

The Effect of Personality and Romantic Relationship Satisfaction on Life Satisfaction of Millennials

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ABSTRACT

The present study aimed to explore the effect of personality effect of personality traits and romantic relationship satisfaction on life satisfaction in millennials. The sample of 150 (75 males and 75 females) millennials born in between 1980 and 1996 were selected using random sampling technique. Personality was assessed using Five Factor Inventory (Costa & Mc Crae., 1992) Relationship Assessment Scale (Hendrick, 1998), Satisfaction with Life Scale (Diener et al., 1985) were used to collect data from the participants. An Independent t-test was computed to determine whether there is a significant mean difference between males and females among all the variables. The findings of the study revealed that there were significant gender differences in personality traits, romantic relationship satisfaction and life satisfaction. Females were found to be high on conscientiousness, agreeableness, and neuroticism while males were found to be high on openness to experience and extraversion. Females were also found to be high on romantic relationship satisfaction and life satisfaction. The study also revealed that personality traits openness to experience, conscientiousness, extraversion and agreeableness were positively related to life satisfaction in both the genders. Romantic relationship satisfaction was also found to be positively related to life satisfaction.

Keywords: Millennials, Personality, Romantic Relationship Satisfaction, Life Satisfaction

The interplay between personality traits, romantic relationships, and overall life satisfaction has long captivated researchers in the field of psychology. This interest has intensified in recent years, particularly in relation to the Millennial generation. Born between 1981 and 1996, Millennials are distinguished by their technological prowess and a culture that values immediacy (Tapscott, 2009; Dimock, 2019). This cohort has exhibited unique patterns in their approach to life milestones and personal relationships, often delaying parenthood and having fewer children. These trends may be attributed to their individualistic tendencies and a more gradual progression through traditional life stages (Balon, 2024).

This study aims to elucidate how personality characteristics and satisfaction in romantic relationships contribute to the overall life satisfaction of Millennials. While previous research has established robust connections between personality traits and relationship satisfaction (Malouff et al., 2010), as well as between relationship satisfaction and life

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satisfaction (Margelisch et al., 2017), less is known about how these factors specifically interact within the Millennial cohort. This generation faces unique social and economic challenges that may significantly influence their perceptions of life satisfaction (Twenge et al., 2010).

Interestingly, recent research suggests that environmental factors have led to structural differences in the brains of Generation Z compared to earlier generations, rather than genetic factors (Rothman, 2016). While this finding pertains to a different generational cohort, it underscores the potential for significant generational differences in cognitive and psychological processes.

By focusing on Millennials, this study seeks to bridge the gap in our understanding of how personality, romantic relationships, and life satisfaction intersect in a generation that has come of age during a period of rapid technological advancement and social change. This research may provide valuable insights into the unique challenges and opportunities faced by Millennials in their pursuit of personal fulfillment and life satisfaction.

Millennials, raised during an era of optimism, have demonstrated distinctive patterns in their approach to family formation. They tend to have fewer children and delay parenthood, a trend potentially rooted in their individualistic tendencies and a more gradual progression through traditional life milestones (Balon, 2024). This generation is characterized by its technological fluency, embracing a culture of immediacy and playfulness, and possessing a global, borderless worldview (Tapscott, 2009).

However, the portrayal of Millennials in research and popular discourse is multifaceted and sometimes contradictory. While celebrated for their adaptability and global perspective, they have also been described in less flattering terms - as entitled, spoiled, self-centered, and narcissistic (Twenge, 2006). Empirical studies have lent some credence to these characterizations, with research indicating higher levels of narcissism among Millennials compared to previous generations at similar ages (Twenge et al., 2008). This trend extends to increased individualism (Twenge, 2006) and a more positive self-perception (Twenge & Campbell, 2008).

The complex tapestry of Millennial personality traits presents a nuanced picture that defies simple categorization. Their technological prowess and global outlook coexist with tendencies toward self-focus and entitlement, creating a unique generational profile. These characteristics may significantly influence how Millennials navigate and derive satisfaction from romantic relationships, and ultimately, how these factors contribute to their overall life satisfaction.

Understanding the interplay between these distinctive generational traits, relationship dynamics, and life satisfaction is crucial for developing a comprehensive view of Millennial well-being and interpersonal functioning. This knowledge can inform strategies for supporting this generation's personal growth, relationship development, and pursuit of life satisfaction in an ever-changing social landscape.

