

**The affects of lying (deception), Snooping (intrusive behaviour) and Cheating
(infidelity) in a romantic relationship and their use between genders.**

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Abstract: The purpose of the research was to obtain first hand knowledge of the attitudes and behaviours between both male and female, third level college students in Ireland. The study aimed to explore if there was a difference between males and females, in relation to the frequency and motives of certain behaviours in romantic relationships, such as the use of lying (deception), snooping (intrusive behaviour) and cheating (infidelity).

The study was conducted in order to discuss three aspects in relation to gender differences. Firstly, how many participants admit to lying to their partner, either it be in relation to their everyday life, or emotions towards other people. Secondly, it examined both the frequency and motives of those whom are intrusive while in a romantic relationship. Finally, the study looked at cheating and how many participants admit to being unfaithful. It also examined both motives of the participant whom decided to be unfaithful. Due to the ethical and moral nature of these topic's, it can be challenging to carry out research in these area's, as when a person want's to lie, snoop and cheat, they usually don't want anyone to know about their actions, so they can be reluctant to revel their motives and frequently.

Quantitative research methods were used in a quasi-experimental design between participants. The independent variable of the study was gender and the dependent variables were lying (deception), cheating (infidelity) and snooping (intrusive behaviour). There was 247 people participated 45 item questionnaire, 141 were females and 106 were males.

The results of the study found the first hypothesis was supported, in general there were more male students then female student who tended to use deceptive behaviour in their romantic relationships. The second hypothesis was also supported, the results indicated more females then males stated they were involved in some form of intrusive behaviour, whether it be to their current and/or previous partner's. Likewise, the third hypothesis was also supported; there were a significant number of more males then females, acting in an unfaithful manner while being in a relationship.

In conclusion with in this survey, over all, males seemed to act in a more unfavourable manner in comparison to their female counterparts, in either their current or past relationships, they were unfavourable in two of the three hypotheses.

Introduction: Romantic relationships tend to share the good, the bad and the ugly moments of life. It is about partners showing their love for one another, while being caring and kind, but it is also about sharing those moments together (Perilloux and Buss, 2008). Some moments a couple might share will be joyful, like having a child and some moments will inevitably be negative, such as finding out your spouse has acted in an unfavourable manner, for example being involved in an extradyadic relationship. Regardless of someone's ethnic or cultural background, finding out about a secret extradyadic relationship, might result in the person or person's feeling absolutely heartbroken and this might impact their level of trust in future relationships.

The following literature review attempts to examine romantic relationships within peer groups. The introduction to the literature has been separated into each of the three variables, lying, snooping and cheating. The present study reviewed the topics by explaining the definition of each variable, the relevant previous studies found on the topic as well as the motives of the participant.

Lying: is the use of deception (Dishonesty) in close relationships, it has either a positive or negative impact on the recipients' message, as defined by Cole (2001). Cole (2001) found both negative and positive implications could be caused by the use of deception. People tend to only ever try and deceive their partner if they believe their partner would not be understanding of their action or set of beliefs. When an individual finds out about their partner being deceptive, it can cause them to question the level of respect, openness and trust in the relationship (Planalp and Honeycutt, 1985; Cole, 2001). Jang, Smith, and Levine, (2002) discussed the emotions of the person whom was deceived by their partner. They found the person will go through an array of emotions, especially being disappointment and sad. Therefore the person

whom acted unfavourably is usually left feeling guilty of their actions because they believe they did not reach the expectation of their partner (Millar and Tesser, 1988). A positive to deceiving ones partner, is that it can cause fewer arguments. Resulting in the couple being harmonious and their happiest, they then see their partner in an idealistic way.). Social Networking Sites (SNS) such as Facebook reached 1 billion active users in October 2012 (Cravens et al., 2012). Facebook allows people to act anonymously. When a person creates a new profile, they can choose what to be seen by the world, even their gender.

Snooping: is known in the academic world as a form of intrusive behaviour. Which there are two different types, they vary depending on whether the person was present at the time it occurred or not. Snooping on a partner is not something that is a new phenomena, now due to sites such as Facebook it has just become easier to do so, without getting caught (Cravens, Leckie, and Whiting, 2012; Muise, Christofides, and Desmarais, 2014). Social networking sites such as Facebook means it is now possible for people to remotely access and monitor the daily lives of their partners (Muise et al., 2014) Usually after both parties with in the couple find out either one has been snooping, their relationship is considerably worse (Derby, Knox, and Easterling, 2012).

Cheating: is known in the academic world as extradyadic behaviour. Historically people being unfaithful in their relationship is not a new issue, it seems to have been so for a long time (Hertlein, Wetchler, and Piercy, 2005). According to Ackerman and Lewandowski JR (2006) males tended to report feeling more susceptible to infidelity, when compared to females. In a romantic relationship it is assumed that the relationship is a monogamous, meaning they only have one partner, which is mostly assumed by both genders, whether it is spoken about or not. Even

though is widely assumed infidelity is still very common (Ackerman and Lewandowski JR., 2006). In recent years, what is considered 'cheating' or being 'unfaithful' has recently begun to include more modern behaviours, such as emotional infidelity or on-line infidelity. Advances in technology have greatly improved, giving rise to the amount of Internet users engaging in Internet dating, which in turn increases online infidelity (Hertlein et al., 2005

Literature Review

Lying in romantic relationships: Lying is defined by Cole (2001) as the use of deception (Dishonesty) in close relationships; it has an impact on the message recipient receives. Millar and Tesser (1988) found people that deceived their partner, only do so when they felt guilty about their behaviour. They believe their behaviour would be seen as unacceptable by their significant other, resulting in them feeling guilty as they did not reach the perceived expectations of their partner, not themselves. According to Planalp and Honeycutt (1985) when someone find's out about a certain event, such as infidelity, it causes them to question their relationship with that person. It increases uncertainty in their relationship, therefore making the person question whether they want to be together anymore (Knobloch, 2006). In general most people would like to think that their partner is an honest person and their relationship and be built on openness, intimacy and trust (Cole, 2001). Cole (2001) found that 92% of their participants admitted to lying to their partner, whether it was a big or small lie. His research indicated those that are in a relationship find it difficult to detect deception, as they want to believe their partner is telling the truth. Cole (2001) presented findings from other studies, the main findings being that the level of deception varied depending on the relationship type, whether they are romantically involved, friends or strangers. He explained how the use of deception in these relationships varied greatly. The level of deception a person used would very depending the type of relationship and on how close they are, as they are concerned for the outcome.

Discovering deception can cause four types of events. Firstly there is a significant effect on the amount of trust one would feel towards another. Secondly it causes the couple to have an emotional response, which is usually negative. Thirdly

the lying behaviour affects the couple's communication. The final stage is when the person realises the consequences of either their action, or the actions of their partner and then trying to figure out how it will affect the couple and their relationship (Jang et al., 2002).

Respect, honesty and love are essential for a successful relationship (Cole, 2001). It was found ironically that, being successful in deceiving someone's partner may draw the couple closer, it can cause the person that was deceptive, to feel less involved with their significant other therefore affecting their level of commitment which usually decreases (Cole, 2001). Which usually leads to a less cooperative and committed relationship. This can result in destructive behaviours, which weaken their interdependence, or mutual influence on each other. Interdependence is when a person's behaviour has an impact on their partner and vice versa. Cole (2001) stated, as a person becomes more dependant on their partner, telling the truth becomes essential in order for them to understand each other. Sometimes deception becomes more likely, as partners tend to expect and demand more from one another. This can lead to increased negativity and conflict. Hopper and Bell (1984) found that telling the truth and the use of deception are seen as necessary, to make the relationship work. If someone is not interdependent on the other person, telling the truth can sometimes be easier. Hopper and Bell (1984) found deception does not always necessarily involve the act of lying, such as the use of 'lying by omission', which is when an important fact is left out in order to misinform another person. They found that asking direct questions help prevent deception. Hopper and Bell (1984) found that people choose whether to reveal information or not. They do this; by either actively lying about the information asked or by totally avoiding the topic completely, this is lying by omission.

