



e-Journal of Media & Society

THE CHANGE ON PARTNER'S BEHAVIOUR AFTER A SPECIFIC TIME

Nur Irsya Alia Ahmad Shakir, Nur Adila Abdul Yazid and Muhammad Dannish Farish Mohamad Nasir

Universiti Teknologi MARA

ABSTRACT

A person can change his or her behaviour based on how others or their partner treat them. The aim of this study is to determine the level of factors that contribute to the changes of a partner's behaviour after a specific time and the level of emotional effect in a partner's behavior change. The theory that we are using as a guide for this research is Social Exchange Theory by George Caspar Homans (1958). The study involved 402 respondents from various backgrounds by using Google Form platform. There are five elements designed in the research to measure the change in a partner's behaviour after a specific time which is religion, education, social origins, finance and habits and routine. The result shows that finance contributes the most factor of change in a partner's behaviour after a specific time. ($M=3.28$).

Keywords: Partner, Behaviour, Relationship, Change

INTRODUCTION

Person can change in result when something happens to them or even in a specific time which occurs in changes of someone's attitude and how they behave mainly with the people around them. As stated by Dweck (2008) beliefs are at the heart of personality and adaptive functioning, and they provide us with unique insight into how these traits may be influenced. Either way, change is important to someone to adapt in certain situations and different attitudes shown for different kinds of people they know. This research is particularly focusing on the

changes of our partner behaviour or attitude doesn't matter whether it's on the man or women that cause the changes and what drives them to change their behaviour in specific time in the first place This can be discussed in the factor or why our partner behaviours changes and what is the effect of behavioural changes in certain relationship focusing on couple and not to miss the married one also.

The purpose of this research is mainly to gather as much information on the changes of our partners behaviour. According to Bee (2017), A shattered family system and a strained family relationship are also thought to play a role in delinquent behaviour in various ways. Despite Malaysian society's heavy emphasis on family values, the rates of divorce and single-parent families have increased significantly. It is believed that there are so many cases of couples and even the married ones to have certain problems in their relationship in a specific time either its in three months of relationship or even more depending on what caused them to do so.

Some would agree that staying long in a relationship with someone is not easy as it seems, but when a problem occurs between them, why they choose to change in the first place and why don't they make it up with their own partner. According to Samantha (2017), choosing whether or not to break a partnership can be a difficult decision. On the one hand, people have a deep desire to preserve intimate relationships with their partner. That is some of the reason why this research is being conducted. It is important also to have solid data on these cases where this research could help so many couples and married partners out there.

It is believed that the longer we stay in a particular relationship, the more we could know better about someone. That's the thing that will trigger someone to change or stay in that relationship. Someone's behaviour could easily change because of some factors that make them change their way of treating others or even their partner. There's something called "red flags" that means when our partner is showing their true behaviour after a specific time when they are with us. Basically, it's a common negative behavior that the partner should look out for. One can identify red flags in our partner by bringing many situations to them and see how they react.

This can be when our partner dont have the inability to talk about problems, big or small, is

one major red flag in a person's actions that might mean that the relationship won't work. As stated by Luann (2012), There are few things in life that can compare to the thrill of getting married for the first time. There are few things more disappointing than being attached to the wrong person. If we are to make critical choices about who to marry, we must first learn what healthy relationships look like. This matter should be taken seriously as it involves feelings and whether that particular individual should stay in that relationship or not.

Time will show how our partner changes through red flags. Other than that, disagreements occur in any couple. That is completely natural and normal. However, how you handle those differences will make or break your relationship. Is your partner walking away from you? Have you been turned off? Is it fair to blame you for everything? Throw a temper tantrum? Both of these things are red flags. In agreement with Cami (2014), red flags, also known as "warnings," are undesirable traits revealed in potential partners during initial interactions that warn singles of possible costs if the interactions continue. A couple in a good relationship can and should talk about problems, listening to the other's point of view while sharing his or her own. There is no need for anybody to win or lose. It's about sharing and being heard about how something makes you feel. Communication is crucial. This shows how important it is for couples to look out for their partners behaviour that might change in a specific time,

On the other hand, there are so many reasons that contribute to our partner's changes in a specific time. maybe it can be emotional abuse, trauma, money problems or maybe the worst case is wanting to break up but don't know how. This can turn into a very big problem when one of our partners starts to show those negative signs. For sure, we as a person will notice it immediately and start over thinking sometimes. As someone who wants to save the relationship, one should act immediately by communicating with their partner to avoid other major problems to occur in the future.

