

Research Paper

Goal-Orientedness and its Impact on Quality of Interpersonal Relationships

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ABSTRACT

This research study examines the correlation between goal-oriented behaviour and the quality of interpersonal relationships in young adults (between 18- 35 years). The study examined the experiences of 112 participants who completed the 12-item Grit Scale and the FIAT- Q- SF questionnaire to measure goal-oriented people and their quality of relationships, respectively. Through analysis, the results revealed a moderate negative correlation (Pearson's $r = -0.386$, $p < .001$) between the two studied variables, which indicates that higher levels of goal-oriented behaviour were seen to be linked with a mild decrease in the quality of interpersonal relationships. The findings suggest that focusing on goal achievement may come at the expense of social connection for young adults. However, further research is required to explore the mechanisms of this relationship and identify various strategies to help young adults balance their own goals and maintain healthier relationships with other people in society.

Keywords: *Goal-oriented Behaviour, Interpersonal Relationships, Young Adults, Negative Correlation*

Goal-oriented behaviour refers to all the behaviours that involve planning, management and organisation, completion and striving towards various long-term goals (Eslinger, Flaherty-Craig & Chakara, 2013). In simple words, it focuses on behaviour working in the direction of goal attainment. According to Bongers and Dijksterhuis (2009), the behaviours underlying goal orientation are of 4 different types: establishing behaviour, planning behaviour, goal-striving behaviour and revision behaviour. These behaviours involve multiple traits that are required by the individual to strive for goals successfully.

Some of the very essential traits in goal-oriented behaviour include perseverance and passion toward the chosen long-term goals. This can be defined by the concept of grit, which was theorized and investigated by Duckworth et al. (2007). This concept demonstrates the individual differences that can predict success and can be used to discover an individual's goal-oriented traits, and therefore, behaviours.

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Interpersonal relationships can be clinically defined as the social and emotional relations between the client and their surrounding individuals (Walker et al., 1990). There can be different types of such relationships, such as family, friends, acquaintances, romantic partners, etcetera. These relationships provide individuals with various elements, mostly, support, friendship, trust and loyalty. They play a huge role in the emotional and mental stability of an individual, and rarely physical as well (Noble & McGrath, 2011). To sustain good quality in these relationships, these dimensions must be worked on: interpersonal intimacy, connection, conflict, disagreement, emotional expression and excessive expressivity (Darrow et al., 2014). These aspects need to be worked on for an effective social environment for the individual, where they can thrive mentally.

Goal-oriented behaviour and interpersonal relationships have been examined together before. Multiple research studies have been conducted to understand the types of social interactions that individuals engage in when specifically related to goal-striving (VanDellen et al., 2015). Little has been investigated on how individual differences in goal-oriented behaviour affect the quality of interpersonal relationships the person has (Fitzsimons, 2006). This relationship must be uncovered more to ensure better life satisfaction in highly goal-oriented individuals.

THEORETICAL FRAMEWORK

Goal-Oriented Behaviour

Two primary theories explain the broad structure of goal-oriented behavior, Goal Setting Theory (Locke & Latham, 2002) and Achievement Goal Theory (Dweck, 1986). Goal setting theory is based on the idea that specific and difficult goals lead to higher performance compared to vague or easy goals, whereas achievement goal theory suggests that individuals' behavior is driven by two different patterns: adaptive and maladaptive. Adaptive achievement goals are characterized by a focus on learning and mastery, while maladaptive achievement goals are characterized by a focus on performance and validation. These two theories add to the 12-item Grit scale's (Duckworth, 2007) selection. They suggest that people who have hard and well-defined goals are more likely to persevere in their efforts and show resilience in reaching their goals.

Interpersonal Relationships

Many psychological theories, like Social Exchange Theory (Thibaut & Kelley, 1959) and Attachment Theory (Bowlby, 1969), theoretically support the broad concept of interpersonal relationships. Social Exchange Theory is a sociological and psychological concept that examines social behaviour as an exchange process, where individuals seek to maximize rewards while minimizing costs in their interactions with others. The theory is not limited to romantic relationships but is also applicable to friendships, workplace behaviour, organizational management, business decisions, social power, leadership, and politics (MSEd, 2023). Attachment Theory emphasizes the significance of early caregiver relationships in establishing social-emotional bonds. It hypothesizes that these early attachments can influence an individual's behaviour, thoughts, and feelings across the lifespan, including their interactions in adulthood (Attachment Theory, 2024). The Interpersonal Relationships Questionnaire—Short Form (FIAT-Q-SF) emphasizes aspects including communication, trust, and emotional support to reflect the complex nature of interpersonal relationships.