Previous Studies on lying: Cole (2001) discussed that a partner would be dishonest in order to either avoid punishment or to fulfil their intimacy needs. Partners can reveal the truth when they wish or they have the option to mislead the person. They usually do this by either saying it never happened or by fabricating a new version of the event which usually leading to more lies. According to Cole (2001) both of which potentially impact the relationship in either a positive and negative way. A negative aspect of deception is that each person within the couple expects their partner to be honest, Millar and Tesser (1988) said lying is seen as a violation of the perceived expectancy and that results in some degree of guilt.

Additional studies discussed by Cole (2001) and Millar and Tesser (1988) reported people are more likely to try and deceive their partner, if they felt their partner would disagree with what happened. People seem to be more deceptive about a topic than behaviour. Schweitzer and Croson (1999) carried out a study on car dealerships and the use of lying by omission. They found that if the participant was talking to a stranger, 7.5% of participants claimed they would tell everything without being asked. 25% said they would not mention anything unless they were asked specifically about it, but when they were asked if the conversation was between them and a friend 61.25% said they would reveal everything. Not one said they would not. This supports the theory suggested by Cole (2001), the participants indicated that if it was someone they knew it would be harder for them to be deceptive. The type of relationship with others influences their behaviour, whether they are romantically involved, friends or strangers.

Jang et al., (2002) found that 48 of the 213 participants, 56% of which were male and 44% of which were female, ended their romantic relationships due to the use

of deception. Of the larger sample, the 76% of the participants said they felt secure but yet somewhat anxious in their relationship. When their study was reproduced, they expected roughly 76% of secure participants to stay together with their significant other and the remaining 24% to terminate their relationship, but when in reality they found 86% stayed together and only 14% to end their relationship after the discovery of their partner's use of deception. A study carried out by McCornack and Levine (1990) stated that they also found 76% said they stayed in their current relationship and 24% ended the relationship.

The questionnaire created by Truth about Deception (2015) had 15,076 participants, 34.0% were males and 66.0% of which were females. They found that 37.4% of males and 30.8% of females have tried to conceal their involvement in "fooling around with someone else (including kissing)" they also found more males (34.7%) than females (26%) tried to conceal past experiences of infidelity. They found that males were three times more likely to try deceive their partners especially when compared to females. More females (39.8%) than males (35.%) tried and conceal their sexual satisfaction with the partner. Ironically they found more males (35.1%) tended to conceal how much money they spend compared to females (32.5%), when it was predicted more females would have.

Emotions of those whom have been lied to: Jang et al., (2002) found, when a partner discovers their significant other has been dishonest it creates an intense emotional experience for them. It usually leads to the person consciously avoiding and not wanting to communicate with the other person. This lack of communication has a negative impact on the way partners relate to one another. Jang et al., (2002) found that it is important for the couple to try and continue to communicate. What is

said is not important as long as they continued to talk. Jang et al., (2002) also found that the partner who was being deceived, especially by a loved one, could possibly feel an array of emotional feelings, mainly angry, sad and an over whelming amount of fear. This eventually leads to doubt about their partner or loved one and their relationship (Knobloch, 2006; Jang et al., (2002) also found that the use of deception was not necessarily linked to the termination of romantic relationships.

Motives of the person lying: Cole (2001) stated a partner is more likely to hide the real truth because they are scared of their partner's reaction rather than the partner disclosing the information to others. The use of deception can result in a positive outcome, as people are happiest when they hold idealistic beliefs about their partner resulting in fewer arguments. Those who mislead their partner receive fewer benefits associated with telling the truth. For example they felt less intimate after the truth was revealed (Cole, 2001).

Snooping in romantic relationships: While conducting the literature review, it was noted that snooping is known in the academic world as a form of intrusive behaviour. There are two different types covert intrusive behaviour and overt intrusive behaviour (Vinkers et al., 2011), Covert intrusive behaviour, is when someone invades someone else's personal information. They usually do so with out asking the person for permission, they act intrusively in his or her absence. An example of intrusive behaviour would be checking their mobile for mysterious calls and texts. Overt intrusive behaviour is the invasion of a person's privacy; the person is usually present while it occurs. The behaviour expressed by the intrusive person includes both their acts and attitudes (Vinkers, Finkenauer, and Hawk, 2011; Derby, Knox, and

Easterling, 2012). Intrusive behaviour is seen as the means for both partners to have the ability to regulate the amount of privacy within the relationship, they do this by controlling the amount of personal information others know about them by creating a metaphorical privacy boundary (Vinkers, Finkenauer, and Hawk, 2011). While Derby et al., (2012) were examining their data, they found that approximately 66% of participants reported to have snooped. Vinkers et al., (2011) found once someone has accessed their private information; it gives them leverage or control over their partner.

Social Networking: Social Networking Sites (SNS) such as Facebook reached 1 billion active users in October 2012 (Cravens et al., 2012). In a very short period advances in technology have greatly improved, especially in the past ten years, with the advances in the Internet and mobile phone technology. In the developed world, mobile phones have become part of every day life, to the point where some people have nomophobia, feeling lost if they go a single day without their mobile phone in their hand. This in turn, increases the amount of people being contactable at any time, day and night. The increased use of SNS, such as Facebook, means it is now possible for other people to remotely access and monitor the daily lives of their partners or other people (Cravens, Leckie, and Whiting, 2012). Sites such as these seem to be increasingly more and more important in the every day life of people. The use of SNS can have numerous implications; usually they are mainly negative when in relation to being in a romantic relationship. It can lead to higher levels of jealousy (Hand, Thomas, Buboltz, Deemer, & Buyanjargal, 2013), as they can monitor whom their partner has had contact with, while being “virtually undetected“ (Muise et al., 2014). Females tend to experience a higher amount of males stalking them. Over an extended

period of time, most of the males were suffering with depression (Perilloux and Buss, 2008).

Previous Studies on Snooping in relationships: Derby et al., (2012) found that almost 66% of their participants admitted to snooping on their partner, while also discovering that most people snooped by checking their partner's text messages (88%), while they were in the shower (39%). Derby et al., (2012) found that the condition of the relationship after snooping is considerably worse. When Derby et al., (2012) carried out their study they found the average amount of participants admitted to snooping on their partner an average of three times. Vinkers et al., (2011) found, when someone trusts their partner, they believe that their partner is predictable and someone they can always trust and depend on. They accept their action's to be caring and responsible, without thinking out the future behaviours. While in a study conducted by Derby et al., (2012), 25% said they had never engaged in snooping. It was noted that 6% of those new in their relationship saw snooping as being inappropriate, but as time goes on and they get older that changed and it rose up to 25%. Derby et al., (2012) said 36% of those surveyed said they were currently engaging in intrusive behaviour and have found what they were looking for.

In a recent survey carried out by Truth about Deception (2015), found over all more females tended try and hide their snooping habits from their partners, 58.1% of females and 51.2% of males admitted to trying to conceal their snooping habits. Muise et al., (2014) discussed a study, which stated a person is more likely to engage in snooping on a partner in response to jealousy and mistrust, leading to them to snoop more then once.

