

The Relationship Between Sex-Roles and Romantic Relationship Satisfaction

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ABSTRACT

This research delves into the intricate interplay between gender roles and relationship satisfaction within romantic partnerships, with a nuanced exploration of masculinity, femininity, and androgyny. Drawing upon a comprehensive review of literature, including seminal studies such as those by Spitzberg and Cupach (2019), Bem (1993), Thompson and Pleck (1986), and Bem (1974), the study aims to elucidate the association between traditional gender roles and relationship contentment, while considering the emergence of androgynous traits in contemporary relationships.

Synthesizing findings from these seminal works, the research endeavors to highlight how adherence to traditional sex roles, defined by societal expectations of masculinity and femininity, may influence the level of satisfaction experienced within romantic relationships. Spitzberg and Cupach's (2019) study explores the influence of traditional gender roles on relationship satisfaction, suggesting that adherence to stereotypical masculine and feminine roles can contribute to conflict and dissatisfaction within partnerships. Building upon this, Bem (1993) proposes the concept of androgyny as an alternative to traditional gender roles, suggesting that individuals who possess a blend of both masculine and feminine traits may experience greater relationship satisfaction and flexibility. Thompson and Pleck (1986) further examine the concept of androgyny, emphasizing its potential to enhance intimacy and communication within romantic relationships by transcending rigid gender stereotypes.

Moreover, Bem (1974) introduced the Bem Sex-Role Inventory (BSRI), a widely used measure for assessing individuals' gender roles, which has been instrumental in understanding the complexities of gender identity and its impact on relationship dynamics. By integrating insights from these diverse scholarly sources, the research aims to contribute to a deeper understanding of how gender roles intersect with relationship satisfaction, offering valuable implications for couples, therapists, and policymakers.

Additionally, the study explores the implications of masculinity, femininity, and androgyny on various aspects of relationship satisfaction, including communication, intimacy, and conflict resolution. Through an analysis of empirical research, the study aims to elucidate the mechanisms through which adherence to traditional gender roles or the adoption of androgynous traits may shape relationship dynamics and contentment. Furthermore, the research considers contextual factors such as cultural norms, socioeconomic status, and relationship duration, which may moderate the association between gender roles and relationship satisfaction.

Ultimately, this study seeks to shed light on the evolving nature of romantic relationships in contemporary society, emphasizing the importance of recognizing and accommodating a spectrum of gender expressions for fostering healthier and more fulfilling partnerships. By acknowledging the complexities of gender

identity and its impact on relationship dynamics, the research aims to inform interventions and policies aimed at promoting relationship satisfaction and well-being across diverse populations.

CHAPTER 1: INTRODUCTION

This study is the field of social psychology, which uses research-based methods "to understand and explain how the thoughts, feelings, and behavior of people are influenced by the actual, imagined, or implied presence of other human beings." Essentially, evaluating how each person's behavior is shaped by the social surroundings in which that behavior takes place.

We now have a deeper grasp of social interaction and behavior thanks to the expansion of social psychology over the 20th century. It is understandable that so many people find this subject to be so fascinating, considering how much of our lives we spend in social settings.

Though social psychology research truly took off after World War II, Plato first put forth the concept of the "crowd mind" in the late 1800s. Subordination, compliance, and social influence have all been studied since the Holocaust. Stanley Milgram was a social psychologist who demonstrated the power of social elements including authority, compliance, and obedience through studies in which participants were forced to shock one another with potentially lethal results.

Behaviors, roles, or features that are socially or culturally connected to a specific biological sex (male or female) are referred to as "sex-typed" in human psychology. These connections are frequently picked up and strengthened during early socialization processes. Numerous characteristics can be classified as "sex types," such as social roles, clothing preferences, personality traits, and professional inclinations. It's crucial to understand that sex type represents gender norms and expectations in society and is separate from biological sex itself.

When someone is described as "cross-typed" in human psychology, it usually means they have characteristics, roles, or behaviors more commonly associated with the other gender. This word is frequently used to characterize people who don't fit the stereotypes of what it means to be a man or a woman in the context of gender identity or gender expression. Cross-typing exposes the richness and diversity of human experiences surrounding gender identity and expression while challenging conventional binary conceptions of gender. It recognizes that people can exhibit a variety of traits and actions that do not conform to traditional gender norms.

A theory of love relationships ought to elucidate the reasons behind their formation, success, and failure. The social systems of verbal and nonverbal communication as well as the mental processes of individual cognition contain the answers to these questions. The semantic pointer theory of emotions explains important feelings including love, trust, and commitment. It offers a paradigm for understanding how emotions are conveyed and evoked during interpersonal encounters, both verbally and nonverbally. Semantic pointer adaptation of multimodal rules involving emotions and nonverbal observations is well aligned with unconscious norms governing social interactions. Many of the rules that facilitate the development and maintenance of relationships center on trust, a neurological process that links representations of the self, other, and situation.

There are primarily three sorts of romantic relationships; Dating, cohabitation, or sharing a home. Enduring dedication (civil partnership, marriage). The many kinds of romantic relationships frequently begin as casual dates and progress into long-term, formal commitments, cohabitation, and other situations. This is one facet of growth during the phases of love relationships. Other elements, meanwhile, have an impact on these stages. How these elements impact the trajectory of the relationships under consideration is

examined in several romantic relationship theories. Various theories suggest that factors such as relational investment, the existence of children, and cost-benefit analysis might impact an individual's commitment to a partner. Below, we shall delve deeper into these.

One study hypothesis on the stages of love relationships is the social exchange theory of Thibaut and Kelley (1959), which suggests four stages for romantic Theory of Romantic Relationships. Since romantic relationships are an essential aspect of life for a generous portion of the population, psychologists are interested in learning more about why we enter them and why they persist. The theories under study here adopt an economic perspective, postulating that benefits and costs are exchanged in partnerships.

While some contend that these trades ought to be equitable, others counter that they ought to be uneven.

Relationship dissolution theories contend that it happens in phases.

Social Exchange Theory: Romantic Relationships Theory

Economic terminologies are used by Thibaut and Kelley (1959) to describe interactions. They assert that partners seek to minimize costs (arguments, compromises, stress, etc.) and maximize rewards (comfort, praise, etc.) through a cost-benefit analysis.

The advantages must exceed the disadvantages to keep the connection going. Thibaut and Kelley (1959) claim that partners evaluate the profitability of their relationships based on comparison levels. As we previously discussed, romantic relationships move through phases at these comparison levels, including sampling, bargaining, commitment, and institutionalization.

However, it can lead to inequity if people try to get more out of a relationship than they give in. Partners in a relationship analyze the benefits and drawbacks of their current and past relationships at the comparison level. They will be more inclined to stick with the current relationship if it is better.

The existing relationship is contrasted with potential future partnerships at the alternative comparison level. Naturally, this has an impact on a person's decision to continue in a relationship. If they can find a better relationship, they might end this one.

Theory of Romantic Relationships: Equity Theory

According to equity theory, which was put forth by Walster et al. in 1978, partners are worried about justice in relationships, specifically about the input and output that one partner gives and receives from the other. Inequity and misery occur when one partner feels guilty, and the other is unhappy because one partner benefits more from the relationship than the other.

According to equity theory, to keep a pleasant and equitable relationship, parties should work toward equal costs and benefits.

Theory of Romantic Relationships: Rusbult's Investment Framework

Rusbult (1980) discovered that many couples continue to live together even if there are more expenses than advantages. This led them to develop Rusbult's Investment Model, which they used to enhance the social exchange theory.

