

Adolescent Romantic Relationship Satisfaction and Perceived Stress is Easily Manipulated by Relationship Primes

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Romantic Relationships

- Healthy romantic relationships benefit each partner's well-being (Fisher et. al, 2009)
- Falling in love induces an increase in self-esteem and overall happiness (Aron et. al, 1995)
- Relationship satisfaction is based on interdependent problem solving (Galliher et. al, 2008.)
- People in romantic relationships are quick to recognize positive feelings when hearing their partners' names (Bianchi et al, 2006)
- Those who have a romantic partner at any stage in their lives have similar brain responses to their mates (Fisher et. al, 2009)

Adolescent Romantic Relationships

- Increased reliance on a romantic partner and less conflict occurs between best-friendships for those in heterosexual romantic relationships (Kuttler et. al, 2004)
- Adolescents in romantic relationships do not fundamentally differ from adults in romantic relationships (Brown et. al, 1990)
- Adolescents are equally susceptible to peer influence as adults (Sumter et. al, 2009)

Romantic Relationships and Stress

- Women who were asked to recall their romantic relationship with someone of the opposite sex displayed higher stress levels after a baseline survey compared to when the same women were asked to recall a best friendship with someone of the opposite sex (Loving et. al, 2009)
- Negative psychological outcomes such as emotional distress, traumatization, high stress levels, and depression (Loving et. al, 2009)
- Stress levels of adults in romantic relationships were significantly lower than adults uninvolved in romantic relationship (Stackert et. al, 2003)

Research Questions

- A) Does stimulating participants with a positive prompt induce more romantic relationship satisfaction and lower self reported stress results?
- B) Does stimulating participants with a negative prompt induce less romantic relationship satisfaction and higher self reported stress results?

Hypotheses

- A) Adolescents in romantic relationships will show less self-reported stress and higher romantic relationship satisfaction after responding to a positive prompt.
- B) Adolescents in romantic relationships will show more self-reported stress and lower relationships satisfaction after responding to a negative prompt.

Recruitment



PARTICIPANTS NEEDED

Are you in a romantic relationship?

Does your significant other also attend BHS?

If yes, then **YOU QUALIFY** to participate in a
unique science research study!

For more information on how to participate,
contact Christine Rotondo at:

cmrotondo@gmail.com

**YOU COULD WIN A \$50 AMERICAN
EXPRESS GIFT CARD!**

- 30 couples
- Westchester, NY
- Healthy relationship
- Age 15-18

Relationship Assessment Scale

Please complete the survey below to the best of your ability.

1. How well does your partner meet your needs?
A Poorly B C Average D E Extremely Well
2. In general, how satisfied are you with your relationship?
A Unsatisfied B C Average D E Extremely Satisfied
3. How good is your relationship compared to most?
A Poor B C Average D E Excellent
4. How often do you wish you hadn't gotten in this relationship?
A Never B C Average D E Very often
5. To what extent has your relationship met your original expectations?
A Hardly at all B C Average D E Completely
6. How much do you love your partner?
A Not much B C Average D E Very much
7. How many problems are there in your relationship?
A Very few B C Average D E Very many

Stress Survey

A number of statements which people have used to describe themselves are given below. Read each statement and then fill in the square to the right of the statement that most appropriately indicates how you feel right now. There are no correct or incorrect answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

	Not at all	Somewhat	Moderately	Very much
1. I feel calm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel secure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am tense.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am regretful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel at ease.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I feel upset.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I am presently worrying over possible misfortunes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I feel rested.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I feel anxious.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I feel comfortable.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I feel self- confident.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I feel nervous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I am jittery.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I feel "high strung"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I am relaxed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I feel content.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I am worried.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SURVEYS

Self Disclosure Index

Using the scale below as a guide, write a number beside each statement to indicate how likely you are to discuss each of the following topics with your partner.