Vinkers et al., (2011) discussed two previous cases, firstly they found people that engage in intrusive behaviour did so in a way of gaining psychological control over another person and their behaviour. Previous studies on intrusive behaviour focused mainly on those in unequal relationships, resulting usually in an increase of tension and stress on the couple. The person snooping is seen to be more of a power craving person with more desired status in the relationship. Vinkers et al., (2011) conducted a study and found no difference in intrusive behaviour. They found when females tended to engage in intrusive behaviour, it was possibly due to females having a higher need for an emotional involvement than males, yet males seem to want to control their privacy more so than females, Vinkers et al., (2011).

Emotions of those whom have been snooped on: Due to the nature of snooping and it being very secretive, unless the person was caught while engaging in such behaviour or that they admit to doing so, getting the emotions of the other person can be hard Vinkers et al., (2011). Intrusive behaviour usually leads to a negative outcome of the relationship such as, trust issues, lack of communication and finally conflict, as the person whom was snooped on begin to feel unvalued, they are hurt by the actions of their partner (Derby et al., 2012).

Motives of the person engaging in the intrusive behaviour: The main reason for snooping found by Derby et al., (2012) was that they were either curious or they had their suspicion's about the behaviour of their partner. Their study also found that if either an ex or a current partner had previously cheated on the participant, it led to the frequency of snooping to be greater, the as the act of cheating hugely affected their level of trust. Those who felt uncertain about what their partner was informing them

of, usually resulted in them feeling like they needed to investigate, therefore resulting in snooping to try and find out if their partner was deceiving them on purpose. Vinkers et al., (2011) found if the level of trust was low, along with the level of disclosure it resulted in the likelihood of snooping to occur.

Cheating in romantic relationships: People being unfaithful in their relationship, has been an issue, which has been around for a long time (Hertlein et al., 2005). Infidelity has been a major reason for the breakdown of relationships; 22% of American's gave it as the most common reason that spouses give while filing for divorce (Ackerman and Lewandowski JR., 2006; Cravens et al., 2012). In 2008 Facebook was mentioned 20% of the time while filling for divorce and that number rose to 33% in 2011 (Cravens, Leckie, & Whiting, 2012). In Islamic marriages divorce is allowed, but it is seen as the last option, it is discouraged in certain societies. In 2007, 6% of the Turkish population have been through divorce (Darn Divorce, 2007). Turkey is mainly dominated by the Islamic religion.

A major assumption between those in romantic relationships is that over time their relationship will become exclusive, usually these rules are unspoken, and the assumptions are often made that their partner shares the same as his or her beliefs. Monogamy is thought to be the most ideal form of romantic relationships, regardless of someone's ethnic or cultural background. Despite this assumption infidelity is still very common (Ackerman and Lewandowski JR., 2006; Cravens et al., 2012). Infidelity impacts the level of interaction between the couple whether it is good or bad. Lack of communication and the level of trust is usually affect's the level of intimacy within the relationship, usually leading to the failure of the relationship or marriage (Cravens et al., 2012; Hertlein et al., 2005).

What constitutes an affair to one person might not be considered one to another, even if the people are in the same relationship. This makes it difficult to create one standard definition. Previous studies suggest that males and females do not always agree on what behaviours are acceptable and what constitutes infidelity (Cravens et al., 2012). Over the past few years the idea of what infidelity is, has had to expand. It was traditionally considered to be the breaking of a contract, whether it be legally binding or not, in relation to the sexual monogamy between two people. These people are usually courting or married (Hertlein et al., 2005; Cravens et al., 2012).

Most recently it is seen to include more modern behaviours to include the varying degrees of infidelity with another person, whether it sexual, emotional or a combination (Cravens et al., 2012). Sexually can be when someone engages in consensual sexual contact with a person other than his or her partner, whether it is kissing or sexual intercourse. Emotionally being unfaithful can vary from confiding with someone rather than your partner, that means wanting to tell them news first before the current partner or trying to convince oneself that you are just friends, while thinking about him or her, usually in a sexual way (Cravens et al., 2012). On line romances have more in common with emotional infidelity. Emotional affairs seem to be more common than physical affairs it is reported that 44% of males and 57% of females have had a stronger emotional affair than a physical affair (Hertlein et al., 2005). Someone being physically unfaithful can vary from kissing or holding hands with someone other than his or her partner, to trying to view pornography and engage in cybersex (Hertlein et al., 2005). Cybersex can be defined as the use of digitised sexual content (visual, auditory, or written), gathered either over the internet or as data received by a computer, for the purpose of sexual arousal and stimulation

(Schneider, 2000). It has been predicted that cybersex will become a huge reason for the dissolution of relationships, if not already (Cravens et al., 2012).

Social Networking: Within the past decade advances in technology have greatly improved. This gives rise to the amount of Internet users interacting with others online, such as online dating which in turn increases online infidelity. It was stated that approximately 20% of all online Internet users, have reported in engaging in some form of sexual activity at some time (Hertlein et al., 2005). SNS allow people to act anonymously. When a person creates a new profile, they can choose what to be seen by the world, even their gender. The ability for Internet users to have the option to hide their identify, allows for the ability to promote the behaviours and actions, they think others would want to engage with. Studies conducted in the past, found that those in romantic relationships suffer the same negative outcomes, whither the individual was unfaithful on-line or off-line (Cravens et al., 2012).

Previous Studies on cheating: The following are all American studies which support what has previously been found, and that males trend to gravitate towards extradyadic behaviour a lot more then that of females (Ackerman et al., 2006). Social Networking Sites (SNS) such as Facebook have over a billion active users. The quantity of Social Networking Sites makes the ability to engage in such behaviours easier, as each account needs a password in order to log in (Cravens et al., 2012).

The term sometimes used instead of infidelity in the literature is extradyadic (Ackerman and Lewandowski JR., 2006). In 1981, Ackerman and Lewandowski JR., (2006) discussed a study which found 55% of females and 45% of males admitted to being unfaithful. A study of college students looked at couples and their types of

relationships, they found that 75% of males and 68% of females admitted to be engaging in extradyadic activity (Ackerman and Lewandowski JR., 2006). A couple being married between four to five years, 70% of females seek sex outside of their marriage when compared to 72% of males seem to be unfaithful after two years (Hertlein et al., 2005). In 1987, a separate study found both males and females who have more dating experience often tend to be more likely to have an affair, and 57% of females and 71% of males have admitted to engaging in extradyadic relationships (Hertlein et al., 2005).

It is estimated that therapists that specialise in relationships spend between 50% and 65% of their time assisting couples that have experienced some form of infidelity. Infidelity is the largest problem presented to them while in relationship counselling (Fish, Pavkov, Wetchler, & Jerry, 2012). Extramarital affairs are said to be the second most damaging issue for relationships, domestic violence ranked first (Cravens et al., 2012). Truth about Deception (2015) found no difference in either genders or their attempt to conceal infidelity and cheating. It has been found that 49% of males and 31% of females reported to engaging in extradyadic intercourse while in a serious dating relationship and of those 34% of males and 19% of females were still in the relationship (Allen & Baucom, (2004).

Emotions of those cheated on: The moment of realisation when someone realises their partner has engaged in an extradyadic relationship, with a person outside of the couple, can often lead to major distress or even sometimes physical violence (Ackerman et al., 2006). They often seem to find it hard to recover this also affects their ability to trust their partner again or even future partners (Hertlein et al., 2005). Perilloux and Buss (2008) found more females than males tend to experience more

harmful post break up stalking by their ex-partner, resulting in them feeling scared and confused.

