

The friend that got away: an exploration on female adolescent's friendship dissolution

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ABSTRACT

Friendship is said to be one of the most indispensable requirements of life for it gives us empowerment in many forms. Nonetheless, no matter how beneficial it is for us, it is just undeniably realistic that it has its own ending point considering many factors. And so, friendship was explored in terms of its formation and its maintenance and how they fueled its unfortunate dissolution. There was a total of 11 informants who responded through in-depth interview. Results showed that deep connections of friendship were formed through commonalities, shared experiences, intimacy, early year foundation, and open communication. Friendship maintenance include trust and intimacy which can be developed through the following strategies namely, self – disclosure, honesty, tolerance, constant communication, frequent bonding, and unconditional support. Other findings on why the relationship terminated were due to betrayal, third party, and personal conflict which accordingly resulted into experiencing of unpleasant emotions.

Keywords: *social psychology, psychology of friendship, friendship dissolution, female adolescents, phenomenology.*

INTRODUCTION

Friendship has always been one of the thought-provoking topics in the academic literature. However, the way it has always been undertaken is as talking about the mere ingredients and dinner; cooking has not been fully explored. But in the Aristotelian framework, among many virtues, this subject matter has received the most discussion emphasizing its vitality in life. Friendship strengthens the value of sharing in bad and good times, thus making it one of the most indispensable requirements of life (Nicomachean Ethics, Book 8).

Friendship, as focused in this study has been defined by Knickmeyer, Sexton, and Nishimura (2002) as an important form of social support characterized by intimacy, communication, mutual concern, sharing, and equality in power, that is ultimately empowering for the individual. Verkuyten and Masson (1996) also concurred that throughout the lifespan, friendships have significantly influenced the developmental, environmental, and social aspects of individuals across all cultures. However, no matter how good an affiliation can be, how it may have helped somebody in various ways, still, like any other relationships, friendship has also its own ending point (Jalma, 2008). This point might produce a positive or a negative feeling and consequently, an outburst of emotions might take place. Therefore, friendships are sustained and dissolved in and through networks, while also variously opening and foreclosing human spatial possibilities (Bunnell et al., 2012).

Moreover, Chan and Poulin (2007) have stated that friendship dissolution is not a rare occurrence. This idea was the same with Erwin (1993) which purports that friendship termination is normal and inevitable since most friendships were held together by similarities and frequent opportunities for interaction, implying that friendships do come and go as different interests, competencies and values develop time after time. Adolescents were used as participants in this research because this is the time of social transition as well as the change in support networks (Clark & Kelly, 2004). As young as they are, teenagers are more on socialization and intense adolescent forming and maintaining peer relationship are prominent (Allen et al., 2006). They provide the most penetrating experience in adolescent's lives, therefore, they might bring significant costs to the said group of individuals.

This study was done to add an account for the academic literature of friendship dissolutions. This occurrence has been undeniably conspicuous among adolescents at the present time, thus conducting this study would give more information about such phenomenon that implies a further understanding that could be addressed to the people who experienced, are experiencing, and will be experiencing this type of relationship dissolution. With regards to this, the researchers aimed to explore the whole journey of the interviewees in connection with the issue. This pertains the formation or the foundation of their friendship, the maintenance of the said relationship, their journey towards dissolution as well as the emotions shown during those moments of developmental challenge.

METHOD

The study was in qualitative from wherein it used a descriptive research design particularly hermeneutical phenomenology. An in-depth interview was done with the 11 females aged 16-20 years old who have experienced at least a year of close friendship bond. There was no required period as to when the dissolution happened, thus, the time frame of the specific event was not of a big consideration. This was due to the reason that the present study only explored the formation of friendship, its maintenance, and its road towards the termination of the relationship, not the duration itself.

