

## Research Article

# Can Dating Violence Predict Feelings of Hatred Toward a Partner?

Refany Puspitaning Luhpratiwi, Yuni Nurhamidah\*, and Nandy Agustin Syakarofath

Fakultas Psikologi, Universitas Muhammadiyah Malang, Indonesia

## Abstract.

Dating violence can occur in unhealthy dating relationships. This study aims to determine when someone experiences dating violence and its impact on their feelings of hatred. The research method used is quantitative, with research subjects aged 20–30 years who have or are currently having dating experiences of violence in their relationship. The number of subjects in this study was 533, obtained by random sampling. The instruments used in this study were *Conflict in Adolescent Dating Relationships Inventory* (CADRI) and the triangular hate scale. The results obtained through simple and multiple linear regression tests showed that there was a significantly positive effect of dating violence on hatred. Of the total five aspects of dating violence, verbal and emotional violence were the highest compared to the other four aspects. This means that the hatred felt by individuals toward their partner can be caused by violence that has occurred, especially verbal and emotional violence.

**Keywords:** dating violence, hate, partner

Corresponding Author: Yuni Nurhamidah; email: yuninurhamida@umm.ac.id

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## 1. BACKGROUND

One of the interesting issues to discuss is the interpersonal relationship between men and women. When a man and woman begin to feel attracted to each other and plan to be in a more serious relationship, there is a feeling called starting to like each other. Generally, a sense of attraction arises because of the attraction that someone has and the time that has been spent together. They are making decisions to establish a relationship based on the existence of particular criteria that have been predetermined.

Several theories are used to classify mate selection, namely biological theories that reveal mate selection based on blood type and DNA. The standard of mate selection will increase if a person wants to improve the quality of his lineage by looking at good genetics and investment.

Good genetic selection can be interpreted as seeing potential partners with good health, and choosing a good investment can be interpreted as having good social status. In addition, both women and men choose potential partners who are friendly, able to control emotions and have intellectual intelligence (Fletcher et al. & Overall, 2013; Hill,

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2019). Then, if viewed based on the culture in Indonesia, mate selection can be seen based on *bibit* (“seed”, as in whose bloodline the boy or girl is), *bebet* (“dress”, the boy or girl’s social and financial status and reputation), and *bobot* (“weight”, their personal characteristics, educational level, and profession) (Santoso & Winarto, 2010).

According to Berk (2004), when someone enters early adulthood tends to look for a partner and share to achieve well-being. This is also consistent with the theory expressed by Erikson (Ritchie, 2016), which states that in the early adult stage, a person is characterized by a need for intimacy. According to Erikson, intimacy is the ability to unite one’s identity with the identity of others without fear of losing one’s identity. This can only happen if a person has stabilized his ego to share feelings and trust each other with someone he chooses to be his partner (Alwisol, 2016).

When someone starts to feel attracted and has established a relationship with that person, both people want to create something big from within themselves and establish a special relationship involving intimacy and emotions (Boeree, 2010; Burger, 2000). According to Sternberg (2004), intimacy is a feeling of closeness in a romantic relationship and it includes in interpersonal relationship. According to Czyżowska et al. (2019), intimacy contains both emotional and physical attachments. The feelings that exist in interpersonal relationships involve feelings of love. Intimate relationships that commonly occur in Indonesia start from attraction to known members of the opposite sex, a sense of friendship, often meeting and visiting each other, and even making physical contact such as holding hands, kissing, or touching each other (Setiawan & Nurhidayah, 2008).

According to Sternberg (2004), love is a complex thing that comes not only from human instinct but also from social, namely by looking at the surrounding environment and interpreting it as love. Sternberg sparked a theory of love known as a triangular theory of love or love triangle theory, where there are three components in it, namely intimacy (at the top of the triangle), passion (located in the left corner of the triangle), and decision/commitment (located to the right of the corner of the triangle).

According to Sternberg (2004), the meaning of intimacy component is a component that involves emotions, warmth, good communication, and the desire to complement each other. Passion is a component that involves sexual activity and physical touches. Commitment is a cognitive component involving a person’s mind to choose and determine who they love (Berk, 2004). Pope (2013) continues that commitment in a relationship is an investment given to a partner and includes the values embraced by the individual (religious, cultural, and social values).