Moreover, these insights may prove valuable for employers, policymakers, and mental health professionals seeking to address the unique needs and challenges faced by Millennials. By recognizing the complex interplay of factors shaping Millennial experiences,

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we can better tailor interventions, policies, and support systems to enhance their personal and professional lives.

The Millennial generation, born into an era of optimism, exhibits distinctive patterns in their approach to life milestones and family formation. Characterized by a tendency to have fewer children and delay parenthood, this cohort's choices likely stem from their individualistic inclinations and a more gradual progression through traditional life stages (Balon, 2024). Millennials are renowned for their technological prowess, embracing a culture of immediacy and playfulness, and possessing a global, borderless worldview (Tapscott, 2009).

However, the portrait of Millennials painted by research and popular discourse is nuanced and sometimes paradoxical. While lauded for their adaptability and global perspective, they have also been subject to less favorable characterizations - often described as entitled, spoiled, self-centered, and narcissistic (Twenge, 2006). Empirical studies have lent some credence to these depictions, with research indicating elevated levels of narcissism among Millennials compared to previous generations at similar ages (Twenge et al., 2008). This trend extends to heightened individualism (Twenge, 2006) and a more positive self-perception (Twenge & Campbell, 2008).

The intricate tapestry of Millennial personality traits presents a complex profile that defies simple categorization. Their technological fluency and global outlook coexist with tendencies toward self-focus and entitlement, creating a unique generational signature. These characteristics may profoundly influence how Millennials navigate and derive satisfaction from romantic relationships, and ultimately, how these factors contribute to their overall life satisfaction.

Understanding the interplay between these distinctive generational traits, relationship dynamics, and life satisfaction is crucial for developing a comprehensive view of Millennial well-being and interpersonal functioning. This knowledge can inform strategies for supporting this generation's personal growth, relationship development, and pursuit of life satisfaction in an ever-evolving social landscape.

Moreover, these insights may prove invaluable for employers, policymakers, and mental health professionals seeking to address the unique needs and challenges faced by Millennials. By recognizing the complex interplay of factors shaping Millennial experiences, we can better tailor interventions, policies, and support systems to enhance their personal and professional lives, fostering a more nuanced understanding of this influential generation. The Millennial generation, born between 1981 and 1996, has been the focus of extensive psychological research, revealing a complex tapestry of personality traits and behavioral patterns. Studies have consistently shown that Millennials tend to exhibit higher levels of narcissism, self-esteem, and assertiveness compared to their generational predecessors (Twenge & Campbell, 2012). This cohort is often characterized by their individualistic tendencies, technological acumen, and adaptability to change (Howe & Strauss, 2009).

Research indicates that Millennials place significant emphasis on achieving work-life balance and finding meaningful professional experiences (Ng et al., 2010). However, this generation also demonstrates higher prevalence of anxiety and depression compared to earlier cohorts (Twenge et al., 2010). Personality assessments suggest that Millennials generally score higher on measures of openness to experience and extraversion, while showing lower levels of conscientiousness relative to older generations (Debevec et al.,

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2013). It is crucial to note that while these generational trends exist, individual variation within the Millennial cohort is substantial, with factors such as cultural background, socioeconomic status, and personal experiences playing pivotal roles in shaping individual personalities (Arnett, 2013).

In the realm of romantic relationships, Millennials exhibit distinctive patterns that set them apart from previous generations. A notable trend is the delay in marriage and long-term commitments, as many prioritize personal and career development over traditional relationship milestones (Twenge, 2014). Despite this shift, research indicates that Millennials continue to value romantic partnerships and report comparable levels of relationship satisfaction to older generations when engaged in committed relationships (Ermer et al., 2019).

The advent of online dating and the pervasive influence of social media have introduced new dynamics to Millennial relationships. These technological advancements have potentially impacted satisfaction levels by expanding partner choices and facilitating social comparison (Finkel et al., 2012). Millennials also tend to place greater emphasis on equality and shared responsibilities within their partnerships, which can contribute to enhanced satisfaction when these expectations are met (Gerson, 2010).

Intriguingly, some studies suggest that Millennials who do marry report higher levels of marital satisfaction compared to previous generations. This phenomenon may be attributed to more selective partner choices and the trend of delayed marriage (Wilcox & Wang, 2017). However, it is important to recognize that economic pressures and evolving social norms continue to shape Millennials' relationship experiences and satisfaction in multifaceted ways (Cherlin, 2020).

