiences, especially from dating apps, have made me more insecure and uncertain, affecting my commitment in the current relationship."
Individual Factors	Fear of Failure	F.1	P1 Yes, I do fear failure, especially due to past experiences, but I try to manage it by soothing my anxieties and reminding myself of the present.
			P3 I feared handling emotions if the relationship failed, which led to delaying important conversations, affecting my commitment
			P4 I do have fears about the relationship ending, especially due to external factors like family opinions or societal pressures.
	Future Goals	F.2	P3 I seek partners open to adoption, not necessarily marriage-oriented, and ideally in the same geographic location, but it's uncertain due to personal growth.
			P6 I seek partners open to adoption, not necessarily marriage-oriented, and ideally in the same geographic location, but it's uncertain due to personal growth.
	Emotional Validation	F.3	P1 "I'm a person who needs validation in every other thing. And I'm a very indecisive person. So yeah, basically, it was always like, if I need a validation, I speak the words I need to listen. So he would just do that. And if otherwise, yeah, it was okay."

The thematic analysis of the fear of commitment in a sample of situationship revealed several key themes. Attachment styles and the partners who choose to seek support are frequently influenced by dysfunctional family systems, such as parental divorce (D.1, D.2). Participants emphasize that honesty and transparency are more important than blind trust, and that trust and respect are crucial (D.3). Relationship strain is a result of insecurities brought on by poor communication and a lack of emotional connection (D.4, D.5, D.6). High levels of ambiguity have a substantial impact on commitment levels and are brought on by uncertainty as well as outside factors like peer pressure and social media (D.7, E.1, E.2). Commitment attitudes are further shaped by past relationship experiences as well as personal characteristics like fear of failure and future aspirations (E.3, F.1, F.2). Another important component influencing commitment that comes to light is emotional validation (F. 3). Navigating the complexity of contemporary dating culture requires an understanding of the complicated dynamics of commitment in romantic relationships. Sternberg's triangular theory of love effectively demonstrates how intimacy, passion, and commitment are interdependent in the formation of romantic relationships [29]. For those looking for long-term relationships, fear of commitment is a serious obstacle that can cause anxiety and emotional pain.

The current study sought to evaluate the role of fear of commitment in both committed relationships and situational partnerships. To gain a deeper understanding of how people view and manage commitment in various relationship circumstances, we conducted a comparative analysis. The intricacies of commitment anxiety and its effects on relationship dynamics are clarified by the qualitative results in situational partnerships as well as committed relationships. In addition to addressing the study's shortcomings and suggesting future research options, this discussion section will go into the study's significant findings and provide supporting evidence from relevant academic literature.

Fear of Commitment in Committed Relationships

Relationship Dynamics
Participants consistently emphasized the significance of commitment in fostering deep emotional connections with their partners. For instance, Participant 2 articulated commitment as being deeply connected to their partner, sharing thoughts and experiences daily (A.1). This sentiment is echoed by Participant 8, who stressed the importance of consistency and loyalty in maintaining a meaningful relationship (A.1). These responses underscore the understanding that commitment is more than just a verbal promise; it's about actively nurturing the bond between partners and being there for each other through thick and thin.

Attachment Styles
The influence of upbringing on commitment patterns was evident among participants, aligning with attachment theory [30]. Participant 2 attributed their approach to commitment to a supportive upbringing, highlighting the impact of parental influence on their confidence and self-assurance (A.2). Similarly, Participant 8 reflected on their upbringing as the ideal child of their family, suggesting a correlation between familial support and one's perception of commitment (A.2). These responses indicate that early familial experiences play a significant role in shaping individuals' attitudes towards commitment in relationships.

Respect and Acceptance
Participants consistently emphasized the importance of respect and acceptance in fostering healthy relationships [31-32]. In code A.3, Participant 1 described feeling respected and accepted by their partner, highlighting the significance of mutual understanding and validation (A.3). Participant 8 further emphasized the primacy of respect in their relationship, suggesting that it surpasses mere understanding (A.3). These responses underscore the notion that respect, and acceptance are essential components of a fulfilling and harmonious partnership.

High Satisfaction
Participants expressed high levels of satisfaction in their relationships, attributing it to mutual understanding and support [33]. For instance, in code A.4, Participant 1 rated their satisfaction as a perfect 10, emphasizing their partner's understanding and acceptance (A.4). Similarly, Participant 2 highlighted the importance of mutual support in enhancing their relationship satisfaction (A.4). These responses suggest that emotional support and understanding contribute significantly to relationship fulfillment and overall satisfaction.

Communication
Effective communication emerged as a crucial factor in navigating relationship challenges and maintaining emotional intimacy [34]. In code A.5, Participant 3 described their communication patterns, emphasizing the importance of messaging and occasional video calls (A.5). Conversely, Participant 4 acknowledged the impact of communication barriers on their relationship, highlighting the necessity of clear and direct communication (A.5). These responses underscore the pivotal role of effective communication in fostering understanding and resolving conflicts in relationships.

Trust and Security
Trust was identified as the cornerstone of successful relationships, providing a sense of security and stability [35-36]. In code A.6, Participant 1 emphasized the importance of trust, highlighting its role in maintaining the relationship's foundation (A.6). Similarly, Participant 2 reflected on their long-distance relationship, underscoring the importance of transparency and reliability in nurturing trust and security (A.6). These responses suggest that trust forms the bedrock of healthy relationships, fostering a sense of security and assurance between partners.

