

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

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ABSTRACT

This research focused on the impact of Big Five personality traits (BFI-10) on conflict resolution styles and relationship satisfaction among young adults. A total of 163 participants completed measures of personality, relationship satisfaction (Burns Scale), and conflict styles (Conflict Resolution Styles Inventory). Results indicated that relationship satisfaction and integration (adaptive) conflict styles were linked to agreeableness and conscientiousness; however, maladaptive styles (e.g., aggression, avoidance) were not. Regression analyses showed that all conflict styles were predicted by personality traits, where the highest predictor was agreeableness. While it appeared that higher relationship satisfaction was linked to higher levels of agreeableness and conscientiousness, those effects were slight. This study's findings can be used in counseling to help understand the role of personality within relationship dynamics.

Keywords: *Big Five personality traits, relationship satisfaction, conflict resolution styles, BFI-10, CRSI, agreeableness, conscientiousness, neuroticism, emotional stability, young adults, romantic relationships, adaptive conflict strategies, maladaptive conflict strategies, interpersonal dynamics, relationship counseling, regression analysis, Pearson correlation*

In what ways do personality traits shape the fulfillment and discord in a relationship?

Maslow's hierarchy of needs* proposes that an individual achieves ultimate satisfaction through self-actualization and personal relationships. Self-actualization means that an individual achieves what they are capable of, deriving tangible satisfaction through enhanced creativity, problem-solving, and independence. Furthermore, satisfaction in relationships encompasses the balance of feelings, emotions, satisfaction, marital harmony, and overall well-being in social roles. Here, it is critical to note that personality traits are seldom regarded when considering the relationship aspect. However, it is the underlying cause that practically constructs the attitudes and behaviors regarding personal relationships. Understanding these concepts—in conjunction with the focus of this paper—opens revealing questions like the following: Is there a link between one's satisfaction with romantic relationships and the degree of openness in their personality?

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How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

The field of personality studies offers The Big Five as the overriding classes for broad categorization: **Conscientiousness, Extraversion, Agreeableness, Neuroticism, and Openness**. Each of these factors plays a different role in social and interpersonal relations across a variety of situations, which also means that the impact of their interplay is unpredictable while revealing myriad opportunities for future research. For instance, varied effects of openness on social participation alongside the knowledge that high neuroticism spice up reality gives us the ability to gain deeper insight into changes that these factors can achieve toward general relationship fulfillment. Additionally, it can be proposed that a person who demonstrates high scores for neuroticism is more likely to be prone to anxiety and insecurity toward intimate relationships, thus reducing their overall level of satisfaction, whereas their highly open counterparts may reach greater levels of happiness thanks to the ability to adjust and open themselves toward trying new important factors that can easily lead to elevation in relationship contentment and fulfillment.

Moreover, in a partnership, some personality traits can be synergistic and boost enjoyment. For instance, highly agreeable and extraverted people might be socially welcomed as they tend to articulate well and resolve conflicts in a harmoniously positive manner, which benefits relationships. On the contrary, mismatching personality traits tend to increase stress and conflict which negatively affects relationship satisfaction.

Relationship Satisfaction

As noted in Karney and Bradbury (1995) VSA theory of marital satisfaction, the two partner's personality matters. Similar to the concern of medical condition, the personality trait of vulnerabilities that each person brings into a relationship impacts how a couple interacts with each other in terms of communication and dealing with stressful situations (which are interrelated). Constructing the precise pathway that personality seemingly follows through, which leads to challenging situations and coping strategies can reveal a lot. In order to study these relations adequately, a longitudinal study design capturing personality measures (ideally before or around the commencement of the relationship) and later assessing relationship satisfaction would help.