0
Discuss
not at all

1

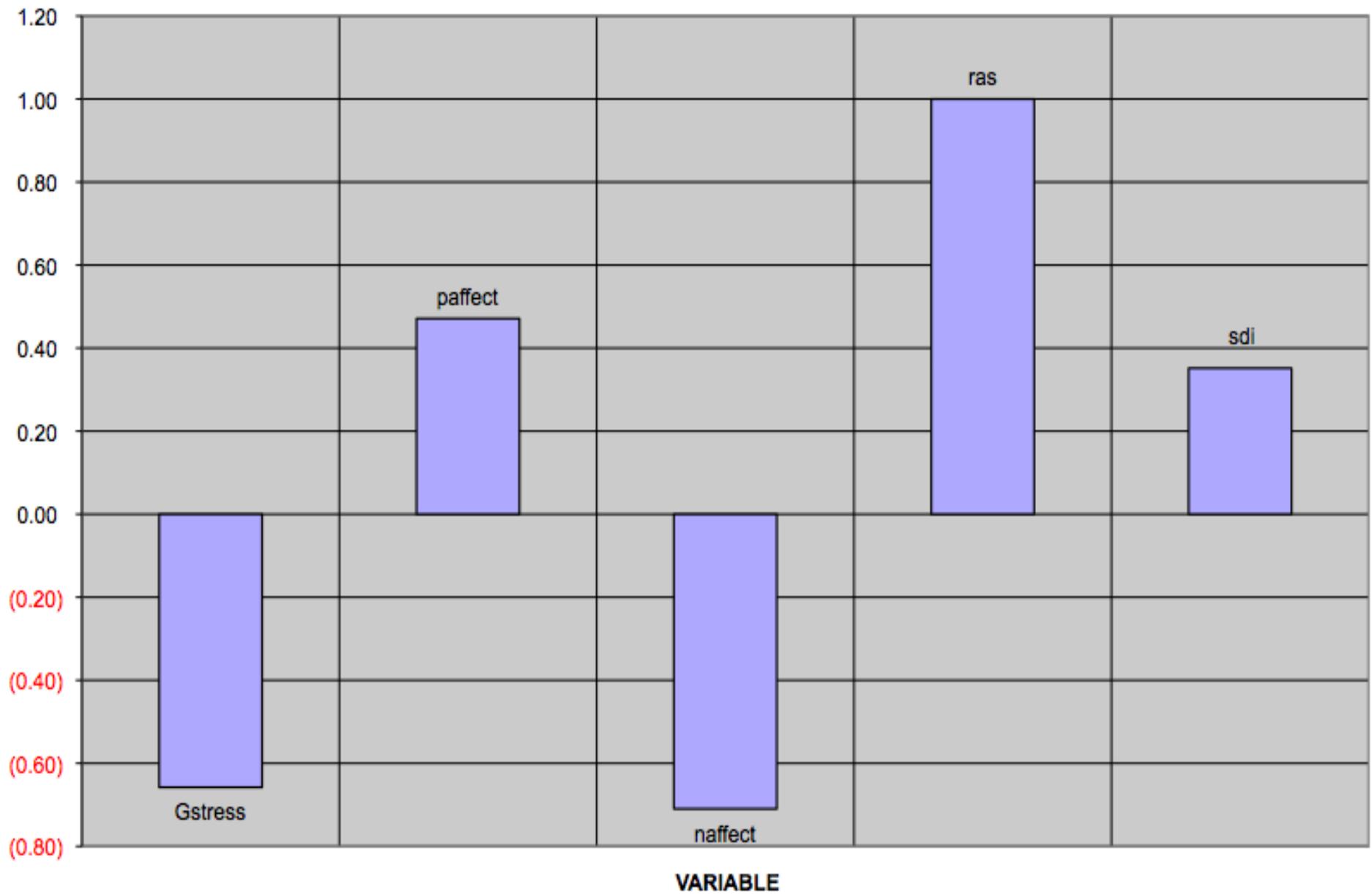
2

3

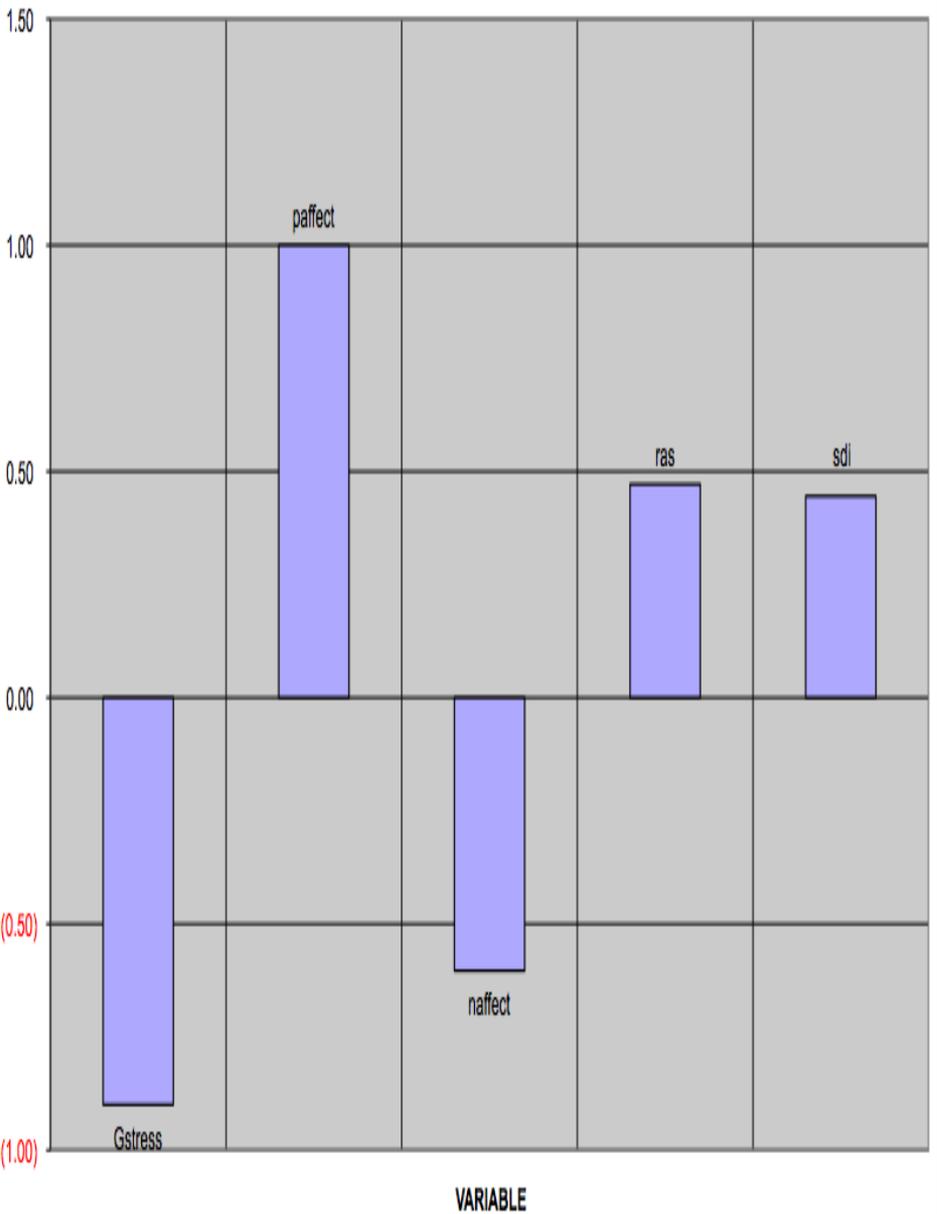
4
Discuss fully
and completely

- _____ My personal habits.
- _____ Things I have done which I feel guilty about.
- _____ Things I wouldn't do in public.
- _____ My deepest feelings.
- _____ What I like and dislike about myself.
- _____ What is important to me in life.
- _____ What makes me the person I am.
- _____ My worst fears.
- _____ Things I have done which I am proud of.
- _____ My close relationships with other people.

