

Young Love: How Early Romantic Relationships Impact Self-Perceptions

Morgan Seabrook

Department of Psychology, Brandon University

82:449 Undergraduate Honours Thesis Psychology

Abstract

Self-esteem is a psychological concept which describes the personal understanding of self-worth and feelings of happiness. Utilizing self-esteem as a sociometer tool for internal regulation, self-perceived mate value analyses and processes mating acceptances and rejections to drive personal regulation of mating aspirations towards realistic options. Although research into adult romantic relationships exists, research on romantic relationships occurring during adolescence is lacking. This study will investigate whether the number of romantic relationships experienced in adolescence interacts with self-esteem mediated through self-perceived mate value.

Keywords: Self-esteem, self-perceived mate value, romantic relationships, adolescence, Mate Value Scale, Rosenberg Self-Esteem Scale, relationship-contingent self-esteem