Commitment is ensured by three primary factors: degree of enjoyment, comparison, and, most importantly, investment (both intrinsic and extrinsic).

Additionally, maintenance mechanisms that support the continuation of a relationship were found by Rusbult et al. (2001): accommodation, forgiving, mocking alternatives, positive illusions, and willingness to sacrifice.

Duck's Phase Model of Relationship Breakdown: A Theory of Romantic Relationships

According to Duck (1988), splits are progressive breakdowns that occur in stages even though they are one-time occurrences. The phases of a love relationship's dissolution are:

The first is the intra-psychic stage, during which one partner considers and expresses discontent. When they confess their dissatisfaction to their partner in the second stage, known as the dyadic stage, both partners become involved. Before disclosing this to others in public.

Disclosing the split to friends and family is part of the social stage. But there is still hope for the relationship.

The grave-dressing stage is the last one, during which partners attempt to minimize flaws and emphasize strengths. In close relationships, happiness comes from a person's The periods of maximum stability are premarital and the first few years of marriage; after that, they become less stable. The effects of environmental, interpersonal/interactional, and intrapersonal elements on marriage satisfaction have all been studied. Intrapersonal factors include personality traits like "homogamy" or partner likeness, which indicate higher levels of relationship stability and satisfaction. Insecure attachment methods, such as avoidance or concern, also affect enjoyment levels.

Securely linked men and women report higher. A dysfunctional power dynamic favors one person over the other, making the other feel unimportant or insecure in the partnership. All partners are encouraged to prioritize the 'us' and understand one another in a healthy power dynamic.

Encouraging the 'us' or 'we' implies sharing power. At this point, both partners accept personal responsibility for their own well-being and actively contribute to maintaining the partnership. The 'us' in pursuing a common destiny is vital to a healthy dynamic.

Because life is full of difficulties, a healthy power dynamic fluctuates. It never stays the same. The most crucial aspect of a good dynamic is that it develops and changes together with the partnership. Our sexual orientation, personalities, sense of self, and behaviors are shaped by societal expectations regarding gender. They are usually connected to men and women, with young males usually hiding their feelings and girls being taught to be well-mannered. While women are often discouraged from having several sexual partners, men are rarely socially shamed for doing so. Pop culture regularly hypersexualizes both sexes, sustaining the notion that men are superior to women. In conventional gender roles, women are seen as subservient homemakers, while males are seen as protectors and providers. Inappropriate clothing for women and girls is still frowned upon. Gender roles are deeply ingrained in our society and everyday existence, but when it comes to sex, they haven't always been sufficiently flexible.

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In the past, society has distinguished between a person's feminine and masculine traits, classifying them as either powerful or weak. However, because of societal and cultural norms, this point of view has been ignored. A viewpoint on the Yin and Yang energy spectrum—a term that denotes the masculine and

feminine forces in existence—is provided by Chinese medical theory. Harmonious partnerships depend on the energies in these interactions being balanced.

Consciousness Understanding the Yin and Yang energy spectrum is necessary for a partner's engagement with their mate.

Feminine energy is creative, motivating, caring, and supporting, whereas masculine energy is strong, stable, and protective. The left brain is a representation of masculine energy, which is utilized for direction, quick decision-making, and action. It seeks independence and recognition for love, is intellectual, and relies more on words than feelings.

Intuition, empathy, fluidity, emotion, passion, and fluidity characterize feminine energy. It is intellectual and caring, and it aches to be recognized, admired, and valued. The right side of the brain represents it, but it can be overly feminine, which can result in emotions of helplessness and diminished self-control.

According to research, humans all share a combination of male and feminine characteristics in their nervous systems. According to Cambridge University psychologist Professor

Simon Baron-Cohen, all people fall somewhere along a spectrum between systemizers and empathizers. People can build more contented and harmonious relationships by comprehending and harmonizing this energy.

According to Baron-Cohen's research, 35% of women have a balanced brain, 17% have a systemizing brain, and 44% have an empathizing brain.

In romantic relationships, there is a nuanced and intricate relationship satisfaction correlation with relationship dynamics and gender roles. discovered that control mutuality, commitment, liking, and pleasure in romantic relationships were strongly predicted by positivity, assurances, and sharing tasks.

These findings challenge conventional gender roles and imply that men and women can both benefit emotionally from marriage. The influence of closeness and power on gender relations, which can greatly impact relationship satisfaction and dynamics.

It is impossible to overstate the influence that dynamics have on love relationships. Relationships are dynamic; they change and evolve over time without stopping. Success in a love relationship depends on both parties' understanding of its dynamics. Numerous elements, such as individual personalities, communication preferences, and emotional requirements, affect these dynamics.

An essential component of any successful love relationship is satisfaction. It describes the sense of fulfillment and contentment that results from attending to one another's bodily and emotional needs. Relationship satisfaction is crucial for the general well-being and longevity of the partnership and for the enjoyment of both parties. When both spouses are happy, they are more inclined to support one another, talk honestly and openly, and cooperate to solve obstacles. Satisfaction can thus be seen as the foundation of a happy, successful, and meaningful romantic relationship.

Different ideas can be used to characterize how gender roles interact in relationships:

Longevity of Relationships and Male Dominance When the male partner is given more control, romantic relationships tend to last longer and have fewer breakups. This is because male dominance is linked to these benefits.

The influence of gender on approaches to problem-solving examining the connection between romantic relationship problem-solving techniques and femininity

One tool used to gauge overall relationship satisfaction is the Relationship Assessment Scale ("RAS"). Any two people who are in a close relationship, whether they are married, cohabiting, engaged, or just dating, can use the RAS. There are seven questions on this test. Research has demonstrated that the scale

relates to measures of love, marital happiness, sexual attitudes, self-disclosure, commitment, and involvement in a relationship. Its briefness further enhances its usefulness in clinical settings.

An individual can be classified as masculine, feminine, or "androgynous" based on how differently they endorse masculine and feminine personality traits using the 60-item Bem Sex-Inventory Index (BSRI), a self-reported test. Respondents were asked how well they felt each of the sixty questions described them throughout the measure's development and testing in the United States of America. Several situations have seen the adoption and validation of the BSRI.

CHAPTER 2: REVIEW OF LITERATURE

1. The significance of the relationship dynamics between elderly couples is increasingly recognized for their impact on overall well-being, encompassing physical, mental, social, emotional, and practical aspects. However, there remains a gap in understanding the intricacies of marital dynamics and their effects on each partner. This systematic review aimed to identify and assess studies focusing on relationship dynamics as reported by both partners. Through rigorous selection criteria, 45 studies were analyzed, revealing three main themes: the link between marriage quality and well-being, alignment in emotional or physical health, and the influence of marital dynamics on satisfaction. Factors such as role equality, effective communication, and physical separation from a spouse were found to influence marital satisfaction in later life. Strong evidence supports the correlation between spouses' depression levels, suggests the impact of marriages on longevity and recovery from illnesses, and highlights the reciprocal relationship between poor health and marriage. Gender differences in the effects of marital dynamics on health were also observed. These findings underscore the need for more diverse research on elderly marriages, particularly concerning non-traditional couples, and to move beyond the predominantly studied Caucasian population. Walker and luzicz(2021)

