

Relationship Attitude Typologies among Emerging Adults: Class Predictors and Well-Being

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BACKGROUND

- ❖ Previous studies have identified romantic relationship typologies for emerging adults. (e.g. Beckmeyer & Jamison, 2020; Manlove et al., 2014; Robeson et al., 2017)
 - ❖ However, these studies focus on behaviors, expectations, and attitudes of emerging adults who were all in relationships at the time of data collection.
- ❖ Some studies have found associations between relationship typology and personal well-being, including:
 - ❖ Life satisfaction. (Beckmeyer & Jamison, 2020)
 - ❖ Depressive symptoms. (Beckmeyer & Jamison, 2020)
 - ❖ Loneliness. (Robeson et al., 2017)

OBJECTIVES

- ❖ Create a typology that describes differences in romantic relationship attitudes of emerging adults, regardless of relationship status.
- ❖ Examine associations between relationship attitudes and well-being.

METHOD

- Participants:**
- ❖ 309 emerging adults enrolled at a university in the Northeast US.
 - ❖ Age: $M = 19.27$, $SD = 1.67$; 64% female, 44% European American, 11% Black or African American, 9% Hispanic/Latinx, 20% Asian or Asian American, 16% other; 75% heterosexual.
- Procedure:**
- ❖ Self-report questionnaires were administered to participating students at 2 time points 1.5 months apart.
 - ❖ Participants received academic credit.

METHOD

Measures: The following validated self-report measures were administered at T1:

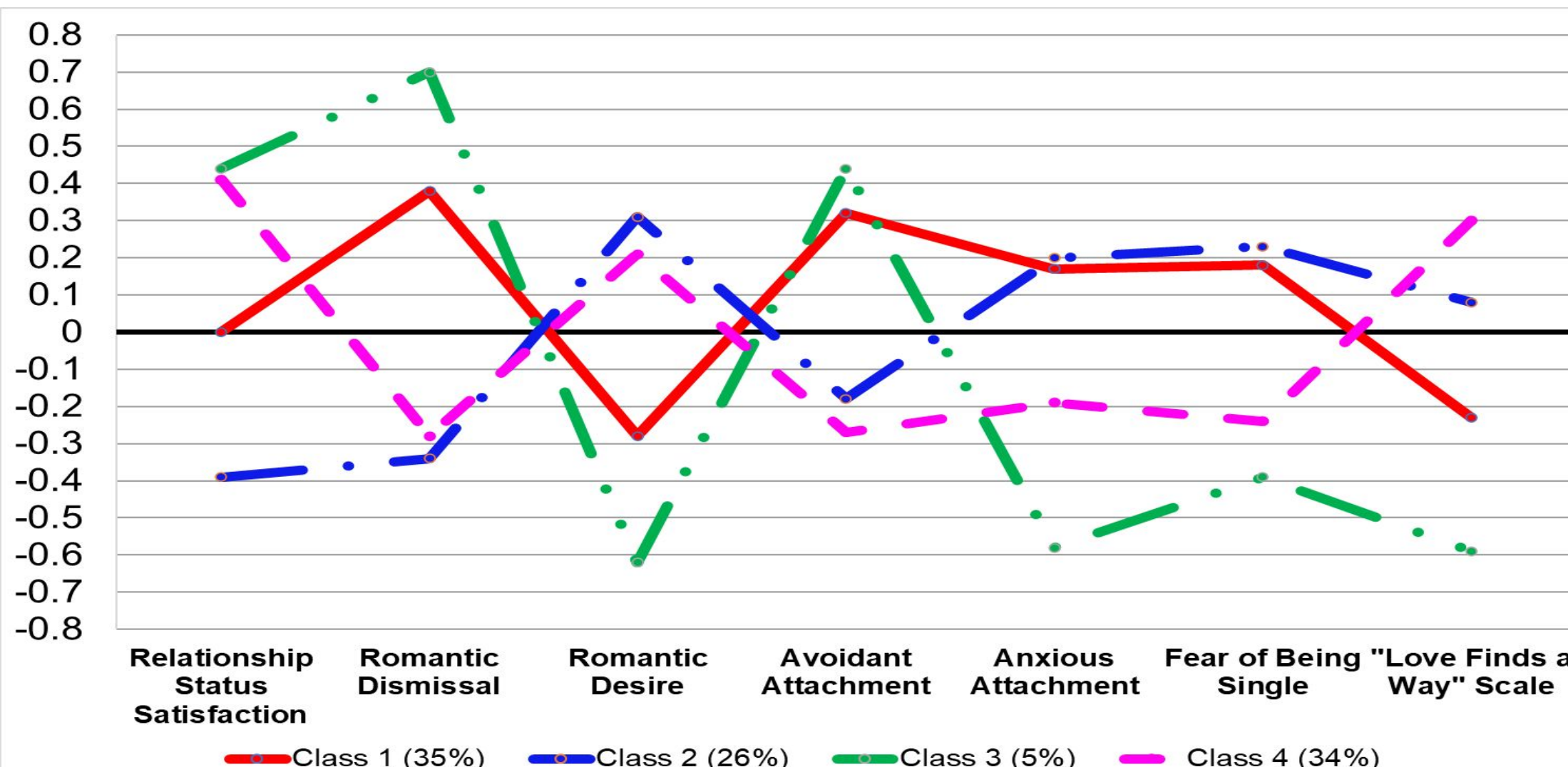
Class Predictors	Well-being Outcomes
Satisfaction with Relationship Status: 5-item Satisfaction with Relationship Scale (ReSta; Lehmann et al., 2015)	Satisfaction with Love Life: 5-item Satisfaction with Love Life Scale (SWLLS; Neto, 2005)
Relationship Dismissal: 4-item subscale from the Brief Measure of Relationship Importance (Watkins & Beckmeyer, 2020)	Loneliness: 3-item Loneliness Scale.
Relationship Desire: 2-item subscale from the Brief Measure of Relationship Importance (Watkins & Beckmeyer, 2020)	Flourishing: 8-item Flourishing Scale (Diener et al., 2009)
Avoidant Attachment: 6-item subscale from the Experience in Close Relationships Scale, Short Form (Wei et al., 2007)	Depressive Symptoms: 10-item Center for Epidemiologic Studies Depression Scale (Anderson, 1993)
Anxious Attachment: 6-item subscale from the Experience in Close Relationships Scale, Short Form (Wei et al., 2007)	Generalized Anxiety Disorder: 7-item GAD-7 Scale (Spitzer et al., 2006)
Fear of Being Single: 6-item Fear of Being Single Scale (Spielmann et al., 2013)	Hope: 12-item Herth Hope Index (Herth, 1992)
"Love Finds a Way": 6-item "Love Finds a Way" Subscale of Romantic Beliefs Scale (Sprecher & Metts, 1989)	