Moreover, the dissolved friendship experienced by the respondent was from a best friend, a dyad, or a group of whether same or opposite sexes. They were selected through snowball sampling. A thematic analysis regarding friendship formation, friendship maintenance, friendship dissolution with their corresponding emotions was executed. Thematic analysis, particularly the decomposition analysis (Ussher & Mooney-Somers, 2000) was used to identify, analyze, and report patterns within the given data. Since this research is exploratory in nature, the process of allowing the data to speak for itself further supports a qualitative method of inquiry. Additionally, the present study employed an inductive or 'bottom-up' way thematic analysis in which identified themes are firmly linked to the disclosed data. In short, the process of coding the data was independent and not trying to fit into an already existing coding frame.

RESULTS AND DISCUSSION

From the in-depth interview conducted, several themes have emerged based on the respondents' answers to different research questions with the aid of the interview questions. Themes were presented in accordance to each research question.

The Formation of Respondent's Friendship

Based on participant's responses, the final theme that has drawn out concerning the formation of the participant's friendship was deep friendship connection with the following composite themes: childhood friends, common interests, intimacy, shared experiences, and open communication.

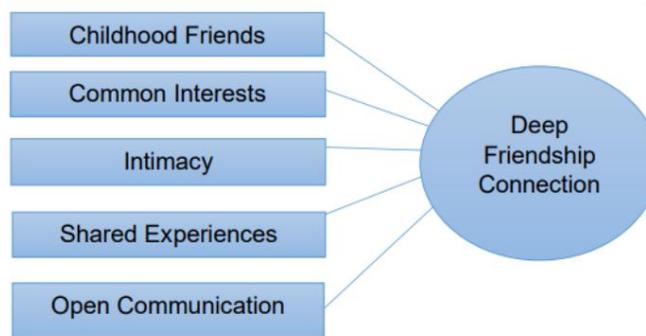


Figure 1. Diagram on the Formation of Friendship

Deeper friendships are about connections. Connections are the reasons why we became friends with our friends and connections can be made through interpersonal communication. Deep friendship connection is the resulting factor of the following composite themes explained below. What has been highlighted in this theme is that deep friendship connection can and only be made possible through relational communication (Grev, 2017). From the statement of respondent J, she said, “The day we met, it was like we already clicked. We were not close yet it seemed like we were. We even talked about just anything; about life stories and the rest. We already understood each other *laughs.” This is what Grev (2017) pointed out, that without communication, coexistence wouldn’t be impossible thus, implying that we wouldn’t be able to understand, to relate, to grow, and to make experiences with one another. Without communication, relationships would be hard to form and so, relational development would be hard to take place.

Some of the respondents developed their friendship during their childhood. It is believed that in this life span, children, in their young age, have usually established clear ideals and preferences for one or more prospected friends and eventually forming friendships that often stay firm and steady for considerable periods (Howess, 1988). From the interview conducted, though, there was a dissolution that has happened even to those who formed and developed their friendships from their childhood, still, respondents' relationship with their ex-friends have been stable for many years, before it reached the stage of termination. Furthermore, the respondents have also shared their experiences with their friends from childhood. This is the time of innocence, wherein leisure times were mostly spent through playing. Playing plays a significant role in children's development. As they play, they are developing skills, habits, and attitudes that they can carry on throughout their lives (Caldwell, 2014).

While some of the respondents developed their friendships during childhood, others were formed because of their various commonalities. This is a corollary to the research by Sadler (2013) and Newcomb (1956) which affirmed that people who have similarities tend to strengthen the affection they have between themselves. Moreover, in strengthening close relationships, particularly friendships, the level of attraction will be considered, and this will be affected by several determinants (Batool & Malik, 2010). One of these determinants is the similarity factor which is consequently shown in this study. The notion of “birds with the same feathers flock together” is implying that similarity is a fundamental determinant that could strengthen interpersonal attraction and eventually reinforces friendship.