2. The landscape of romantic relationships in the United States is evolving, particularly in terms of communication patterns. However, research on the specific topics of conflict within couples has not kept pace with these changes. To address this gap, a study was conducted using a large, representative sample of 1,013 couples. Participants identified common conflict topics and reported on their relationship satisfaction and conflict behaviors. Results indicated that communication emerged as the most frequently cited conflict topic across all couples, while parenting was most common among parents. Other prevalent topics included personal and partner habits, household chores, finances, decision-making, quality time, sex, screen time, role expectations, and time management. Relationship satisfaction was negatively linked with finances, parenting, and sex, while positively associated with household chores and time management. Furthermore, communication, finances, parenting, and sex were correlated with increased dysfunctional conflict behaviors, whereas time management was linked to a reduction in such behaviors. This study underscores the importance of understanding how different sources of conflict impact relationships, which can aid couples in navigating conflicts to preserve their relationships. . F. Holmes(2014)

3. This study explores whether negative perceptions of individuals who defy traditional professional status expectations extend to how observers view their romantic relationships. Using a fictional scenario depicting a heterosexual married couple, we manipulated the professional status of each character while keeping all other details constant. Involving 396 participants, our findings revealed that when the husband had lower professional status than his wife (nontraditional condition), participants projected lower levels of relationship satisfaction onto him. Additionally, participants in this condition expressed less liking and

sympathy towards the wife and perceived her as holding more power in the relationship than her husband. These effects were found to be mediated by participants' ratings of the characters' adherence to normative masculinity/femininity. These results contribute to the existing body of research on the penalties faced by individuals who deviate from traditional gender roles, indicating further implications for how outsiders perceive their intimate relationships. . L. Lamke, D. Sollie, Robin G. Durbin, Jacki Fitzpatrick(1994)

4. Previous research on teen dating violence has primarily focused on the influence of family and peer relationships, neglecting to explore the specific characteristics of the romantic relationships where such violence occurs. This study aims to address this gap by examining the features associated with the perpetration of physical violence in adolescent romantic relationships. Through personal interviews with 956 adolescents, the findings reveal that those who admit to perpetrating violence are more likely to report other problematic relationship dynamics and behaviors, including jealousy, verbal conflicts, and infidelity, compared to nonviolent peers. However, there were no significant differences observed in levels of love, intimate self-disclosure, or perceived partner care between violent and non-violent relationships. On average, violent relationships were characterized by longer duration, more frequent contact, sexual intimacy, and higher levels of instrumental support provision and receipt. Additionally, male respondents in violent relationships perceived a relatively less favorable power balance. These findings challenge conventional understandings of violent relationship dynamics, contribute to our comprehension of risk factors, and provide insight into why some adolescents remain in physically abusive relationships. R. Körner, A. Schütz(2021)

5. This paper examines the intricate dynamics present in romantic relationships using minimal models consisting of two ordinary differential equations. Drawing from attachment theory, individuals are categorized into four classes based on their attachment style: secure or nonsecure, and synergic or non-synergic. The analysis reveals that couples comprising either secure or non-synergic individuals exhibit only stationary patterns of behavior. Conversely, couples consisting of a secure and synergic individual paired with a non-secure and nonsynergic individual demonstrate cyclic dynamics in their relationship. Essentially, the coexistence of insecurity and synergism within a couple is identified as a key factor for complex love dynamics. This conclusion is reached through a comprehensive examination of local and global bifurcation phenomena within the model, including the detection of various bifurcation curves such as Supercritical Hopf, fold, and homoclinic bifurcations. Notably, a Bogdanov-Takens codimension-2 bifurcation point is identified, with the presence of a codimension-2 homoclinic bifurcation confirmed. The bifurcation analysis elucidates the roles of individual synergism and responsiveness to their partner's emotions, shedding light on why aging tends to stabilize the dynamics of romantic feelings within a relationship Caryl E. Rusbult, Isabella M. Zembrodt, John Iwanyszyn(1986)

6. Drawing upon regulatory focus theory, this study investigates how the chronic concerns of romantic partners regarding promotion (advancement) and prevention (security) influence the interpersonal dynamics during discussions about personal goals. Involving 95 couples (totaling 190 individuals), participants first completed measures assessing their chronic regulatory focus and then engaged in videotaped conversations focusing on two types of goals, each differing in relevance to promotion and prevention concerns. Participants also provided perceptions regarding the goals and their partners' responses. Independent observers evaluated the discussions for supportive behaviors. Individuals with a strong promotion focus tended to approach their partners more frequently and perceived greater responsiveness from them, particularly when discussing promotion-relevant goals perceived as less attainable. Moreover, when partners exhibited low responsiveness to promotion-relevant goals, highly

promotion-focused individuals reported higher self-efficacy concerning these goals. On the other hand, individuals with a strong prevention focus perceived more responsiveness from their partners when the partners were less distant during discussions about prevention-relevant goals. Perceiving greater responsiveness reassured prevention-focused individuals that these goals would be less disruptive to the relationship. These findings suggest that individuals' chronic concerns with promotion and prevention shape their interactions within romantic relationships, especially when discussing goals that highlight these distinct motivational needs. Gökçen Aydın(2017)

7. Numerous studies have focused on peer interactions during adolescence, but there is limited understanding of how adolescents experience early romantic relationships, particularly from boys' perspectives. While research has explored girls' views on romance and sexuality, there is a noticeable gap in understanding boys' perspectives. Theoretical expectations suggest that as adolescents enter into heterosexual relationships, boys will do so with greater confidence and less emotional engagement compared to girls. This perspective assumes that boys prioritize sex over romance and ultimately wield more power within the relationship. This article adopts a symbolic interactionist approach to investigate how adolescent boys and girls experience romantic relationships, focusing on communication, emotion, and influence dynamics. Findings from structured interviews with over 1,300 adolescents, particularly those who had begun dating (957 respondents), challenge prevailing notions. Contrary to expectations, boys report lower confidence in navigating romantic relationships, similar levels of emotional engagement as girls, and perceive their romantic partners to hold greater power and influence. In-depth narratives from a subset of respondents (100 individuals) further support these quantitative findings, aiding in the reconciliation of our perspective and results with prior research emphases. Elizabeth Grauerholz (1987)

8. The Gender-as-Relational Approach for Theorizing About Romantic Relationships of Sexual and Gender Minority Mid- to Later-Life Adults. This article employs the gender-as-relational (GAR) approach to enhance the study of the long-term romantic relationships of sexual and gender minority mid- to later-life adults. The GAR approach states that gender in relationships is shaped by three key factors: own gender, partner gender, and the gendered relational context. This approach emphasizes that the relationship dynamics of men, women, and gender-nonconforming individuals are highly diverse, reflecting that gender is a social construct formed within interactions and institutions. We explicate how GAR can reorganize the study of sexual and gender diversity in three research areas related to aging and relationships—caregiving, marital health benefits, and intimacy—and discuss theory-driven methods appropriate for a GAR research agenda. A GAR framework reorients research by complicating taken-for-granted assumptions about how gender operates in mid- to later-life romantic relationships and queering understandings of aging and romantic relationships to include experiences outside of heteronormative and cisnormative categories Boyd C. Rollins and Stephen J. Bahr(1976)

9. Sexual activity plays a significant role in romantic relationships, yet only recently has research delved into its implications for such relationships. In this review, we examine this emerging body of work to illustrate how understanding the impact of sexual processes on relationships can bridge theoretical and empirical perspectives both within and outside the realm of relationship science. We introduce a new organizational framework for analyzing how sexual processes influence relationships, showcasing their roles as direct predictors of relationship outcomes, mechanisms explaining key associations, and moderators altering relationship dynamics. By placing these findings within a dual-process framework, we aim to elucidate how sexual activity shapes relationships. Finally, we address unanswered questions and methodological challenges, underscoring the need for further research to explore the multifaceted role

of sexual functioning in relationship dynamics from various theoretical angles. Our aim is to showcase how integrating sexual processes into relationship studies enriches our understanding of relationship dynamics. Dair L. Gillespie(1971)

