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Many people around the world suffering from bad romance they accidentally trapped in searching for solutions to find the causes and repress their sorrow and pain. This essay named *Caught in a Bad Romance: Adolescent Romantic Relationships and Mental Health* written by Brian Soller represents the result of a research conducted by author about the correlation between romantic relationship inauthenticity, which means the incongruence between thoughts/feelings and actions within relational contexts, and markers of poor mental health condition and the different effects it caused on people of different gender.

According to the statistical data derived from the research that was mentioned in the article with large amount of logical reasoning, the author supports the conclusion that relationship inauthenticity is proved to be positively associated with the risk of trapping into poor mental health. After that, the author also implies that this conclusion only works for female in adolescence.

The target audience of this article is typically the academic colleague of the author since it’s a pure academic essay. However, I reckon it also can be people that have suffered of are suffering from such problem or even people who are currently enjoying their relationship but also want to avoid been hurt by the potential risk of breaking up or other romantic relationship inauthenicity, for which I think this essay could be valuable to large amount of people. But, again, the majority of the audience is still other researchers who are using scientific methods exploring knowledge in the fields they're concerning about, the author has to meanly use logos and ethos, while avoid using pathos as his mean rhetoriacal tools of reasoning in order to be convincing enough to other colleagues.

I, as an unprofessional reader of this article, think the whole article is pretty convincing because of the strict statistical appeals, massive data the author collected and references of previous work other researcher have done with analysis, deduction and reasoning. But, in addition, I’m a little confused about the conclusion that the correlation only applies to girls, since I, as a male adolescent, personally experienced terrible mention health condition for a very long time as well as feeling of insecurity because of the mismatch of reality and expectation, whose reason is not showed in this research. I doubt if the data source of that part of this research is truly that valid as the researcher claims.

As the convention, the author gives an introduction of this topic on romantic relaitonship and mental health. At first, the author directly brought up the argument that romantic involvement is a feature of adolescence (Germanotta and Khayat 2009; Giordano, Manning, and Longmore 2006), which underlines the generality of the problem among young teenagers and the necessity of conducting this research to complement the flaws of previous ones which were also pointed out afterwards in the following sentences and claimed that “few studies examine the health and developmental consequences of early romances” (Sollers, 2014), which was also indicated by other articles(Collins, Welsh, and Furman 2009; Giordano et al. 2006).

Then, by citing another work, the author directly gave the definition of the subject this research is about -- Relationship inauthenticity and the mechanism how it influences adolescent well-being (Impett et al. 2008). Later on, the author furtherly concluded the work of other researchers, and by comparison addressed again about the topic that has not been done, which is exactly what this article planned to focus on, as well as made his own proposal that the diminishing of mental health because of the disruption of "role-identity performances" by inauthenticity.

In order to elaborate his theory, the author introduced concepts of Relationship scripts, ideal progressions of actions and emotional states within romantic relationships, which he claims to be meaningful components of romantic partner roles that "reflect individuals' idealized romantic silves". And this exactly implies the possible mechanism of how inauthenticity in relationship have influences on people's mental health condition involved.

Typically authors of academic research essays will avoid using appeal to authority when presenting their ideas since it would undermine the quality of reasoning. However, it is legitimate to cite previous works that have been done by others to reuse the resources and theories that have been already developed carefully using the idea of axiomatization, just like how we software engineers using divides and conquer plus taking advantages of the librarys and frameworks that have already been developed, optimized and maintained by other experts. In the sections of introduction and background, Soller cited tens of papers and theories that were conducted and published by other researchers and assembled the ideas like mental well-being, ideal self/script and identities carefully to increase the credibility of his own proposal and hypothesis, derived from those presented resources, of his research topic as well as built the foundation of his later research and deduction.

Another obvious example of ethos is when the author introducing his data source and research methods. In this part, the research claims that he used data from Add Health (National Longitudinal Study of Adolescent to Adult Health), which "has spawned over 2,500 peer-reviewed publications" according to Wikipedia. This long-time research tracking young adults from their teenage ages provided massive credible data collected by professional interviewers. The validity and professionality of the data source self-evidently partially guaranteed the convincingness of the whole essay. And the randomness of selection of the data proved that the conclusion derived from this set of data has the least likelihood to be biased or match some pattern just by accident. In addition, Soller described his methods of measurement using professional criteria of CES-D as well as self-designed appeals and questions and set control variables to measure related parameters like severe depression, suicide intention and relationship inauthenticity.

Then, this academic essay comes to the logos part. The author presented lots of data sheets and charts containing results from the research. Soller carefully discussed how he figured out the relationship between each set of data, and using math algorithm and logistic regression assure the validity of the association and models to support his hypothesis of the positive correlation between relationship inathenticity for female research subjects but male. According to this essay, as the data inplies, no significant association was found between romantic relation autheticity and severe depression, suicide intention and attempt. Just as I said before, I pretty much doubt this part of conclusion because of my own experience. But without any further research and investigation, I have to admit this whole reasoning is invincible to me. After reconsidering my attitude on this claim, I realize that it could also be the situation that I exaggerated my misfortune when suffering from sorrow.

In the section of discussion, Soller furtherly discussed about the results, which completely match his hypothesis, he got from his interviews, researches and analysis and directly talked about the importance of this research, the contribution he made to this field of science and the influence this study can have on future researches on identity, culture and health. Although I have to say, self-praise is not very much appreciated in my culture, this in some ways reflects his view and confidence in this research, and, as a result, developed it's credibility.

In addition, just like any other authors of academic essays do, in the the whole academic article, Soller intentionally avoided using any pathos as appeal of persuasion. Since the majority of target audience are researchers who work in similar fields. Those are the people who mainly focus on evidence and logic, thus emotional ways of convincing will not help to build the credibility of this work, but will undermine it in stead.

Though this essay did not directly discuss about the effect and/or the cause of rejection and break up, the various material and theories it presented are still valuable for my further research. It plays a role of pilot and guide book and provided me a list of materials that I need to read in order to conduct my further research on this topic, as well as solve my own part of the problem at last.

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