Another composite theme emerged was intimacy. Whereas it might imply a romantic or sexual dimension to many people (Parks & Floyd, 1996) as if it’s just all about opposite-sex links, it is different in the context of friendship, though both are personal relationships. Intimacy in friendship includes a very close association between friends. McEwan and Guerrero (2010) also claimed that intimacy is a friendship formation strategy. This is a corollary to the study of McNelles and Connolly (1999) which suggested that

friendships of adolescence are distinguished by their depth and mutuality of sharing and this will eventually result to intimacy, the affective connection between individuals. Participant's friendship intimacy was built through sharing a wide depth of information including those most personal ones. This is in line with the assumption of Fehr (1996) which stated that intimacy is developed through personal, responsive disclosure. Self-disclosure is an important concept alongside intimacy. Reasonably, the more that a person reveals something to a friend, the closer the bond between them is likely to be the outcome (Christensen, 2011).

The fourth composite theme that emerged from the thematic analysis of research question number one was shared experiences of friends in which in their account, it was the hardship they are into. William Chopik and O'Brien (2017) found out in his study that when friends were involved in the time of hardships, the higher the happiness rate there was, and this was evident to some of the participants particularly concerning about academic matters.

The fifth emerging composite theme is open communication with friends. The formation of friendship entails open communication. According to Butler and Hammer (2014), open communication is the basis or foundation of an enduring friendship in which it implies that an individual does not keep his/her experience to oneself alone, but rather reaches out to the person involved. This could mean that you open up your experience, thoughts, feelings, emotions and even needs with your friends as willingly, genuinely, and constructively as possible. For the respondents, they would open up something to their friends, assuming that their friends would consider their viewpoints and their needs upon sharing. This is in connection to what Butler (2014) had emphasized that when friends are reaching out to open up their different feelings, emotions, or ideas about their concerns, this is for a reason that both parties, the sharer and the listener would constructively explore the differences that might arise based on the shared perspective.

Tactics Executed by each Party to Keep the Friendship Sturdy and Thriving

Trust was found to be a significant factor in keeping friendships from the respondent's answer. Along with it are its composite themes, namely: self-disclosure, honesty, and tolerance.

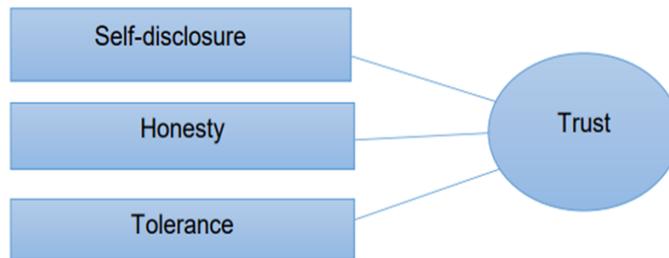


Figure 2.1 *Thematic Diagram in Keeping Friendship*

It was seen that trust has been an evident response of the respondents as to how they keep their friendship over time. Trust, according to Thomas (1987) is the most salient features of friendship. The respondents in this study have pointed out that they needed someone to whom they can easily go along with, be vulnerable to and such. These would not be possible without the bond of mutual trust Thomas (1987) was talking about. As one of the respondents have said,

“Yes, she really knew my secrets because I trust her. Those secrets only both of us have knowledge of. I do not know if until now she has not revealed them to anybody. As for myself, I haven't told anybody about hers.”

Such statement posited that trust is essential in maintaining a friendship (Rawlins, 1992). By this, he implied that it is important to feel safe with our friends even in a simple way of showing dependability and respect. However, trust in this aspect can be easily dented when a friend shared something that we have confided to them.

Self-disclosure on the other hand has been popular among the relationship maintenance researches as one of the most emphasized themes in this context. From this study, respondents have put greater prominence on this emerging theme as one important factor that could keep their friendship. Their answers were in harmony with the column written by Amy Reese Anderson, businesswoman, and a public speaker who stated that the great thing about opening up or sharing to someone a piece of certain information is the solace that came after you do it. You can find comfort by disclosing experiences with someone who has been through and who understands you in dealing with the same hardship. Consequently, this would cause the friendship to be formed and eventually deepened.