10. This study explores how perceptions of relational maintenance strategies vary based on relationship type (e.g., married, engaged, seriously dating, dating) and gender, as well as how these perceptions impact relational characteristics such as control mutuality, commitment, liking, and satisfaction. Drawing on a developmental framework, the research identified five maintenance strategies through factor analysis: positivity, assurances, openness, sharing tasks,

and social networks. Results suggest that relationship type moderately influences perceptions of partner maintenance strategies, while gender has a weaker effect on these perceptions. Furthermore, the study found that positivity, assurances, and sharing tasks consistently and significantly predict control mutuality, commitment, liking, and satisfaction within romantic relationships. Mayta A. Caldwell & Letitia Anne Peplau (1984)

11. This dissertation seeks to enhance our understanding of dynamic interpersonal emotional processes within romantic relationships through three main avenues. Firstly, it aims to explore the occurrence and mechanisms underlying emotional interdependence between partners over time, and its impact on relationship functioning. Secondly, it investigates how partners influence each other's emotions through the perception of their emotional states. Thirdly, it examines how dynamic aspects of partners' emotions influence their perceptions of their relationship during significant relational events. Diane H. Felmlee (1994)

12. The first chapter provides a framework for understanding emotional interdependence, reviewing existing research and proposing potential mechanisms underlying it. Subsequent chapters delve into empirical investigations. Chapters 2 and 3 systematically examine emotional interdependence in couples across different contexts and timescales, finding limited consistent evidence for its existence. The degree of emotional interdependence varies greatly among couples and is not consistently associated with relationship closeness or wellbeing. Falbo, Toni Peplau, Letitia A.A (1981)

13. Given the lack of clear evidence for direct emotional interdependence, Chapter 4 explores the role of perception in shaping emotional experiences in close relationships. It finds that perceiving emotional similarity with one's partner, whether accurately or exaggeratedly,

predicts feelings of closeness to the partner. Actual emotional interdependence only affects closeness indirectly through perception. further explores the interplay between perceptions and emotions in relationships, demonstrating how partners' perceptions of each other's emotions can influence their actual emotional experiences over time. Lastly, investigate how individuals' dynamic emotional characteristics during relational events, such as conflicts or romantic interactions, predict their perceptions of their partners. These chapters reveal insights into how individuals' emotional states prior to interactions influence their romantic judgments and how emotional experiences during conflicts impact their subsequent feelings towards their partners and perceptions of their partners' responsiveness. Overall, this dissertation contributes to a nuanced understanding of how emotional processes unfold within romantic relationships, shedding light on the complex interplay between perception, emotion, and relationship dynamics. Linda L. Carli(1999)

14. Emotional interdependence, a fundamental aspect of close relationships, involves partners influencing and responding to each other's emotions over time. While previous research has highlighted the emergence of emotional interdependence in couples, no comprehensive investigation has explored its

occurrence, degree, consistency, and associated factors. Across three studies, we examined whether couples exhibit interpersonal emotional connections compared to pseudo couples and explored the consistency and moderators of emotional interdependence across different emotional types, timescales, and situational contexts. We also investigated its associations with indicators of relationship closeness. The findings revealed limited evidence for emotional interdependence: while couples, on average, showed higher levels of interdependence compared to randomly composed pairs, only a minority of couples demonstrated significant emotional interdependence beyond that of pseudo couples. Furthermore, the degree of emotional interdependence varied across timescales and contexts and did not consistently correlate with relationship closeness indicators. These findings have implications for understanding interpersonal emotion dynamics in romantic relationships.

Jacobson, Neil S. Gottman, John M.

15. The dynamics of close relationships often involve individuals balancing their own personal fulfillment with their partner's needs and the overall relationship. This balance can manifest in two distinct tensions: one concerning behaviors and the other concerning identities. The first tension arises from the conflict between meeting one's partner's needs and satisfying one's own needs, while the second arises from the tension between identifying as part of the relationship versus maintaining a sense of individuality. While previous research has extensively explored the former tension, little attention has been given to the latter. This study applies Optimal Distinctiveness Theory (ODT), which focuses on how individuals manage their identities within groups, to investigate how individuals navigate the balance between their individual and relational identities in romantic relationships. The hypothesis posits that individuals, similar to how they negotiate social identities within groups to fulfill both affiliation and distinctiveness needs, also strive to balance these needs within romantic relationships. It is predicted that when individuals feel satisfied in their need for affiliation within the relationship, they will prioritize their individual identity over their relational identity. Additionally, it is expected that fluctuations in these perceptions reflect satisfaction of individual identity needs rather than influencing the overall quality of the relationship. Four studies supported these hypotheses, suggesting that individuals indeed navigate a delicate balance between their individual and relational identities in romantic relationships. Yukie Aida & Toni Falbo (1991)

16. This chapter explores how self-determination theory, as outlined in self-determination theory, aids in regulating conflict within romantic relationships. Self-determination theory serves as a framework for understanding optimal relationship development and functioning. It emphasizes the importance of fulfilling basic psychological needs for autonomy, competence, and relatedness in fostering relational well-being, similar to how these needs contribute to individual well-being. Autonomy in relationships fosters openness, perspective-taking, authenticity, support for partners, and intrinsic investment in the relationship, rather than relying on external factors. Just as in other contexts, the satisfaction of basic psychological needs is crucial in romantic relationships and can impact relationship dynamics positively or negatively. Couples who experience greater relationship autonomy and fulfillment of psychological needs tend to exhibit more constructive responses to conflicts and disagreements, leading to better relationship outcomes. The unique dyadic context of romantic relationships offers ample opportunities for further theoretical development and integration of self-determination theory with existing theories of interdependence and conflict resolution in close relationships. . Charles G. Bentley, Renee V. Galliher & Tamara J. Ferguson (2007)

17. Scholarly interest in adolescent romantic relationships has been growing, yet comprehensive understanding of their dynamics remains incomplete. While intimate partner violence is often studied, there is a need to explore the broader spectrum of communication and influence dynamics within these relationships. This thesis adopts a developmental symbolic interactionist approach to investigate adolescents' narratives about their relationship histories. The primary objectives are to examine the meanings of power and influence dynamics, irrespective of traditional gender norms associated with violence, and to uncover their interconnections with other relationship dynamics. Additionally, the study aims to understand where power and influence fit within the broader context of adolescent romantic relationships, considering sources of difference and conflict within these relationships. It is hypothesized that complete agreement within relationships would negate the need for asserting power. The research also delves into adolescents' perceptions of the consequences of power dynamics on their relationships and their own well-being. Data were collected from in-depth interviews with adolescents participating in the Toledo Adolescent Relationship Study, which explores the nature and significance of adolescent heterosexual romantic relationships. Findings from narratives of 94 male and female adolescents reveal common areas of disagreement, such as time allocation in relationships, commitment definitions, communication patterns, and partner beliefs and behaviors. Strategies for influencing partners include mild suggestions, threats, guilt induction, interrogation, sexual manipulation, and physical violence. However, the narratives also highlight instances where influence attempts positively impact partners, such as encouraging academic achievement and relationship skill building. Galliher, Sharon S. Rostosky, Deborah P. Welsh & Myra C. Kawaguchi (1999)

18. This study investigated perceived relationship power among 1098 undergraduate students from two universities, drawing upon the Power Within Relationships theory and Equity Theory. Three distinct power profiles were identified: those reporting less power (10.8%), equal power (69.8%), or more power (19.4%) within their current romantic relationships. Generally, having equal or more power was associated with positive outcomes, including higher personal happiness, better relationships with mothers, greater trust in current partners, and increased happiness in current dating relationships. Interestingly, there was little evidence suggesting that having equal power conferred advantages over having more power, although individuals with equal power were less likely to have lied to past partners. Aitlin K. Traeder & Virgil Zeigler-Hill(2019)