PROBLEM STATEMENT

According to the Department of Statistics Malaysia (2020), the number of divorces

increased 12.0 % from 50,862 in 2018 to 56,975 in 2019 and the highest number of divorces is at ages around 30 to 34 years old. Meanwhile during the global pandemic lockdown, partners are forced to stay home and will spend too much time together. Due to that situation, some partners may find marital irritants towards each other such as finance management, uneven distribution of house chores, too much screen time or child care. Which may lead to divorce or break-up if not handled well. Even some people might have found out that their spouse is aggressive, or abusive while they're living together after so long without being able to go anywhere due the pandemic lockdown. Apart from that, according to a study from Athira Nortajuddin (2021), this pandemic has caused a massive “break-up wave” in Malaysia, particularly in Kuala Lumpur, the capital city and areas around it.

Hence, this research will determine the change in a partner's behavior after a specific time in a relationship or marriage. At a certain period of time in the relationship, some people might notice that there were changes in their partner's behavior and it may be towards negative or positive changes. The behavior change might happen in certain relationships due to some reasons that may trigger the partner to act differently from the beginning after a period of time. Some partners may purposely behave unlike the early, as for them to gain or lose something in their relationship. Based on a study from Cloutier and Peetz (2017), how well the two people get along with each other will be affected by both changes in internal characteristics and external circumstances of a person. Meanwhile according to Schattner (2017), some significant others may welcome changes in a relationship for a healthy outcome. They may feel like their partners need constant support and courage to establish a more balanced and healthy relationship.

RESEARCH QUESTIONS

1. What is the level of partner's behavior changes factors?
2. What is the level of emotional effect in a partner's behavior change?

RESEARCH OBJECTIVES

1. To identify the level of a partner's behavior changes factors.
2. To identify the level of emotional effect when partner's behavior changes.

DEFINITION OF BEHAVIOR AND THE CHANGES OF IT

Behavior is not an instinct from birth but is the result of interaction between the individual and his environment so that attitude is something dynamic. According to Palmer (2008) behavior that is reinforced through the participation of others means different things. Behavior can also be expressed as the result of learning or learned; therefore, they can change due to conditions or influences given by social learning, the acquisition of information and behavior as well as attitudes obtained from others. Some of the behavior -shaping components that precede attitude change in social psychology.

A change of behavior occurs when a person changes his mind from positive to negative, from a little positive to incredibly positive or from not determining the attitude to having it .Because of the value function of such attitudes, the process that can change them is a major focus studied in social psychology. A person may already have a strong opinion on various things in his life regarding the various questions that arise. You may have already developed certain attitudes about several issues and these attitudes will affect your beliefs as well as your behavior. According to M.S, P. (2015) The change may happen spontaneously and involuntarily without any intervention, or it may be systematic and motivated as prompted by conditioning.

A change in a person's behavior also refers to a change in the way he thinks, acts, or feels something. This condition may be felt by yourself. It could also be people close to you who are aware of the change. According to Markman, A.A. (2021) Understanding the ways that people can manipulate your motivational system will allow you to recognize when others are affecting your actions. If the change in attitude occurs gradually, it is considered normal. As one ages, one will naturally experience a change in attitude. Changes based on the feelings you have are also still considered normal. Keep in mind that changes in attitude due to mood are generally only temporary. In addition, changes occur because they are related to the occurrence of a certain event in your life. Then, what are the changes in attitudes that are not normal and should be avoided? It is characterized by sudden, unwanted, or uncontrollable personality changes. These signs may indicate something serious is behind it.

The causes of attitude change in a person are truly diverse. Some patients experience it after a traumatic event in their lives. While others experience continuous attitude changes over many years due to certain medical conditions. If grouped, some causes of changes in a person's behavior or attitude are categorized as follows: According to Cherry, K (2021) There are a number of factors that can influence how and why attitudes form.

SOCIAL EXCHANGE THEORY

Social Exchange Theory invented by George Caspar Homans in 1958 is a physical theory that attempts to explain the social factors that influence how individuals interact within a reciprocal relationship. It also explains how we feel about relationships with another person depending on our perception of few things such as the balance between what we put into the relationship and what we get out of it, the kind of relationship that we deserve and the chances of having a better relationship with someone else.