Whereas shared experiences have been mentioned in the previous section of this paper that talked about the importance of sharing our different experiences with our friends, in this section it talks about how essential it is to share our experiences to our friends. This includes our weaknesses, our concerns, our flaws, our vulnerabilities and such. With this, the tie of the friendship would be strongly bonded due to a reason that upon you, opening up, the other party would consider the possibility of reciprocity, which is also essential in self-disclosure (Fehr, 1996). In this way, your connections could be strengthened.

Honesty is another theme that have emerged from the respondent's account. King Solomon once wrote, "Faithful are the wounds of a friend, but deceitful are the kisses of an enemy." It truly takes a lot of courage to tell a friend the things that they despise to hear, but it is necessary, for this means that you care about that certain person even putting your friendship at stake. Honesty is one of the qualities that a good friend should have (Griffin, 2011). However, this concept is often taken for granted which results into its contradictory point and is evident to one of the respondents. Maybe, it is too hard to be honest with friends and this is just one among several reasons that depict the friendship, as evident to what the respondents have experienced in their relationships. And just maybe, it is so rare to find a friend who can be blunt with us about our unpleasant truths, that after all, it is a gift to have the kind of friend who will risk telling us the reality straight to our faces instead of chattering behind our back.

Tolerance is also a resulting theme from the respondent's answer to the second inquiry. An American writer named Ronald Ingersoll once said, "Tolerance is giving to every human being every right that you claim for yourself. Tolerance in friendship is essential. It is either we accept them for who they are, or would we want them to change for us. When you are being tolerated, at some point in your relationship, there would be a possible development of trust. In addition, tolerance does not only entail behavior alone but also emotion. Sometimes, all we wanted is to be pampered by our loved ones, especially by our friends. Nevertheless, not at all times, tolerance is essential to foster friendship. You cannot always tolerate someone, even your closest friend if what they are doing impedes the betterment of themselves as well as of others, which is manifested in the respondent's story. Thus, based on the respondents' answers, it is important to note the significance of weighing everything about tolerating friends. We all differ in our stands. Others might dislike what we like, and so on. This implies that we all have individual differences and we should not perceive them as disadvantages, instead, we think of them as different lenses to look into life.

Likely, another theme has emerged from the same research question. Shown in figure 3 is the thematic diagram showing the maintaining friendship with intimacy as the general theme. Along with it are its corresponding composite themes, which are constant communication, frequent bonding, and unconditional support.

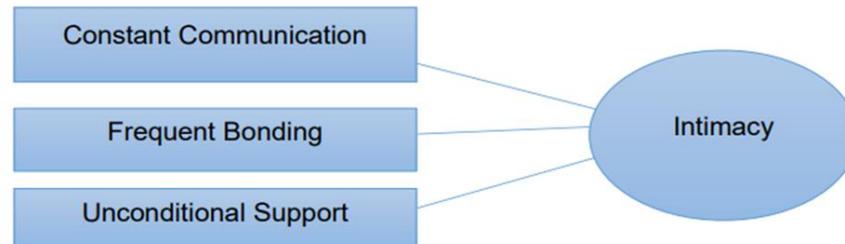


Figure 2.2 Thematic Diagram in Maintaining Friendship

Intimacy has been one of the most recurring factors that is essential for maintaining friendships. This is in connection to the study of Parker and Gottman (1989) and Bauminger et al., (2008) that for friendship to maintain a higher quality bond, intimacy along with self-disclosure should be emphasized. In the preceding research question, intimacy came out to be one of the factors that could stimulate the formation of a friendship. It is in the same way that in this section, it surfaced as one of the elements that could keep the formed friendship sturdy through time. As been observed, talking about intimacy is the same way as elucidating the concept of self-disclosure. This is apparent in the accounts of the respondents wherein they have built intimacy between their friends in the course of opening up something personal about themselves, and consequently, the other party did so, as well (i.e. respondent Y). This has been what Thomas (1987) have argued that aside from the trust that could be built, mutual self-disclosure could create intimacy in friendship. However, this idea has been rejected by Cocking & Kennett (1998) pointing out that it is not always the sharing of personal and even very private information about oneself that could kindle the trust and intimacy between friends, but rather, it is the sharing of what these individuals truly care about that is vital.