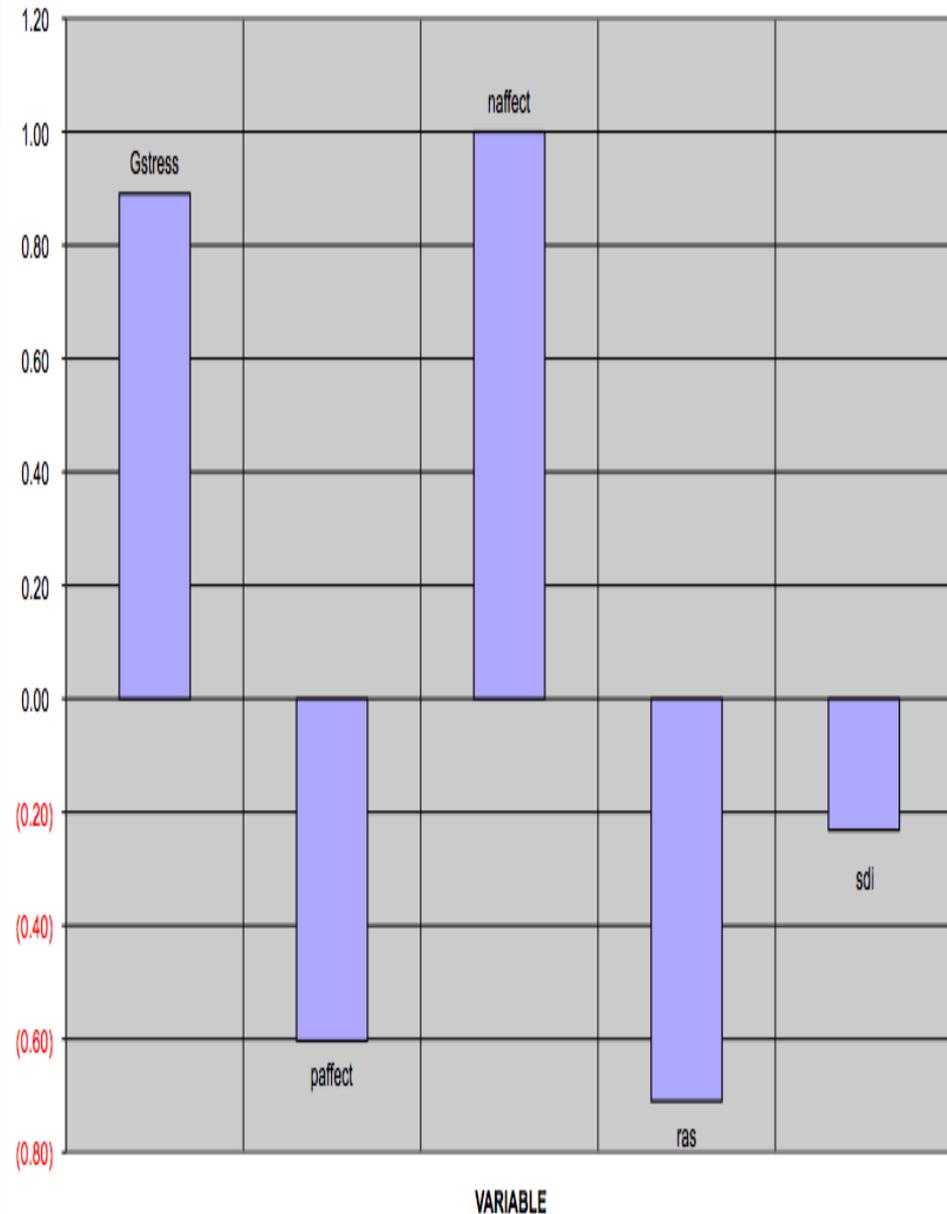
CORRELATION COEFFICIENTS - RAS VERSUS VARIABLES



CORRELATION COEFFICIENTS - PAFFECT VERSUS VARIABLES



CORRELATION COEFFICIENTS - NAFFECT VERSUS VARIABLES



Conclusion

✓ Hypothesis A

✓ Hypothesis B

A) Adolescents in romantic relationships will show less self-reported stress and higher romantic relationship satisfaction after responding to a positive prompt.

B) Adolescents in romantic relationships will show more self-reported stress and lower relationships satisfaction after responding to a negative prompt.

- P values < .05 (excluding Sdi)

Limitations

- Small population size
- Lack of diversity
- Human error

Acknowledgements

Mr.Inglis



Dr.Loving



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