Through this theory, it stated that there are two types of comparisons for evaluating relationships, it is comparison level (CL) represents what people think they should get in a relationship and comparison level for alternatives (CL_{alt}) is how people evaluate a relationship based on what their alternatives to the relationship are. The outcome of these two comparisons usually will affect the state of a relationship.

There are few state relationships such as satisfying and stable, satisfying and stable unsatisfying and unstable, satisfying and unstable, unsatisfying and unstable, unsatisfying and stable. This state is the reason why some people will change their behavior either for good or bad.

Along with this Social Exchange Theory by George Caspar Homans, this study will investigate how much some reason or factor can affect someone until their behaviour changes as well. There might be different results for different people. This is because some personalities are different compared to each other based on where they grew up or who they were surrounded by.

There are few factors that were stated and it is among the top reasons why it could be the reason behind behavior changing of someone. From the factors, it will show the response and answer from the society over this issue.

FACTORS OF CHANGES IN PARTNER'S BEHAVIOUR

A. Religion

The first family background that can be discussed is religion. This is one of the change factors that cause a person to have a behavioural change in a specific time. For example, if two people fall in love but both of them have a belief in a different religion. The love might be still there for them but when they have known each other for a certain amount of time, the couple will discover many differences which will lead to misunderstanding between them. Different beliefs of religions have different ways of expressing the love to each other and there are borders with limitation when it comes to physical contact and expressing how they feel with each other. According to David, (2016) religious discussion among couples who feel their marriage is sacred has also been related to successful marriages. This shows that couples with the same religion have more tendency to have a successful relationship. When someone comes from a different religion, falling in love is possible but staying for a long time might result in changes of behaviour in time like there is something that is forbidden for the believers to do but it's okay to do it in the other religion. Eating pork is forbidden in Islam but eating pork in Buddhist concept and belief is fine. This will trigger the changes of behaviour of our partner when it comes to different races mainly in religious context.

According to Juhi (2016), Our values and behaviours are shaped by our interactions, culture, and even genetics. As a result of our values, our behaviour and actions are influenced. Widely held beliefs become part of our culture and, in many ways, form the society in which we live. This shows that religion can actually be a contributable factor to how one person's character changes.

B. Education

Educational background plays an important role on how someone would happen to have a behavioural change in a specific time. It is to be found that a person could change their attitude when they find out that their partner has a low educational background and on top of that, they do not see any future staying in the relationship with them. According to Yu Zhu (2010), The individual's educational choices can also influence their chances of finding a skilled and potential partner. They tend to change and slowly lose feelings with the partner that is the one who has a very low educational background. For an example, given a situation where there is a couple that just started their relationship for about two months, after that the girl found out that her partner does not have a higher educational background as hers and decided to leave him because she does not see a brighter future staying in a relationship with that guy. Later on, after 3 months has passed, the girl's behaviour changes and she has to stop loving that guy anymore or even the guy will not receive the same treatment as when they first met.

Other than that, according to Joel (2018) for behaviour change to occur, education is needed and according to Larry (2019), When it comes to behaviour changes, education alone is enough and ability development is known to change behaviour, this shows that someone's behaviour could change when education takes place.

C. Social Origins

Another factor that caused behaviour changes is social origins. This is where social status takes place in an individual. It depends on how that particular person handles his or her lifestyle with their friends or family. If someone has a very socialised lifestyle, and knowing that their partner is not the same as them, behaviour changes will occur at a specific time because they feel like their partner who does not socialise is not meant to be with them. Higher social status would not stay longer in a relationship with someone who has a lower social status. The difference is making the partner change in a way to avoid him or her. According to Thao (2010), Evaluating adolescents' dating preferences based on the attractiveness and social status of a potential short-term partner is crucial. This shows that attractiveness and social status of someone plays an

important role where it also contributes to the behavioural changes of our partner in a specific time.

Furthermore, according to Glenn (2018), The recent study was focused on interviews with 209 women in high status positions. The feedback of the respondents is stated as follows "What we found was women whose husbands did not have the same status levels as theirs were embarrassed and regretful for it. They were also less happy in their marriage." This shows that the social-status has an impact on our partner's personality, which in turn has an impact on our opposite partner's personality.

D. Finance

There are various reasons and causes that drive the change of partner, one of which is financial. There are numerous pieces of scientific evidence behind the idea that money truly can change people, Curtis. J (2014). Undeniably nowadays, money plays a huge role in daily life. Sweet and loving sentences are not enough to strengthen a relationship if one does not have stable finances.