Constant communication is also an effective way to foster intimacy. Effective communication is needed to build and maintain a healthy, solid foundation for a friendship. This communication pertains to everyday talks between friends in which it was argued in the friendship literature that everyday forms of talk are essential in understanding the close relationship, particularly friendship (Ledbetter, 2009). However, though there is constant communication, still, if it were not effective, then both parties would have a hard time understanding each other's side, eventually impeding the path of understanding. It is evident in the narrative of respondent I wherein she sullenly stated that,

“Although we always talk, I can still say that communication is still the problem. They would not tell what they honestly feel, they just keep it with themselves for a long time. They could just have told us about it.”

On the other hand, respondents have also reported frequent bonding as vital in maintaining closeness within the friendship. Some of the stated bonding are food trip, hanging out and a movie marathon. Among these three, food trip between friends have been stated by almost all of the respondents as one of their ways in keeping their friendship strong. Eating mostly increases when there is a presence of friends (Salvy & Howard et. al., 2009). This could explain why the participants often tend to eat frequently and in due, through such action, the deeper bond in their friendship developed. In a similar vein, the study of Woolley & Fishbach (2014) also pointed out that similarity in food consumption increases trust between

friends who are through shared experience. This is implying that food similarity is a determinant of how connected pairs of individuals are which Respondent B and her friend manifest. From the accounts of the academic literature as well as the respondents' report, it is somehow just to recognize food as a social lubricant. This means that consuming it, individuals can easily feel the camaraderie and bond between them leading to a closer and intimate connection over time.

Last theme emerged is unconditional support. From the conducted interview, respondents have stated that for a friendship to stay firm and sturdy over time, supportiveness should and always be present. This is the outcome of the study conducted by Canary and his colleagues (1993) that along with self-disclosure, supportiveness is also a frequent friendship maintenance technique that should always be considered. Furthermore, in the study of Escobar-Mota and Sanchez Aragon (2002), supporting each other should be of a priority because of the interpersonal reality of friendship, implying that help and support let friends know how much commitment is shown by both parties.

Friendship to an Unfortunate End

The figure below shows the factors that influenced the termination of friendship. Factors are summed up into one theme, which is experiencing unpleasant emotions with its composite themes, which are personal conflict, third party and betrayal. Learned lessons and uncertainties were also drawn out as the composite themes that pertain about the consequences of the said relationship termination.