Both males and females both experience the same level of depression when they were broken up with. Both genders tend to feel 'rejected' and both seemed to have an array of coping mechanisms, from discussing the breakup with friends to threatening suicide (Perilloux and Buss, 2008). When someone has been cheated on, it makes him or her question whether they want to remain in the relationship or to move on independently.

Cravens et al., (2012) identified findings from previous studies and the emotions experienced by the partner whom was faithful, some of those being angry, depressed, helpless, isolated, guilty, betrayed and humiliated, sometimes jealous Hand et al., (2013). Females seem to report more intimacy motivations for the extradyadic relationships in both samples, and the males in their study described their extradyadic relationship as more casual (Allen and Baucom, 2004).

Motives for the person being unfaithful: Emotional infidelity often occurs when someone changes their interests to the 'other person' because they have a higher need of attention, time, and eventually love. Those that are more anxious seem to engage more in unfaithful behaviour (Fish et al., 2012). Females tend to be unfaithful because be higher on intimacy motivations where as males will be higher on physical motives (Allen & Baucom, 2004).

Conclusion: When conducting the literature review, it was noticed by the researcher that there was a gap in the literature. All of the above variables (lying, snooping and infidelity) were never discussed all together in one study. They tended to only focus

on one issue, such as the gender of the participants and whether they have ever been unfaithful.

Lying: Research found those that choose to deceive their partner, do so when they felt guilty about their behaviour. They believe that their partner would not be accepting of their actions and that is why they chose to be deceptive (Millar and Tesser, 1988). People act in a deceptive manner in order to try and avoid punishment, they do so while trying to fulfil their intimacy needs. If someone suspects they are being deceived it usually results in them questioning their partner and the level of honesty within their relationship (Planalp and Honeycutt, 1985). Those that are in a relationship tend to find it difficult to tell when their partner is lying as they try and see the good in their partner. If the partner whom was deceived does not find out the couple tend to be closer and have less arguments. If they do find out, they are usually left feeling disappointed. It affects their level of trust in one another and finally they question the future and how it will affect their relationship.

Snooping: Previous studies focused mainly on those in unequal relationships and their need for control and power, as someone snoops their partner is usually absent, it slowly breaks down the metaphorical boundary. When those in a relationship do not trust each other, there is a higher chance of one person engaging in intrusive behaviour even though there was no significant difference found between either genders, showing that there (Truth about Deception, 2015; Vinkers et al., 2011) People tend to act intrusively remotely via SNS, such as Facebook. They tended to monitor their partners day-to-day actions, looking for any incriminating evidence. Most people tended to snoop on their significant other while they were in the shower usually by checking their text messages. Whether they find anything or not the quality of the relationship is considerably worse.

Cheating: People are the happiest in their relationship if they are faithful and do not abuse the loyalty or respect of their partner (Cravens, et al., 2012). It seems that the use of deception is used along with cheating as it helps the person to deal with problems in their romantic relationship. Their results indicate that the majority of people are unaware of the level of deception and infidelity going on around them. Not realising is sometimes seen, as a positive, what someone does not know, can not hurt him or her. It was found that those who have more dating experience tend to be more inclined to engage in an affair (Hertlein et al., 2005). Previous studies have found that there is a possibility that when the romantic relationship has been incapable to fulfil the needs of either person, whether it is emotionally or sexually, their likelihood of being deceptive increases (Cravens et al., 2012).

Aims: While reviewing the literature, it was noted that there has been numerous studies examining the ways in which social networking sites are related to psychological and social factors, such as life satisfaction and self-esteem. There has been very little research specifically examining the impact of these sites on romantic relationships Hand et al., (2013). It was noted that European research in this area is even scarcer. Of the previous studies the researcher could not find any study that focused on students in Ireland. This led to the aim of this present study to find out if there is in fact a gender difference in the amount of certain behaviours and their impact on romantic relationships among the people of Ireland.

The present study was carried out among students in Ireland, by both genders. The results of the survey were compared against some of the results found in the literature review. As certain behaviours such as cheating seem to be the main reason people attend counselling, the aim of this current study was to see how these behaviours

impact the romantic relationships among Irish college students.

Hypothesis: This present study hypothesis the following.

1. The first hypothesis predicted that there would be a significant difference in the amount of males using deception in a romantic relationship when compared to females.
2. The second hypothesis predicted that there would be a significant difference in the amount of females when compared to males, acting in an intrusive manner while in a romantic relationship.
3. The third hypothesis predicted that there would be a significant difference in the amount of males when compared to females that are more likely to be unfaithful in a romantic relationship.

Methodology

Design: This current study is cross sectional design. The independent variable of this study was gender and the dependent variables were (deception), cheating (infidelity) and snooping (intrusive behaviour). Data was imported and analysed using SPSSv22.0 for windows, then computed to reveal the total score for each of the three hypotheses. The demographic variables gender, age and relationship status were also run.

Participants: A total of 262 people participated in the present study. In order for the current study to contain relevant participants, there was one exclusion question asking ‘Have you ever been in a romantic relationship?’, if the participant said no, that they have not been, they were excluded from the survey and thanked for their participation. Of the 262 participants, 247 people continued and participated in the rest of the study, 141 were females (57.1%) and 106 were males (42.9%), as they passed the exclusion criteria. Those excluded were 10 females and 5 males, as they had no experience of being in a romantic relationship. Therefore they were never in the position to lie, snoop or cheat on anyone in a romantic sense.

The female participants ranged from 18 to 57 years old, the mean age was 29 years old ($SD= 12.1$) and the male participants ranged from 18 to 55 years old, the mean age was 25.6 years old ($SD= 7.4$). For those whom were currently in relationship, the duration ranged from 3 weeks to 25 years. Researchers utilised a non-probable, convenience form of sampling for the current study, as it was handed out on line through a link, it allowed the study to generalise the results.

Materials: The questionnaire was created and made available online from the 18th of February 2015. It was created using <https://www.surveymonkey.com>. A total of 247 people completed the 45-item questionnaire. See appendix 4. After paying for the basic plan the researcher had the ability to download the numeric values of the participants, which were later imported and processed using SPSSv22.0 for windows. There was a cover sheet explaining the nature of the questionnaire and asked the participants for consent. The questionnaire if answered completely took participants approximately 10 minutes but no time limits were imposed.

The questionnaire was comprised of three questionnaires but four Sections, A, B, C and D. It is assumed the participants answered honestly because all of the questions were worded in a way that normalises the experience, especially in Section C and Section D (Fish et al., 2012). All of the participants were given contact numbers for support groups on the first page of the questionnaire in case they had been affected by the topic; this is when the participants were thanked for their participation.

Section A; focused on gathering the demographic information, gender (female, male), age and if they have they ever been in a romantic relationship.

Section B; was about the participant's use of deception to their romantic partners. Cole (2001) had two questionnaires in the appendix, the researcher felt by using a different questionnaire it would gave a more general day to day view. See appendix 1. In this section, the questionnaire did not assume that the participant had been deceptive. The questionnaire was created by Truth about Deception (2015), it was originally a 22-itemed questionnaire that was created to assess the extent to which people conceal and or deceive information from their partners. They were asked to indicate from a list of 20 items what they have tried to conceal in the past to

their partner or previous partner's, two items were removed as they were considered too personal to ask. The higher the amount of items indicated, meant more items had been concealed. Questions included; "My feelings for someone else". The scores can range between 0 and 20.

