

Relationship between Extraversion and Relationship Satisfaction

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ABSTRACT

Personality refers to relatively enduring patterns of thoughts, feelings, and behaviours that distinguish individuals from one another. Personality characteristics affect their intimate relationships. Relationship satisfaction is important in adulthood. Satisfied individuals in long-term romantic relationships have been found to be happier, healthier, and have longer lives. The present study was conducted to find out the relationship between extraversion and general relationship satisfaction, using The Big Five Personality Test and Relationship Assessment Scale. The study was conducted on 100 subjects, out of which 40 were males and 60 were females. The sample was collected using snowball sampling, from different states of North India. Pearson's correlation was computed. A positive correlation of 0.596 was found out, significant at 0.01 level. This may be attributed to the fact that extroverts are more enthusiastic, effective communicators and high on positive affect.

Keywords: Relationship, Extraversion

INTRODUCTION

Personality traits refer to relatively enduring patterns of thoughts, feelings, and behaviours that distinguish individuals from one another (McCrae & John, 1992). According to Freud the two most important roles in adult life are work and love. And so, a number of tests of development have focused on these two major roles with evidence suggesting that happy work and close relationships may lead to long-term improvement in psychological well-being. (Roberts, Caspi, & Moffitt, 2003).

Personality characteristics of partners affect their intimate relationships. Higher satisfaction in intimate relationship means less relationship instability and lower dissolution. (Gottman & Levenson, 1992). Relationship satisfaction is important in adulthood. Satisfied individuals in long-term romantic relationships have been found

to be happier, healthier, and have longer lives (Diamond, Fagundes & Butterworth, 2010).

Therefore, the five-factor profile seems to correlate with the relationship satisfaction (Gonzaga, Campos & Bradbury, 2007). Some studies found weak but positive associations between extraversion and relationship satisfaction (Malouff et al., 2010). This might be due to the tendency of extraverted individuals having high levels of positive affect (Fleeson, Malanos & Achille, 2002).

The associations between the personality characteristics of an individual and the relationship satisfaction do not vary significantly from men to women or from married to unmarried individuals (Malouff, Thorsteinsson, Schutte, Bhullar & Rooke, 2010).

REVIEW OF LITERATURE

A study was done by Scollon and Diener in 2006 to study individual differences in change in extraversion, neuroticism, and work and relationship satisfaction. 1,130 individuals aged between 16 to 70 from Victorian Quality of Life Panel Study were studied. Respondents were assessed every 2 years from 1981 to 1989. It was found out that relationship satisfaction was associated with decreases in neuroticism and increases in extraversion over time.

Another study was done by Jason and Hendrick in 2004 to explore the associations between the personality variables of the five-factor model and close relationship variables (love styles, relationship satisfaction, and intimacy). 196 participants were studied. They used the NEO Personality Inventory-Revised, the Love Attitudes Scale-Short Form, the Relationship Assessment Scale, the Personal Assessment of Intimacy in Relationships, and a demographic questionnaire. It was concluded that Extraversion and agreeableness were positively associated with relationship satisfaction and intimacy, especially for males.

Schaffhuser, Allemand and Martin (2004) studied three different perspectives on the Big Five personality traits to examine their association with relationship satisfaction of intimate couples. They used self-perception, partner perception, and meta perception of personality on 216 couples. It was found out substantial associations existed between extraversion and relationship satisfaction in terms of the partner perception and meta perception.

OBJECTIVES

1. To measure relationship between extraversion and general relationship satisfaction
2. To measure the relationship satisfaction among males and females

HYPOTHESIS

On the basis of review of literature and stemming from the objectives following hypotheses were studied:

Scores on extraversion and relationship satisfaction will be correlated
The correlation will be positive

METHODOLOGY

The study was conducted on 100 college students, 40 males and 60 females from different states of North India. The subjects aged between 18 to 25 years. Snowball sampling was used. Relationship assessment scale (Hendrick,1988) was used. It is a widely used psychological instrument for measuring general relationship satisfaction. It is a 5-point likert scale, consisting of total 7 questions, that ask about subject's relationship and how they feel about it. The Big Five Personality Test was used to measure personality traits. Also, SPSS version 20 was used to compute correlation.

ANALYSIS AND INTERPRETATION

Table 1 shows Pearson's correlation, in which the correlation coefficient is +0.596, significant at .001 level. The sample size is 100 (Males=40, females=60).

Table 1: Pearson correlation

Correlations		extraversion	relationship scores
extraversion	Pearson Correlation	1	.596**
	Sig. (2-tailed)		.000
	N	100	100
Rel. score	Pearson Correlation	.596**	1
	Sig. (2-tailed)	.000	
	N	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

The aim of the study was to find out the correlation between extraversion and general relationship satisfaction of the subjects. The study was conducted on 100 subjects, out of which 40 were males and 60 were females. They aged between 18 to 25 years. The Big Five Personality Test and Relationship Assessment Scale were used to measure the subject's extraversion and relationship satisfaction. The two were then correlated.

The correlation coefficient came out to be 0.596. it is a positive correlation,

which means that increase in one leads to increase in another. However, causal relationship cannot be established. The correlation is significant at .01 level. Therefore, the hypothesis has been accepted.

In line with the results of present study, a meta-analysis was done by Malouff, Thorsteinsson, Schutte, Bhullar and Rooke in 2009 that included 3848 participants. It concluded that low neuroticism, high conscientiousness, high agreeableness and high extraversion scores were significantly correlated with the level of relationship satisfaction by intimate heterosexual partners.

Another study by Gonzaga and his colleagues (2007) revealed that all Big Five personality traits (extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience) significantly predicted greater relationship quality for both men and women.

Kamal, Tiwari, Behera and Hasan (2019) did a systematic review to study the effects of personality variables with regard to marital satisfaction. They reviewed 30 studies that included a sample of 16052 married people. They concluded that there was a positive relationship between agreeableness, extraversion and openness to experience, and these traits can help to predict satisfaction in married couples.

CONCLUSION

The present study also concludes that there is a positive relationship between extraversion and general relationship satisfaction. This may be due to the fact that extraverts are high on positive affect, are effective communicators and enthusiastic. Whereas, introverts are quiet, reserved and

introspective. They are not very communicative.

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