When someone establishes an interpersonal relationship with their partner, of course, each partner feels not only love and happiness but also negative feelings and emotions, such as anger, jealousy, fear, quarrels, anxiety, and even stress. This happens because

conflicts can trigger these negative emotions (Hocker & Wilmot, 2017). According to Rohmah & Legowo (2014), several things become motives for quarrels in a relationship, namely jealousy and wanting to bind their partners, getting less attention, not obeying their partners, and using their partners in economic terms.

According to Aumer-Ryan & Hatfield (2007), someone who experiences bad treatment, humiliation or does not get support from their partner tends to harbour hatred. Sternberg supports this statement that when a person is in a romantic relationship, not only love can be felt, but also hatred. The feeling of hate itself is an imitation of love, where the feeling of hate is a feeling that binds and bonds with someone who has a connection to the hater (Sternberg, 2005). Aumer-Ryan & Hatfield (2007) explain that the relationship between love and hate can be very close and related to the person we love or who loves us. Therefore, it is possible not to feel hatred towards partners in interpersonal relationships.

Hate is a form of aggressiveness of feelings of dislike that reflect extreme fear (Sternberg & Sternberg, 2008). Based on research by Rempel et al. (2019), the impact felt by someone experiencing feelings of hatred is the desire to hurt their partner, while for the hated party, there is also the potential to be a hater, and there is a desire to retaliate against people who have hated him. This is because there is a desire to convey the feeling that he has been hurt by the behaviour of the partner who hurt him first (Rempel & Sutherland, 2016). WHO (2017) reported that as many as 38% of women were killed by their male partners. Murder cases in a relationship can be carried out because of feelings of love and hate. And according to Aumer (2016), when someone has involved hate in their relationship, violence is the right way to take revenge for the hurt or hurt they have felt, and some aspects of violence that could be indicated a hatred feeling are physical and emotional abuse.

Various factors can cause feelings of hatred towards your partner. The factor that causes hatred is terrible treatment from their partner (betrayed, humiliated, demeaned, not supported, and so on), so there is a desire to avenge lousy treatment from their partner. Nevertheless, the factor considered most influential is violence (Aumer-Ryan & Hatfield, 2007; Aumer, 2016).

The purpose of avenging the bad treatment done by their partners is because of their desire for equality in receiving equal treatment (Rempel & Sutherland, 2016). In previous research, Sternberg & Sternberg (2008) have explained that when someone experiences a nasty and painful experience with their partner, and it is difficult to avoid the painful feeling, it will make one feel stress rather than happiness. However, most of them are trapped in their relationship, which can lead to feelings of love and hate at the same time. A person can love his partner deeply, but when unexpected things happen

and feel threatened, it can cause anger or fear, even if, in extreme cases, it can cause a desire to hurt his partner.

Study of Aumer-Ryan & Hatfield (2007) and Aumer (2016) said when someone experiences unsatisfactory behaviour, humiliation, or even abusive and hurtful behaviour from their partner is a sign of violent behaviour. Violent behaviour in a relationship can be done by anyone regardless of gender. Not many people realize that they have been trapped in an unhealthy relationship. Violence in interpersonal relationships is more difficult to detect because it falls into the realm of privacy, making it quite challenging to observe and measure (Wolfe et al., 1998).

Based on statistical data from the Annual Records of the National Commission on Violence Against Women (Komnas Perempuan, 2019), dating violence ranks second after domestic violence. The number of cases that occurred in dating violence was 2,073 cases (21%). Then in the updated data from Komnas Perempuan (2020), dating violence in 2020 was ranked third, after domestic violence and violence against girls, with a total of 1,815 cases (16%).

According to WHO, violence is a form of behaviour that uses physical force or threats directed at one person or against a particular group, resulting in physical injury or injury, psychological injury, and even death (Daher, 2003). When viewed in dating relationships, dating violence is an attempt to control or dominate a partner physically, sexually, or psychologically which can cause injury to the victim of the violence.