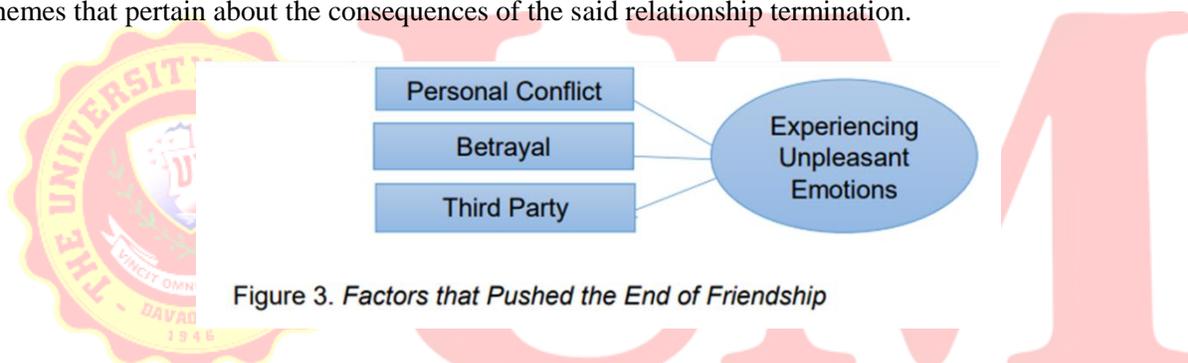


Figure 3. Factors that Pushed the End of Friendship

The theme that has surfaced from the third research question is experiencing unpleasant emotion. Unless the relationship was quite toxic and was undeniably insalubrious, any dissolution would be expected to elicit positive emotions (Seligman & Csikszentmihalyi, 2000). In the context of friendship dissolution and any other relationship dissolutions, a great deal of human emotion will and always surface (Leary, 2015 & Bowker, 2011). From the conducted interview, all of the respondents have admitted to having negative emotions in the course of their dissolved friendships. The common arising emotions were feeling hurt (brokenhearted), sadness, feeling upset, frustration, anger, guiltiness, and regrets. Among the following negative emotions, the feeling of hurt and sadness were the most recurring. This is supported by the study of Emery (2005) and Sbarra (2006) which suggested that hurt feelings and sadness are common consequences of personal relationship termination. This experience can be observed in the case of a respondent who courageously expressed her true feelings, saying,

*“It was too much. I was brokenhearted. It was really excruciating. I mourn for about five months. I was a total wreck at that time. I went to school just to finish the course work and I went back to our dormitory afterward. It was really too much. There were no dawns where I was not crying. I was emotionally unstable. There were no Sundays that I did not cry every mass. I was so despondent *silence, breathes deep.**

Another negative emotion associated with dissolution in this context is anger which is in a similar vein to the result of a study conducted by Sbarra (2005) that one of the strongest emotions observed in relationship termination is anger. It was manifested by Respondent F who stated that,

“It was all anger. I was angry. It even came to the point where it’s okay for me to lose them, just not my boyfriend.”

Moreover, the feeling of guiltiness also arose after the dissolution happened. This could be because the narrator knew how the friendship ended, that somehow, he/she contributed to its unfortunate termination. It is in accordance with the study of Benenson and Christakos (2003) that you feel ‘bad’ when a personal relationship is about to end, or it has already ended. Respondent B manifested it, admitting

“That time I thought, ‘we were really disconnected that we were supposedly complete, but we became divided. I was blaming myself for it. We wouldn’t be in that point if not because of a certain person that I chose.”

Additionally, feelings of regrets also add to the accounts of negative emotions felt by the respondents. In this case, individuals often feel regretful after realizing that something they did not want to happen could have been prevented if they had acted differently. This negative feeling ascended after their disconnection with other people in personal relationships, either friendship or romantic relationship. This has been what respondent B is feeling about. Ultimately, emotions are important cues that could provide us the signals essential for survival and reproduction (Cosmides & Toby, 2000). In the case of friendship dissolution, it has been discerned that it is normal to have negative feelings about such unfortunate event as what Sbarra (2005) found out in his study, for it implies that there has been a threat to the person's well-being. This eventually would cause the individual to have his/her immediate attention to the perceived concerns (Leary, 2015).

On the other hand, personal conflict also appeared to be one of the factors in friendship termination. A conflict has been defined in the study of Adams and Laursen (2008) as a behavioral opposition, which is manifested through disagreements, and dissatisfaction of individuals in a relationship. This implies that, whenever there is conflict, there has been a concern that was being raised and this eventually serves as the vehicle towards individual growth as well as relationship transformation (Sillars, Canary, & Tafoya, 2004). Personal conflict mostly arises in friendships with problems of communication (Reчек and Buss, 2001), but Adams and Laursen (2008) viewed it as an essential form of communication. From the statements of the respondents, various types of conflict have been stated as one of the contributors to their dissolved friendship but among them, relationship status concerns were the most frequently reported. Nevertheless, most of their cases were consequences of miscommunication between both parties; miscommunication in a way that others did not take grasp of what the other truly intend or meant to say. After all, conflict is not always been detrimental (Adams and Laursen, 2008). Though interpersonal conflict can be aversive, the fact that it raises up issues that concern about the friendship, it is somehow beneficial and necessary for both parties. However, only those who are in the expanse of supportive and constructive relationships can relate as to how beneficial conflict is. The opposite would feel that it is for destruction (Adams and Laursen, 2008).