Section C; was about the participants and if they have ever snooped on their partner. See appendix 2. In this section the questionnaire assumed that the act of snooping has already occurred. The term snooping was defined before the participants began this section, it was the same definition given previously. The researcher created this section of the questionnaire by amalgamating two questionnaires and rewording them to be consistent. First of which was replacing the terms cheat/infidelity with snoop from the questionnaire in which was also used in Section D (created by Cheaters and Broken Hearts (2015) and adding extra questions from Derby, Knox and Easterling, (2012).

The Cheaters and Broken Hearts (2015) questionnaire included questions like "How many spouses/partners have you cheated on?" and "Did your spouse/partner find out about your infidelity?". These were altered to "How many spouses/partners have you snooped on?" and "Did your spouse/partner find out about you snooping?". The Derby et al., (2012) question's included "Snooping Behaviour" and "Time of Snooping Behaviour", these were altered by the researcher to "By what means did you snoop?" and "When did you snoop on your spouse/partner?". The scores can range between 0 and 9. The higher the scores indicated the more information the participants decided to reveal, including the type of snooping and their frequencies of snooping behaviour.

Section D; was about the participants and if they have ever been unfaithful to their partner. See appendix 3. This section of the questionnaire did assume that

infidelity has already occurred. The original questionnaire was created by Cheaters and Broken Hearts (2015). Original questions included “Did alcohol or drugs play a part in your infidelity?” and “ Why did you cheat” both remained the same. The original consisted of 15 items of which a 10 item questionnaire was formed, 2 questions were created by the researcher, those were “Did the other man / woman know of your relationship status at the time or did you lie about your relationship status and claim to be single?” and “If your partner did find out you were unfaithful, how did they?”. The higher the scores indicated the more information the participants decided to reveal, including the their motives and the frequency of infidelity.

Ethical Consideration’s: In order for the research to be valid all ethical issues must be taken seriously. This study was filled out in online, therefore removing the chance of the researcher influencing the results and remaining ethical boundaries. Firstly, the research was passed through an ethics boards before the study began. All of the participants voluntarily decided to take part in the questionnaire and informed consent was sought. All of the participants were over the age of 18 years of age and under the age of 66. Secondly, making sure that the participants understand their rights, even if they have completed the questionnaire, they still remain the right to with draw at any time, if asked their questionnaire will be removed. This means they will not be forced into remaining in the study. Finally, the results of the participants are completely anonymous. The participants personal information and responses, will be respected and not shared publicly, they will remain anonymous and assured that no one, apart from the researcher, would be allowed to see their responses.

Data Analysis: An independent sample t-test analysed the results for the total lying, snooping and cheating for both the male and female participants.

Procedure: The participants completed the questionnaire after they were all asked to recall their present and/or previous romantic relationships. At the start of the questionnaire the participants were assured the information gathered would be completely anonymous. They were given a brief overview of the nature of the study. Permission to conduct the questionnaire was obtained from the researchers supervisor, Dr Bernadette Quinn. Due to the researcher not being present and the study being conducted on line, meant it was relying on people being honest and that they were of age and not seen as vulnerable with in society. The participants were once again reminded that their responses would remain confidential and assured that no one, apart from the researcher, would be allowed to see their responses.

Results

The aim of this study was to examine certain behaviours of the Irish people in their romantic relationships. All of the statistics were run through SPSSv22 for windows. Four sections, three of which were questionnaires were available to the participants, firstly on deception, second intrusive behaviour and finally the act on infidelity. See table 2 for a breakdown of the following results, separated by each hypothesis.

Hypothesis 1; The first hypothesis predicted that there would be a significant difference in the amount of males using deception in a romantic relationship when compared to females, was supported. An independent T-Test was used to examine the mean scores of deception for females and males. The results were highly significant as it was less than $p < 0.05$. The results indicated that $t = 5.611$, ($df = 165.966$). The present study found more males tended to lie more over all. 10.4% of males felt insecure in their current relationships when compared to 3.5% females. Six times the males (38.7%) then females (6.4%) admitted to trying to conceal their level of commitment. Twice the amount of males (29.2%) then females (12.8%) admitted to trying to deceive their partner about how they spend their free time. More than nine times the amount of males (17.9%) then females (1.4%) lied about their age. Males (23.6%) were more likely to try and deceive their partner about their drug and alcohol use when compared to (9.9%) females; they also tried to conceal their negative feelings about their partners, 27% of males and 23.6% of females, while more than twice the amount of males (30.2%) tried to conceal their sexual history when compared to females (13.2%).

Hypothesis 2; The second hypothesis predicted that there would be a significant difference in the amount of females when compared to males, acting in an

intrusive manner while in a romantic relationship, was supported. An independent T-Test was used to examine the mean scores of intrusive behaviour for both males and females. The results were significant as it was less than $p < 0.05$. The results indicated that $t = 4.961$, ($df = 75.433$). The results of the current study found more women tended to snoop over all. 32.1% of females and 13.5% of males said they have snooped while completing Section B. While 37.7% of females completed Section C, when 30.4% of males filled it out. Nearly three times the amount of females (63.5%) said they snooped because they were bored when compared to males (26%). There was only a difference of 5% that said they would discuss the information with a friend, 44.7% of females and 40% of males.

The results of the present study found the most frequent form of snooping was checking their partners phone. 56.8% female participants and 40.9% of male participants said they did. The most common way the female participants said when they snooped partner, was when their partner was in the shower, 37.3% of female participants and 24% of male participants. The results found from this study found more males 72% than females 65% said their partner knew never know about them snooping. While the most frequent way the male participants said when they snooped on their partner was, when their partner was not at home, 40% of male participants and 27.5% of female participants. More than three times the amount of males (27.4%) tried to try and their behaviour when compared to women (7.1%).

Hypothesis 3; The third hypothesis predicted that there would be a significant difference in the amount of males when compared to females that are more likely to be unfaithful in a romantic relationship. An independent T-Test was used to examine the

mean scores of unfaithfulness for males and females. The results were partially significant as it was less than $p < 0.06$. The results indicated that $t = 1.987$, ($df = 32$).

The results of the current study found more males tended to cheat over all. 38.7% of males and 6.4% of females said they have cheated while completing Section B. While, of the participants 39.4% of males 16.3% of females that completed and filled in Section D, and 32% of males and 13% of females indicated that they have been unfaithful to between 1-3 of their partners. Nearly quarter (24%) of the women surveyed said they got back with an ex partner, compared to one tenth (10%) of the males participants. The unexpected thing was that, nearly twice the amount of males than females claimed they cheated on more than 10 partners, 14.3% of male participants and 8.7% of female participants. Approximately twice the amount of males (30.8%) than females (16%) claimed to have been involved in a one-night stand. Nearly an extra third of males (60%) said they could not resist, and that is why they cheated when compared to females (42%).

**Table 1; Showing the means and standard deviations
For all the variables used in the analysis for both males and females.**

Gender	N	Minimum	Maximum	Mean	Std. Deviation	
Female	ID	0				
	Lying	141	20.00	40.00	34.9528	4.41509
	Snooping	43	12.00	30.00	19.6279	4.44020
	Cheating	9	17.00	27.00	20.0000	3.12250
	Valid N	0				
Male	ID	0				
	Lying	106	27.00	40.00	37.6950	2.78245
	Snooping	40	10.00	23.00	15.4750	3.11314
	Cheating	25	16.00	33.00	23.3200	4.62529
	Valid N	0				

As shown in the above table, the mean results for Males was higher than those for females in both Lying (Males lying mean= 37.69 ($SD=2.78$) and Females, lying mean= 34.95 ($SD=4.41$)) and Cheating (Males, cheating mean= 23.32 ($SD= 4.62$) and Females, cheating mean=20 ($SD= 3.12$)). While more Females (Females,

snooping mean=19.62 (*SD*= 4.44) tended to snoop in their relationship when compared to Males (Males, snooping mean= 15.47 (*SD*= 3.11)).

