

Choices of Disengagement Strategies in Romantic Relationships Among Hong Kong Chinese

Abstract

This study investigated how six specific factors predicted the choice of disengagement strategies in romantic relationships among 207 Hong Kong Chinese, whose ages ranged from 18 to 30. Cody's (1982) classification of disengagement strategies and a three-level model, which consisted of individual, dyadic and social levels, were used in the analysis. Results indicated that predictions made by these six factors were rather weak. This study also examined the general trend of choosing different disengagement strategies among Hong Kong Chinese. Gender was non-significant in determining the choice of different breakup tactics. However, there was a significant difference among the frequency of choosing various disengagement strategies. The most frequently used one was positive tone. Implication to college counseling is discussed.