A robust connection between tone- reported connubial pleasure (which was evaluated in 1936-1941, 1955, and 1980) and neuroticism (assessed by familiarity judgments in the 1930s) was discovered by an innovative study, which monitored 300 couples across 45 different instances (Kelly & Conley, 1987). Since then, there have been quite a few studies which examine personality and relationships issues spanning over several years. Using the Dunedin sample, researchers studied how previous personality traits measured at age 18 impacted relationship factors at ages 21 and 26 (Robins, Caspi, & Moffitt, 2002). While those with higher levels of constraint (CN) and positive emotionality (PEM) showed to experience more fulfilling and less aggressive romantic relationships, those with higher levels of negative emotionality (NEM, a personality trait similar to BFM Neuroticism) at age 18 dealt with more challenging relationships (lower quality, higher conflict, and abuse) at both ages 18 and 26 (Robins et al., 2002). Specifically, PEM and CN were found to predict some improvements in relationship quality, but NEM was associated with a gradual decline over time.

Influences of Personality on a Relationship and Conflict Resolution

According to Roberts and DelVecchio (2000), most people's personalities are relatively constant, but they can undergo some form of intraindividual change (e.g., Bleidorn et al, 2009; Hopwood et al., 2011). A growing body of research demonstrates that life events,

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

such as entering a romantic relationship, starting a new job, or the death of someone close, alters personality traits (e.g., Bleidorn & Hopwood, 2006; Lucas, 2018; Leikas & Salmela-Aro, 2015; Specht et al., 2011). Back and Vazire (2015) highlight that many key features of personality, which psychologists have found paramount, stem from social concerns, backing the hypothesis posed by the authors of this work who examined truly common and poignant life events. In fact, Roberts, Wood, and Smith (2005) argue that finding and maintaining a partner, which they refer to as social living, is one of the universal tasks that has profound contributions to personality change.

Data suggests that an individual's personality might be profoundly affected by having or not having a relationship during the time period under examination. Those who part from a partner become more conscientious and agreeable, while those who get married during the study become less friendly and less open (the passing of a collaborator also showed significant advantages for change of personality), according to a 25-time follow-up study (Specht et al. 2011) of German residents. In essence, there is remarkable impact when one enters into a first romantic relationship.

In one of the studies that analyzed personality traits and posterior linkage changes over eight times in a cohort of German adults from their early 20s to their mid-30s, singletons exhibited enduring patterns of paranoia coupled with circles of extraversion, whereas those who entered a romantic relationship at any point showed steep increases in extroversion and decreases in neuroticism (Neyer & Lehnart, 2007). This effect was later replicated for neuroticism weighted by negative affect (depression, social anxiety) in a sample of younger adults from the United States (Lehnart et al., 2010). In the most recent study by Lavner, Weiss, Miller, and Karney (2018), they reported that newlyweds tend to score higher on traits associated with being more conscientious (men) and lower on agreeableness (women and men), lower on openness and higher on neuroticism (women).

From cross-sectional and longitudinal perspectives, research confirms that communication, and more specifically concession in conflict, is fundamentally linked to relational stability and satisfaction (Brenda, Susan, & Clyde, 1998; Carrere & Gottman, 1999; Gottman & Krokoff, 1989; Markman, 1979, Markman 1981; Rogge & Bradbury, 1999). Most treatment approaches for distressed couples focus on conflict communication as the avenue for transformation (Benson, McGinn, & Christensen, 2012; Lavner, Karney, & Bradbury, 2016; Wood, Moore, Clarkwest, & Killewald, 2014). Communication issues are cited by divorced (Hawkins, Willoughby, & Doherty, 2012) and distressed (Doss, Simpson, & Christensen, 2004; Miller, Yorgason, Sandberg, & White, 2003) couples as one of the significant reasons for relationship discord and dissolution. All these findings put into perspective how important effective communication is for relationship satisfaction.

One of the most important components of people's general happiness and well-being is relationship satisfaction. It is affected by a number of things, including as compatibility, communication, and trust. Personality qualities are one element that is frequently disregarded, though. People's behaviors, attitudes, and preferences are greatly influenced by their personality traits, and this can have an effect on how happy they are in romantic relationships. The relationship between personality qualities and relationship satisfaction will be discussed in this article, along with how various traits can either improve or degrade the quality of relationships.

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

The Big Five personality qualities—conscientiousness, extraversion, agreeableness, neuroticism, and openness—are five major categories into which personality traits can be widely divided. Relationship satisfaction may be impacted differently by each of these factors. People with high degrees of openness, for instance, might be more open to trying new things and adjusting to changes in their relationship, which could result in higher levels of happiness. Conversely, people with high neuroticism might be more likely to experience anxiety and insecurity, which could have a detrimental effect on how happy they are in relationships.

