

Gender, Adult Attachment Styles, and the Tendency to Commit Dating Infidelity: A Mixed Methods Study

Athena Charisse S. Ong
Phillip U. Poon
Shannen Fay J. Sibya
Ma. Elizabeth J. Macapagal
Ateneo de Manila University

This mixed methods study looked into whether gender and adult attachment style influence one's tendency to commit dating infidelity. Infidelity has three types: physical infidelity, emotional infidelity, and combined infidelity. We constructed and administered the adult attachment style test, and the infidelity tendency and type scale to 262 participants who were not married but had at least been in a committed relationship. After conducting two-way ANOVA tests, it was found that males had the higher propensity to commit all three types of infidelity. Moreover, those with avoidant adult attachment styles were most likely to commit all types of infidelity compared with those with secure and anxious ambivalent attachment styles. We used thematic analysis for the qualitative part of the study to explore other social factors that contribute to one's dating infidelity tendency. We interviewed six participants and found two major themes that may influence the person's dating infidelity tendency: perception of infidelity and relationship with the dating partner.

Keywords: infidelity, dating, attachment style, gender

Infidelity in the Philippines is still regarded as a taboo topic and literature on the subject matter is limited. Studies have shown the rising rates and reported frequencies of marital infidelity (Drigotas & Barta, 2001) and that majority (88%) of Filipinos condemn extramarital affairs (as cited in Philippine Commission on Women, 2009). The Philippine Congress has even approved a bill against sexual infidelity, known as House Bill 5734, aiming to penalize those who are married who commit unfaithful sexual acts (Rosario, 2012). The issue of infidelity continues to be a concern in Philippine society such that even the government has taken action to alleviate the impact that marital infidelity may have on its constituents. Most studies on infidelity though are focused on the context of marriage. However, if studied in the context of dating, we posit that the possible factors for committing infidelity may be different from that of those in marital infidelity. This study therefore focuses on factors that come into play in dating infidelity in the Philippines.

Dating in the Philippines

Dating is defined as a social activity between two individuals which could involve recreation, companionship, status-seeking, personal growth, sexual experimentation, mate selection, and seeking for intimacy (Macapagal, Ofreneo, Montiel, & Nolasco, 2013). For the purpose of this study, we would like to focus on dating as an exclusive social activity of two individuals who have a desire for intimacy. In the Philippine context, dating may range from “M.U.” (Mutual Understanding) to a fully committed romantic relationship. The M.U. phenomenon is an early stage of a couple entering into a fully committed relationship (Tan, Batangan, & Cabado-Española, 2001).

Infidelity

Studies have shown that infidelity in the context of younger age groups have a very broad definition. The present study uses Blow and Hartnett’s (2005) definition of infidelity. Infidelity is a sexual or emotional act carried out by a person in a committed relationship with someone outside of the primary relationship. These acts violate the

rules overtly and covertly agreed upon, as well as betray the trust of the primary partner with regard to the exclusivity of the relationship in either sexual or emotional aspects. In this study, dating infidelity may also be referred to as infidelity, cheating, or extradyadic behavior.

Types of infidelity. Recent studies subdivide extradyadic behaviors into three: sexual, emotional, and combined. Sexual infidelity is the result of sexual activity done outside the primary relationship (Fish, Pavkov, Wetchler, & Bercik, 2012). These activities include erotic kissing, petting, or sexual intercourse. Sexual infidelity is also referred to as physical infidelity. Emotional infidelity, on the other hand, is cheating that does not include any physical intimacy. Intimacy is generated from forming a deep emotional attachment to someone other than the relationship partner. This includes flirting, dating, or even spending excessive time with another as these acts create an intimate, romantic bond between two people. Emotional resources are spent on another such as love, time, and attention (Fish et al., 2012). Finally, combined infidelity incorporates both sexual and emotional infidelity. This type of extradyadic behavior is seen as the greatest threat to a relationship (Fish et al., 2012).