Table 2; Showing results discussed in the present study of both males and females.

	Males	Females
Hypothesis; 1		
1	10.4%	3.5%
2	38.7%	6.4%
3	17.9%	1.4%
4	29.2%	12.8%
5	23.6%	9.9%
6	27%	23.6%
7	30.2%	13.2%
Hypothesis; 2		
1	13.5%	32.1%
2	30.4%	37.7%
3	26%	63.5%
4	40%	44.7%
5	65%	72%
6	27.4%	7.1%
7	40.9%	56.8%
8	40%	27.5%
9	24%	37.3%
Hypothesis; 3		
1	38.7%	6.4%
2	39.4%	16.3%
3	32.1%	13%
4	14.3%	8.7%
5	30.8%	16%
6	60%	42%
7	10%	24%

Key Code;

Hypothesis; 1

- 1; Percentage of participants saying they have felt insecure about the relationship.
- 2; Percentage of participants saying they have concealed their level of commitment.
- 3; Percentage of participants saying they have concealed their age.
- 4; Percentage of participants saying they have concealed how they spend their free time.
- 5; Percentage of participants saying they have concealed their alcohol or drug use.
- 6; Percentage of participants saying they have concealed their negative feelings they have about their partner's friends or family.
- 7; Percentage of participants saying they have concealed their sexual history from their partner.

Hypothesis; 2

- 1; Percentage of participants that have admitted to snooping in Section B.
- 2; Percentage of participants that filled in Section C.
- 3; Percentage of participants saying they snooped because they were bored / curious.
- 4; Percentage of participants that said they would discuss the information they found, with a friend.
- 5; Percentage of participants that said their partner never knew about them snooping.
- 6; Percentage of participants that admitted to trying to conceal their intrusive behaviour from their partner.
- 7; Percentage of participants that admitted to checking their partner's phone.
- 8; Percentage of participants that admitted to snooping while their partner was not home.
- 9; Percentage of participants that admitted to snooping while their partner was in the shower.

Hypothesis; 3

- 1; Percentage of participants that have admitted to being unfaithful in Section B.
- 2; Those that filled in Section D.
- 3; Percentage of participants saying they have cheated on between 1-3 partners.
- 4; Percentage of participants saying they have cheated on more than 10 partners
- 5; Percentage of participants that said they participated in a one-night stand.
- 6; Percentage of participants that said cheated because they could not resist.
- 7; Percentage of participants that said when they cheated they did so because they still had feelings for an ex-partner.

Discussion

When conducting the literature review, the researcher noticed that there was a gap in the literature regarding, lying, snooping and cheating in relationships. The variables of this study (lying, snooping and cheating) were never discussed all together in one study, they tended to focus on one issue, such as the gender of the participants and whether they have ever been unfaithful.

Hypothesis 1; the use of deceptive behaviour: The person using deceptive behaviour can feel less involved and therefore their level of commitment and sense of security decreases (Cole, 2001). The results of this study found that more males (10.4%) felt insecure therefore reducing their level of commitment when compared to females (3.5%). Jang, Smith and Levine 2002; Knobloch, 2006; Planalp and Honeycutt (1985) discussed the effects of finding out ones partner's use of deception, affect's the level of commitment and security. This causes them to become uncertain in their relationship and whether they want to be together anymore (Knobloch, 2006). While Cole (2001) found if someone was successful in deceiving their partner it tends to draw the couple closer.

The results of this study backed that of previous studies such as by Truth about Deception (2015) were also backed by previous research. A screenshot of their results from the website Truth about Deception (2015) was taken on the 13th of April 2015 at 2:28am. The results taken from Section B of this current study was later compared to the screenshot of their results found by Truth about Deception (2015). They found a slight 0.3% of a difference between the results, 50.4% males and females 50.1% felt less secure in their relationship. While the results of this present

study found a significant difference 10.4% of males that felt insecure therefore reducing their level of commitment when compared to females (3.5%).

Question 16 in Section B, asked if the participant has previously tried to conceal their level of commitment. Of the 247 participants, 41 of the 106 males (38.7%) and 9 of 141 females (6.4%) stated they had tried to conceal it. These results showing males to be seen as more dishonest was to be expected since (Cole, 2001) explained how a person using deceptive behaviour can feel less involved and therefore their level of commitment and level of security decreases (Cole, 2001). In everyday life, this study found the males tended to lie a significantly higher amount of times more when compared to their female counterparts. They tended to lie more about their age (17.9% males; 1.4% females), how they spend their free time (29.2% males; 12.8% females) and their drug and alcohol use (23.6% males and 9.9%) when compared to the females of this study. If someone finds out their significant other has lied about something whether it is from everyday life, it has huge implications, they usually feel disappointed. These emotions are heightened. If they find out something closer to the heart, they are no longer upset and disappointed, it causes them to question the level of trust and whether or not if they feel secure in their relationship (Jang, Smith, & Levine, 2002). These feelings could be triggered by finding out certain beliefs such as, if their partner has lied about their sexual history (30.2% males; 13.2% females) or if they have negative feelings for their partner's family or friends (27% males; 23.6% females).

Hypothesis 2; the use of intrusive behaviour: This study found more females tended to act intrusively. The results of the current study, found 32.1% of the

females and 13.5% of the male participants indicated in Section B that they have snooped, of those that completed Section D, 30.4% of the males and 37.7% of females filled in the section in relation to snooped on their partner. Derby et al., (2012) found when examining their data that 66% of their participants admitted to snooping. When comparing the reasons the participants have snooped from this current study to that conducted by Derby et al., (2012) both found, those whom admitted to acting intrusively in both studies did so because they were bored.

The participants of the current study snooped mainly because they were bored/ curious, 63.5% of the female participants and 26% of male participants, gave it as their main reason as to why they snooped. This suggests the opportunity was there and they felt like they were not engaging in any intrusive act in order to find any incriminating evidence. This could have been done by like checking their partners phone (56.8% of females and 40.9% of males reported to checking their partners text messages, while Derby et al., (2012) found 88% of the participants did so by checking their partner's text messages. The results of the present study, backed the previous result's found by Derby et al., (2012). Question 20 in Section B, asked if the participant has previously tried to conceal their intrusive behaviour. Of the 247 participants, 27.4% of the male participants and 7.1% of the females said they have tried to conceal it.

A previous case mentioned by Vinkers et al., (2011) suggested that people engage in an intrusive behaviour in order to gain a psychological hold over their partner, when the researcher looked at the results, the majority of both genders said they would discuss it with a friend not with their partner so the researcher could not confirm that they were intrusive in order to gain psychological power. Muise et al., (2014) discussed when people are intrusive they are experiencing a higher level's of

jealousy, from the results of this current study, it can not be confirmed or denied as it was not a correlational study.

The following results would suggest if the person whom engages in the intrusive behaviour did not want to get caught by their partner. They never meant the person whom was snooped on to find out. Which meant they never had a chance to explain the information and the context at which the information was extracted. The results of this present study found, 44.7% of female participants and 40% of male participants said they would discuss the information they found with a friend, 72% of the male participants and 65% of female participants said that the individual never knew.