19. The aim of these studies was to investigate whether the desire for power influences perceptions of heterosexual romantic relationships, such as relationship satisfaction and commitment, and whether these associations are moderated by perceived power and gender. In Study 1, involving 376 U.S. heterosexual participants, it was found that the desire for power was indirectly associated with lower commitment through reduced relationship satisfaction, investment, and perceived quality of alternatives. Furthermore, the association between the desire for power and relationship satisfaction was influenced by perceived power and gender, particularly among women who perceived themselves as having low power. Additionally, there was a negative association between the desire for power and commitment among men, but not women. In Study 2, involving 74 U.S. heterosexual romantic couples, dyadic analyses revealed that women's desire for power was particularly significant for both partners' perceptions of the relationship. Specifically, women desiring more power reported lower commitment, and their male partners also showed decreased commitment to the relationship. The discussion highlights the implications of these findings for understanding the interplay between power dynamics and perceptions of romantic relationships. . Renee V. Galliher, Sharon S. Rostosky, Deborah P. Welsh & Myra C. Kawaguchi (1999)

- 20.** This study examined the distribution of power in romantic relationships among late adolescents and its relationship with adolescents' self-esteem and depression, using Olsen and Cromwell's (1975) framework of interpersonal power, which includes power in resources, process, and outcomes. The sample comprised 61 adolescent couples, primarily of European American descent (90% of girls and 93% of boys), with small proportions of other ethnicities. Power dynamics were assessed in terms of access to emotional resources, control during video-taped interactions, and decision-making control. Overall, most couples were perceived as egalitarian by both themselves and independent observers, with the majority sharing emotional resources, interactional power, and decision-making responsibility equally. However, relationships characterized by inequality in the contribution of emotional resources and decision-making were associated with higher levels of psychological symptoms, particularly among females. Charles G. Bentley, Renee V. Galliher & Tamara J. Ferguson (2007)
- 21.** This study investigated the relationship between various aspects of interpersonal power and relationship functioning in 92 adolescent romantic couples from rural communities in the Rocky Mountain region of the USA, utilizing a multidimensional assessment approach. Significant variations were found between girlfriends and boyfriends in their perceptions of decision-making authority, experiences of humiliating behaviors by their partners, and their ratings of yielding to their partners during a videotaped interaction task. Furthermore, interpersonal power indices were linked to dating aggression and relationship satisfaction for both genders, although distinct gender-related patterns were observed in these associations. The findings are discussed within the framework of existing developmental, feminist, and social psychological theories concerning interpersonal power dynamics in romantic relationships. Yukie Aida & Toni Falbo (1991)
- 22.** A study was conducted to assess the applicability of the Falbo and Peplau model in understanding power strategies and marital satisfaction among 42 nonstudent married couples. Additionally, the impact of resource imbalances on power strategy utilization and marital satisfaction was examined. The findings generally supported the hypothesis that individuals perceiving themselves as Equal Partners tend to report higher relationship satisfaction compared to those identifying as Traditional Partners. Moreover, Equal Partners reported employing fewer strategies overall to influence outcomes. This suggests that higher usage of power strategies may be linked to imbalanced resource relationships, such as traditional marriages. Additionally, the study found that marital dissatisfaction is associated with the use of indirect strategies. While no significant differences were observed between husbands and wives in overall power strategy usage, there was a trend indicating that traditional wives employed more power strategies, across various types, compared to traditional husbands. Babcock, Julia C. Waltz, Jennifer Jacobson, Neil S. Gottman, John M.
- 23.** This article examines research concerning gender disparities in power and their impact on social influence. Studies suggest that men typically hold greater levels of expert and legitimate power compared to women, while women tend to possess higher levels of referent power. These discrepancies are mirrored, to some extent, in the influence tactics employed by men and women and are more distinctly observed in gender variations in social influence. Women commonly encounter challenges in exerting influence, particularly when employing tactics that convey competence and authority, in comparison to men. These findings suggest that gender disparities in influence are influenced by differences in power between genders. Linda L. Carli (1999)
- 24.** A study aimed to develop a model of power strategies utilized in intimate relationships and explore the connections between gender, sexual orientation, egalitarianism, and the use of power strategies. The

participants included 200 university students, evenly split between homosexuals and heterosexuals, with an equal gender distribution. Through analysis of openended essays, a two-dimensional model was created, focusing on the directness and interactivity of the strategies employed. Gender disparities were observed solely among heterosexual individuals, with males more inclined than females to report employing bilateral and direct strategies. These gender differences among heterosexuals mirrored findings related to power dynamics within relationships: individuals who preferred and perceived themselves as having greater power than their partners, such as heterosexual men, were more likely to utilize bilateral and direct strategies. Notably, no significant differences in power strategy use were identified between homosexuals and heterosexuals. These findings, alongside others, are interpreted within the framework of the developed model and broader gender variations in power dynamics. Falbo, Toni Peplau, Letitia A.A (1981)

25. A study examined power dynamics in a sample of 413 heterosexual individuals in dating relationships, consisting predominantly of white participants (86%), with smaller percentages of black (9.7%) and other ethnicities (4.3%). Less than half of the participants perceived their relationships as having equal power distribution, with men being more than twice as likely as women to be seen as the partner with more power. Imbalances were also noted in decisionmaking, emotional involvement, and perceived equity, with both men and women indicating that male partners tended to make more decisions, were less emotionally involved, and were generally perceived as receiving better treatment. Additionally, male dominance, rather than equal power between genders, was linked to longer-lasting romantic relationships.

Specifically, relationships where respondents attributed higher relative power to male partners had lower rates of dissolution over time. . Diane H. Felmlee (1994)

26. A survey investigated power dynamics in lesbian relationships and the factors shaping them. Seventy-seven lesbian women in current romantic or sexual partnerships took part. Despite endorsing equal power ideals in relationships, almost 40% of respondents reported an unequal power distribution. In line with social exchange theory, partners with lower relationship dependency and greater personal resources tended to wield more power. Women experiencing unequal power dynamics reported lower satisfaction and anticipated more relationship issues compared to those in relationships with equal power. The study found no indication of butchfemme role-playing. It suggests that factors affecting power balance go beyond attitudes and are influenced by social exchange processes, regardless of ideology or sexual orientation. . Mayta A. Caldwell & Letitia Anne Peplau (1984)

27. The distribution of marital power is influenced by various psychological, legal, and social barriers that predominantly affect women. These structural barriers impact how power is allocated within marriage. Factors such as socialization, the terms of the marriage contract, income, occupational status, participation in organizations, education level, suburban living, and family life-cycle stages are analyzed for their impact on power distribution in families of different socioeconomic backgrounds and racial groups. It is observed that women face structural impediments that prevent them from attaining the same level of power as their husbands across these factors. The data suggests that these disparities in marital power are not a result of individual capabilities or resources, but rather stem from societal discrimination against women. Husbands tend to accrue power in marriage as a collective group, while women are systematically disadvantaged as a group. The notion of an egalitarian family as a standard is debunked as a myth. . Dair L. Gillespie(1971)