Dating and infidelity. Dating relationships are informal relationships that do not have the same level of commitment in sexual and emotional exclusivity as marriages. As such, there is difficulty in delineating when acts are considered violations of this exclusivity. Rules in dating are rather vague in contemporary culture (DeGenova & Rice, 2005). The level of commitment, and the rules and standards of the relationship are agreed upon by those who are in relationships. Across cultures, though, monogamy is still favored while infidelity is regarded negatively (Josephs & Shimberg, 2010). In the present study, we decided to focus on two factors that may influence dating infidelity: gender and adult attachment styles.

Gender and Infidelity

Men and women have different interpretations and views of monogamy such that men have a more negative view of commitment as opposed to women who view fidelity more positively. Men see infidelity as more acceptable than women in both married and dating

relationships (Sheppard, Nelson, & Andreoli-Mathie, 1995).

Men are significantly more likely to cheat on their partners (Josephs & Shimberg, 2010) and they engage in cheating that is more sexual in nature (Wilson, Mattingly, Clark, Weidler, & Bequette, 2011). Males are more likely to report that they have committed infidelity. They have a higher prevalence rate of having affairs than females (Drigotas & Barta, 2001). The tolerance of men to infidelity and years of experience in dating are positively correlated to them committing infidelity in a dating relationship (Hansen, 1987). On the other hand, women are predisposed to committing emotional infidelity (Josephs & Shimberg, 2010). They usually underreport instances of infidelity though. This may have something to do with gender bias in self-representation (Drigotas & Barta, 2001).

There is a biological explanation for the different behaviors of the two sexes towards infidelity. Evolutionary psychology states that men are less discriminating in choosing a partner (Buss, 1995). They engage in more short-term mating behaviors. Those that have more than one partner in a sexual relationship will be more effective in passing on their genes. Women, on the other hand, are more involved in the search for a mate who will take care of the family unit, a long-term strategy, rather than being reproductively fruitful (Buss, 1995). We thus hypothesize that gender would influence the tendency to commit dating infidelity as well as the type of infidelity to be committed.

Adult Attachment Styles

Attachment theory states that a person's general disposition and relationship with people in adulthood are motivated by the same system as that of the relationship and emotional bond that were formed with their primary caregivers as children. Attachment styles can be best understood by looking at one's internal working model, a set of mental expectations from others, and the self (Bowlby, 1988). The child then bases his or her sense of security from this set of mental representations.

Hazan and Shaver (1994) explored attachment and used Bowlby's theory to explain and explore the dynamics of romantic relationships. They discovered that each attachment style had its own unique set of

emotions and core experiences attached to romantic love, as well as different beliefs about the level of trustworthiness of themselves and their partners. The attachment style theory provides a framework to explain how healthy and unhealthy relationships are formed as adaptations or responses to early childhood social circumstances.

Hazan and Shaver (1987) also described each adult attachment style. Those who exhibited a secure attachment style were found to have especially happy, friendly, and trusting love experiences with their partners. They were able to accept and support their partner in spite of faults, and their relationships endured longer. Those with avoidant attachment styles exhibited a fear of intimacy, experienced emotional highs and lows, as well as jealousy. This group also did not achieve the levels of positive love-experience that the other groups achieved. Those in the anxious/ambivalent group were characterized by experiencing love as obsession, desire for reciprocation and union, and emotional highs and lows. This group also exhibited extreme sexual attraction and jealousy.

Feeney and Noller (1990) determined the effectiveness adult attachment styles had as predictors of adult romantic relationships. They found that the attachment styles of individuals with their mothers affected the levels of trust that these individuals had towards other people. Avoidant participants claimed to either having never been in love or not in love and indicated low intensity of love experiences. Secure participants had long-lasting relationships whereas anxious-ambivalent subjects were the least enduring. As such, literature has shown the important effect of adult attachment styles on the quality of relationships that a person forms. We now ask whether adult attachment styles would also influence infidelity.