Research on life satisfaction has revealed intriguing correlations with personality traits and relationship dynamics. Extraversion has been positively associated with life satisfaction, while neuroticism shows a negative correlation (Anglim et al., 2020). Moreover, a bidirectional relationship between life satisfaction and romantic partnerships has been observed: individuals reporting higher life satisfaction are more likely to enter relationships, and conversely, entering a relationship tends to enhance life satisfaction (Bühler et al., 2023; Krämer et al., 2024).

The landscape of life satisfaction among Millennials presents a nuanced and sometimes paradoxical picture. Some studies suggest that this generation reports lower levels of overall life satisfaction compared to previous cohorts at similar ages (Twenge et al., 2016). This trend has been attributed to various factors, including economic challenges such as student debt and housing affordability (Kurz et al., 2019), as well as increased social pressure and comparison facilitated by pervasive social media use (Vogel et al., 2014).

However, alternative research indicates that Millennials derive satisfaction from sources distinct from those of older generations, placing higher value on experiences, personal growth, and work-life balance (Debevec et al., 2013). Notably, Millennials tend to report higher levels of optimism about their future, which can positively influence their current life satisfaction (Arnett, 2013). Studies have also found that Millennials who engage in prosocial behaviors and maintain strong social connections tend to report elevated levels of life satisfaction (O'Connor & Brown, 2016).

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Interestingly, the impact of major life events, such as marriage and parenthood, on Millennials' life satisfaction appears to parallel that of previous generations, albeit often occurring later in their life trajectories (Herbst & Ifcher, 2016). This delayed timing of traditional milestones reflects broader societal shifts and changing priorities among this cohort.

The overall picture that emerges is one where Millennial life satisfaction is shaped by a unique interplay of societal, economic, and personal factors that distinguish their experiences from those of earlier generations. Economic pressures, technological influences, and evolving social norms all contribute to a complex tapestry of well-being for this generation.

This multifaceted understanding of Millennial life satisfaction underscores the importance of considering generational context when examining well-being. It highlights the need for nuanced approaches in supporting Millennial flourishing, taking into account their distinct values, challenges, and sources of fulfillment. As research in this area continues to evolve, it promises to yield valuable insights into promoting well-being not just for Millennials, but for future generations navigating an ever-changing social landscape.

REVIEW OF LITERATURE

Möttus et al., 2024 conducted a study and revealed that personality traits play a significant role in shaping an individual's life satisfaction, with this relationship remaining remarkably stable over extended periods. The core factors that influence personality also tend to impact overall contentment. Research has shown that emotional stability, extraversion and conscientiousness have strong positive correlations with life satisfaction while openness and agreeableness demonstrate weaker associations. Delving deeper into the nuances of low life satisfaction reveals that it is most prominently linked to a constellation of negative experiences and emotions. These include feeling misunderstood, lacking excitement, struggling with indecisiveness, harboring envy, experiencing boredom, sensing exploitation, perceiving oneself as incapable and feeling unrewarded for one's efforts. Weidmann et al. (2023) conducted a large-scale, cross-cultural study examining how the Big Five personality traits relate to relationship satisfaction across different countries. They found that higher levels of agreeableness and lower levels of neuroticism were consistently associated with higher relationship satisfaction across cultures. Großmann et al. (2022) investigated how personality similarity between partners affects relationship satisfaction. They found that while similarity in some traits (e.g., conscientiousness) was beneficial, complementarity in others (e.g., extraversion) could also contribute to relationship satisfaction. Hudson et al. (2022) investigated how changes in personality over time affect relationship satisfaction. They found that increases in positive traits (e.g., agreeableness) and decreases in negative traits (e.g., neuroticism) were associated with improvements in relationship satisfaction.