The main factor that motivates violent behaviour in dating is anger. Then when viewed based on gender from the perpetrator's point of view, female perpetrators often engage in violent behaviour with anger as the main reason, which is a form of defence/self-defence. However, it differs from men who use violence to control their partners (Hickman et al., 2004). The impact of his experience was a feeling of fear and insecurity. Based on the women's point of view, when women are victims of dating violence, they feel insecurity, fear, and painful emotions when undergoing the relationship. Then based on the point of view of men when they become victims of dating violence, to assume it is just a joke and anger from their partner (O'Keefe, 2005).

Forms of violent behaviour are not only physical violence but also sexual violence (forcing their partners to have sex), verbal abuse, intimidation, degrading or humiliating partners, and controlling and controlling partners (Wolfe et al., 2001; Berk, 2004; O'Keefe, 2005). Komnas Perempuan (2020) states that the forms of dating violence are the breaking of marriage vows, forced sexual relations, forced to make sex video calls (VCS) or sending sexy photos, as well as forcing variations of sexual relations with sadism and masochism or hurting the victim's body, economic violence in the form of blackmail. Furthermore, it can be in cyber violence, such as threats to spread sexually

suggestive photos or videos of victims on social media when victims refuse to having sex with the perpetrator or wanting to end the relationship with the perpetrator.

Based on the explanation above, this study was conducted to find out the relationship between dating violence and feelings of hatred. It could be for someone who experiences dating violence tends to feel hatred towards their partners who commit violent behaviour.

The benefits of this study are to tell the feelings of dating violence victims are valid/accurate, educate them to accept the positive and negative feelings they feel, and minimize violent behaviour caused by hatred in a relationship. In addition, research on feelings of hatred towards couples who experience dating violence is a study that is still rarely studied in Indonesia, so this research is expected to be one of the sources of scientific studies that discuss conflicts in interpersonal relationships.

## 2. RESEARCH METHODS

### 2.1. Participant

This study used non-experimental quantitative methods. The study respondents were 533 people aged 20–30 who had or were dating, obtained through random sampling techniques using random.org. Java Island is the largest of the five major islands in Indonesia. In detail, the data of the research respondents are described in Table 1.

TABLE 1: Number of respondents by gender.

	Respondents	F	%
Gender	Male	76	14,3%
	Female	457	85,7%
Startus hubungan	Dating	330	62%
	Have dated	203	38%
Provincial Origin	Banten	63	11,8%
	DKI Jakarta	67	12,6%
	Jawa Barat	96	18,0%
	Jawa Tengah	69	12,9%
	DI Yogyakarta	49	9,2%
	Jawa Timur	189	35,5%

### 2.2. Research Instrument

This study used two variables, namely dating violence as an independent variable and hate as a dependent variable.

The independent variable in this study was dating violence, and the measuring instrument adapted from the CADRI (Conflict in Adolescent Dating Relationships Inventory) scale from Wolfe et al. (2001). This measuring instrument contains 35 items based on the forms of hardness. Then, of these 35 items, six fell during the tryout test and it is for number 6, 10, 22, 26, 27, and 34. The answer of this scale has never, rarely, sometimes, and frequently options. The reliability value of this variable is 0.876.

The dependent variable in this study is feelings of hate, and the measuring instrument used is the Triangular Hate Scale from Sternberg & Sternberg (2008). The number of items on this measuring instrument is 29, of which two fell during the tryout test. This measuring instrument is a Likert scale, where the value of the answer choice starts from 4 (strongly agree) to 1 (strongly disagree). The reliability value of this variable is 0.975.

### 2.3. Procedure

This study began with a try-out test with 51 respondents. After conducting a try-out test to test the value of normality, validity, and reliability, researchers conducted a scale spread through social media to facilitate the researcher to get the respondents within three days, which is on June, 26<sup>th</sup> 2020 and collected 533 respondents.

### 2.4. Data Analysis

The data analysis used a simple linear regression test to determine the effect of dating violence variables on feelings of hatred. Then researchers conducted multiple linear regression analyses to determine the effect of each aspect of dating violence on feelings of hate. Simple regression analysis and multiple regression were performed using SPSS 21. The researchers also conducted data analysis using Microsoft Excel 2013 to determine the highest scores experienced by respondents on every aspect of dating violence and feelings of hate. The highest aspect for dating violence variable is verbal and emotional violence, while in hatred variable, the highest aspect is devaluation.