Attachment and Infidelity

Research has shown that adult attachment influences one's tendency towards infidelity in a committed romantic relationship (Bravo & Lumpkin, 2010). Adults who have secure attachment styles are more likely to have sex in order to achieve intimacy with their partners. Secure individuals are less accepting of casual sex and promiscuous partners. Those who have insecure attachment styles, on

the other hand, are most likely to engage in affairs or in short-term mating rituals. Brown (as cited in Bravo & Lumpkin, 2010) reported that these people engage in affairs to satisfy intimacy needs that are not met. People with avoidant attachment are more likely to engage in extradyadic relations to keep themselves out of a very intimate relationship. Those with preoccupied attachment styles, on the other hand, engage in these extradyadic affairs to prove and affirm their self-worth, independence, and validation beyond the intimate relationship (Fish et al., 2012). Thus, we posit that attachment styles would influence one's tendency toward dating infidelity.

Gender, Adult Attachment Style, and Dating Infidelity

In this study, we focused on two variables to see whether they influence one's tendency to commit dating infidelity: gender and adult attachment style. Figure 1 summarizes the framework of this study.

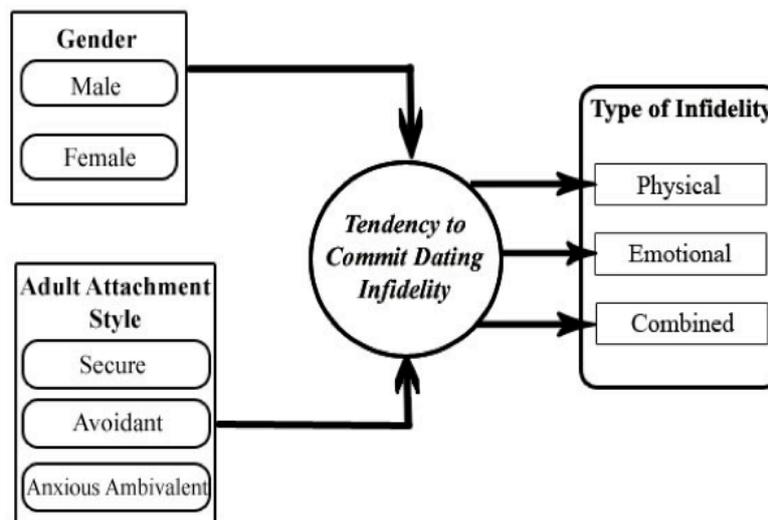


Figure 1. Conceptual framework of the study

Our first variable is gender. We posit that males are likely to have higher tendency towards infidelity than females. The second variable is adult attachment style, which may increase or decrease the tendencies to commit infidelity. We postulate that certain adult attachment styles are predisposed to commit infidelity and that specific attachment styles may be inclined to commit a certain type of infidelity.

The Research Problems and Hypotheses

The purpose of this study was to understand the effects that gender and adult attachment styles have on the tendency to commit dating infidelity. To summarize, the following are the specific research questions:

1. Does gender affect dating infidelity tendency?
2. Is there a significant difference between males and females in their tendency to commit types of dating infidelity?
3. Does adult attachment style affect dating infidelity tendency?
4. Does adult attachment style have significant differences in the tendency to commit a type of dating infidelity?
5. What other social experiences contribute to dating infidelity tendency?

Based on the review of related literature, we have decided to test the following hypotheses:

1. Gender has a significant effect on infidelity tendency. Specifically, men are more likely than women to have tendencies to commit infidelity.
2. There is a significant difference between males and females in the tendency to commit a type of infidelity. Women, are more likely than men, to engage in emotional infidelity while men are more inclined to engage in physical infidelity.
3. Adult attachment styles have a significant effect on infidelity tendency. Specifically, those who do not have a secure attachment style are more likely to have tendencies to commit infidelity.
4. Adult attachment styles have a significant difference on the tendency to commit a type of infidelity. Those with anxious ambivalent or avoidant attachment styles will be more likely to

commit emotional infidelity. Those with avoidant attachment styles are more likely to commit physical infidelity.