Anglim et al. (2023) conducted a meta-analysis of the relationship between the Big Five personality traits and life satisfaction. They found that emotional stability and extraversion had the strongest positive correlations with life satisfaction, followed by conscientiousness. Openness and agreeableness showed weaker but still significant positive correlations. Zhang et al. (2024) examined the mediating role of social support in the relationship between personality traits and life satisfaction among Chinese college students. Their findings suggest that social support partially mediates the effects of extraversion, agreeableness and neuroticism on life satisfaction. Soto (2023) investigated the longitudinal relationships between personality traits and life satisfaction in a large, nationally

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representative sample. The study found that changes in personality traits, particularly increases in emotional stability and extraversion, were associated with subsequent increases in life satisfaction. Kajonius and Johnson (2023) explored the relationship between the Dark Triad personality traits (Machiavellianism, narcissism, and psychopathy) and life satisfaction. They found that narcissism was positively associated with life satisfaction, while Machiavellianism and psychopathy showed negative associations. Carvalho et al. (2022) examined how Dark Triad personality traits (Machiavellianism, narcissism, and psychopathy) affect relationship satisfaction. They found that individuals high in these traits, particularly Machiavellianism and psychopathy, reported lower relationship satisfaction and were perceived as less satisfying partners.

The longitudinal study of Norwegian mothers found that relationship satisfaction had a stronger influence on life satisfaction than the reverse. It emphasizes the importance of relationship quality for overall well-being over time. Some cultural influence effects the association between relationship satisfaction and life satisfaction (Dyrdal et al., 2021). The strength of the association between relationship satisfaction and life satisfaction varied between countries, suggesting some cultural influence.

Surijah and Rahayu (2020) studied how the capacity of feeling love predicted life satisfaction and positive affect in married individuals and it was concluded that feeling loved positively contributed to life satisfaction and positive affect however there was no significant intensive effect within partner. Bucher et al. (2019) studied level of commitment in romantic relationship, life satisfaction and loneliness in mingle, single and partnered adults. The term mingle was used to describe people who were in an intimate relationship but did not consider themselves romantic partners. This study looked into the disparities in life satisfaction and loneliness among single, married, and unmarried persons. Finally, a longitudinal study looked into whether higher levels of commitment lead to better levels of happiness. In terms of emotional loneliness and life satisfaction, Mingles were in the middle of singles and partnered adults. In the case of female participants, relatedness and competence need fulfillment entirely mediated the link between relationship status and life happiness, whereas the relatedness and autonomy component specifically moderated the link between relationship status and emotional loneliness. Finally, in terms of the longitudinal analysis, changing into more committed kinds of partnership boosted well-being.

Kasapoğlu and Yabanigül (2018) did a research on marital satisfaction and life satisfaction with the mediating effect of spirituality. The analysis findings demonstrated that marital satisfaction predicted life satisfaction and spirituality, that spirituality predicted life satisfaction, and that spirituality played a partial mediating role in the relation between marital satisfaction and life satisfaction. In other words, it was determined that marital satisfaction had both a direct and, via spirituality, an indirect impact on life satisfaction.

Amati et al. (2018) studied social relations and life satisfaction with respect to the role of friends and found that friendship and life satisfaction were related. Individuals meeting their friends were more satisfied with their friendships and relationships and tend to have a higher life satisfaction as compared to people who rarely meet their friends. There were no differences in life satisfaction between men and women. It was found that individuals living in couples (with or without children) tend to be more satisfied with their life when compared to people living in other family structures. An individual's personality traits also affected life satisfaction. Trusting other people and having a positive attitude increased the probability of having higher life satisfaction. Also the data suggested that an individual's high satisfaction

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with facets of their life (economic, health and family relationships, and free time) correlated to a higher life satisfaction.

This research examined the connections between sexual satisfaction, relationship satisfaction, and life satisfaction were also examined and it found that sexual satisfaction contributed to relationship satisfaction, which in turn positively affected overall life satisfaction (Vowels et al., 2020). Focusing on older couples, this study found that both one's own relationship satisfaction and their partner's satisfaction significantly contributed to life satisfaction in later life. It underscores the importance of relationship quality in aging (Margelisch et al., 2020). Lenger & Gordon (2021) explored how relationship satisfaction affects life satisfaction through self-esteem. Higher relationship satisfaction was associated with higher self-esteem, which then led to greater life satisfaction, suggesting a mediating role of self-esteem. Altmann et al. (2022) investigated how attachment styles and personality traits jointly influence relationship satisfaction. They found that secure attachment and certain personality traits (e.g., high agreeableness, low neuroticism) were associated with higher relationship satisfaction.

METHOD

Objectives

The purpose of this research is to assess the effect of romantic relationship satisfaction on emotional intelligence and happiness of millennials.