Fear of Commitment in Situationships

Relationship Dynamics
Participants in situationships often navigate complex dynamics influenced by their family structures and upbringing (Dysfunctional family structure; D.2). For instance, Participant 6 shares the impact of their parents' divorce on their relationship preferences, while Participant 7 reflects on seeking older partners for support due to the absence of a father figure. These experiences highlight the profound influence of familial backgrounds on individuals' relationship choices and dynamics.

Trust and Respect
Trust and respect are essential components of situationships but are frequently challenged by insecurities and uncertainties (Trust and Respect; D.3). Participants express difficulties trusting their partners due to online interactions and mixed signals, emphasizing the importance of honesty and openness in fostering trust and respect. These challenges underscore the need for clear communication to mitigate feelings of doubt and uncertainty.

Insecurity
Feelings of insecurity often permeate situationships, fueled by communication gaps and inconsistent behavior (Insecurity; D.4). Participants report experiencing insecurity when faced with delayed responses or lack of communication from their partners, highlighting the need for reassurance and validation to address feelings of doubt and uncertainty.

Communication
Effective communication poses a significant challenge in situationships, leading to misunderstandings and frustration (Communication; D.5). Participants recount instances where a lack of communication about future goals or emotional needs negatively impacted their relationships. These experiences underscore the importance of clear and open communication in fostering understanding and resolving conflicts in situationships.

Emotional Intimacy
Attaining emotional intimacy proves challenging in situationships, often overshadowed by intellectual connections or personal insecurities (Emotional Intimacy; D.6). Participants prioritize intellectual connections over emotional intimacy, while others struggle with overthinking and frustration. These challenges highlight the complexities of fostering emotional closeness in situationships.

High Ambiguity
Ambiguity and uncertainty characterize situationships, leading to anxiety and hesitancy towards commitment (High Ambiguity; D.7). Participants express anxiety about the future and the impact of uncertainties on their commitment levels. These anxieties underscore the need for clarity and reassurance to navigate uncertainties effectively.

External Influences
External factors, such as peer pressure and social media, significantly influence individuals' perceptions and behaviors in situationships (External Influences; E.1, E.2). Participants discuss the influence of negative peer opinions and unrealistic relationship standards portrayed on social media, highlighting the importance of maintaining privacy to avoid external pressures.

Past Relationships

Past relationship experiences shape individuals' attitudes and behaviors in situationships, often contributing to insecurities and fears of failure (Past Relationship; E.3). Participants cite past experiences from dating apps and family dynamics as influencing their commitment levels and perceptions of relationships in the present.

Individual Factors

Personal factors, including fear of failure and future goals, impact individuals' commitment levels and relationship preferences in situationships (Individual Factors; F.1, F.3). Participants express fears about relationship failure and uncertainties about future goals, underscoring the need for self-reflection and communication in navigating personal insecurities and aspirations.

Emotional Validation

Emotional validation plays a crucial role in situationships, offering reassurance and support to individuals grappling with insecurities and doubts (Emotional Validation; F.4). Participants emphasize the importance of validation in soothing anxieties and fostering a supportive dynamic in their relationships.

Comparative Analysis

The comparative analysis found substantial differences between situationships and committed relationships in how fear of commitment manifests itself. In contrast to situationships, which are marked by uncertainty, insecurity, and communication difficulties, committed relationships place a higher priority on emotional intimacy, trust, and mutual support. These differences emphasize the complexity of commitment and the various ways people negotiate relationships according to their experiences and perceptions. These comparative observations advance our understanding of commitment anxiety in a variety of relationship settings.

Research Literature Support

Research literature already offers insightful information about the psychological processes underpinning fear of commitment in romantic relationships, which is consistent with the qualitative results of our study. Theoretical frameworks for comprehending the complicated nature of commitment anxiety and its effects on relationship dynamics include attachment theory, social exchange theory, and Sternberg's triangular theory of love [37-38]. Further contextualizing our findings and highlighting the developing nature of commitment in modern relationships are contemporary trends in romantic partnerships, such as the use of digital communication platforms and shifting dating patterns [13, 16].

Limitations and Future Scope

Even though this study provides insightful information about the function of commitment anxiety in various relationship scenarios, a few limitations need to be noted. The small sample size, which consisted mostly of young individuals from a particular population, may have limited how broadly the results may be applied. Furthermore, biases related to social desirability could be introduced by depending solely on self-report data. To investigate the long-term trajectories of fear of commitment and its effect on relationship outcomes, future research could employ longitudinal designs. Additionally, using a variety of samples from various age groups and cultural backgrounds can help to provide a more thorough knowledge of commitment anxiety in a range of relationship circumstances.

CONCLUSION

Finally, the current study sheds light on the significance of fear of commitment in committed relationships and situationships. Through the explanation of the qualitative results and their integration into the current research literature, we have enhanced our comprehension of how fear of commitment emerges and impacts the dynamics of relationships. Despite its shortcomings, this study adds to the expanding body of knowledge

on relationship commitment and lays the groundwork for more studies in this area in the future. Ultimately, cultivating healthy and fulfilling relationships in a variety of circumstances requires overcoming the fear of commitment.

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