## 3. RESULT

### 3.1. The effect of dating violence on feelings of hatred

Based on a simple regression analysis test in Table 4 shows that there is a significant positive influence between dating violence and feelings of hatred in early adult couples adjusted (adjusted R<sup>2</sup> = 0.404, p = 0.000). This is in line with Aumer's research (2016),

which states that if someone commits, violence against their partner is one way to release their pain. When a person tries to release the pain he receives after he gets terrible treatment from his partner (betrayed, humiliated, demeaned, not supported), then he tends to hate his partner, so there is a desire to avenge the bad treatment from his partner. The purpose of avenging the bad treatment done by their partners is because of their desire for equality in receiving equal treatment (Rempel & Sutherland, 2016).

### 3.2. The influence of each aspect of dating violence on feelings of hatred

Dating violence has five aspects: verbal/emotional abuse, physical abuse, sexual abuse, relational abuse and threatening behaviors. Based on Table 5, only three aspects affect feelings of hatred, namely aspects of physical violence, aspects of threatening behaviour and aspects of verbal and emotional violence.

TABLE 2: Multiple regression test results.

MODEL	t	Beta	Sig
Verbal/Emotional Abuse	-2,053	-1,746	0,041
Physical Abuse	4,409	2,542	0,000
Sexual Abuse	0,491	0,174	0,624
Relational Abuse	1,299	0,823	0,194
Threatening Behaviors	9,432	1,182	0,000

If reviewed according to Burriss & Leitch (2016), perpetrators commit physical violence with the aim of not only injuring the victim but also wanting to show strength and passion for pleasure when committing physical violence to the victim. It is inline with the definition of physical violence aspect from Wolfe et al (2001), is a form of violence to hurt someone’s physically, which has a purpose that wants to show how strong the perpetrators are. If the perpetrator of the violence is his lover, he will show that his actions are a sign of the love he gives to the victim. Unlike the case of Rempel & Sutherland (2016), which states that if someone wants to commit violence to destroy others, there is no need to use physical violence. It is enough to verbally, emotionally, and psychologically abuse the victim to make the victim feel hurt.

Wolfe et al (2001) said that threatening behavior aspect is a form of violence to threatened the victim in psychologically and mentally. The purpose of threatening behavior is for controlling. When someone is angry and directed at their partner, it is common to show behaviour to control the situation and dominate, as well as corner the blame and threaten their partner. The threats made by the perpetrator aim to protect himself and

damage his partner's welfare (Rempel & Burris, 2005; Aumer & Bahn, 2016). The aspect of verbal and emotional violence influences feelings of hatred. In addition, verbal and emotional violence is also the highest aspect experienced by many respondents. Verbal and emotional violence is a form of violence where someone commits an act that wants to hurt others intentionally with the perpetrator's words and the way they speak to the victim (Rempel & Sutherland, 2016). The purpose of this aspect is because they want to erode the victim's welfare and hurt the victim emotionally and financially. Hocker & Wilmot (2017) even describe verbal violence as a forerunner to further violence.

Table 3 shows that aspects of sexual violence and damaging relationships with others do not significantly affect feelings of hatred. In sexual violence, most victims will try to suppress the memory, deny it, and even deny it because they think suppressing, denying, and rejecting it is considered "treating" themselves. Reactions after experiencing these events tend

to be more careful and observant of the surrounding environment if things make them uncomfortable, compared to anger, fear, or wanting to hurt others (Hocker & Wilmot, 2017). While damaging relationships with others influence feelings of hatred, according to research from Rempel & Sutherland (2016), someone wants to destroy their partner by making them closer and dependent on the perpetrator. This is known as tethering where one of the violent behaviours of tethering is social violence. Social violence is intended to make their partners dependent on the perpetrator to control their partners better and limit their relationships with family and friendships.