Whether young or old couples, they will all have issues with money. It could be that the issue is good and also vice versa depending on whether it is a good thing or otherwise.

In terms of young couples, there is a half -agree that if a man does not have stable finances, the couple will tend to change if the man makes no effort in that direction. For example, if preparing for marriage, the female partner can be discouraged if the preparation money provided by her is more than the male. This is because the man as the head of the family should be able to provide the comfort of his partner. Many young couples will break up and quit so far because of a misunderstanding let alone one will start to show change. According to Howard (2018), Money and relationships are two interesting subjects that intertwine with each other. One of the big reasons why marriages end is because of financial issues.

Financial problems were cited as a major contributor to divorce by 36.7% of participants and by at least one partner from 55.6% of couples. Of couples who had at least one partner endorse financial problems as a contributor to divorce, 50% represented couples in which both partners

agreed that financial problems were a major reason for divorce (Shelby, Galena, Scott, Elizabeth, Howard (2013).

For married couples, there are more reasons for couples to change because marriage will involve more financial issues. An example can be attributed to economic instability nowadays, when kitchen items and appliances become expensive. If the couple does not have enough money management it can be a problem later on. Apart from that, the Selangor Islamic Religious Department (JAIS) also confirmed that most of the divorce cases requested were due to insufficient finances and because the husband was not working.

Lack of money can make a person stressful and at the same time push for self -change. This statement was agreed by Howard. T (2018) Lots of people experience financial stress for reasons ranging anywhere from credit cards, personal loans, insurance (home or otherwise), to even retirement planning. Money can be problematic for people individually, or frequently within romantic relationships and family dynamics if you do not manage it properly.

Habit and Routine

One of the influences that lead to behavior change of a partner after a certain time is one's habit and routine in the relationship. Habit and routine are very important parts in a relationship as it will influence the way people will be with their partners. Habits are actions that are automatically prompted in response to circumstantial cues that have been allied with their performance (Gardner, Lally and Wardle, 2012). Which means that one's action that they make when some sort of thing occurs and they keep on unconsciously repeating, until it becomes a habit. Meanwhile according to Cambridge Dictionary, (n.d), routine may be considered as a regularly practiced action in a performance. For instance, one's consciously performing an action in their daily life to complete a task and it requires some effort for the individual too. Both of

them are very closely related to each other, which also will be influenced by surrounding and affect other people around as well, especially to those who are in a relationship or marriage.

The reasons why significant others change their behavior after a period of time due to this aspect is most likely as they are breaking old habits or routines and becoming recognized by performing new ones. Those are usually not obvious in the beginning of the relationship however when they live longer together, it might naturally come to them. Besides, the changes also occur when they discover a new habit or routine as they start to live along with their partner due to the new surrounding or unusual event in their relationship and they have been doing it regularly. However, both of them in this aspect might appear differently to their partner's point of view. Different partners will think or accept this issue differently, some people might find their partner changing habits or routine are good for the relationship, however some might find it bad and might dislike it. For instance, when the couple are living in the same house, their partner might suddenly from being lazy in doing house chores become more responsible, like they will start to help with the laundry, plates, cleaning or cooking. The reason for that is because, they might have a natural common sense thinking in themselves as before this their laziness in daily routine possibly will be a problem to their partner. This will become an instant ease for each other and it will boost their loves as they are becoming more pleased together.

On the other hand, when people are shifting their habits or routine to the bad ones with their spouse, it will lead to the other way around which encourages hatred or irritates each other. As for example, early in the morning both of them will probably be going out to work separately, hence it is pretty normal for anyone to inform their partner first before leaving the house and it will naturally become a habit to them. However, if they do it only in the early stages of the relationship and stop telling their partner whenever they are going out after a certain period of time together, it will lead to frustration and disappointment to their partner as they are normally used to being informed first. The reason for that is probably because they might think that their partners are already aware where they are going regularly and the habit of telling them first might no longer be necessary for them.

A study conducted by Klockner and Prugsamatz (2012), found that habit has an important influence in most of one's behaviors. They also stated that habits are usually in line with our intentions and we hand over the control over behavior to habits that we serve our needs well. Apart from that, according to Arlinghaus and Johnston (2019), that implementation of a lifestyle change infers that a routine is followed and habits are formed. They stated that when an individual starts a routine, it will follow by becoming a habit and their lifestyle will also change, which also means that it involves their behavior.