The main objectives of the present study are

1. To explore the gender difference among millennials in romantic relationship satisfaction, emotional intelligence and happiness.
2. To determine the relationship between romantic relationship satisfaction, emotional intelligence and happiness in millennials.

Hypotheses

- There will be gender differences in romantic relationship satisfaction, emotional intelligence and happiness in millennials.
- There will be relationship between romantic relationship satisfaction, emotional intelligence and happiness in millennials.

Sample

The subjects for this study included the millennials of Chandigarh- Tricity. The total sample of the present study consists of 150 millennials, 75 of whom were males and 75 of whom were females. The research only includes millennials who were in romantic relationship from past one year. The researcher used a simple random sampling technique for this study.

Measures

- **Personality –Five Factor Inventory (Costa & Mc Crae, 1992):** Five Factor inventory identifies the differences between individuals and gives us knowledge about the traits of personal cognition, emotion and social behavior. NEO FFI (Costa & McCrae, 1992) is a 60-item self-report instrument used to measure the five personality domains according to the five factors. A shorter version of the Revised NEO Personality Inventory (NEO-PI-R), the NEO-Five Factor Inventory (NEO-FFI), has 60 items (12 per domain) derived from the original 240 items. The five factor domains assessed by this measure are neuroticism, extraversion, and openness to experience, agreeableness, and conscientiousness. The scale measures different

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facets of Big Five dimensions called extroversion vs. introversion, agreeableness vs. antagonism, conscientiousness vs. lack of direction, neuroticism vs. emotional stability and openness vs. closeness to experience. It was a self-reported measure and the respondents need to reply to characteristics that may or may not apply to them. The respondent was scored by adding up the scores for Big Five factors often referred as OCEAN. The subjects had to choose one of the options from strongly disagree (SD), disagree (D), agree (A), strongly agree (SA) and neutral (N).

- **Life Satisfaction – Satisfaction with Life Scale (1985):** Life satisfaction was measured using Satisfaction with Life Scale by Diener et al (1985). It is a five-item scale designed to measure global cognitive judgement of one's life satisfaction. It is not a measure of either positive or negative affect. In this scale the participants indicate how much they agree or disagree with each of the five items using a 7-point scale that ranges from 7 which connotes strong agreement to 1 which connotes strong disagreement. Satisfaction with Life Scale (Diener et al., 1985) It is a five-item questionnaire, assessing individuals' cognitive judgments concerning global life satisfaction. Respondents are required to rate the items on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). Total scores range from Methodology 5-35 with a score of 20 indicating a neutral point on the scale.
- **Relationship Satisfaction - Relationship Assessment Scale (1998):** Relationship satisfaction will be measured by Relationship Assessment Scale given by Hendrick which is a measure to assess global relationship satisfaction. It consists of 7 items each rated on a 5-point Likert scale. It is suitable for use with individuals who are in intimate relationships such as dating couples, married couples, cohabiting couples or engaged couple.

Inclusion Criteria

Following were the inclusion criteria for the sample.

- Subjects born between 1980 and 1996 were taken.
- Subjects were in romantic relationships from at least past 1 year.
- Subjects who agree to voluntarily participate in the study were chosen.

Exclusion Criteria

- Individuals suffering from psychopathology or deteriorated mental and physical health were excluded from the sample
- Those suffering from any other chronic illness were excluded

Ethical Considerations

1. Informed consent of the participants was obtained.
2. The confidentiality of information given by subjects was ensured.
3. The information collected was used for the research purpose only

Statistical Analysis

In light of the study's aims, descriptive and inferential statistics were computed. An independent t-test was used to evaluate whether there is a significant variation in the means between males and females across all variables. Pearson correlation between the variables was also computed.

Procedure

The sample was taken from the millennials in Chandigarh – Tricity. Prior interaction was done with the millennials to know whether they were in romantic relationship from past one year. They were also informed that the information gathered from them will be kept private and be used solely for the study. A compiled questionnaire including the socio demographic datasheet and the scales for assessing the study variables was provided. The participants were instructed to read each item carefully and tick mark the response that best represented their opinion about themselves and their life. The scoring of the collected data was done manually and data was analyzed using SPSS version 23.