Furthermore, in a partnership, some personality features can enhance one another, increasing enjoyment. People with high levels of agreeableness and extraversion, for example, may naturally be able to speak clearly and settle disputes amicably, which can improve relationships. On the other hand, mismatched personality traits can lower relationship happiness by causing stress and conflict.

Relationship Satisfaction

According to Karney and Bradbury's (1995) VSA theory of connubial happiness, each partner's personality is important. Similar to personality features, the medical condition vulnerabilities that each person brings to the relationship affect how couples communicate and handle stressful events (both of which are related). Pay attention to the exact route that personality suggests, which leads to difficult circumstances and adaptive mechanisms. To properly investigate this, longitudinal information on personality rates (either prior to the connection or about concurrent with its beginning) and subsequent satisfaction with the relationship would be required.

Indeed, a groundbreaking study that tracked 300 couples for 45 times discovered a strong correlation between tone-reported connubial pleasure (assessed in 1936 – 1941, 1955, and 1980; Kelly & Conley, 1987) and neuroticism (as determined by familiarity judgments in the 1930s). Since also, still, there have been veritably many studies that have looked at personality and relationship issues over an extended period of time. Experimenters looked at how precedent personality rates at age 18 affected relationship issues at periods 21 and 26 using the Dunedin sample (Robins, Caspi, & Moffitt, 2002). While those with advanced situations of constraint (CN) and positive emotionality (PEM) tended to have happier and lower vituperative intimate connections, those with advanced situations of negative emotionality (NEM, a personality particularity analogous to BFM Neuroticism) at age 18 tended to have further negative relationship issues (lower quality and advanced conflict and abuse) at both periods 18 and 26 (Robins et al., 2002). specially, PEM and CN prognosticated advancements in quality, but NEM was linked to connections gradationally getting worse over time.

Personality Influence on Relationship and Conflict Resolution

Although most people's personalities are rather stable, intraindividual change is nevertheless conceivable, according to Roberts and DelVecchio (2000) (e.g., Bleidorn, Kandler, Riemann, Angleitner, & Spinath, 2009; Hopwood et al., 2011). A increasing body of research indicates that personality traits are susceptible to change in response to life events, such as relationships, jobs, or the loss of a loved one (e.g., Bleidorn, Hopwood, 2006; & Lucas was 2018; Leikas & Salmela-Aro, 2015; Specht et al., 2011). It should be no surprise that many of the concerns which personality psychologists have deemed crucial were social in origin, given the authors of this work have focused on genuinely common and seemingly pivotal life gests (Back & Vazire, 2015). In fact, Roberts, Wood, and Smith (2005) claim

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

that the "universal tasks associated with social living," such as finding and keeping a partner, have a significant role in personality change.

There is evidence to support the idea that a person's personality may be significantly impacted by their experience entering or exiting a relationship. People who depart from a partner are more diligent and agreeable, whereas those who tie the knot during the study are less convivial and open (the passing of a collaborate additionally demonstrated significant benefits for personality change), according to a 25-time follow-up study (Specht et al. 2011) of German residences (assessed annually). In general, there are unique consequences when someone enters into their first romantic relationship. In one study that assessed personality characteristics and posterior connection transitions over an eight-time time in a sample of German adults accompanied from their twenties to early 30s, singletons showed stable circles of paranoia and extraversion, whereas those who started an intimate relationship at any point showed substantial rises in extroversion and reduces in neuroticism (Neyer & Lehnart, 2007). Later, this effect was significantly replicated for neuroticism angles associated with negative affect (i.e., depression, social anxiety) in a sample of young adults in the United States (Lehnart et al., 2010). In their most recent study, Lavner, Weiss, Miller, and Karney (2018) found that newlyweds are more likely to be conscientious (for men) and less agreeable (for women and men), boon (for men), and open and neurotic (for women).