Need for the Study

This study is significant because it addresses the dire need to investigate the relationship between goal-oriented behaviour and its impact on interpersonal relationships among young

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adults. Most of the research done in this area of interest mainly focuses on how interpersonal strategies are used to attain goals. However, previous research has stated and highlighted the idea that our behaviour and relationships with our family and friends are greatly influenced by significant goals we seek in our everyday life, such as job, social and health goals (Fitzsimons, 2006). Goal-directed behaviour refers to focusing on completing a particular task until the task at hand is completed. It in turn shows how dedicated a person is towards the goal they are trying to achieve. However, we do notice certain instances where such goal-directed behaviour can lead to conflicts in interpersonal relationships, especially among young adults. Previous research in this field explains how being too goal oriented can have interpersonal costs. Highly ambitious individuals, as well as those with unambitious goals, may receive more negative interpersonal evaluations and be seen as less warm and offering less relationship potential.

This can lead to less positive interpersonal expectations and potentially strain relationships (*Goal-oriented results*, 2022). The importance of having interpersonal relationships is immense, as social human beings we cannot really survive without having such systems of support. Having such interpersonal connections in one's life helps an individual function better in all aspects of one's life. For instance, if there is a collaborative research team whose members struggle with interpersonal skills, they are more likely to encounter conflicts and spend more time resolving issues than be focused on their studies. The impact of team diversity and interpersonal skills on key components of team functioning, like communication patterns, problem-solving and group creativity, is significant in influencing the study outcomes (Cheruvilil et al., 2014). Despite several research done on goal-oriented behaviour and interpersonal relationships as variables, there isn't much research which tries to understand the impact that these two variables have on each other. Hence, to bridge this research gap, this research paper is highly necessary.

Research Question

Is there a correlation between goal-oriented behavior and the quality of interpersonal relationships among young adults?

REVIEW OF LITERATURE

Huang et al.'s study shows that as people work towards a goal, they initially bond with others doing the same, benefiting from shared support. But as they progress, their focus shifts to closing the gap between their current state and their goal. This shows how an increased focus on a goal can lead to reduced concentration on interpersonal relationships (Huang et al., 2015)

In a study conducted on 115 roommate dyads, actors' compassionate and self-image goals predicted a cycle of responsiveness between roommates, occurring within weeks and across the semester. Results suggest that both projection and reciprocation of responsiveness associated with compassionate goals create upward spirals of responsiveness that ultimately enhance relationship quality for different individuals. The literature has revealed the self-perpetuating nature of these processes, highlighting the interconnectedness of individuals' goals, motives, needs, and fears in shaping relationship behaviours and outcomes it also sheds light on how interpersonal goals can initiate responsiveness processes in close relationships, ultimately contributing to the creation of responsive, high-quality relationships for individuals and others involved. (Canevello & Crocker, 2010)

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A study by Schapiro et al. on friendships among gifted and regular-program adolescents showed that goal-oriented individuals tend to have higher quality, more stable friendships. Task orientation, common in gifted students, was linked to positive friendship aspects like less conflict and more friendly competition, leading to greater stability. In contrast, being focused on comparing oneself to others was associated with negative friendship qualities and instability. This research indicates that goal-orientedness in adolescents could not only promote academic focus but also enhance interpersonal skills. (Schapiro et al., 2009)

Another study by (Wang et al., 2021) investigates the mechanisms and conditions under which goal-oriented self-regulation behaviors enhance the psychological well-being of 47 second-year college students. This study offers a comprehensive understanding of the relationship between self-regulation and well-being. According to this research, colleges, and educational professionals should focus more on the ways that academic achievement is mediated and how social and psychological resources play moderating roles in self-regulation processes. This literature can be leveraged to explore the potential links between goal-oriented behaviour, self-regulation, and the quality of interpersonal relationships among adults.

