

# Quality of Interaction and Relationship Satisfaction

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## Introduction

- Aggression, sexual, and relationship satisfaction of couples have been investigated in many previous studies, but few studies have investigated the relationship of these variables to each other.
- Lawrence and Byers (1992) showed the importance of couples' positive behavior to be satisfied in a romantic relationship.
- Mark, Vowels, and Murray (2018) found that the way in which each person experiences attachment in their romantic relationship has been linked to sexual and relationship satisfaction.
- Ulloa and Hammett (2015) proposed that aggression is linked to a couple's relationship satisfaction.
- The current study is an attempt to advance past work in aggression, sexual, and relationship satisfaction among different sexual orientations.

## Method

### Participants

- 123 participants (104 females and 19 males)
- 71.8% heterosexual
- Mean age: 30.83 years
- Range: 18-66 years old

### Procedures

- Demographic questions
- General Measure of Sexual Satisfaction- summed to create overall sexual satisfaction score
- Abusive Behavior Inventory- addresses a range of abusive behaviors, both physical and psychological
- Quality of Marriage Index (QMI)- 6-item measure of relationship satisfaction.



## Results & Discussion

- Greater sexual satisfaction is related to greater relationship satisfaction.
- There was no significant difference in aggression among different sexual orientations.
- Greater relational aggression is related to less sexual and relationship satisfaction.

An implication of this study was diversity. More males and homosexual participants could be recruited for future research on this topic.

A practical application of this study is couples counseling. Knowing that aggression and sexual satisfaction can affect overall relationship satisfaction could help couples identify conflict areas in their own relationships to work on.