The violence that partners often receive from abusers, the most commonly accepted forms are verbal and emotional violence, sexual violence, threatening behaviour, damaging relationships with people and physical violence. According to Hocker & Wilmot (2017), verbal violence begins with harsh words considered a joke by the perpetrator. If verbal abuse occurs periodically, physical violence will follow. Extreme verbal abuse may be a hallmark of rape, where the perpetrator tries to manipulate and insult the victim. Verbal abuse is almost always characterized by coercing, controlling, and dominating a partner.

Carney & Barner (2012) stated that not everyone could understand the meaning of emotional abuse because of differences in perceptions and behavioural limits regarding emotional violence. Based on previous research from Lawrence, Yoon, Langer, & Ro (2009), behaviour that can be categorized as emotional abuse is controlling, mastering, swearing, insulting, degrading, isolating victims from friends and family, and abuse of religion or belief. Emotional violence can occur due to the influence of verbal violence (Dye, 2019). Victims of emotional abuse are more likely to experience depression, anxiety, stress, and personality neuritis when compared to victims who experience



physical violence, sexual violence, or both. Verbal and emotional abuse can occur due to cultural factors, environment and family parenting, friendship environment, and one's character.

### 3.3. Percentage of respondents who experienced dating violence by gender, status, and province

Based on the data of table 1 about the gender, from 76 male who experienced dating violence, there are 5.2% participants who experienced it. Meanwhile from female participants, there are 6.8% who experienced dating violence (on table 3). Female experienced higher than male. This is in line with previous findings that the majority of victims of dating violence are women compared to men (Joly & Connolly, 2016; Hocker & Wilmot, 2017). Women tend to become victims because of the character and stigma attached to them that women have a fear of losing and being abandoned by their partners. In addition, stigma formed based on gender states that women are more forgiving and lack the power and courage to express their feelings effectively in a relationship (Fermani et al., 2020; Hocker & Wilmot, 2017).

TABLE 3: Demographic data of respondents who experienced dating violence.

	Responden	Persentase
Gender	Male	5,2%
	Female	6,8%
Relationship status	Dating	2,1%
	Have dated	9,8%
Provincial Origin	Banten	1,6%
	DKI Jakarta	4,5%
	Jawa Barat	9,4%
	Jawa Tengah	5,7%
	DI Yogyakarta	6,1%
	Jawa Timur	3,2%

Based on Table 3, from 533 participants, as many as 2.1% of respondents who are dating have experienced violence and a total of 9.8% of respondents who have been dating admit to having been treated by their ex. Respondents who are in a relationship and who have ended their relationship are lower in percentage because the subject does not realize that he is trapped in an unhealthy relationship with elements of violence, both physically, sexually, emotionally, verbally, and socially. Ironically, violence that occurs in a relationship is based on playing with one's emotional side, such as wanting to always be together at all times as a form of closeness with a partner, showing excessive jealousy as a sign that the relationship is unique and sticky, always wanting

to know where the partner is and with whom as a sign of care, and making the couple bond to be easier to control. Therefore, victims ignore signs of violence and consider that these treatments are a sign of love from their partners (Rempel & Sutherland, 2016).

Then respondents who have been in a relationship and have ended it have a more significant percentage because there is still a communication relationship between the perpetrator and the victim. Based on research, Rempel & Sutherland (2016) states that even though the relationship is over, abusers can assume that the relationship is not over. This is characterized by stalking ex-partner behaviour and emotional abuse that aims to re-establish a relationship and control the ex. Therefore, if someone is still on good terms with their ex who committed violent acts, then it is very likely to repeat the unpleasant experience because they are accustomed to behaviour patterns that are interpreted as love, as well as hopes and thoughts that the perpetrator of violence will change for the better in the future (Edwards et al., & Gidycz, 2017).

Furthermore, regarding the domicile of respondents who experienced violence, the most cases occurred on the island of Java were in West Java Province, as much as 9.4%, then followed by Yogyakarta DI Province, as much as 6.1%, Central Java Province, as much as 5.7%, DKI Jakarta Province as much as 4.5%, East Java Province as much as 3.2% and Banten Province there were 1.6% of respondents.