METHOD

Research Design

The study used a mixed method approach, utilizing both qualitative and quantitative means of data collection and analyses. A quasi-experimental design of 2 (Male or Female) x 3 (Adult Attachment Style: Secure, Avoidant, Anxious/Ambivalent) factorial design was used. The dependent variable, dating infidelity, had three types: emotional, physical, and combined. The qualitative aspect of the study looked for other plausible factors, such as social experiences, that may influence dating infidelity tendency.

Participants

Quota sampling was used to gather 262 participants aged 18 to 25 to answer the survey. The sample was composed of 135 females and 127 males, all of heterosexual orientation, from middle to upper socioeconomic classes. They were all not married but were currently in or had a past romantic and committed relationship. For the qualitative portion of the study, participants were selected based on the results of the questionnaires they answered. The male and female participants with the highest scores in one type of infidelity (sexual, emotional, and combined), for a total of six participants, were interviewed.

Data Collecting Instruments

For the quantitative portion, an online questionnaire was made for better accessibility to participants. There were two main instruments in gathering our data: the Adult Attachment Styles Scale of Collins and Read (1990) and the Infidelity Type and Tendency Scale which we made to determine the type of dating infidelity that one would likely commit.

The Adult Attachment Scale had 18 items with three subscales:

Closeness, Depend, and Anxiety. Each cluster had six items and each item had a 5-point Likert scale ranging from 1 (not at all characteristic of me) to 5 (very characteristic of me). The scores of each cluster were then summed. The norms of high, moderate, and low scores were determined based on the results of the scale collected. Those with high scores on Close and Depend subscales, and low in Anxiety were those with secure attachments. High scores in the Anxiety subscales and moderate scores in Close and Depend subscales means having an anxious ambivalent attachment style. Avoidant attachment styles had low scores in all three subscales. The scale's Cronbach's alpha were 0.75, 0.72, and 0.69 for Depend, Anxiety, and Close items respectively.

The Infidelity Tendency and Type Scale contained 13 items. Each number had a 6-point Likert scale. The Likert scale measures agreement to the statements given. There are 5 items each for both sexual and emotional infidelity, and 3 items for the general attitude towards infidelity. The sum of the score for each type of infidelity and attitude towards cheating was computed and if the sum of scores for one type of extradyadic behavior was greater, that was the type of infidelity that the person is most likely to commit. If both types of infidelity were high then the person was most likely to commit combined type of infidelity. The norms of low, medium, and high tendencies were based on the norms of the sample. The scale has a moderate reliability with a Cronbach's alpha of 0.84.

In the qualitative part of the study, we conducted semi-structured interviews where we asked the participants pre-selected questions about their relationships with other people, infidelity in general, and their lives. These questions put emphasis on social experiences to explore different factors that may contribute to their tendency towards infidelity.

Procedure

Quantitative study. The questionnaire was put up online for easier dissemination. Once the link was opened by the participant, the details of the purpose of the study and the researchers and their respective contact details were displayed. The qualifications needed of the participant were stated so they would know whether they fit

the criteria of the required sample. It was also specified that their results will be kept confidential and that they shall answer on their own volition. Data were analyzed to verify the hypotheses of the study. Once done, the study proceeded to the qualitative portion of the study.

Qualitative study. The interviews were semi-structured, aimed to explore the influence of social experiences on the individual such as relationships and their tendency towards infidelity. Each interview was handled by two researchers: one to conduct the interview and the other to take notes. Due to the sensitivity of the topic, the researcher who conducted the interview was of the same gender as the participant in case he or she would feel uncomfortable discussing certain matters with the opposite gender. With the data collected, thematic analysis was done by both the male and female authors to eliminate gender bias in finding recurring concepts, ideas, and themes the participants expressed in their interviews.