Other than personal conflict, third party is also reported to be one of the supporting factors that put the friendship into an end. In this study, it is defined as the presence of other people within either a dyad or a circle of friends. For a reason that adolescence comprises big of a social network, outside forces are expected to appear (Parker & Walker, 2005) in which within this context, it is the existence of the third party. Whereas the same researchers found out that presumably, these outside forces have a positive influence, this study presumes that it is the negative ones. This is in line with the research findings of Kless (1992) which states that not all outsiders are welcomed in friendship for a reason that they can be significant sources of disputes, tensions, and conflicts between friends and that they could be a reason for a friendship to be easily decided to cease (Levinger, 1980). This result can also be supported by the theoretical framework used in this study, which is Steve Duck's (1982) phase model of relationship breakdown, particularly the social phase wherein people in a conflicting friendship made the conflict

known to the public. In this phase, both parties were seeking for other people to take sides between them, and this eventually happened to respondent A.

Though the presence of outside forces are sometimes beneficial, for example, as stated in the research of Simmons (2002), where it mentioned that third parties could act as mediators in a clashing friendship and that they could serve as instruments that could help to resolve the disputes between friends, the involvement of others or the outside peers in either both parties of the friendship may and still create problems for friends. Consequently, this may result in jealousy of the affected people in a friendship party (Parker & Walker, 2005) which has been experienced by respondent I. From their accounts in general, we could infer that the appearance of third party could induce jealousy in which it occurs when the friend's relationship to somebody else from the outside peers threatens the person's relationship with his/her friend/s. This is due to the reason that they may feel they are in danger of being replaced by those outside forces and thereby losing the friendship entirely.

Aside from personal conflict and the presence of the third party, betrayal was as well reported to be one of the reasons in friendship dissolution. We are living in a poignant world wherein disregarding how related and close we are with each other, the possibility of betrayal is just in our corner waiting to be tapped by various triggering factors (Shackelford & Buss, 1996) and it is in accordance to the study of Case et. al., (2009) that states betrayal as one of the most common causes of friendship termination. From the interview conducted, it was observed that this ill-fated deed has been one of the reasons that put a conclusion to any personal relationship, not just in friendship alone. It has been the experience of some of the respondents. This has been what Leary (2001) pointed out in her study that trust is an integral part of betrayal due to its intimate connections with expectations. This indicates that the more intimate the connections are, the more expectations are set by both parties hence, the more it is painful the implications of betrayal will be. On the other hand, one respondent confided,

“I slowly accept the fact that I’ve been betrayed. You know why? Because maybe, at some point of our friendship before, maybe I have also done something wrong to them, or, that maybe I have betrayed them too.”

This statement shows how big the possibility that we could be betrayed by the ones that we love, and this is the same way saying that we could be the ones to betray them (Jones & Burdette, 1994).

While the composite themes presented above tackled about the factors that pushed the friendship into an unfortunate end, hence, generating unpleasant emotions, the termination in this context likewise implies the following consequences, which are learned lessons and uncertainties. As part of the interview, the respondents were asked on what are the lessons that they have learned from their friendships, whether they were positive or negative. From the research conducted by Seligman and Csikszentmihalyi (2000), they stated that post friendship dissolutions might help develop the personal growth of the narrator especially when the recently dissolved friendship is not healthy enough to provide a positive environment to the casualty.