Fry et al., (2014) examined possible ways of modelling young adults' drinking decision-making by using the Model of Goal-Directed Behaviour, thus providing insights into young adults' intentions and desires to drink responsibly. The study was conducted through an online survey, which was filled by 1522 participants who were between 18- 25 years old. The data was analyzed using structural equation modelling software. One of the main findings of the study examined the individual's desire to drink moderately and is an important predictor of young adults' responsible drinking intentions. The use of this model suggests there is strong evidence between consumer desires and intentions. The results suggest that in addition to intention-enhancement measures, focusing on and enhancing goal desires which are linked to intentions. This study contributes to a growing body of research that questions the notion that intentions are the only proximal antecedent of behaviour and emphasizes the importance of objectives in determining intentions to act. The significance of this research is that people who reduce their consumption of alcohol but are unable to do so may gain from such therapies which aim at reinforcing goal desires. This shows how goal-directed behaviours help in understanding one's relationship with substances and hence using proper interventions for the same.

Tang., et al (2016) emphasized on the prevalence of mobile phones and the overuse of social networking sites. This research paper aimed to investigate the reason for facebook addiction. The data was collected through a survey that was passed on amongst 894 college students in Taiwan. It was found that 1% were classified as addicts, 17.8% were placed in an alert group. Hence, approximately 80% of the students use facebook everyday, and 10% of the people spent more than 8 h a day on facebook. On an average it was found that interpersonal relationships and online social support were positively associated with facebook addiction. However, it was found that certain personality traits such as neuroticism were negatively associated with facebook addiction. On the other hand, it was found that online interpersonal relationships and neuroticism were prominent predictors of facebook addiction. This paper shows us how social media addiction is closely linked with interpersonal relationships.

The study by Kiuru et al., (2020) found that the quality of interpersonal relationships and school well-being significantly impact academic achievement and mental health in adolescents. High-quality relationships led to higher academic achievement, while high

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school well-being improved subsequent academic achievement. The study suggests that promoting learning outcomes and helping adolescents with transition challenges is crucial for school well-being.

The study by Noble, T., & McGrath, H. (2011) explores the evolution of resilience and well-being concepts, highlighting the role of supportive relationships from peers, teachers, and families in young people's resilience. Over the past decade, the focus has shifted from youth welfare to adolescent well-being and resilience. This shift aligns with positive psychology theories and positive education theory, which focuses on human well-being, resilience to adversity, and growth opportunities. The study does not directly address academic performance, but indicates that positive relationships lead to overall positive development which ultimately has an impact on academic performance.

According to a study conducted in 2015 by VanDellen et al., individuals with high self-regulation were analysed to check whether they tended to prefer social environments that furthered their goal pursuit. The study viewed self-regulation as the controlling self for goal pursuit as well as the social environment that nourishes the goal pursuit. The results showcased that differences in the management of goal pursuit, rather than goal-oriented behaviour, could predict the preferences of said individuals to interact more with environments that are supportive of goal attainment. The evidence from this study supports the theory that there exists a relationship between goal-oriented behaviour and its effects on the individual's interaction with their social settings.

A study by Diest (2022) strived to investigate the reasons behind the high correlation between high self-control and higher success in goal attainment through an online questionnaire with 151 participants. It hypothesized that there is a positively correlated relationship between goal process and self-control, which is mediated by seeking support from a social setting. The findings stated that there was a positive correlation between goal progress and self-control with partial mediation by seeking social support. This study aims to understand the effect of social support on goal-oriented behaviour, which mediates the relationship between the success of goals and the self-traits required to achieve said goal. This demonstrates the significance of social support, or quality of interpersonal relationships, in goal attainment.

Rationale

The relationship between goal-oriented behaviour and interpersonal relationships has been previously investigated. However, this dynamic hasn't been studied among the young adult population (between 18- 35 years).

Existing research in this field is focused on how differences in the management of goal pursuit, rather than goal-oriented behaviour, could predict the preferences of said individuals to interact more with environments that are supportive of goal attainment (VanDellen et al., 2015).

There is also various conflicting research which shows that, goal-oriented behaviours can lead to enhanced social relationships (Schapiro et al., 2009; Canevello & Crocker, 2010), while other research demonstrates a negative impact (Huang et al., 2015). Other research explores the relationship between goal-oriented behaviour and social relationships that often focus on adolescents (Schapiro et al., 2009; Kiuru et al., 2020), which usually neglects the various unique challenges that are faced by young adults in balancing their own goals and interpersonal relationships.

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Most prior research focuses on how individuals use social interactions as a way to achieve goals. However, this study mostly focuses on how individuals goal-oriented behaviours' affect the quality of their interpersonal relationships. Through this research we will be able to bridge this gap, which can further lead to development of strategies to help young adults balance one's goals while maintaining healthy interpersonal relationships.