EFFECT OF PARTNER'S BEHAVIOR CHANGE

A. Breakup or Divorce

It is to believe that there is an effect in anything we do in our life. First of all, let's look at the positive effect of our partners' behaviour change. This would focus on breakups and divorce of our partner. One may say that parting our own ways is not good because the relationship was built based on love at first, but sometimes things change either way around where good surroundings will be there for us in the meantime. According to Caitlin (2014), at the time of their parents' divorce, 14% of participants said they felt relieved, calm, or grateful. When someone realizes that their partner is changing their behaviour and the way they treat us at a specific time, they will choose to break up and part their ways, whether splitting temporarily or divorce permanently with their partner. Either way, the first positive effects of breakups and divorce is that a particular person can regain their strength. It is to say that when they are with their partner, maybe an extreme argument happens and there's no ending to it. Being apart is just the right thing to do for both of the couples to regain their trust or even build a new life with someone new. They can decide which way of life that they want and how they want to live with it when breakups occur. It is like they are trying to find new surroundings for them to feel safe and feel loved.

Breakups or divorce come with negative effects too. On the other hand, if the married couple have a number of children that are still young, they will face this problem of who to choose to

stay with when their parents divorce. As stated by Mulugeta (2019), divorce is a significant life stressor for the people involved, with potentially serious negative effects for the emotional and physical health of all family members. The worst case could happen if the poor children will not be staying in the same house anymore with their parents and maybe their mother or father will get married with a new partner. This result will affect their children as they are not ready to face such troublesome matters at an early age. The divorce parents should think carefully before getting divorce, especially about their children. The worst-case scenario that could happen is the children can get depressed and stressed when their parents are not in a good state to be together anymore. This can be a burden to the children themselves because they are not ready to face the facts and hardships of life. Breakups for both parents might be okay for the long term but for the children, this is something negative to them and parents should try to avoid it in any ways so that their children can focus more on their education and growing healthily.

B. Health

As the behavior of a partner changes after a period of time, it may be going to affect their health as well. Behavior changes affect the health when the partner is suddenly committing an action that will directly or indirectly impact their health. For instance, a partner's behavior change might also improve their health as they might make changes on purpose to boost their mental and physical well-being. This can be proven from a study by Short and Mollborn (2015), an individual's healthy behaviour will reflect his or her health behavior as well. The example for this situation is when, previously, they did not practice a healthy diet and never exercise regularly then their bodies start to become weak and unhealthy. However, now they may realize that what they are doing is wrong and bad for their health. Hence, they start focusing on having a healthy diet and start to go exercise once or twice a week to recover their health. Apart from that, changing behavior from always having fights over small things to having more comprehension towards each other will also give a good effect to health. This behavior will encourage effective communication in the relationship and it will lead to both of them becoming more understanding towards each other which will make them happier as well as having good health.

On the other hand, the behavior change involving sudden taking of unhealthy things into the body such as cigarettes, drugs, tobacco products and more will definitely ruin their health and put it at risk as it contains dangerous ingredients that will harm their bodies. It can be proven by Lumen (n.d.), the negative behavior we hold about something influences our health such as poverty, poor nutrition, lack of access to education, lack of leisure time, increased stress, and social isolation. Some behavior changes may also involve being abusive and aggressive, this will definitely damage one's health physically and mentally. Besides, when someone suddenly becomes more aggressive and abusive, they may use strength like hitting their partners especially when they are in a fight or becoming more short-tempered in any situation which may cause permanent injury to the bodies and also ruin the mental health.

C. Emotional

Along with the partner behavior's change factors it also has its own effects. One of them is the effect on emotions. Behavior change can be divided into two, namely from a positive and negative angle, Talha.M (2019). Both depend on the type and manner of the change.

If the change is from a positive angle, one's partner's emotions will to some extent be affected by it as well. Positive changes will make the couple's emotions better and more stable. According to Caprino, K (2017) Once you make the dramatic positive change you're dreaming of, life will look completely new, fresh and open. For example, if a man controls his anger, he will slowly land up to be a more patient person, thus, his partner will also feel happier. The same goes for couples who are married or old. Stable emotions in a relationship will lead to a healthy and happy relationship, Robinson, L. Smith, M (2021). Whether men or women change, the emotions of both will to some extent be affected as well.

