Background

- Research about romantic relationships is usually done with married couples (long term – more than 6 months, and short term- less than 6 months) over the age of 30.
  - Some research shows the many positive aspects of being in a relationship.
  - Other research show the negative affects that it can have on those in the relationship.
Background

- New research on singles shows the many benefits such as being more social, weighing less, and being mentally healthier.
  - DePaulo, B. (2016).

- College students are in the emerging adulthood stage of life
  - Relationships are different and can be beneficial or harm the students social life, academics, and their mental and physical health.
Hypothesis

- Single college students will score higher on their social life, academic standings, and physical health compared to students who are in relationships. However, students in relationships would score higher on measures assessing mental health compared to singles.
Procedure

- Volunteers filled out a packet of questionnaires containing
  - Personal Life Questions
  - The State Self Esteem Scale
    - (Heatherton, T. F. & Polivy, J., 1991)
  - The Positive Affect and Negative Affect Scale
    - (Watson, D., Clark, L. A., & Tellegen, A., 1988)
  - The Adult Attachment Scale
    - (Collins & Read, 1990)
  - The Personal Attitudes Scale
    - (Cross, S. E., Bacon, P. L., & Morris, M. L., 2000)
  - Demographics Questionnaire
Method

- Participants N= 91
  - n= 26 males
  - n= 65 females
  - n= 52 singles
  - n= 39 in a Relationship (more than 3 months)
Results

Personal Life Questionnaire

- Asked questions about how many hours studied, how many alcoholic beverages consumed, and how much they weighed and exercised.
- No significant differences were found.
  - Studying: 8.06 hrs/week (singles) vs. 10.69 hrs/week (relationships)

Interesting gender differences

- Men consumed more alcohol per week (5.67) than women (2.68)
  - F (1, 88) = 6.78, p<.05
- Women had a higher GPA (3.40) than men (3.12)
  - F (1, 86) = 4.87, p<.05
Results

State Self Esteem Scale
• Performance state self esteem
  • $F(1, 90) = 3.32, p = .071$
  • Singles: 4.80 (1.15)
  • Relationships: 5.23 (1.07)

• Social state self esteem
  • $F(1,88) = 3.59, p = .061$
  • Singles: 4.24 (1.44)
  • Relationships: 4.64 (1.35)
Results

PANAS

- Lonely
  - $F(1, 89) = 11.97, p < .001$
  - Singles: 3.9 (2.25)
  - Relationships: 2.4 (1.78)

- Negative Affect
  - $F(1, 90) = 7.32, p < .01$
  - Singles: 3.26 (1.64)
  - Relationships: 2.55 (.96)
DV = Personal Attitudes Scale

F (1, 88) = 3.81, p = .05
Anxiety

- $F (1, 87) = 3.06, p = .084$
  - Single 3.86 (1.20)
  - Relationships 3.40 (.98)
    - “I find it difficult to allow myself to depend on others”.
    - “In relationships, I often worry that my partner does not equally love me”.
    - “I am somewhat uncomfortable being close to others”.

Close Dimension

F (1, 87) = 2.80, p = .098
Conclusions

- No significant differences were found when it came to singles and those in relationships with time spent with others, amount of alcohol consumed, time spent at parties or outside activities, and weight. Those in relationships studied for two hours longer a week than those who are single.
Conclusions Cont.

- People in relationships report higher performance and social state self-esteem than singles.

- Singles reported being lonelier and more negative affect than those in relationships.

- Singles had higher anxiety scores than those in relationships.
Limitations and Future Research

▪ Questions that asked how many hours per week were the students spent hanging with friends, studying, etc., should have had an end point
  - Ex: How many hours do you spend studying every week from a scale of 1hr-40hrs.

▪ Should have focused this research on those in relationships that were less than 3 months.
  - Had n=7 that were removed from analysis, but showed that they spent less time studying, and a lot more time with others.