METHODS

Aim

To determine the strength and direction of the correlation between goal-oriented behavior and the quality of interpersonal relationships within young adults in the age group 18- 35 years.

Objectives

1. To assess and quantify the Goal-oriented behavior in young adults.
2. To evaluate and quantify the quality of interpersonal relationships in young adults.

Hypothesis

There is no significant correlation between goal-orientedness and the quality of interpersonal relationships among young adults.

Research Design

This study was conducted with a quantitative research design. Data was collected through questionnaires and the correlation between the goal-oriented behaviour of an individual and the quality of their interpersonal relationships was analyzed using Karl Pearson's Correlation Method.

Variables

- **Independent Variable.** The independent variable in our study is goal-oriented behaviour, which if changed would cause changes in the variable studied which is the quality of interpersonal relationships.
- **Dependent Variable.** The dependent variable is the quality of interpersonal relationships. The quality of interpersonal relationships depends on the degree of goal-oriented behaviour, which is the independent variable.

Operational Definition

- **Goal-Oriented Behaviour.** Goal-oriented behavior is defined as an individual's inclination to prioritize and dedicate substantial time and effort towards achieving their life goals. It is scored on the 12 Item Grit Scale (Duckworth et al., 2007), which measures how committed an individual is.
- **Quality of Interpersonal Relationships.** This variable measures how deep, satisfying, and functional a person's social connections are. It is scored on the FIAT-Q-SF, Functional Idiographic Assessment Template-Questionnaire (FIAT-Q) Short Form, which measures the quality of interpersonal relationships (Darrow, Callaghan, Bonow, & Follette, 2014).

Sample

- **Sample Size:** The sample size of our study is 112 including individuals between the ages of 18-35.

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- **Sample Descriptives:** The universal population would include all the young adults around the world representing different backgrounds, cultures, and regions. Young adults, between the ages of 18 to 35 exhibiting a range of Goal-oriented behaviors and having varying qualities of interpersonal relationships, are the target population of the study.

Sampling Technique

The sampling method used is convenience sampling, where the individuals most accessible to the researcher are chosen for inclusion.

Inclusion Criteria. The selection of samples was based on the fulfillment of the following criteria

1. Age between 18-35 years
2. Access to internet
3. Ability to read and understand English
4. Knowledge of how to fill out Google forms

Exclusion Criteria. The sample population did not include those who match these criteria

1. Age below 18 or above 35 years
2. Individuals who do not have access to the internet.
3. Individuals who do not know the English language.
4. Individuals who do not know how to fill a Google form

Tools

The research used the following tools,

- **12-Item Grit Scale:** The scale developed by Duckworth is used to measure grit, which is the tendency to sustain interest in and effort toward very long-term goals (Duckworth et al., 2007). This tool consists of a Likert scale of five options (Very much like me, Mostly like me, Somewhat like me, Not much like me, Not like me at all).
- **Functional Idiographic Assessment Template Questionnaire (FIAT- Q, Short form):** The FIAT-Q short-form questionnaire is developed by Darrow et al. It is made to assess interpersonal functioning within the framework of Functional Analytic Psychotherapy (FAP). (Darrow et al., 2014). This tool has a Likert scale of 6 options (Strongly agree, Moderately agree, Mildly agree, Mildly disagree, Moderately disagree, Strongly disagree.)

Procedure

Participants were selected according to the inclusion and exclusion criteria. Google forms were sent out containing the 2 questionnaires ie., the 12-item grit scale & FIAT-Q Scale, alongside demographic details such as age and gender. Scoring for both scales was done using Jamovi, based on which the data was analyzed to establish a relationship between the variables.

Statistical Analysis

The data for the study was analyzed using the Jamovi using Pearson's Correlation Analysis. The results of both questionnaires were analyzed separately and later correlated to find the strength between both variables.

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Ethical Considerations

The following ethical guidelines were strictly followed during the course of the research,

- **Informed Consent:** Participants received comprehensive information about the study's objectives, procedures, and potential risks before their participation. Consents were obtained voluntarily, confirming their willingness to participate without any coercion.
- **Voluntary Participation:** Participants were assured of their right to participate freely, emphasizing that their involvement was entirely voluntary and they could withdraw at any stage of the study without any consequences.
- **Confidentiality:** All collected data were treated with strict confidentiality, and was used solely for research purposes. Personal identifiers were removed to protect participant privacy.
- **Protection from Harm:** The well-being of participants was always the top priority. Multiple measures were in place to minimize any potential harm or discomfort resulting from the study, ensuring all participants were safeguarded against adverse effects.