QUANTITATIVE RESULTS

We present here the results of the quantitative study. The descriptive statistics of the emotional, physical, and combined dating infidelity scales are summarized in Tables 1, 2, and 3. The results reveal that among the three types of dating infidelity, our sample showed the lowest tendency to commit physical infidelity and a higher tendency to commit emotional infidelity.

Gender

Results show that gender has a significant effect on emotional infidelity ($p = .04$), physical infidelity ($p = .00$), and combined infidelity ($p = .004$). Results are summarized in Tables 4, 5, and 6. For all three types of infidelity, males were found to have a higher tendency compared to females.

Adult attachment style

Adult attachment style also had a significant effect on emotional infidelity ($p = .04$), physical infidelity ($p = .003$), and combined

Table 1. Descriptive Statistics for Emotional Infidelity

Gender	Adult Attachment Style	<i>M</i>	<i>SD</i>	N
Female	Secure	15.49	3.27	79
	Anxious Ambivalent	14.96	2.70	25
	Avoidant	16.52	2.48	31
	Total	15.63	3.02	135
Male	Secure	16.10	2.88	83
	Anxious Ambivalent	16.24	3.14	21
	Avoidant	17.39	4.47	23
	Total	16.35	3.27	127
Total	Secure	15.80	3.08	162
	Anxious Ambivalent	15.54	2.95	46
	Avoidant	16.89	3.46	54
	Total	15.98	3.16	262

Note. Highest Possible Score = 30.

Table 2. Descriptive Statistics for Physical Infidelity

Gender	AAS	<i>M</i>	<i>SD</i>	N
Female	Secure	7.94	3.26	79
	Anxious Ambivalent	8.88	2.59	25
	Avoidant	9.26	3.13	31
	Total	8.41	3.15	135
Male	Secure	9.89	3.89	83
	Anxious Ambivalent	10.86	4.79	21
	Avoidant	12.70	6.07	23
	Total	10.56	4.59	127
Total	Secure	8.94	3.71	162
	Anxious Ambivalent	9.78	3.84	46
	Avoidant	10.72	4.88	54
	Total	9.45	4.05	262

Note. Highest Possible Score = 30.

Table 3. Descriptive Statistics for Combined Infidelity

Gender	AAS	<i>M</i>	<i>SD</i>	N
Female	Secure	32.13	6.12	79
	Anxious Ambivalent	31.96	3.74	25
	Avoidant	34.06	5.32	31
	Total	32.54	5.60	135
Male	Secure	34.27	6.37	83
	Anxious Ambivalent	35.67	7.30	21
	Avoidant	39.22	10.31	23
	Total	35.39	7.55	127
Total	Secure	33.22	6.32	162
	Anxious Ambivalent	33.65	5.89	46
	Avoidant	36.26	8.17	54
	Total	33.92	6.75	262

Note. Highest Possible Score = 78.

Table 4. ANOVA of Adult Attachment Style, Gender, and Emotional Infidelity

Factor	<i>df</i>	<i>F</i>	<i>p</i>
AAS	2	2.13	0.043*
Gender	1	4.12	0.043*
Gender *AAS	2	0.22	0.806

Note. * $p < 0.05$

Table 5. ANOVA of Adult Attachment Style, Gender, and Physical Infidelity

Factor	<i>df</i>	<i>F</i>	<i>p</i>
AAS	2	5.98	0.003*
Gender	1	19.50	0.000*
Gender *AAS	2	0.78	0.461

Note. * $p < 0.05$

Table 6. ANOVA of Adult Attachment Style, Gender, and Combined Infidelity

Factor	<i>df</i>	<i>F</i>	<i>p</i>
AAS	2	5.61	0.004*
Gender	1	15.20	0.000*
Gender *AAS	2	1.15	0.320

Note. * $p < 0.05$

infidelity ($p = .004$). Those with avoidant attachment styles were the most likely to commit emotional, physical and combined types of infidelity. Moreover, those with secure attachment style were the least likely to commit physical infidelity.

QUALITATIVE RESULTS

The thematic analyses of the interviews resulted in two major themes on factors influencing dating infidelity: perception of infidelity and relationship with the partner.