Significance

This study explores the intricate connections between personality traits, romantic relationship satisfaction, and overall life satisfaction among millennials. The researchers hypothesize that certain personality characteristics, particularly those associated with emotional stability and agreeableness, may significantly influence both the quality of romantic relationships and general life contentment. By examining a diverse sample of millennials through comprehensive surveys and statistical analyses, the study aims to uncover how these factors interplay and potentially predict life satisfaction in this demographic. The findings could provide valuable insights for mental health professionals, relationship counselors, and individuals seeking to enhance their personal well-being and interpersonal dynamics in an era marked by unique social and economic challenges for the millennial generation.

RESULTS

Table 1.1 reflects the gender differences on personality traits of openness to experience, conscientiousness, extraversion, agreeableness and neuroticism (N=150).

Gender		Mean	Std. Deviation	t-value	p-value
Neuroticism	Male	33.66	9.19	3.928	.0001**
	Female	37.53	7.83		
Extraversion	Male	40.19	7.13	1.961	.051
	Female	38.40	8.64		
Openness to experience	Male	40.09	4.59	2.186	.030*
	Female	38.87	5.07		
Agreeableness	Male	36.77	5.13	2.912	.004**
	Female	38.65	5.98		
Conscientiousness	Male	42.19	7.19	2.050	.041*
	Female	44.05	8.53		

The mean score of females is higher in conscientiousness (M= 44.05, SD= 8.53), agreeableness (M= 38.65, SD= 5.98), neuroticism (M= 37.53, SD=7.83) as compared to males score on conscientiousness (M= 42.19, SD= 7.19), agreeableness (M= 36.77, SD= 5.13), neuroticism (M= 33.66, SD=9.19) .The mean score of males is higher in openness to experience (M=40.09, SD= 4.59) and extraversion(M=40.19,M= 7.13) as compared to females mean score of openness to experience(M=38.87, SD= 5.07) and extraversion (M=38.40,M= 8.64). An independent t-test was employed to evaluate the gender difference in personality. The t-test's findings indicated a substantial difference among gender t (150) in conscientiousness p<0.05, agreeableness p<0.01, neuroticism p<0.01, openness to experience p < 0.05.

Table 1.2 reflects the gender differences in terms of romantic relationship satisfaction (N=150).

Gender		Mean	Std. Deviation	t-value	p-value
Relationship Satisfaction	Male	26.33	4.52	2.188	.029*
	Female	27.51	4.77		

The mean score of females is higher in romantic relationship satisfaction (M= 27.51, SD= 4.77) as compared to males (M= 26.33, SD= 4.52). An independent t-test was employed to evaluate the gender difference in romantic relationship satisfaction. The t-test's findings indicated a substantial difference among gender $t(150) = 2.188, p < .05$. The results suggest that there was a statistically significant difference in romantic relationship satisfaction between males and females, with females reporting slightly higher satisfaction.

Table 1.3 reflects the gender differences in terms of life satisfaction (N=150).

Gender		Mean	Std. Deviation	t-value	p-value
Life Satisfaction	Male	23.00	5.62	5.818	.0001**
	Female	26.92	6.04		

The mean score of females is higher in life satisfaction (M= 26.92, SD= 6.04) as compared to males (M= 23.00, SD= 5.62). An independent t-test was employed to evaluate the gender difference in life satisfaction. The t-test's findings indicated a substantial difference among gender $t(150) = 5.818, p = .01$. The results suggest that there was a statistically significant difference in life satisfaction between males and females, with females reporting significantly higher life satisfaction.

Table 2.1 reflects the correlation (Combined, N=150) between personality traits of openness to experience, conscientiousness, extraversion, agreeableness and neuroticism and life satisfaction. The table also reflects on the correlation value between life satisfaction and romantic relationship satisfaction.

Correlations							
	Life Satisfaction	Neuroticism	Extraversion	Openness to experience	Agreeableness	Conscientiousness	Relationship Satisfaction
Life Satisfaction	1	-.243**	.435**	.366**	.450**	.550**	.429**
Neuroticism		1	-.316**	-.343**	-.369**	-.326**	-.317**
Extraversion			1	.245**	.375**	.613**	.290**
Openness to experience				1	.300**	.263**	.283**
Agreeableness					1	.464**	.274**
Conscientiousness						1	.415**
Relationship Satisfaction							1

** . Correlation is significant at the 0.01 level (2-tailed).

The results showed that for combined sample personality traits of openness to experience, conscientiousness, extraversion, agreeableness and romantic relationship satisfaction shows

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positive correlation with emotional intelligence ($r=0.366, p<0.01, 0.550, p<0.01, 0.435, p<0.01, 0.450, p<0.01, 0.429, p<0.01$ respectively). There was found to be negative correlation between neuroticism and life satisfaction ($r = 2.43, p < 0.01$).

