

**LOVE UNDER LOCKDOWN: THE LIVED EXPERIENCES OF COHABITATION
COUPLES DURING THE COVID-19 PANDEMIC**

A Thesis

Presented to

the College of Arts and Sciences

Central Philippine University

Iloilo City

In Partial Fulfillment

of the Requirements for the Degree

BACHELOR OF SCIENCE IN PSYCHOLOGY

By

AERIELLE D. AMOSIN

CRISTINE JOY N. DEMAISIP

RUSSELLE T. EIMAN

NIEMA MAE G. TABARA

MAY 2023



**Love Under Lockdown: The Lived Experiences of Cohabitation Couples During
the COVID-19 Pandemic**

**by Aerielle D. Amosin, Cristine Joy N. Demaisip, Russelle T. Eiman,
and Niema Mae G. Tabara**

ABSTRACT

The focus of this study will be on the relationship of cohabitation couples during the COVID-19 Pandemic in terms of their reasons for cohabitation, their experiences during the pandemic, and their management of challenges in their relationships. A qualitative study is used. A phenomenological approach is used to gather detailed accounts of the experiences of the selected cohabitation couples. The researchers will employ the purposive sampling technique to identify and select the participants. The participants' stories as transcribed from the interviews were used to generate themes in accordance to their experiences as cohabitation couples during the COVID-19 Pandemic.

Participants are free to relate their experiences without restraint and emanate from their subjective opinions as they may all hold distinct viewpoints on the truth. Based on the participants' responses on their reasons for cohabitation, it was discovered that love and mutual understanding are the main driving forces for them to cohabit. Financial instability was the most common struggle the participants experienced during the pandemic. It was also found that in times of unavoidable conflicts and misunderstandings, choosing to understand each other is integral. In terms of managing and overcoming difficulties and working through challenges in their relationship, helping and supporting each other is a necessity. The foundation of an enduring and meaningful relationship lies in facing, communicating, and solving conflicts and difficulties as partners. Compromising in order to understand your partner's needs causes relational cultivation and would help to build a healthy relationship.