From a negative angle for emotions is depression or lack of enthusiasm. It can be proven by Lawson, K (n.d) Negative attitudes and feelings of helplessness and hopelessness can create chronic stress. This will usually happen after a couple goes through a certain period of

introduction, usually after 3 months. It could be either the couple did change in that time or the actual attitude that came out. Usually at this point is where all the fights have started because they begin slowly learning about each other. The change that is often associated is like the man is no longer as serious as in the beginning of the acquaintance or just knows the real attitude of the angry partner and so on. When a change like this occurs, one will be disturbed emotionally by becoming stressed or depressed. According to MullinMS, Scott, E.(2021) These negative emotional states can create extra stress in your body and your mind. This is uncomfortable but also can lead to health issues if the stress becomes chronic or overwhelming. Emotional instability will often be the cause of fights in a relationship due to disbelief or exhaustion. They will overthink and make assumptions about anything unsure since the emotion is already affected by it. This will usually end in separation due to further misunderstanding.

RESEARCH FRAMEWORK

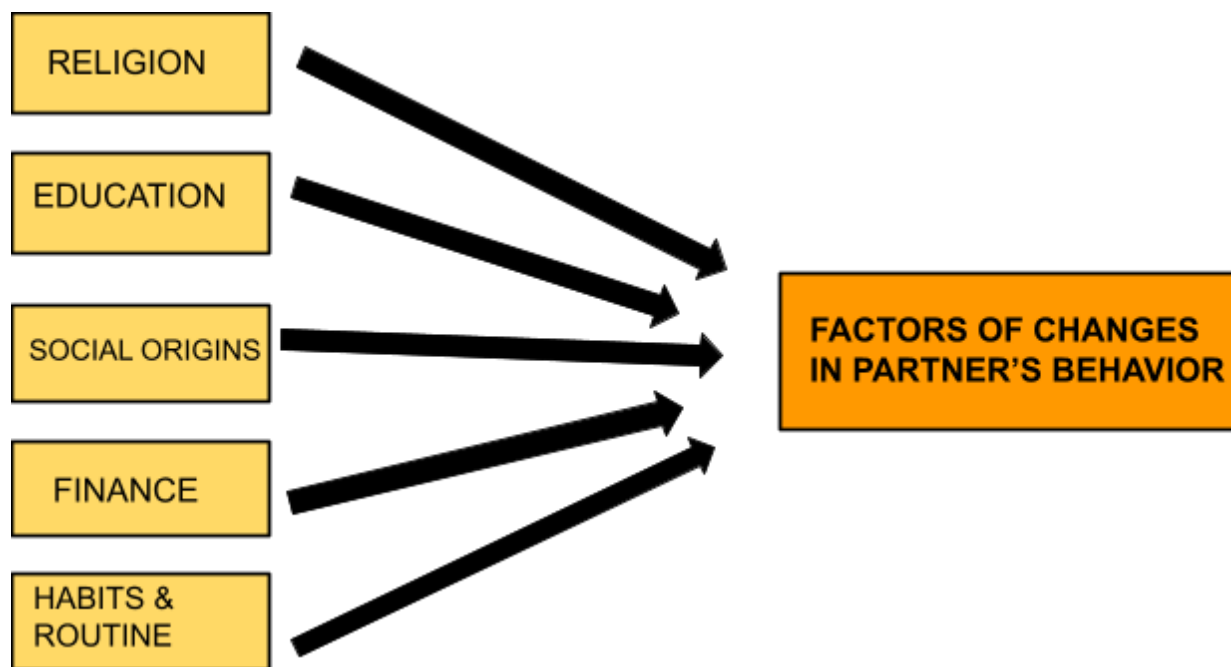


Figure 1.1: The Change on Partner's Behaviour After a Specific Time

RESEARCH METHODOLOGY

Research Design

The research is in the form of a quantitative survey. The online poll link was shared via social media platforms such as WhatsApp, Facebook, Instagram, and gmail. Because the study is focused on public response, it is necessary to persuade the public by using social media channels.

Sampling Technique

The study is using a convenient sampling technique which is non probability sampling. According to Nayeem (2017), Researchers choose participants who are convenient for them in this form of sampling. As respondents, the researcher chooses the people who are closest to him or her. Subjects who are easily accessible or available to the researcher are chosen for convenience sampling. The study uses convenience sampling techniques where the target respondents are among the public in various marital status which is single, dating, engaged, married or divorce.