Both cross-sectionally and longitudinally, there's substantiation that communication — and in particular, conflict concession is explosively linked to relationship stability and satisfaction (Brenda, Susan, & Clyde, 1998; Carrère & Gottman, 1999; Gottman & Krokoff, 1989; Markman, 1979, Markman, 1981; Rogge & Bradbury, 1999). utmost interventions for worried couples concentrate on conflict communication as the medium of change (Benson, McGinn, & Christensen, 2012; Lavner, Karney, & Bradbury, 2016; Wood, Moore, Clarkwest, & Killewald, 2014). Communication issues are cited by separated (Hawkins, Willoughby, & Doherty, 2012) and worried (Doss, Simpson, & Christensen, 2004; Miller, Yorgason, Sandberg, & White, 2003) couples as one of the primary causes of relationship disharmony and dissolution. This data emphasizes how pivotal effective communication is to relationship pleasure.

REVIEW OF LITERATURE

Examining the Connection Between Personality Factors, Methods of Conflict Resolution and Relationship Satisfaction Levels

Psychological well-being and life satisfaction has always received attention from scholars. An area of concern is romantic and marital relationship satisfaction because it deeply impacts both. Numerous studies have evaluated one or more individual relational factors that include traits like personality, emotional intelligence, conflict resolution style, communication, and a countless number of others which affect the quality and stability of any romantic relationship. This review integrates findings from a range of contemporary studies focusing attempts on uncovering how individual traits and characteristics, dyads, and contextual factors tell us about romantic relationship satisfaction.

Conflict Resolution and Adaptability

Within the study of 155 married couples, Ünal & Akgün (2020) examined the effects of conflict resolution strategies on marital satisfaction using the Actor-Partner Interdependence Model (APIM). It was shown that spouses' positive conflict resolution styles predicted their own and their partners' marital satisfaction through the mediating effect of marital

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

adaptability. Most interestingly, it seems that husbands' styles, whether positive or negative, had a stronger impact on predicting the satisfaction of both partners.

Complementarily, Kaygas & Özbay (2023) evaluated the issue of how relational adaptability affects the connection between conflict frequency and relationship satisfaction among Turkish women. Findings indicated that adaptability helps mitigate the impact of frequent conflict, which emphasizes the importance of flexibility in managing balance within relationships.

Todorov et al. (2023) continued this line of research to adolescent relationships and found withdrawal as a mediating variable between low emotional regulation and relationship satisfaction. Particularly, boys' withdrawal inflicted a substantial negative effect on their female partners' relationship satisfaction which draws attention to the need for emotional development in younger people.

Stress, Vulnerability, and Adaptation

McNulty et al. (2021) looked at data from ten longitudinal studies in order to test the Vulnerability-Stress-Adaptation (VSA) model. The findings emphasized the impact of stress from both partners on the interactions, as the level of stress affected changes in marital satisfaction. While stress was shown to moderate behavior and satisfaction in marriage, compliance to behavioral expectations was necessary, and stress disrupted the anticipated positive impact adaptive behaviors would bring. This indicates that it is not only coping strategies that are interfered with—there is a shift in response patterns over time in how partners interact with one another.

Zorlular & Uzer (2023) detailed Sensory Processing Sensitivity and their findings suggested that high SPS predicted lower relationship satisfaction through greater negative affect and maladaptive conflict resolution styles. Early-life adversity did not moderate the effect, but SPS emerged as a sensor risk factor for relational distress, validating the diathesis-stress model.

Personality Traits and Relationship Satisfaction

Personality traits remain at the forefront as decisive factors transforming relationships. Agu (2022) examined the impact of the Big Five personality traits on dating satisfaction of students of a Nigerian university and reported that openness, conscientiousness, and agreeableness positively predicted relationship satisfaction, whereas neuroticism negatively affected it. No significant predictive relationship was noted for extraversion.

In the same context, Shakib & Rezvani (2024) sustained that those traits deemed to be more empathetic and adaptive in relationships, such as openness and agreeableness, motivate and justify neuroticism and conscientiousness as destructive forces in relational harmony due to emotional volatility or unreasonably low expectations.

Kaur and Soni (2024) showed that neuroticism had a positive correlation with attachment anxiety and avoidance, which subsequently predicted lower satisfaction with the relationship. Relationship of the sexes distinguished women as assessment classed higher in neuroticism, while men showed higher scores in extraversion, with pertaining consequences for relationship dynamics.