Timeline

- January Week 1- February Week 1: Collecting information on variables, reviewing the literature, forming a basic idea on methodology, and completing the proposal
- February week 2: Creating Questionnaires with Google Forms
- February Week 2- April Week 1: Data Collection
- April Week 2: Data Analysis & Results

RESULTS & DISCUSSION

Results

The data was collected from 112 participants, using Google Forms. It was collected from the age group 18 - 35 years old individuals. The analysis was conducted using Jamovi (Version 2.4).

Descriptive Statistics

Table 1 Descriptives

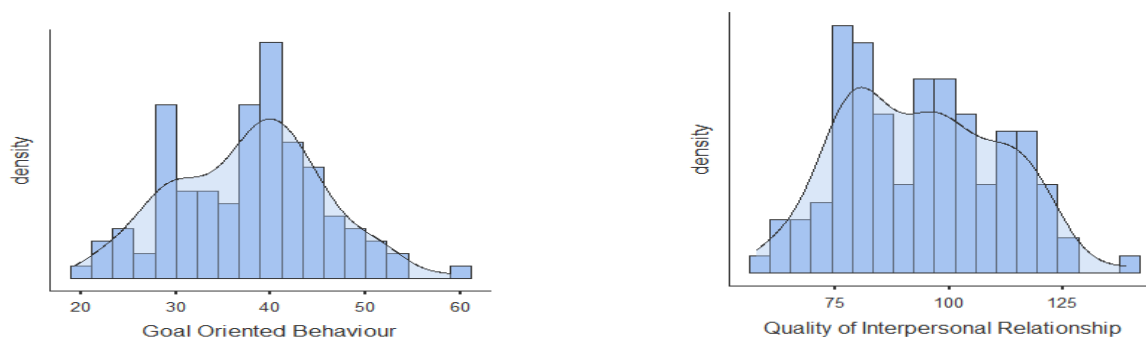
	Goal Oriented Behaviour	Quality of Interpersonal Relationship
N	112	112
Missing	0	0
Mean	37.6	93.8
Median	38.0	94.0
Standard Deviation	7.83	17.1
Shapiro-Wilk W	0.990	0.979
Shapiro-Wilk p	0.566	0.070
Maximum	59	139
Minimum	19	58
Skewness	-0.00734	0.181
Std. error skewness	0.228	0.228
Kurtosis	-0.291	-0.720
Std. error Kurtosis	0.453	0.453

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Interpretation. The descriptives showcase that

- N: This represents the sample size. Both variables have 112 observations.
- Missing: For both variables, there are no missing values.
- Mean: The arithmetic average, For Quality of Interpersonal Relationships, the mean is 93.8, and for Goal-oriented behavior, it is 37.6.
- Median: This is the middle value when all the observations are arranged in ascending order. For QOIR, the median is 94, and for GOB, it is 38.
- Standard deviation: This measures the amount of variation or dispersion from the mean. GOB has a standard deviation of 7.83, while QOIR has a more spread-out set of values with a standard deviation of 17.1.
- Minimum & Maximum: These represent the smallest and largest values in the dataset, respectively. For GOB, the values range from 19 to 59. For QOIR, they range from 58 to 139.
- Kurtosis is a statistical measure reflecting the shape of a distribution's tails and peak, with kurtosis values of -0.720 and -0.291, both distributions would be categorized as platykurtic.