28. This paper aims to provide clarity in conceptualizing marital power by distinguishing it from related constructs such as control attempt, control, resources, and authority. A theory is formulated to outline the interrelationships among these five variables. The theory posits that:
(1) power and control are constructs pertaining to social interactions rather than inherent traits of individuals; (2) they become relevant only in the presence of conflicts between the objectives of marital partners; and (3) perceptions play a crucial role, as authority, resources, and power are not standalone entities but are shaped by individual interpretations. This theoretical framework addresses several conceptual ambiguities and offers a valuable tool for integrating empirical research in the field of marital dynamics. . Boyd C. Rollins and Stephen J. Bahr(1976)
29. This paper investigates the association between perceived equality in dating relationships and several social-psychological factors characteristic of intimate partnerships. Utilizing data from a sample of unmarried college students (N=328), the study reveals strong correlations between perceived equality and factors such as trust, commitment, consideration for others, and dependency. However, comparative resources generally show no significant relationship with perceived equality in dating relationships. The study proposes that various interpersonal values inherent in intimate relationships may mask or counterbalance inequality within heterosexual partnerships. These findings underscore the necessity of transcending a social exchange framework to comprehend interpersonal power dynamics and emphasize the significance of interpersonal values in this context. Elizabeth Grauerholz (1987)
30. The aim of this study was to explore the influence of power and gender on romantic relationship satisfaction among college students. A sample of 202 college students participated in the study. Data were collected using the Relationship Assessment Scale, Sense of Power Scale, and Demographic Data Form. Results from simultaneous regression analysis revealed a positive association between power and relationship satisfaction, while gender did not emerge as a significant predictor of relationship satisfaction among college students. These findings highlight the importance of considering power as a key variable in future studies examining relationship satisfaction. Gökçen Aydın(2017)
31. Three studies were conducted to investigate the connections between gender, sex role orientation, and reactions to dissatisfaction in close relationships. The research focused on four response patterns to dissatisfaction: (a) exit, which involves ending or threatening to end the relationship; (b) voice, characterized by actively and constructively seeking to improve conditions; (c) loyalty, involving passive optimism while awaiting improvement; and (d) neglect, characterized by passive allowance of deteriorating conditions. Study 1 examined general responses among university students, Study 2 among adults in the local community, and Study 3 among lesbian, gay male, heterosexual women, and men. Results consistently showed that higher levels of psychological femininity were associated with increased tendencies to respond with voice and loyalty to relationship issues. However, there was limited evidence linking femininity with exit and neglect responses. Conversely, higher levels of psychological masculinity were linked to reduced tendencies for voice and loyalty, and there were some indications of a connection between high masculinity and tendencies toward exit and neglect. Gender was not consistently linked to response patterns, although there was slight evidence suggesting that males might be more inclined toward exit and neglect responses compared to females. . Caryl E. Rusbult, Isabella M. Zembrodt, John Iwanyszyn(1986)
32. Power dynamics are considered integral to romantic relationships, potentially influencing relationship quality. However, contemporary shifts in gender roles and societal norms may have reduced

the significance of power in relationships. This study examined four dimensions of power and their impact on relationship quality among 181 heterosexual couples using an actor-partner interdependence model framework. Results revealed a balance of power in terms of personal sense of power but an imbalance in positional power within couples. Personal sense of power and satisfaction with power were significant predictors of both actors' and partners' relationship quality, while positional power, general power motive, and power balance were not linked to relationship quality. Gender differences in these effects were minimal. These findings suggest that subjective, experienced power, rather than objective, positional power, is crucial for relationship quality, with personal sense of power playing a central role. Future research could explore domain-specific power measures and behavioral indicators to further elucidate these dynamics. Körner, A. Schütz(2021)

33. This study aimed to investigate the connection between masculinity, femininity, and relationship satisfaction among dating couples. A multivariate causal model was constructed and evaluated to assess Ickes' (1985) conceptual model concerning the influence of gender roles on relationship satisfaction. A total of 174 dating couples completed the Personal

Attributes Questionnaire, the Interpersonal Competence Questionnaire, and the Relationship Satisfaction Scale. Results showed that, for both men and women, relationship satisfaction was associated with their own ability to express themselves and with perceptions of their partner as feminine. Additionally, levels of expressive competence mediated the link between self-perceptions of femininity and satisfaction. In women, perceptions of their partners' femininity were influenced by both partners' self-perceived femininity, while in men, perceptions of their partners' femininity were influenced by their own perceived masculinity and their partners' perceived femininity. These findings have implications not only for the specified model of gender-role influences in dyadic interactions but also for broader theories of relationship development. L. Lamke, D. Sollie, Robin G. Durbin, Jacki Fitzpatrick(1994)

34. This thesis underscored how adherence to masculine norms influences men's use of communication and conflict resolution strategies, impacting both men's and their female partners' satisfaction in relationships. These results enhance our understanding of the significance of societal gender norms in shaping relationship dynamics and underscore the necessity of incorporating a gender-sensitive approach into treatment methods. . F. Holmes(2014)

35. This study investigated the association between a novel construct termed "satisfaction with relationship power" and physical violence perpetrated by men against their dating partners. The research involved 156 college males in dating relationships. As expected, dissatisfaction with relationship power, rather than the perceived amount of relationship power, was found to be linked to dating violence by men. This supports the idea that psychological and physical abuse are used as means to establish control in relationships. Specifically, dissatisfaction with relationship power predicted both psychological and physical abuse. Some men resorted to physical violence in response to feeling dissatisfied with their relationship power, while others transitioned from psychological to physical abuse. Those most prone to escalating from psychological to physical abuse were individuals who had witnessed their fathers physically abusing their mothers during childhood. Thibaut and Kelley (1959)

36. This study investigates the association between different aspects of power and relationship quality in romantic relationships. It suggests that while power dynamics are inherent in romantic relationships, their significance may have diminished over time due to shifts in gender roles and societal norms. Analyzing data from 181 heterosexual couples using an actor-partner interdependence model, the study found that while there is typically a balance in couples regarding personal sense of power, there is often

an imbalance in positional power. Results indicated that personal sense of power and satisfaction with power were significant predictors of both actors' and partners' relationship quality. Conversely, positional power, general power motive, and the balance of power did not show significant associations with relationship quality. The study also found minimal differences in effects between men and women. Overall, the study suggests that subjective, experienced power, rather than objective positional power, is more relevant to relationship quality. Additionally, perceived personal level of power emerged as the most significant factor in determining satisfaction with the relationship. The study suggests that future research could delve deeper into specific domains of power and incorporate behavioral indicators to further explore these dynamics. . Dair L. Gillespie(1971)

37. This study investigated the balance of power between men and women in romantic relationships, utilizing data from 101 heterosexual couples surveyed multiple times over a four-year period. A majority of participants reported some level of power imbalance in their relationships, with male partners more frequently perceived as the power holder, particularly in decision-making roles. Longitudinal data showed that perceptions of power remained relatively stable over time. Consistent with the principle of least interest, the partner who was less emotionally invested tended to hold more power. Men were more likely than women to perceive themselves as the less emotionally involved partner. However, perceptions of power balance were generally unrelated to relationship satisfaction or the likelihood of breakup over time, except for men who perceived their relationships as equal in power, who reported higher satisfaction levels. Overall, the study suggests that power imbalances still often favor men in heterosexual romantic relationships, particularly in decision-making dynamics, although perceptions of power may vary between partners. .Heike A. Winterheld, Jeffrey A. Simpson(2014)

38. Data from a community survey conducted in 1967 in New Haven, Connecticut, on psychiatric epidemiology are reexamined to explore the correlation between sex-role expectations, power, and rates of psychological distress. The analysis reveals that individuals in positions of power exhibit lower rates of distress, regardless of their adherence to or deviation from gender role expectations. Conversely, occupying a powerless role is associated with higher levels of distress, particularly when the individual deviates from gender-appropriate behavior. These findings suggest that disparities in distress between genders may partly stem from broader variations in power dynamics and societal expectations regarding gender roles. Körner, A. Schütz (2021)