Most of the male (40%) participants said they snooped while their partner was not home, when compared to 27.5% of females surveyed. While the most common time females snooped was when their partner was in the shower 37.3%, 24% of males said they snooped while their partner was in the shower.

Hypothesis 3; the use extradyadic behaviour: The results from this study showed more males tended to be unfaithful when compared to females. According to Allen & Baucom (2004), males tend to report that they feel like they are more susceptible to be involved in infidelity, this could possibly be an explanation as to why more males tend to act in an unfavourable manner and possibly act in a type of self profiling philosophy. In Section B of the questionnaire, 38.7% of the male participants and 6.4% of the female participants said that they have been unfaithful. 39.4% of the 106 males, and 16.3% of the 141 of the female participants, actually filled out and completed in Section D, which is the cheating section of the questionnaire.

The findings from this study backed previous findings made by both Ackerman et al., (2006) And Hertlein et al., (2005). They independently carried out three studies between them; their findings have all found males engage in more extradantic behaviour. Firstly, Ackerman et al., (2006) found in their study, that 75% of males and 68% of females admitted to be engaging in extradyadic activity. Secondly Hertlein et al., (2005) discussed two separate studies, first one of which set out to examine, married couple's that have been together between four to five years. The second of which was a separate study that found, 71% of males and 57% of females who admitted to engaging in extradyadic behaviour, this was in line with previous literature which found those that were seen to have more dating experience tended to be more unfaithful (Hertlein et al., 2005).

In this current study, six times the amount of males (38.7%) to females (6.4%) indicated in Section B that they tried to conceal their infidelity from their partner. Those that filled in Section D, 39.4% of which were males and 16.3% were females.

The twice the amount of males (30.8%) indicated that they were involved at least one casual, one nightstand, when examined against their female counterparts (16%). This supports the evidence found in the study conducted by Allen & Baucom (2004).

This current study found 32.1% of the males and 13% of the females surveyed have been unfaithful in at least one of their relationships, which also supports what Allen & Baucom (2004) found. Allen & Baucom (2004) found males were significantly more likely to report a casual, emotionally distant extradyadic relationship, unlike females; they seemed to report more emotional motivations.

Allen & Baucom (2004) found that both males and females were unfaithful because they wanted their own space and freedom in the relationships in need for

such as needs for emotional closeness. While females were more than two times more likely to get back with an ex-partner, 24% of the females reported stating that they were involved in an extradyadic relationship with an ex-partner, when compared to 10% of males, which would be congruent with Allen & Baucom (2004) explaining their need for emotional closeness. The results from Question 3, Section D in this present study, found that 60% of males said they were unfaithful because they couldn't resist, when compared to 42% of females.

In the literature review there was no mention of the researcher asking have they ever been unfaithful twice, firstly in Section B and finally in Section D. Which meant previous research has never had the opportunity to compare the continuity of the results, therefore it was never discussed. The researcher felt that the males might have felt nervous about going into detail of their behaviour in case they were going to get judged, even though they were told it was completely anonymous.

Conclusion

In conclusion, the primary purpose of this study was to determine whether there were gender differences between the uses of unfavourable actions in romantic relationships. In this study the researcher combined three questionnaires that were found of the Internet. This was done in order to create one questionnaire that would be easily understood and that could easily measure the levels of deception, intrusive behaviour and extradyadic behaviour. Historically a person engaging in unfavourable behaviours has always been an issue.

Those that completely trust their partner, tend to usually find it difficult to detect deception. They tend to find bigger lies harder to pick up on, as more of an elaborate plan gets created, a web of lies get's used in order to cover up the original lie. People usually do not like to question their partner and if they do, their reaction

can vary from it being nothing, to a huge implication, or even both (Planalp & Honeycutt, 1985). These implications can show in an array of implications, both emotionally and physically.

Due to people usually completely trusting and open with their partner, when deception is used, it creates a safety blanket, it can sometimes led to them believe that they are very secure in their relationship, to the point there they would never second guess the actions of their significant other. Usually never finding out about their partner's extradyadic relationship's as their partner will constantly try and through them off the path, according to Cole (2001) people keep their most serious lies for their partner, while lying by omission, they tend to ignore the direct question by answering it in a non-direct way (Hopper & Bell, 1984).

Limitations: The results examined in relation to this sample do not necessarily represent the general consensus of the actions of the Irish people. The main limitation of this study is that, the study did not specify that both partners must fill it out. It asked anyone that saw the link to fill in the survey. As the current study focused on one person from the relationship; this can make it harder to find out how honest they are being while filling out the survey. But on the contrary if the participants and their partner had decided to break up, it could have possibly been too emotional to ask them to also participate. People have numerous reasons for terminating their romantic relationships; it would be an impossible task to describe in one study. Those whom have been cheated on, or those whom have experienced an invasion of their metaphorical boundary; might find it to emotionally draining, if the researcher asked them to answer possibly problematic questions.

Future research: Future researchers should attempt to determine the link between a person's intentions of engaging in certain behaviours, such as lying (deception), snooping (intrusive) and cheating (infidelity) and them actually engaging in these actions. A possible future study could examine participants who have admitted to previously engaging in such behaviours and did it decrease any feelings wanting to repeat these actions.

This study does not look at the different behaviours, in relation to those in equal relationships, nor did it look at the cultural or belief differences of the participant. Firstly, it would be fascinating to find out if there was a difference in the sexual orientation of the participants and if heterosexual couples tend to lie, snoop or cheat more than homosexual couples. Secondly, it would be interesting to examine if there were a difference in the levels of lying, snooping and cheating across religions.

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Appendices

Appendix 1; Original Lying Questionnaire

Section B; Lying Questionnaire

1	My age.	
2	My weight.	
3	How I spend my free time.	
4	My income or debt.	
5	My alcohol or drug use.	
6	How I spend Money.	
7	My flirting.	
8	Negative feelings I have about my partner's friends or family.	
9	Feeling insecure about the relationship.	
10	Betraying my partner's confidence.	
11	Negative feelings I have about my partner's appearance.	
12	Contact with prior partners.	
13	My sexual history.	
14	My sexual fantasies.	
15	My sexual satisfaction with my partner.	
16	How often I masturbate.	
17	Using pornography.	
18	My level of commitment.	
19	Fooling around with someone else (including kissing).	
20	My feelings for someone else.	
21	Infidelity and cheating.	
22	Snooping on my partner.	

Appendix 2; Original Snooping Questionnaire

Section C; Snooping Questionnaire

1	How many spouses / partners have you snooped on?	
	a. 1-3	
	b. 4-6	
	c. 7-10	
	d. More than 10	
2	Why did you snoop?	
	a. I was bored/ curious	
	b. I suspected my spouse/ partner was cheating	
	c. Problems in the marriage / relationship.	
	d. I have always been a snoop.	
	e. Revenge.	
	f. My partner snooped on me	
	g. Other. Please specify _____	
3	Do/ did you feel justified when you were snooping?	
	a. Yes.	
	b. No.	
	c. Sometimes	
4	Did your spouse / partner find out about you snooping?	
	a. They were suspicious.	
	b. They never found out.	
	c. They never knew.	
	d. They found out after the relationship was over.	
5	How did you feel about snooping?	
	a. It is what it is.	
	b. I was ok with it.	

	c. It bothered me, but I felt justified.	
	d. It hurt me.	
	e. It broke my heart.	
7	By what means did you snoop?	
	a. Checking his/her text's.	
	b. Mobile phone.	
	c. Interest history/ e-mail.	
	d. Searched their belongings.	
	e. Other. Please specify _____	
8	When did you snoop on our spouse/ partner?	
	a. When they were in the shower.	
	b. When my partner was not home.	
	c. When my partner was asleep.	
	d. When my partner was on the phone.	
	e. Other. Please specify _____	
9	What were your feelings about getting caught snooping?	
	a. I wasn't concerned.	
	b. I was concerned	
	c. I was worried	
	d. I was terrified.	
	e. I was losing weight and couldn't sleep at night.	
10	What would you do with the information you found from snooping?	
	a. I would discuss it with a friend.	
	b. I would not tell anyone, even my partner.	
	c. I tried to not think about it and any reminders, as I knew I did not want to deal with them.	
	b. I do nothing with it, until I felt the time was right.	
	c. I would confront my partner with what I found.	