Research Measurement

The questionnaire consists of 25 questions included with the demographic section. The questionnaire is related to the research objectives of the research. The questions are using multiple choice questions (MCQ), rating scale, true or false and matrix questions. The questions are reliable and valid which make the respondents easy to understand and answer the questions. It was also arranged in an orderly manner to prevent any confusion during the question answering session.

Data Analysis

The method used for data analysis is through Statistical Package of Social Science (SPSS) software version 23. The data analysis procedure includes creating a survey and data transferring. The survey is created with questions that are related to the research objectives which are to identify the level of a partner's behavior changes factors and the level of emotional

effect when partner's behavior changes. The survey completed with the data of 402 responses and the data collected transferred to SPSS software for analysis and finding purposes (Ridzuan, Ridzuan, and Ridzuan, 2015). Researchers used descriptive statistics to see frequency, percentage and mean.

FINDINGS: RESULTS AND DISCUSSIONS

a) The demographic of the sample is discussed in terms of sex, age, etcnicity, martial status, origin, occupation, income, and 3 of general questions regarding the behavioral changes in relationship.

Table 1: Distribution of the respondents by demographic (n=402)

DEMOGRAPHIC	FREQUENCY	PERCENTAGE (%)
Sex:		
● Female	255	63.4
● Male	147	36.6
Age:		
● 18 – 24	302	75.1
● 25 – 34	65	16.2
● 35 – 44	31	7.7
● 45 and above	4	1
Ethnicity:		
● Malay	316	78.6
● Chinese	57	14.2
● Indian	22	5.5
● Others	7	1.7

Marital	32	8
• Married	5	1.2
• Divorced		
Origin:		
• Rural	232	57.7
• Urban	170	18.1
Occupation:		
• Students	222	55.2
• Working at private sector	95	23.6
• Working at government	23	5.7
• Unemployed	23	5.7
• Self employed	21	5.2
• Retiree	13	3.2
• House wife	5	1.2
Income:		
• <RM4,360 (B40)	220	54.7
• >RM4,360 - RM9,619 (M40)	63	15.7
• >RM9,619 (T20)	21	5.2
• Others	98	24.4

Table 1 above shows the demographic of 402 respondents. Based on the findings, most of the respondents who answered the questionnaires are female (63.4%) aged between 18–24 (75.1%), Malay (66.7%), single (49%). Most of the respondents are from rural (57.7%), and students (55.2%).

b) Respondent's opinion towards changing behavior in a relationship after a certain period of time.

There are three questions that were asked in this section. The reason for asking these questions to the respondents is to know about their opinion regarding behavioral changes in relationships after a specific time.

Table 2: Respondent's opinion toward behavioral change in relationship after a specific time

Questions	Frequency	Percentage (%)
I will change my behavior in my relationship.		
• Yes	287	71.4
• No	115	28.6
I will never be hypocrite in my relationship and stay the same as in the beginning.		
• Yes	289	71.9
• No	113	28.1
The period of relationship will not affect my behavior.		
• Yes	232	57.7
• No	170	42.3

Table 2 above shows the respondent's opinion towards behavioral changes in relationships. Based on the findings, most of the respondents who answered the questionnaires stated that they will change their behavior in their relationship which is (71.4%). Most of them agree (57.7%) that the period of relationship will not affect their behavior.

a) FACTORS OF BEHAVIORAL CHANGES

Habit	Mean
I believe habit plays an important role in a relationship.	3.64
Changing of habit will affect my behavior.	3.29
I will change my habit for the sake of relationship.	3.14
I will change my habit after certain period of time in relationship.	2.96
I can easily be influenced by my surrounding.	2.87
Overall	3.18

Table 3: Habit

From Table 3, respondents believe that habit plays an important role in a relationship (M=3.64). This can be proven with a study by Mason (n.d.), as the author indicates that habit can give a powerful impact to your relationship. The second highest item is changing of habit will affect the respondents behaviour. (M=3.29). The statements are supported by a study from Gardner, Lally and Rebar (2020), where the authors stated that habit has an important implication for behavior change. Overall, the average mean for behavioral changes habit factor is (M= 3.18). This also can be found by a study from Call (2020), that a behavior can change into a habit thus, it means that habit links into our behaviors.