39. We investigated the distribution of power in late adolescent romantic relationships and its connection to adolescents' self-esteem and depression, using Olsen and Cromwell's (1975) three facets of interpersonal power: power in resources, process, and outcomes. The study involved 61 adolescent couples, primarily of European-American background (90% of girls and 93% of boys), with small percentages of other ethnicities. Our assessment of power encompassed access to emotional resources, control during video-taped interactions, and decision-making authority. Generally, couples perceived themselves and were observed by independent observers as having egalitarian relationships, where emotional resources were equally contributed, power was shared during interactions, and decision-making was collaborative. Nonetheless, relationships marked by unequal contribution of emotional resources and indecisiveness were linked to higher levels of psychological distress, particularly among females. Olsen and Cromwell's (1975)

CHAPTER 3: RATIONALE

Understanding the dynamics of romantic relationships holds significant importance in fostering healthy and fulfilling partnerships. A critical aspect influencing these dynamics is adherence to either traditional or non-traditional gender roles, known as sex roles. Sex roles encompass societal expectations regarding behaviors, roles, and responsibilities deemed appropriate based on gender. Traditional gender roles prescribe specific roles for men and women in relationships, while nontraditional roles advocate for greater flexibility and equality.

Exploring the link between sex roles and relationship satisfaction is crucial for several reasons. Historically, traditional gender roles have been deeply entrenched in societal norms for centuries, dictating distinct roles and responsibilities within romantic relationships. However, societal shifts towards gender equality have challenged these norms, leading to increased variability in relationship dynamics.

Understanding how adherence to specific gender roles impacts relationship satisfaction offers valuable insights into the quality and longevity of romantic partnerships. Research indicates that adherence to traditional gender roles may contribute to power imbalances, communication challenges, and relationship conflict. Conversely, relationships characterized by non-traditional gender roles may experience greater equity, communication, and satisfaction. Investigating this association aims to uncover the mechanisms through which gender dynamics influence relationship outcomes.

Furthermore, exploring the connection between sex roles and relationship satisfaction can guide interventions and counseling strategies aimed at promoting healthy relationship dynamics. Therapists often encounter couples grappling with conflicts related to gender roles, such as decision-making authority and household responsibilities. Understanding the impact of gender roles on relationship satisfaction can inform therapeutic approaches to effectively address these issues.

Moreover, considering the diversity of contemporary romantic relationships, including same-sex partnerships and relationships involving individuals with non-binary gender identities, it is crucial to examine the association between sex roles and relationship satisfaction across diverse demographic groups. This research seeks to capture the experiences of individuals from varied backgrounds and identities to gain a comprehensive understanding of how gender roles intersect with relationship satisfaction.

In summary, investigating the association between sex roles and relationship satisfaction in romantic relationships is vital for advancing our understanding of gender dynamics within intimate partnerships. By shedding light on the impact of adherence to traditional or non-traditional gender roles on relationship outcomes, this research aims to promote healthy, equitable, and fulfilling romantic relationships for individuals across all gender identities.

CHAPTER 4: METHODOLOGY

Aim

To assess of the effect of sex role on romantic relationship satisfaction

Objectives

- Investigate whether there is a connection between individuals' gender identity traits—such as masculinity, femininity, androgyny, and undifferentiated traits—and their satisfaction levels in relationships.
- Investigate how specific combinations of gender identity traits—such as having both masculine and feminine traits or vice versa—affect individuals' experiences of satisfaction within their relationships.

- Investigating the Impact of Androgyny on Relationship Satisfaction which focus specifically on androgynous individuals to determine whether their balanced expression of both masculine and feminine traits contributes to higher levels of relationship satisfaction.
- Investigate "Masculine-Feminine Duality" individuals who possess traits traditionally associated with one gender but also display characteristics of the other gender—such as masculine individuals with some feminine traits—experience heightened satisfaction in their relationships.

Hypothesis

- This hypothesis examines whether there are notable variations in relationship satisfaction among individuals with different gender identities, including masculine, feminine, androgynous, and undifferentiated.
- This hypothesis suggests that higher levels of masculinity might correlate with lower levels of relationship satisfaction.
- This hypothesis proposes that higher levels of femininity may lead to increased relationship satisfaction
- This hypothesis suggests that individuals with a blend of masculine and feminine traits (androgynous) might experience the highest levels of relationship satisfaction compared to those with other gender identities.
- Androgynous individuals have higher levels of relationship satisfaction compared to individuals with other gender identities.

Variables

- Independent variables: Gender roles in society
- Dependent variables: level of satisfaction

Measure

- Relationship assessment scale (RAS), Hendrick, S. S. (1988)
- Bem's sex-role inventory (BSRI),

Description of the test

Relationship assessment scale (RAS): The Relationship Assessment Scale (RAS) is a psychological tool developed to gauge individuals' contentment with their romantic partnerships. It aims to evaluate diverse aspects of relationship quality, encompassing intimacy, communication, trust, and overall satisfaction. Typically, the RAS comprises a set of statements or items pertaining to various facets of romantic relationships. Respondents are prompted to express their level of agreement or disagreement with each statement using a Likert scale, typically ranging from 1 (strongly disagree) to 5 (strongly agree). The items on the RAS span a broad spectrum of domains pertinent to relationship contentment, including emotional support, conflict resolution, shared interests, and mutual respect. Its objective is to encompass both positive and negative aspects of the relationship, providing a comprehensive evaluation of overall relationship quality. Scores on the RAS are derived by summing the responses to individual items, with higher scores indicating greater satisfaction with the relationship. The scale is versatile, applicable in both research and clinical contexts to assess the strengths and weaknesses of romantic relationships and pinpoint areas for enhancement. Empirical research has extensively utilized the RAS to explore the factors associated with and predictors of relationship satisfaction across diverse populations and relationship dynamics. It has exhibited strong reliability and validity in measuring various dimensions of relationship quality, rendering it a valuable instrument for evaluating the state of romantic partnerships and the well-being of individuals involved..

Bem's sex role inventory (BSRI): The Bem Sex Role Inventory (BSRI) is a psychological tool created by Sandra Bem during the 1970s to gauge individuals' gender role orientations in a more nuanced manner compared to traditional concepts of masculinity and femininity. Comprising 60 items, the BSRI assesses masculinity, femininity, and neutral traits, with respondents rating how well each item reflects their self-perception on a scale from 1 to 5. Masculine traits, such as assertiveness and independence, and feminine traits, like empathy and nurturing, are evaluated alongside neutral characteristics such as practicality or logic. Scores from the BSRI enable the determination of masculinity, femininity, androgyny (high levels of both masculinity and femininity), or undifferentiated (low levels of both) orientations, allowing individuals to position themselves along a spectrum rather than being confined to rigid gender categories. Widely utilized in research exploring gender identity and stereotypes, the BSRI offers insights into how these factors influence behavior and psychological well-being across diverse populations and cultural contexts. Its application has enriched understanding of gender roles and their multifaceted impacts on individuals' lives.