Figure 1 Density Histogram of Variables

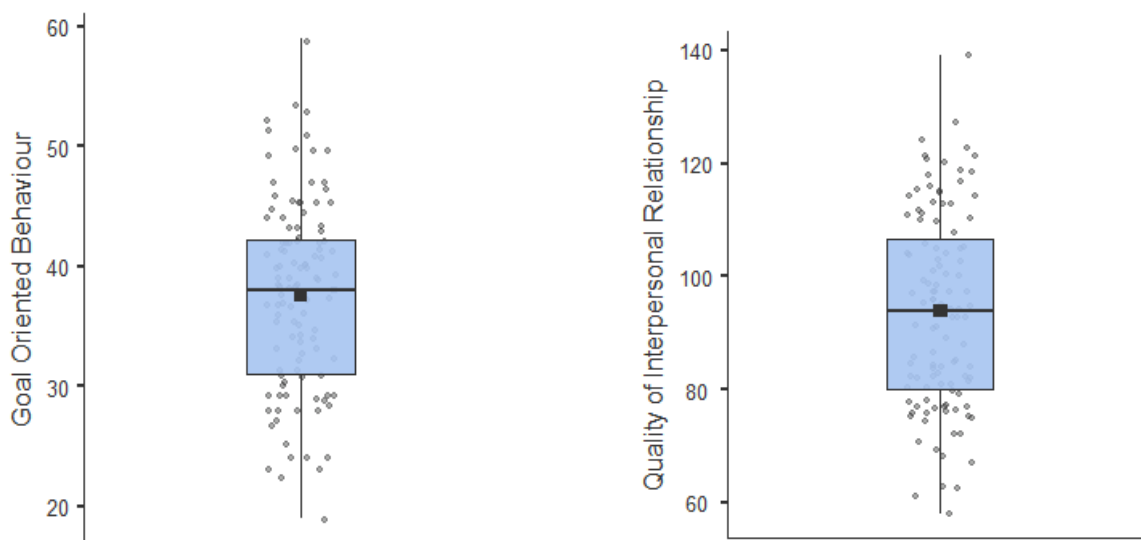


Normality of the Distribution

The data was tested to find out if it was normally distributed, the test used was the Shapiro-Wilk test and the results are:

- Shapiro-Wilk W: This is a test statistic used to check if a variable's distribution is approximately normal. The closer the value is to 1, the more evidence there is for normality. For GOB, the W value is 0.990, suggesting it's close to a normal distribution. For QOIR, the value is 0.979.
- Shapiro-Wilk p: This is the p-value associated with the Shapiro-Wilk test. A p-value more than a typical significance level (e.g., 0.05) suggests the data is normally distributed. For GOB, the p-value is 0.566, For QOIR, the p-value is 0.070, suggesting the distribution is normal.

Figure 2 Boxplots of Variables



Correlation Analysis

Table 2 Correlation Between Goal-Oriented Behavior and Quality of Interpersonal Relationships (Simplified Table)

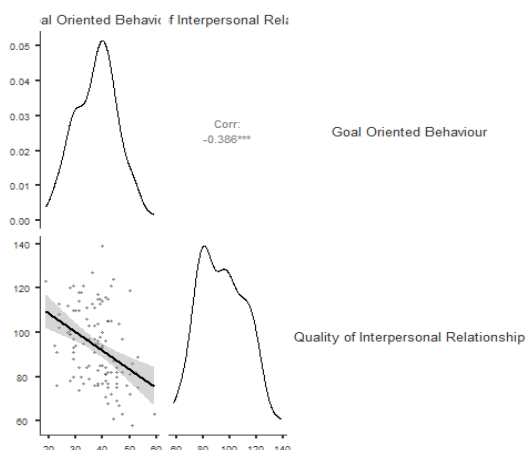
For a full correlation matrix, see Appendix A.

Variable	Pearson's r	p-value	df
Goal-Oriented Behavior & Quality of Interpersonal Relationships	-0.386	< .001	110

- **Pearson's r:** This is a Parametric measure of rank correlation, which assesses how the relationship between two variables can be described. It can take values from -1 to 1. A value of 1 indicates a perfect positive relationship, -1 indicates a perfect negative relationship, and 0 indicates no relationship.
- For GOB vs. QOIR, the Pearson's r is -0.386. This can be categorized under a moderate negative correlation between our independent and dependent variables, Goal-oriented behavior, and Quality of Interpersonal relationships.
- **df (degrees of freedom):** This refers to the number of values in the final calculation of a statistic that are free to vary. For correlation, the degrees of freedom is typically $N - 2$, The df for GOB and QOIR is 110, which indicates there were 112 paired data points (since $112 - 2 = 110$)
- **p-value:** This provides a test of the hypothesis that the correlation is different from 0 (i.e., that there is a relationship). Typically, a p-value less than 0.05 is considered evidence that the correlation is statistically significant, although this threshold can vary based on context or field.

The p-value for GOB vs. QOIR is <0.001 , which is lesser than 0.05. This suggests that the observed correlation (-0.386) is statistically significant, and we do have evidence to reject the hypothesis that there's no correlation between GOB and QOIR.

