**Abstract**

This study aimed to provide insight on how young adults' handle the experiences of romantic relationships and the elements influencing their daily lifestyle and academic responsibilities. Thirteen (13) young adults between the ages of 18 and 21 years, living in Agoo, La Union, participated in semi-structured interviews to gather information, which was then meticulously analyzed through a thematic approach. Results show that participants believe that being in a romantic relationship can have both advantages and disadvantages for young adults, depending on circumstances at hand. In the context of healthy relationships, the participants stated that being in a romantic relationship served as a source of inspiration encouraging them to increase productivity, emotional support for a variety of issues, and a driving force for academic endeavors, encouraging a stronger dedication to learning and accomplishing their academic objectives. On the other hand, the study also highlighted the negative consequences that can arise from engaging in unhealthy romantic relationships. Participants acknowledged that these interactions could cause distraction from their academic obligations and cause them to lose focus. Additionally, being in an unhappy relationship can cause self-esteem loss and contribute to negative thought patterns, which can ultimately make it difficult for them to manage their academic responsibilities.

**Keywords:** *Romantic relationship, young adults, academic responsibilities, duties*