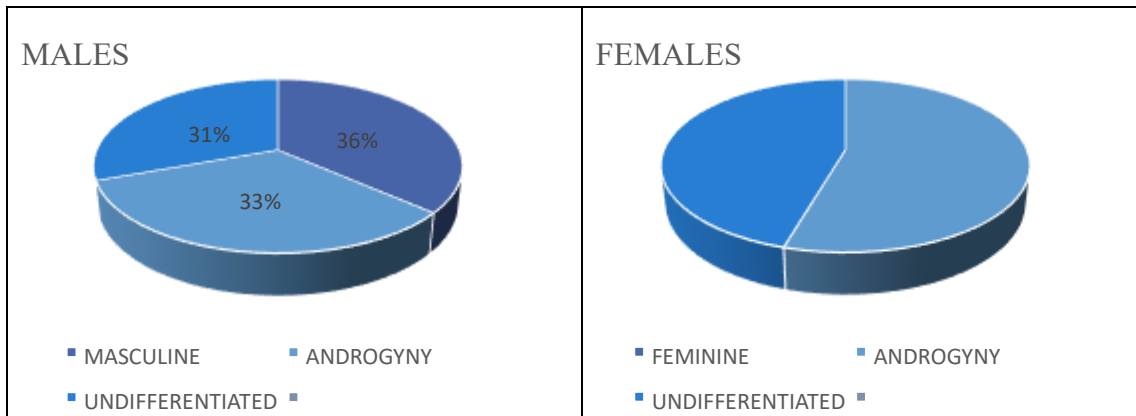
CHAPTER 5: RESULTS

Based on the analysis conducted, the results suggest that individuals with androgynous gender identities tend to report higher levels of satisfaction in their relationships compared to those with other gender identities. This finding implies that possessing a balanced combination of masculine and feminine traits may contribute positively to relationship satisfaction. Additionally, the analysis indicates that individuals who primarily exhibit masculine traits, even if they also possess some feminine traits, still tend to lean more towards the masculine side and may not experience as high levels of relationship satisfaction as androgynous individuals. However, it's important to note that while the focus of your research was on exploring how higher levels of both masculine and feminine traits influence satisfaction in relationships, the findings appear to highlight the positive association between androgyny and relationship satisfaction. This may suggest that individuals with a balanced blend of masculine and feminine traits experience greater satisfaction in their relationships.

Based on your methodology of conducting a median split on both female and male samples, calculating the average among the traits, and categorizing individuals as androgynous or undifferentiated based on the masculine and feminine average scores, you would then proceed to conduct separate ANOVA tests for females and males. Here are the steps and results:

1. Median Split and Categorization:

- For females: Calculate the median score for both masculine and feminine traits. Individuals with scores above the median on both traits are categorized as androgynous, while those below the median on both traits are categorized as undifferentiated.
- For males: Follow the same procedure as for females.



2. ANOVA for Females:

- Conduct ANOVA with relationship satisfaction as the dependent variable and gender identity (androgynous, undifferentiated) as the independent variable.
- Report the results including between groups SS, df, MS, F value, p-value, and any other relevant statistics.

SUMMARY				
Groups	Count	Sum	Average	Variance
	61	214.069	3.509327	0.357249
	61	214.1897	3.511306	0.362831

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	0.000119	1	0.000119	0.000332	0.985501	3.920124
Within Groups	43.20479	120	0.36004			
Total	43.20491	121				

3. ANOVA for Males:

- Similarly, conduct ANOVA with relationship satisfaction as the dependent variable and gender identity (androgynous, undifferentiated) as the independent variable.
- Report the results including between groups SS, df, MS, F value, p-value, and any other relevant statistics.

SUMMARY				
Groups	Count	Sum	Average	Variance
	72	261.3103	3.62931	0.421045
	72	261.8966	3.637452	0.420902

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	0.002386	1	0.002386	0.005669	0.940089	3.907782
Within Groups	59.77822	142	0.420973			
Total	59.78061	143				

Interpretation:

Therefore, while the results suggest a favorable link between androgyny and relationship satisfaction, they may not fully align with your original research hypothesis regarding the influence of higher levels of masculine and feminine traits on satisfaction. Further exploration and analysis may be necessary to better understand the complex interplay between gender identity traits and relationship satisfaction in your study, particularly regarding the specific impact of elevated masculine and feminine traits.

CHAPTER 6: DISCUSSION

Based on the results, it appears that there is no significant relationship between relationship satisfaction and the assessment of masculinity/femininity, androgyny, or undifferentiated traits. Let's break down the discussion for both females and males separately:

Females:

The between-group variance for females is very low ($SS = 0.000119$), indicating that there is little variation in relationship satisfaction based on different levels of masculinity/femininity, androgyny, or undifferentiated traits.

The F-value (0.000332) is extremely low compared to the critical F-value (3.920124), suggesting that there is no significant difference in relationship satisfaction between different gender role classifications. The p-value (0.985501) is much higher than the conventional alpha level of 0.05, further indicating that there is no statistically significant relationship.

These results suggest that for females, regardless of their gender role classification, there is no discernible impact on their relationship satisfaction.

Males: Similar to females, the between-group variance for males is very low ($SS = 0.002386$), indicating little variation in relationship satisfaction based on different gender role classifications.

The F-value (0.005669) is also extremely low compared to the critical F-value (3.907782), suggesting no significant difference in relationship satisfaction between different gender role classifications for males.

The p-value (0.940089) is much higher than the conventional alpha level of 0.05, indicating a lack of statistical significance.

These results imply that for males as well, regardless of their gender role classification, there is no significant impact on their relationship satisfaction.

Overall Discussion:

The findings from both the female and male analyses suggest that there is no significant relationship between relationship satisfaction and gender role classification according to the Bem Sex Role Inventory.

These results are consistent with some prior research that suggests relationship satisfaction may not be strongly influenced by traditional gender roles. It's important to acknowledge that relationship satisfaction is a complex construct influenced by various factors beyond gender roles, such as communication, trust, and individual personalities. Future studies could explore additional variables or use different measures to further investigate the relationship between gender roles and relationship satisfaction. It's also worth considering the limitations of the study, such as sample size, demographics of participants, and the specific measures used, which could impact the generalizability of the findings. Overall, these results contribute to our understanding of the factors that influence relationship satisfaction and highlight the need for further research in this area.

Based on the analysis conducted, the findings suggest that individuals with androgynous gender identities tend to report higher levels of satisfaction in their relationships compared to those with other gender

identities. This indicates that having a balanced combination of masculine and feminine traits may contribute positively to relationship satisfaction. Interestingly, the results also indicate that individuals who exhibit masculine traits, even if they also possess some feminine traits, still tend to lean more towards the masculine side and may not experience as high levels of relationship satisfaction as androgynous individuals.

While the analysis did not show statistically significant results, it's important to consider potential limitations such as the small sample size. If the study were conducted on a larger scale, the results might differ.

CHAPTER 7: CONCLUSION

The results of the analysis reveal that individuals with androgynous gender identities tend to express greater satisfaction within their relationships compared to those with more rigidly defined gender identities. This implies that possessing a balanced blend of masculine and feminine traits might contribute positively to overall relationship satisfaction. Moreover, the findings suggest that individuals who primarily exhibit masculine traits, even if they display some feminine characteristics, still gravitate toward the masculine end of the spectrum and may not experience the same high levels of satisfaction as androgynous individuals. However, it's crucial to acknowledge that the primary focus of your research was to investigate how elevated levels of both masculine and feminine traits impact satisfaction within relationships. Despite the observed associations with androgynous identities, it's plausible that the analysis might not have fully captured the intricate dynamics at play. Consequently, while the findings do indicate a favorable link between androgyny and relationship satisfaction, they may not entirely support your initial research hypothesis regarding the influence of heightened masculine and feminine traits on satisfaction levels. Further investigation and deeper analysis may be necessary to gain a comprehensive understanding of the multifaceted relationship between gender identity traits and relationship satisfaction within the scope of your study.

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