Figure 3 Correlation



- **Interpretation.** Pearson's correlation between GOB and QOIR is -0.386, which indicates a moderate negative relationship between the two variables. Furthermore, this correlation is statistically significant ($p = >0.001$), so we can confidently say that a relationship exists between GOB and QOIR based on this data.
- Hence, we reject the Null Hypothesis. In simpler terms, based on the data provided, GOB and QOIR do appear to be moderately negatively correlated, i.e. if an individual exhibits more levels of goal-oriented behaviour, it is moderately likely that they will have decreased quality of interpersonal relationships.

DISCUSSION

Upon the collection of the data received, the first step taken was to find out if the data-set was normally distributed or not and to examine that we employed the assessment of normality. The test applied here was the Shapiro-Wilk test. Because the significance value for GOB is 0.990 and for QOIR, the p-value is 0.979, suggesting that the data collected is normally distributed. The questionnaire was administered to 112 subjects belonging to the age group of 18-35 years. Firstly, research must try to inculcate a larger sample size that encompasses people from all walks of life and not just restricting it to adults belonging to the age group of 18-35 years. Since the questionnaires were distributed via social media platforms, cross-checking with the doubts emanating from the respondent's end could not be catered to. Hence there would have been biases or dishonest opinions while answering the questions. There was survey fatigue or delays in the reversion of responses because of which the study was detained from conducting further analysis of the data. The sentiment of the respondent's answers is prone to be misinterpreted because of the close-ended questions.

The research demonstrated a moderately negative correlation (-0.386) between goal-oriented behaviour and the quality of interpersonal relationships. This result is noteworthy because it supports the widely held notion that people who are driven and focused on their careers typically have less interest in sustaining relationships. This study highlights the significance of striking a balance between relationships and financial security in order to achieve overall life satisfaction and pleasure.

It's crucial to remember that this study has drawbacks, such as a small sample size and poor data variability. These problems point up directions for further work, implying that more extensive and varied sample sizes could yield stronger results.

SUMMARY & CONCLUSION

Findings

There was a moderately negative correlation observed between the variables of goal-oriented behaviour and quality of relationships (p-value of -0.386), indicating that more academic goal orientation leads to reduced quality of relationships in people of 18-35 years.

Implications

The findings of the research have established a significant relationship between the variables of goal-oriented behaviour and the quality of relationships. This moderately negative correlation can be used to uptake further research studies on the topic, analysing the association in depth. This study also implies an effect on individuals' social lives due to their goal-achieving tendencies, which better understand the circumstances of various individuals and possibly identify the issues of social support in people with high goal-oriented behaviours. The results of the study can ensure vigilance in goal-oriented people and provide strategies to improve the quality of their social connections.

Limitations of the Study

1. Lack of enough participants due to time constraints.
2. Since the study was done using an online survey, it is impossible to confirm how seriously individuals answered the questions.
3. Extraneous variables such as upbringing and cultural factors can impact how an individual perceives the environment.
4. The study is not very generalizable as there are not many participants representing different demographics.

Future Research Suggestion

Future research can focus on a larger sample size and also include people from different geographical & cultural backgrounds to get accounts of more varied groups of people and effectively generalize the findings. The above study was quantitative and therefore, a qualitative study would allow us to find different aspects of the relationships, different factors involved in goal-oriented behaviour and the cultural context in which these behaviours occur. Thus, a qualitative study would bring a different and wider perspective to the understanding of the relationship between the variables studied. Longitudinal and cross-sectional studies can be used to understand the relationship of the variables. Using a longitudinal study would help in studying the long-term effects of the association between the variables, whereas a cross-sectional study would help in analysing the wider aspects of the factors affecting the variables. An experimental study could also be done as it would help us find intervention strategies to combat the negative effects of the association and effectively help people improve their relationship quality.

CONCLUSION

This study was aimed at filling the research gap between the variables of an individual's goal-oriented behaviour and the quality of their interpersonal relationships. The findings uncovered a moderate negative correlation between these variables and opened a path to future research implications. Through this research study, the relatively untouched portion of the effects of goal-oriented behaviour has come to light and can further influence the field by both qualitative and quantitative means. The underlying factors that mediate this relationship have not been explored, which can provide more insights into this phenomenon. More further research is necessary to predict the real-life implications and identify the possible strategies to alleviate the negative consequences of the relationship. Thus, experimental studies,

qualitative studies, and longitudinal as well as cross-sectional studies delving into the details of the impact of goal-oriented behaviour on the quality of relationships need to be established and developed.

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Conflict of Interest

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