Perception of Infidelity

The participants viewed infidelity as a norm. This perception of infidelity has been shaped mainly by two experiences: family experience and peer influence.

Family experience. It was seen that the family had an important influence on a person's infidelity tendency. This theme was depicted by the participants when describing the different events in their life that concern their family, the relationship of their parents with each other, and the participants' relationships with their parents. The participants had a history of familial infidelity – parents and relatives who committed infidelity. Another experience is their parents' volatile marital relationship due to conflicts brought about by their extra-marital affairs. Lastly, the participants experience a strained relationship with their parents, particularly with their mothers.

Peer influence. Experiences of interaction with peers and the presence of peers in general have influenced the participants' view of extradyadic behavior. The social circles that the participants were exposed to included peers who consciously commit dating infidelity and this reinforced their own acts of infidelity. Their peers may have influenced the participants' perception of infidelity as a usual and natural behavior.

Relationship with the Dating Partner

Another major factor that influenced infidelity tendency is the

quality of relationship they had with the dating partner whom they cheated on.

Dissatisfaction with the relationship. The participants expressed some sense of dissatisfaction with the relationship they were in at the occurrence of their infidelity. The infidelity occurred when they sought out certain needs (physical or emotional) that their primary partners were not able to provide. They found it from another person with whom they cheated with.

Experience of being cheated on. Another recurring event among participants was the fact that they also have had experiences of being cheated on by their dating partners. This has caused them to feel negative emotions despite the fact that they also have the tendency to commit the same behavior.

In sum, the results confirmed our hypotheses that gender and adult attachment styles affect the tendency to commit physical, emotional, and combined dating infidelity. An unexpected result though was that even for emotional infidelity, men had the higher tendency. Moreover, two other important factors emerged from the interviews namely, perception of infidelity and experience in romantic relationships.

DISCUSSION

The results of the study confirmed our proposed framework but with the addition of two other factors. As such, we revised our conceptual framework (See Figure 2).

Gender and Infidelity

The results confirmed our first and second hypotheses that gender influences one's infidelity tendency and type of infidelity. Males are more likely to commit all types of dating infidelity. These findings support the study of Josephs and Shimberg (2010) that claimed that despite the evolving views on gender stereotypes, men are still more likely to have affairs outside the primary relationship. An interesting finding in our study though was that even for emotional infidelity, males scored higher than females which contradicted Josephs and Shimberg's (2010) earlier studies. Our results may be influenced by

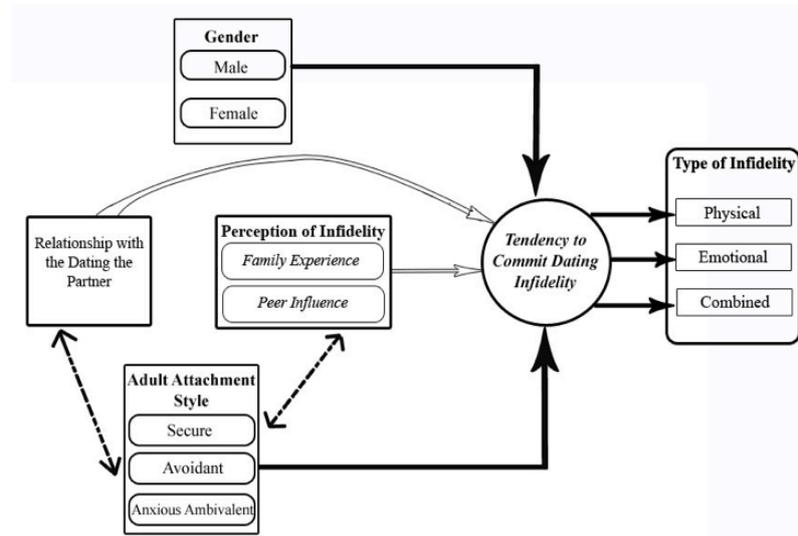


Figure 2. Revised theoretical framework

the fact that males are more likely to report their infidelity than women because of their tolerance and gender stereotypes (Drigotas & Barta, 2001; Hansen, 1987).