Significant statements from the respondents were taken. Upon the interview, nonverbal cues were also observed wherein it has been discerned that most of the statements were rooted from the despair, disappointment, and frustration they have experienced from the terminated friendship. Along every line that was spoken incorporates hurt and bereavement that are indirectly observed. Of them, two respondents seemed to be melancholier as they recall the things that they have learned. Whereas their accounts were stated gloomily, the rest of the narratives seemed to be lighter, but still, the presence of sadness appears to be palpable. Of them, three have pertained about trust. Nevertheless, among the insights that have reported, only two were seemingly in a positive state; that despite the current situations they are into, respondents still take hold to the brighter side of their memories.

Lastly, uncertainties were tackled. Uncertainty has been described in the literature wherein it means that there is an inability between individuals to describe, explain as well as predict behavior in an interaction (Solomon & Knobloch, 1999). In this study, this refers to the incapability of parties between friendship to delineate whether or not to move on or still hold on to the terminated friendship. Uncertainty, in this context, is manifested through unfinished business which is a term psychologist, a psychotherapist, or anyone from the field of human relations utilize to describe the memories and emotions that have been left in the past that individuals tend to avoid (Klontz, 2008). In the perspective of friendship dissolution, unfinished business somewhat refers to the things that have not yet discussed and settled by both parties. These are the events that have left in the past yet still linger around in the present due to the reason that it stayed unresolved over time. This, in return stimulates uncertainties since people within the friendship were stuck on their situation being unable to decide on what to seek after it.

From the interview, the respondents were asked about what is the message that they wanted to hear from their ex-friend/s. From their answers, it is apparent that almost all of them have unsettled issues with their friends. It remained unsettled because communications have stopped which is the most probable thing to happen after the dissolution. When communications ceased, uncertainty might arise (Grev, 2017). According to Sillars & Canary, et. al., (2000), in order to maintain friendships, the individual must have a proclivity to discuss conflicts with their friends. Additionally, communication researches are always giving emphasis to the effective exchange of information among people within any kinds of relationships. The narratives of the respondents pertained on how uncertainty blocks them to do something about the terminated or even resolved friendship. This has been connected to what Duck and Meill (1986) who pointed out that uncertainty should be given an extensive discussion in connection to strategic control of personal relationships such as correcting the feelings that an individual in friendship does not know where he/she is going.

CONCLUSION AND RECOMMENDATIONS

This study aimed to ascertain the journey of 11 female adolescents with regards to the formation of their friendships up to the maintenance until it has been dissolved. Though some of them have fortunately restored their relationship, others were not still able to regain the momentary or might be ever lost the friendship. Our study concluded that the formation and the development of friendship likely occur due to common interests, intimacy, shared experiences, open communication, and early year foundation. These, in return, formed a deep connection between friends. Subsequently, the maintenance of friendship includes trust and intimacy which can be developed through the following maintenance strategies namely, self-disclosure, honesty, tolerance, constant communication, frequent bonding, and unconditional support. Friendship dissolution most likely takes place when these factors are not well established between friends. Other findings on why the relationship terminated were due to betrayal, third party, and personal conflict, which accordingly resulted in experiencing unpleasant emotions.

Moreover, discerning how the respondents have answered various questions, particularly those that pertained to the emotional aspect showed how more throbbing and more excruciating their experiences were than it eased them at all. Their verbal, as well as nonverbal cues in this research, suggest that there are indeed shreds of evidence of emotional experience, feelings of grief and loss, feelings of disappointment, feelings of uncertainties to feelings of liberation. For this reason, it is with a humble appreciation of the respondents' courage to speak and share their dissolution experiences which greatly contribute to this study. Furthermore, this study suggests that tackling this topic was all worthwhile and raises more opportunities for future research. After all, dissolution in this type of personal relationship is quite protruding which suggests that any one of us with no exemption can and might experience such poignant reality.

Lastly, though the dissolution itself is mediocre in an impression, it is important to note that it has been one of the substantial encounters and confrontations we can learn from in our lives. Also, it is in our high optimism that through the understanding of this study, which is friendship dissolution, every one of us will have fulfilling relationships, as possible.

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