

Correlation Between Unhealthy Relations in Love and borderline personality traits in adolescence

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Key words: adolescence, relations in love, borderline personality traits

The purpose of this research is to examine unhealthy relationships between the opposite sex in adolescence, from the viewpoint of borderline personality traits peculiar to said life period. There are two objections: (1) Prehensing the actual condition of unhealthy relationships in adolescence; and (2) investigating whether a correlation between unhealthy relationships and borderline personality traits in adolescence exists.

Questionnaires were distributed to 479 college students; among them, valid answers were obtained from 403 students. Two questionnaires were utilized: 'Romantic Relationships Question Sheet,' which was created for the purpose of this study, and 'Borderline Personality Traits Question Paper' (Adachi, 1999). Factor analysis and correlation analysis were conducted.

The result showed that 10–30% of the non-clinical group was forcing unhealthy behaviors that consist of the following factors: 'denials of character,' 'restraint and rules,' 'egocentric behavior,' 'suspicion and monopolistic desires,' 'indifference,' and 'excessive meddling' of being the recipient of such, daily. Among the unhealthy behaviors that certain parties forced on partners, positive correlations with the borderline personality traits were found, such as: 'denials of character' and 'identity diffusion', 'temperamental behavior and impulsiveness', 'feelings of loneliness and anxiety out of a sense of being forsaken'; 'restraint and rules' and 'feelings of insufficiency regarding an interpersonal relationship, low pride'; 'egocentric behavior' and 'temperamental behavior and impulsiveness' ; 'suspicion and monopolistic desires' and 'temperamental behavior and impulsiveness'. Among the unhealthy behavior that adolescents experienced due to their partner, positive correlations with the borderline personality traits were found, such as in: 'denials of character', and 'identity diffusion', 'temperamental behavior and impulsiveness', 'feelings of loneliness and anxiety out of a sense of being forsaken'; 'indifference', and 'feelings of insufficiency regarding an interpersonal relationship, low pride'. In addition, negative correlations were found such as: 'excessive meddling' and 'feelings of insufficiency regarding an interpersonal relationship, low pride'. Correlations were not found for 'restraint and rules' regarding borderline personality traits among women.

The results suggest that borderline personality traits affect and add complexity to unhealthy relationships with the opposite sex in adolescents. Hence, it is necessary to provide support focusing on any identity crises or feelings of isolation that exist behind unhealthy relationships, in order to improve relationships with the opposite sex in adolescence.