Adult Attachment Styles and Infidelity

The results also confirmed the third and fourth hypotheses that adult attachment style had an effect on one's dating infidelity tendency. Those with avoidant attachment styles have the highest scores in the infidelity scale, supporting Bravo and Lumpkin's (2010) study. Our findings were consistent with the studies of Feldman and Cauffman (1999), and Fish et al. (2012). In their findings, attachment avoidance significantly influenced infidelity across its three types. This avoidance gives them the feeling of wanting to escape from committed relationships, hence infidelity.

Adult attachment style was seen to be an important theme in the qualitative interviews, with a special focus on participants' relationships with family. Most of the participants in the interview reported that they had strained relationships with their primary

caretakers, most often their mothers. These strained relationships have also been caused by the conflict between the parents and a history of infidelity. This demonstrates Bowlby's (1988) theory of attachment where strained relationships with caregivers become the basis of their insecure adult attachment style. The way the participants engage in their dating relationships is similar or carried over from their difficult relationships they share with their parents. Their insecure attachment style can affect the quality of and satisfaction with their romantic relationships as supported by the studies of Hazan and Shaver (1994) and Bowlby (1988). Moreover, their strained relationships and fear of commitment support the findings of Feeney and Noller (1990) where participant's attachment to their mother affected their trust in other individuals later on.

Furthermore, the participants reported strong experiences with peers that may have affected the way they view their relationships. The way that they approached people and the level of trust after experiences of betrayal or negative experiences with peers, they claimed, changed. It is possible that the adult attachment style of the participant before and after such experiences may have changed. This is consistent with Bowlby's (1988) findings that adult attachment style is generally modifiable in cases of social experiences that are contrary to their beliefs of relationship (Lopez, Mitchell, & Gormley, 2002). As such, significant negative events may cause changes in adult attachment style and, consequently, infidelity tendency.

Perception of Infidelity

The participants perceived infidelity as a normal occurrence. The first theme, perception of infidelity, is composed of different subthemes, which are family experience and peer influence. Under family experience, in most interviews, the participants report a history of infidelity in the family, as well as the conflicted marital relationships of their parents. Either they were informed or they discovered about the extra-marital affairs during childhood or adolescence. History of parental infidelity is determined as a factor in the child cheating as an adult (Platt, Nalbone, Casanova, & Wetchler, 2008). These extra-marital affairs have also resulted in tension in the marriage of the

parents, which also caused fights. According to Platt et al. (2008), the greater the threat that the child perceives in a conflicted relationship of their parents, the more likely that their attachment styles will be fearful (avoidant for this study) when it comes to romantic relationships.

The practice of infidelity amongst members of the participants' peer groups also affects the likelihood that the participant engages in infidelity. This can be explained through the observations made in the study of O'Fallon and Butterfield (2011), which examined the influence of unethical peer behavior on the observer's unethical behavior using the social learning theory. According to their study, participants who observe the unethical behavior of peers experience vicarious learning and internalize the behavior as basis for future actions. The engagement of the participants in the "unethical" behaviors such as infidelity may be affected by the participation in infidelity of peers.

Being exposed to this kind of environment where the parents and the peers engage in cheating during formative years may have affected the participants' view of cheating and the way that they emulate the older generations and their peers involving themselves in extradyadic relations. Such inference is supported by the said social learning theory of Bandura (1977). According to the theory, humans also learn through observing and imitating models of the desired behavior. The actions they observe from the environment, generally social experiences, form ideas which they internalize as to how to perform these new behavior, and later on become guides for enactment of this behavior. Humans develop the ability to translate what they see from their models to an organized sequence of actions. Models are those figures that are: (a) in authority or a position of power, (b) someone they identify themselves with, or (c) one whose actions are rewarded. The imitation of behavior is limited and/or facilitated by awareness of the consequences of one's actions through observation of the models and by the feedback of the environment, especially of their models, to the behavior (Bandura, 1977). In the context of this study, the models of the participants are their parents (authority figures), peers, and dating partners. As the participants were exposed to such an environment in which their models were/are not punished (or even rewarded) for their behavior of infidelity, it is most likely that they found this behavior desirable and imitated this extradyadic behaviour, which is further reinforced

when they face no consequences or are praised by these said models.