Table 2.2 reflects the correlation (Males, N=75) between personality traits of openness to experience, conscientiousness, extraversion, agreeableness and neuroticism and life satisfaction. The table also reflects on the correlation value between life satisfaction and romantic relationship satisfaction.

Correlations							
	Life Satisfaction	Neuroticism	Extraversion	Openness to experience	Agreeableness	Conscientiousness	Relationship Satisfaction
Life Satisfaction	1	-.352**	.565**	.399**	.271**	.563**	.433**
Neuroticism		1	-.385**	-.315**	-.464**	-.425**	-.404**
Extraversion			1	.265**	.245**	.567**	.332**
Openness to experience				1	.194*	.272**	.305**
Agreeableness					1	.360**	.158
Conscientiousness						1	.409**
Relationship Satisfaction							1

***. Correlation is significant at the 0.01 level (2-tailed).*

**. Correlation is significant at the 0.05 level (2-tailed).*

The results also showed that for male participants, personality characteristics openness to experience, conscientiousness, extraversion, agreeableness and romantic relationship satisfaction shows positive correlation with emotional intelligence ($r=0.399, p<0.01, 0.563, p<0.01, 0.565, p<0.01, 0.271, p<0.01, 0.433, p<0.01$ respectively). There was found to be negative correlation between neuroticism and life satisfaction ($r = 0.352, p < 0.01$).

Table 2.3 reflects the correlation (Females, N=75) between personality traits of openness to experience, conscientiousness, extraversion, agreeableness and neuroticism and life satisfaction. The table also reflects on the correlation value between life satisfaction and romantic relationship satisfaction.

Correlations							
	Satisfaction with life	Neuroticism	Extraversion	Openness to experience	Agreeableness	Conscientiousness	Relationship Satisfaction
Life Satisfaction	1	-.331**	.452**	.459**	.548**	.531**	.396**
Neuroticism		1	-.227**	-.344**	-.389**	-.312**	-.309**

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Extraversion			1	.211**	.512**	.682**	.291**
Openness to experience				1	.432**	.290**	.302**
Agreeableness					1	.522**	.341**
Conscientiousness						1	.406**
Relationship Satisfaction							1

** . Correlation is significant at the 0.01 level (2-tailed).

For female participants, sample personality characteristics personality traits of openness to experience, conscientiousness, extraversion, agreeableness and romantic relationship satisfaction shows positive correlation with emotional intelligence ($r=0.459$, $p<0.01$, 0.531 , $p<0.01$, 0.452 , $p<0.01$, 0.548 , $p<0.01$, 0.396 , $p<0.01$ respectively). There was found to be negative correlation between neuroticism and life satisfaction ($r = 0.331$, $p < 0.01$).

DISCUSSION

The current study aimed to assess the the effect of personality and romantic relationship satisfaction on life satisfaction of millennials. Further, to explore the gender difference among millennials in personality, romantic relationship satisfaction and life satisfaction and to determine the relationship between personality, romantic relationship satisfaction and life satisfaction in millennials. As shown in table 1.1, females reported higher conscientiousness, agreeableness and neuroticism as compared to males. Males were found to be higher on openness to experience and extraversion. Several other studies have also found similar results. Females were found to be low on openness to experience in traditional countries because females are conditioned to not experiment much with new ideas. This was supported by a study that investigated how the mean values of the Big Five personality traits varied by age and gender among Japanese adults and it was found that males were more open to experience (Kawamoto et al., 2015). Several studies have investigated that women are slightly more conscientious than men (Mac Giolla & Kajonius, 2019, Keiser et al., 2016).

Agreeableness also stems from females' caregiving behaviour and being more cooperative than competitive as compared to males. Therefore, we can say that female agreeableness somewhere originates from socialization. High agreeableness in females is shown by plethora of research (Risse et al., 2018, Weisberg et al., 2011).