Analytic Plan:

- ❖ Latent Profile Analysis was run to identify classes based on 7 relationship attitude variables.
- ❖ ANOVAs were run to examine differences in means for well-being variables across LPA identified classes.

RESULTS

Figure 1. Differences in Relationship Attitudes by Typology Class



RESULTS

Table 1. Differences in Relationship Attitudes and Well-Being by Class

	Class 1 (n = 108)	Class 2 (n = 80)	Class 3 (n = 16)	Class 4 (n = 105)	F(3,305)
Relationship Attitude					
Status Satisfaction	8.96 (3.33) ^{ab}	8.19 (4.07) ^a	11.31 (3.86) ^{bd}	11.23 (3.43) ^{cd}	13.62**
Romantic Dismissal	2.13 (0.67) ^a	1.65 (0.48) ^b	2.34 (0.93) ^{ac}	1.69 (.62) ^{bc}	15.48**
Romantic Desire	2.49 (0.82) ^{ac}	2.96 (.62) ^b	2.22 (0.89) ^{acd}	2.87 (0.78) ^{bd}	9.53**
Avoidant Attachment	19.59 (6.40) ^a	16.22 (6.15) ^b	20.44 (8.60) ^{ab}	15.62 (6.76) ^b	8.51**
Anxious Attachment	25.23 (5.62) ^a	25.38 (6.91) ^{ab}	20.38 (6.90) ^{ab}	22.86 (6.34) ^b	5.47*
Fear of Being Single	3.09 (0.90) ^a	3.14 (1.09) ^a	2.53 (1.03) ^{ab}	2.67 (0.88) ^b	5.67*
Romantic Beliefs	4.58 (1.18) ^a	4.95 (1.06) ^{ab}	4.17 (1.52) ^{ab}	5.19 (1.07) ^b	7.26**
Well-Being Outcomes					
Love Life Satisfaction	16.58 (7.43) ^a	17.21 (8.23) ^{ab}	20.81 (7.52) ^{ab}	21.63 (7.82) ^b	8.96**
Hope	34.88 (5.10) ^a	37.10 (4.79) ^b	35.06 (3.13) ^{ab}	37.20 (5.25) ^b	5.06*

Note. Means in the same row with different superscripts are significantly different at $*p < .01$. $**p < .001$.

- ❖ Class 4 had significantly greater Love Life Satisfaction than Classes 1 & 2.
- ❖ Class 1 had significantly lower Hope than Classes 2 & 4.
- ❖ No significant differences in flourishing, loneliness, depressive symptoms, or anxiety symptoms between the four typologies.

CONCLUSIONS

- ❖ Diversity in relationship attitudes among emerging adults.
- ❖ Relationship attitudes have differing impacts on personal well-being.
 - ❖ An individual's relationship status alone might not predict well-being; rather, we must also consider the individual's own perceptions of and affect in regards to their relationship development.
- ❖ Manifold relationship attitudes could aid in understanding emerging adult relationship formation & structure (e.g. hookup culture).

REFERENCES

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- 3: Roberson, Norona, J. C., Fish, J. N., Olmstead, S. B., & Fincham, F. (2017). Do differences matter? A typology of emerging adult romantic relationship. *Journal of Social and Personal Relationships*, 34(3), 334–355. <https://doi.org/10.1177/0265407516661589>