Relationship with Dating Partner and Infidelity

Experiences of dating relationships may have affected the participants' views and actions in their present and future relationships. One of the subthemes found in the theme "relationship with the dating partner" is dissatisfaction with the relationship with the primary dating partner. Four out of the six interviewed participants expressed that their emotional and/or physical needs were not met in the relationship, which caused discontent and drove them to seek out other people to satisfy those needs. This result is in line with the study of Drigotas, Safstrom, and Gentilia (1999) in which level of satisfaction with the relationship is a motive for infidelity. Another motive for infidelity and a function of relationship satisfaction is the level of commitment (Drigotas et al., 1999; Feldman & Cauffman, 1999). Satisfaction is positively correlated with the level of commitment in the relationship, and thus the low level of satisfaction of the participants with their respective dating partners may have led to low level of commitment and their tendency to partake in extradyadic behavior.

Limitations and Recommendations

The results of the study are not meant to infer a causal link among the variables because the study did not employ an experiment. Another limitation that the research encountered was the constructed infidelity scale's ability to distinguish between combined infidelity and otherwise. The test questions do not discriminate between combined infidelity and committing each type of infidelity separately. Further tests should be conducted to determine if the combined score that appears discriminates between the combined form of infidelity and the committing each type of infidelity. Validity in combined infidelity tendency should increase through this.

Lastly, in order to prevent any problems with experiences of infidelity affecting their scores in the test, it is also advisable to conduct a longitudinal study with the initial sampling being people who have never committed infidelity, and follow up on them to see which

participants later on commit dating infidelity. This will determine the actual predictive ability of the test for adult attachment style and gender affecting the infidelity tendency.

Implications for Theory and Practice

Acts of infidelity are known to cause problems and may be sources of distress that affect the mental health and well-being of individuals involved in romantic relationships (Nannini & Meyers, 2000). This distress holds true regardless of whether or not the individual in question is married or not. It is important to note that many different factors come into play when infidelity is discussed. The present research addressed these issues by providing information on some of the factors that affect infidelity tendency for those in the young adult age group and have yet to marry in the context of the Philippines.

Because research on infidelity during the years before marriage is limited, the current study adds to the literature on how development affects tendency towards infidelity even prior to the marriage phase. The data support the common belief that men are more likely than women to engage in infidelity. This may be due to men seeing cheating as a normative act, whereas women consider infidelity to be taboo and suffer stigma from society for committing such acts. This implies that, at least in the Philippines context, traditional gender stereotypes may still exist in relationships. These gender roles may perpetuate though this behavior by being the norm.

By using adult attachment style as a factor influencing infidelity tendency, the research was able to show a relationship between how an individual is raised and how this influences the individual's romantic relationships. The research was applied in the Philippine context, where research on dating infidelity is sparse, adding information on how early experiences affect later relationships.

Additionally, several areas of interest were uncovered through the qualitative interviews. Social learning theory (Bandura, 1977) was determined to play a role in how likely an individual accepts acts of infidelity as normal. Learning through the experiences of family and friends was also found to be common among participants. These findings point to the possibility of further studies on social learning

from peers and its effects on romantic relationships in the Philippines.

These findings suggest that the individuals with high infidelity tendencies are prone to influences from family at childhood and from peers during adolescence. The research adds another dimension to the importance of proper child rearing to establish secure attachment styles among children. Moreover, our study supports the importance of proper selection of peers in lessening the effects that social learning may have on infidelity tendency. Knowing this could also provide an area of insight for couple therapists as a factor for why infidelity occurs.

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