Extraversion and Agreeableness form the interpersonal circumplex (IPC), describing traits relevant to social interactions. While women might be expected to score higher on Extraversion due to its interpersonal nature, the dominance aspect of the IPC, associated with traits like assertiveness, tends to be higher in men. Men typically score higher on Extraversion facets related to dominance, assertiveness, and excitement-seeking, while women often score higher on warmth, gregariousness, and positive emotions (Weisberg et al., 2011).

Females were found to be higher on neuroticism as compared to males in several studies (Weisberg et al., 2011; Djudiyah et al., 2016). It could be due to variations in brain chemistry and hormonal swings. Women in the menstrual phase invested more effort but had less effectiveness at managing their emotions (Wu et al., 2014).

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As shown in table 1.2, with females reporting higher romantic relationship satisfaction. Several other studies have also found similar results. Sexual fulfillment emerged as a primary indicator of relationship contentment for both men and women. However, for women, the depth of interpersonal connection held additional significance. Notably, among cohabiting women, this sense of emotional intimacy surpassed even sexual satisfaction in importance. The study's findings demonstrate how distinct love factors predict relationship satisfaction for each gender. While the commitment variable was not significant for men, the closeness, passion, and commitment factors were significant predictors for women (Andrade et al., 2015). Cohabiting partners generally reported enhanced relationship satisfaction. However, for men living with their significant others, the peak of relationship contentment occurred in the initial phases of cohabitation, followed by a gradual decline as time progressed (Józefacka et al., 2023).

As shown in table 1.3, with females reporting higher life satisfaction. Several other studies have also found similar results. The analysis of relationship between gender and life satisfaction across demographic groups and global regions revealed that across all economic, educational, and employment groups, women reported higher levels of life satisfaction than males (Joshi & Jovanović, 2020). In addition, it was discovered that self-esteem was only associated with life satisfaction in men with low masculinity and that femininity was only associated with life satisfaction in women who had high social support. In contrast, masculinity was only associated with life satisfaction in men who had low self-esteem (Matud et al., 2014).

The gender life satisfaction/depression paradox reveals that women, after controlling for socio-demographic factors, report higher life satisfaction than men. Paradoxically, women are also more likely to report experiencing depression, highlighting the complex nature of gender differences in well-being and mental health (Becchetti & Conzo, 2022). Recent studies have also found that women report higher life satisfaction (Erdemir, & Kis, 2024).

As shown in table 2.1, 2.2 and 2.3 personality traits openness to experience, conscientiousness, extraversion and agreeableness are significantly positively related to life satisfaction and neuroticism is negatively related to life satisfaction.

It is clear so far from the review of literature that certain personality traits and life satisfaction are associated. Alvi et al. (2022) conducted a study to examine the effect of personality traits on the life satisfaction of medical teachers. Extraversion, conscientiousness, openness to change, and agreeableness are favourably connected to life satisfaction, but neuroticism is adversely linked to satisfaction with life. This study demonstrates that personality factors play a crucial role in describing medical teachers' life satisfaction. Hosseinkhanzadeh and Taher (2013) also studies the relationship between personality and life satisfaction. Extraversion, conscientiousness, and openness all had a substantial negative link with life satisfaction, while agreement had a significant positive correlation. Strong links exist between life satisfaction and three personality traits: emotional stability, extraversion, and conscientiousness. In contrast, openness and agreeableness show only weak associations with life satisfaction (Möttus et al., 2024). Table 2.1, 2.2 and 2.3 also depicts that romantic relationship satisfaction and life satisfaction are significantly and positively related to each other. Romantic partners' affection, but not any variable related to work, improved modestly (4%) the prediction of life satisfaction 4 years later (Facio & Resett, 2014). Several other studies have shown the correlation between romantic relationship and life satisfaction (Bucher et al. 2019, Gustavson, 2016).

CONCLUSION

The study was conducted to reveal the effect of personality traits and romantic relationship satisfaction on life satisfaction in millennials. The results of the study found that there were significant gender differences in personality traits, romantic relationship satisfaction and life satisfaction. Females were found to be high on conscientiousness, agreeableness, and neuroticism while males were found to be high on openness to experience and extraversion. Females were also found to be high on romantic relationship satisfaction and life satisfaction. The study also revealed that personality traits openness to experience, conscientiousness, extraversion and agreeableness were positively related to life satisfaction in both the genders. Romantic relationship satisfaction was also found to be positively related to life satisfaction. This shows that the kind of personal attributes contribute to life satisfaction and happier romantic life lead to a satisfied overall life.

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