Based on Komnas Perempuan (2020), West Java has Indonesia's highest number of complaints. The high number of complaints to Komnas Perempuan does not necessarily indicate the amount of violence in the province. However, it is based on the number of Service Provision Institutions in the province and the quality and capacity of documentation from the institutions.

### **3.4. Percentage of respondents who experienced feelings of hatred based on gender and status.**

Based on table 1, from 457 female respondents, there are 16.4% women who experienced to have feelings of hatred, where it has difference percentage as many as 12.5% with male. The male percentage who experienced feelings of hatred is 3.9% from 76 male participants. According to research from Aumer (2016), feelings of hatred are an emotion felt by a person, as well as emotions from anger, sadness, or happiness. When gender-disaggregated, women tend to be better able to express their emotions and are more confident to talk about them than men (Fischer, 1993). In addition, women are better able to express negative emotions through facial expressions clearly than men. This is because women are more confident when showing these emotions than men (Procházka et al., 2016).

TABLE 4: Demographic Data of respondents who experienced feelings of hatred.

	Responden	Persentase
Gender	Male	3,9%
	Female	16,4%
Relationship status	Dating	3,3%
	Have dated	32%

Based on Table 4, from 533 participants there are 3.3% of respondents who are dating lead to feelings of hatred, and as many as 32% of respondents who have been in a relationship, their answers lead to feelings of hatred. In the research of Aumer-Ryan & Hatfield (2007), Aumer et al. (2015), and (Aumer et al., 2016) stated that it is not unusual if there is someone who can hate the figure he loves, such as his partner. Someone hates their partner or ex-partner because of the betrayal that occurs during the relationship (Aumer-Ryan & Hatfield, 2007). Shapiro (2016) even sparks feelings of hatred due to betrayal from love.

## 4. DISCUSSION

Aumer & Bahn's research (2016) states that when in a relationship, someone can hate each other towards their partner because their partner hurts the feelings of other partners. However, after breaking up the relationship, the feeling of hating her ex slowly faded. Another case is Shapiro's research (2016), which states that a person can hate his ex even though he committed the betrayal. This is because there are feelings of guilt and anger at himself who have hurt his ex-partner.

Therefore, it can be concluded that not all subjects experience feelings of hatred towards their partners who have misbehaved. This is because when in a relationship, there is still a feeling of love, so the feeling of hatred is covered. However, resentment can occur in subjects who have ended their relationship, especially in cases where it ended painfully, such as betrayal and hurt (Shapiro, 2016).

Based on the explanation above, it can be seen that hatred towards a partner can occur when someone experiences non-painful behaviour that begins with verbal violence. Therefore, the first step to minimising dating violence is learning to communicate well (Hocker & Wilmot, 2017). Then Rempel & Sutherland (2016) stated that the way to minimise feelings of hatred towards a partner is to learn to forgive bad things that have happened before and also forgive yourself for allowing yourself to be mistreated by your partner.

Aalgaard et al. (2016) stated that forgiveness can reduce a person's tendency to misbehave with their partners. However, if an apology is said too often without a behaviour change is also not suitable for a relationship in the future. In addition to forgiveness, Rempel & Sutherland (2016) also said that cognitive reappraisal can minimise the emergence of hatred. Cognitive reappraisal is when a person experiences a bad event and becomes negative about it; then, he tries to see it from another positive point of view.

Researchers are aware of the limitations of previous research on hate in interpersonal relationships, so there are few references from recent research. In addition, the theme of hate research has different perceptions in each respondent, so it is quite difficult to conclude the overall data to categorise someone as feeling hatred or just expressing when angry.

## 5. CONCLUSION

Based on the research that has been done, it can be concluded that dating violence can predict hatred towards partners. That is, the higher the violence experienced by a person, the higher the feeling of hatred, and vice versa. The first steps to minimize feelings of hatred towards a partner or ex who has hurt you are learning to accept the bad experiences, forgive yourself for allowing yourself to be poorly treated by the person you love, and look at previous experiences from a positive perspective.

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## Author Contributions

All author conduct concept of the research design, writing introduction, data collection, data processing, and writing discussion.

## Conflict of interest:

The authors declare there is no conflict of interest.

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