Education	Mean
My level of education will affect my behaviors.	3.15
In my opinion, lower education leads to poor mentality.	2.65
I will feel upset when my past/current partner does not have a higher education level.	2.50

In my opinion, my past/current partner's lower educational level could lead to negative changes in my life.	2.41
For me, lower education may cause break-up or divorce.	2.33
Overall	2.60

Table 4: Education

The data analysis in Table 4 shows that the level of education will affect someone's behaviour. (M=3.15). This statement is supported by Guerrero (2020) It is commonly accepted in virtually every educational system in the world that all individuals must obtain the required basic education. As a result, almost all children and youths are exposed to -or not exposed to - academic integrity during their schooling, a period long enough to form habits. However, respondents also agree that lower education leads to poor mentality. (M=2.65). Overall, the average mean for education is (M= 2.60). The statements are supported by a study from Pratiwi (2019) where the author stated that human behaviour is illogical and regulated by social norms, more knowledge alone does not sustain behaviour change.

Finance	Mean
For me, financial stability is important whether I am in a relationship or not.	3.72
For me finance could change someone's behavior in unexpected ways.	3.35
I believe finance normally become an issue in a relationship that leads to many problems.	3.32
I believe most relationship cannot stay longer because they do not have financial stability.	3.13
I believe money is the reason why separation happens in relationship.	2.92
Overall	3.28

Table 5: Finance

Based on table 5, the data shows that most respondents agree that financial stability is important whether they are in a relationship or not. (M=3.72). This statement is supported by Kumar (2021) Money matters are most important for any individual. Earning money is one aspect and ensuring that money fulfills your needs is another aspect. However, the respondents also come to an agreement that for them finance could change someone's behavior in unexpected ways.(M=3.35). This statement supported by Curtis, J (2014) The amount you earn could have an effect on how you view both yourself and others. Overall, the average mean for finance is (M= 3.28). Both of the statements are supported by a study from Sharon M. Danes, Joyce Serido and Dung Minh Hao (2017) where the author stated that financial influences impacting young adults' relationship satisfaction.

B) EFFECT OF BEHAVIOUR CHANGE ON EMOTIONS

Behaviour Changes Affect On Emotions	Mean
My past/current partner's bad behavior will make me sad.	3.34
My past/current partner's negative emotions could exhaust my emotions as well.	3.30
My past/current partner's emotions will influence my behaviors.	3.25
My past/current partner's unpleasant behavior will affect my mental state.	3.23
My past/current partner's misbehavior will increase my anger.	3.21

Overall

3.26

Table 6: Behaviour Changes Affect On Emotions

From Table 6, the data indicates that most respondents will feel sad with their bad partner's behavior (M=3.34). It can be proven by Litner (2020), that negative behavior will also influence and upset partners. The respondents also agree that negative emotions from a partner could exhaust their emotions as well (M=3.30). This can be proven by Scott (2021), that negative emotions can influence people. Overall, the average mean for behavior change affecting emotions is (M=3.26). The statement is supported by a study from Elen and D'heer (2017), that mood significantly affects attitude behavior consistency and not the decision style that mood activates.

CONCLUSION

Based on the findings, we can conclude that finance plays an important factor whether the partner will change their behaviour after a specific time. The three changes factor on partner's behaviour after a specific time can be arranged as:

Finance	3.28
Habit	3.18
Education	2.60

The factors obtained the highest mean is finance, where most people believe that they will change their behaviour after a specific time because of finance. People in relationships should be aware about this matter because it can be proven by the findings that most people agreed finance could lead to behavior change after a certain period of time in a relationship. It is advisable for someone who is in a relationship or who wants to be in a relationship, to take this matter seriously and have a plan ahead to secure their finances. Finance is crucial to survive in today's life as we will need it to buy a lot of necessities. Especially for someone who is already married and has children to support, as they are required to have higher and more secured

finances compared to those who do not have kids. To secure our finances, we can start by having a proper budget plan in order to avoid overspending. Next, we also can try saving money for the future starting from now, because it will help us a lot in case we are facing any emergencies.

The second highest factor that contributes to behaviour changes is habit. This shows that other than finance, habit also plays an important role that makes people and couples in a relationship change their behaviour after a specific time being together. Some people agreed that habit is also significant in their relationship and will lead to changes in behaviour. While the least highest is education, where the respondents have a perspective that education does not contribute that much in the changes of someone's behaviour, especially for people in a relationship after a specific time.

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