Appendix 3; Original Cheating Questionnaire

Section D. Cheater Questionnaire

1	How many spouses / partners have you cheated on?	
	a. 1-3	
	b. 4-6	
	c. 7-10	
	d. More than 10	
2	Why did you cheat?	
	a. I was bored	
	b. The opportunity was there and I couldn't resist.	
	c. Problems in the marriage / relationship.	
	d. Still had feelings for my ex-partner.	
	e. Revenge.	
	f. Other. Please specify _____	
3	Was the sex better with the one you cheated with?	
	a. Yes	
	b. No	
	c. Sometimes	
4	Do/ did you feel justified when you were cheating?	
	a. Yes	
	b. No	
	c. Sometimes	
5	Was it...	
	a. A one-nighter	
	b. A fling (several times)	
	c. An affair (many times with emotion)	
6	Did your spouse / partner find out about your infidelity?	

	a. They were suspicious	
	b. Found out	
	c. Never knew	
	d. Found out after the relationship was over	
7	How did you feel about your spouse's / partner's pain regarding your infidelity?	
	a. It is what it is.	
	b. I was ok with it.	
	c. It bothered me, but I felt justified.	
	d. It hurt me.	
	e. It broke my heart.	
8	Do you think you will always be unfaithful?	
	a. Yes, It's part of me.	
	b. Probably.	
	c. I don't think so.	
	d. I hope not	
	e. No	
9	What were your feelings about getting caught cheating?	
	a. I wasn't concerned.	
	b. I was concerned	
	c. I was worried	
	d. I was terrified.	
	e. I was losing weight and couldn't sleep at night.	
10	What did you think the consequences would be if you were to get caught cheating?	
	a. He/ She would look the other way.	
	b. He/ She would be upset, but hold onto me.	
	c. We would fight, but we would stay together.	
	d. He/ She would leave me.	
	e. He/ She would leave.	

11	When you cheated on your spouse/partner, were you in Love with your spouse/ partner?	
	a. Yes.	
	b. I don't know.	
	c. Maybe.	
	d. I don't think so.	
	e. Loved, but not in love.	
	f. Didn't Love	
12	When you cheated on your spouse/partner, were you in love with the other man/ woman	
	a. Yes.	
	b. I'm not sure.	
	c. I think so.	
	d. No	
	e. It was just lust.	
13	When or just after you were with the one you were cheating with, how did you feel?	
	a. Giddy	
	b. Happy	
	c. Excited	
	d. Anxious	
	e. Ashamed	
	f. Guilty	
	g. Disgusted	
14	Did alcohol or drugs play a part in your infidelity?	
	a. Alcohol did	
	b. Drugs did	
	c. Alcohol and drugs did.	
	d. Neither did.	
	Did the other man / woman know of your relationship status at the time or did you lie about your relationship status and claim to be single?	

a. I told them I was in a relationship	
b. They never asked and I never told	
c I kept my relationship status a secret.	
d. I told them we were on a break.	

- 20 My feelings for someone else.
- 21 Infidelity and cheating.
- 22 Snooping on my partner.

Section C.

Snooping means the act of engaging in intrusive behaviour into someone's private life without his or her knowledge. If you have never snooped please continue to Section D.

- 1 How many spouses / partners have you snooped on?
 - a. 1-3
 - b. 4-6
 - c. 7-10
 - d. More than 10

- 2 By what means did you snoop?
 - a. Checking his/her texts.
 - b. Mobile phone.
 - c. Interest history/ e-mail.
 - d. Searched their belongings.
 - e. Other. Please specify _____

- 3 Why did you snoop?
 - a. I was bored/ curious.
 - b. I suspected my spouse/ partner was cheating.
 - c. Problems in the marriage / relationship.
 - d. I have always been a snoop.
 - e. Revenge.
 - f. My partner snooped on me.
 - g. Other. Please specify _____

- 4 Do/ did you feel justified when you were snooping?
 - a. Yes.
 - b. No.
 - c. Sometimes

- 5 Did your spouse / partner find out about you snooping?
 - a. They were suspicious.
 - b. They never found out.
 - c. They never knew.
 - d. They found out after the relationship was over.

- 6 How did you feel about snooping?
 - a. I was ok with it.
 - b. It bothered me, but I felt justified.
 - d. It hurt me.
 - e. It broke my heart.

- 7 When did you snoop on our spouse/ partner?
- a. When they were in the shower.
 - b. When my partner was not home.
 - c. When my partner was asleep.
 - d. When my partner was on the phone.
 - e. Other. Please specify _____
- 8 What were your feelings about getting caught snooping?
- a. I wasn't concerned.
 - b. I was concerned
 - c. I was worried.
 - d. I was terrified.
- 9 What would you do with the information you found from snooping?
- a. I would discuss it with a friend.
 - b. I would not tell anyone, even my partner.
 - c. I tried to not think about it and any reminders, as I knew I did not want to deal with them.
 - b. I do nothing with it, until I felt the time was right.
 - c. I would confront my partner with what I found.

Section D

If you have ever been unfaithful to your partner, please complete the following section, otherwise thank you for taking part in this survey.

- 1 How many spouses / partners have you cheated on?
- a. 1-3
 - b. 4-6
 - c. 7-10
 - d. More then 10
- 2 Why did you cheat?
- a. The opportunity was there and I couldn't resist.
 - b. Problems in the marriage / relationship.
 - c. Still had feelings for my ex-partner.
 - d. Revenge.
 - e. Other. Please specify _____
- 3 Was it...
- a. A one-nighter
 - b. A fling (two or more times)
 - c. An affair (many times with emotion)
 - d. Other. Please specify _____

- 4 Did your spouse / partner find out about your infidelity?
 a. They were suspicious
 b. Found out
 c. Never knew
 d. Found out after the relationship was over
- 5 If your partner did find out you were unfaithful, how did they?
 a. They found out themselves.
 b. I told them, in my time.
 c. They asked me, so I told them.
 d. The 'other person' told them.
- 6 Do you think you will always be unfaithful?
 a. Yes, It's part of me.
 b. Probably.
 c. I don't think so.
 d. No, I regret it.
- 7 Did alcohol or drugs play a part in your infidelity?
 a. Alcohol did.
 b. Drugs did.
 c. Alcohol and drugs did.
 d. Neither did.
- 8 Did the other man / woman know of your relationship status at the time or did you lie about your relationship status and claim to be single?
 a. I told them I was in a relationship.
 b. They never asked and I never told.
 c. I kept my relationship status a secret.
 d. I told them we were on a break.
- 9 How many lovers have you been with who were married or in a committed relationship?
 a. 1-3
 b. 4-6
 c. 7-10
 d. More than 10
- 10 Did you know he/she was married or in a committed relationship?
 a. Yes
 b. I was suspicious
 c. I didn't think so, but I wasn't sure.
 d. No