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

Perceived vs. Actual Similarity

The most recent evidence distinguishes between true conflictual or biased underlying personality similarity and perceived similarity between partners. Üyesi et al. (2023), applying the Truth and Bias model within APIMeM, demonstrated that it was perceived similarity, not personality overlap, which was more indicative of marital satisfaction. Of note, spouse tolerance mediated the effect of these biases to satisfaction, indicating that without a more accepting and tolerant mental frame, the negative impact of these biases is inevitable.

Illia & Okul (2024) tested a similar hypothesis and found that only gregariousness revealed a significant Actor-Partner match effect. This suggests that out of many traits, some social personality traits are more likely to impact reciprocal satisfaction.

Weidmann et al. (2023) evaluated the impact of matched personality orientations (angles) on life and relationship satisfaction. The authors did not find any correlation, which suggests that the expectation of “similarity equals satisfaction” is too simplistic given the intricacies of dyadic personality systems.

Personality and value Congruence

Ye et al (2023) studied value and personality similarity among 189 dating Chinese couples using Response Surface Analysis (RSA), which resulted in self-enhancement values along with conscientiousness and agreeableness to be strong predictors of both gender’s satisfaction, though women were more affected by similarity of conscientiousness. Still some values such as conservation and traits like extraversion showed no similarity effects suggesting nuanced gendered responses to personality alignment.

Communication, Emotional Intelligence, and Technological Contexts

Satyamurthy et al. (2024) studied the influence of communication, emotional intelligence, and work-life balance on relationship satisfaction by conducting qualitative interviews with 25 couples. Thematic analysis led to the identification of six factors: effective communication, emotional intimacy, resolution of conflict, technology use, work-life balance and overall satisfaction. The authors highlighted the central role of active listening and empathic processes as key to sustaining intimacy. As a point of interest, technology was found to both help and hinder intimacy, highlighting the contradictions inherent in contemporary relationship dynamics.

Integrative Implications

From the many studies reviewed, the following integrating issues come to light:

- Conflict management is the most important skill—regardless of culture, age, or stage in any relationship. Adaptive strategies such as affirmative problem-solving and emotional self-regulation are associated with greater satisfaction.
- Personality traits are important but perception and flexibility may be more important. While individual characteristics like high agreeableness, emotional stability, and conscientiousness usually serve as predictors of satisfaction, perceived social similarity and tolerance often override objective comparability for predicting outcomes.
- Stress and sensitivity have a complicated interdependent relationship with the dynamics of interaction. Under stress, normally adaptive behaviors may be disrupted,

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

and traits like SPS or neuroticism may intensify dysfunctional relational patterns unless tempered by good coping strategies.

- As noted, communication along with emotional intelligence has many associated mediating roles. The ability of couples to resolve problems successfully tends to be greater due to heightened empathy, greater openness, better conflicts resolution, and active management skills. Inversely, withdrawal and poor emotion regulation, especially among men and adolescents, greatly diminishes satisfaction.
- Cultural and contextual modifications shape experiences. Research conducted in Nigeria, Turkey, Canada, and China, alongside Western countries showcases some universal patterns and culture-specific subtleties in relationship processes that are used globally.
- The role of technology, along with contemporary stressors, needs to be further investigated. Satyamurthy et al. (cite), for example, shows that boundaries created by technology-mediated communication and modern practices of balancing work-life conflicts become ever more important alongside enduring predictors such as personality or emotional intelligence.

METHODOLOGY

Aim:

To examine how personality traits influence relationship satisfaction and conflict resolution styles among young adults.

Objectives:

1. Assess the relationship between Big Five personality traits and relationship satisfaction.
2. Examine the association between personality traits and conflict resolution styles.
3. Identify traits that predict adaptive or maladaptive conflict behaviors.

Rationale:

Understanding how personality impacts interpersonal functioning is vital in both clinical and everyday settings. While the Big Five traits have been individually linked to relationship outcomes, this study integrates their influence on both satisfaction and conflict resolution to inform interventions and counseling strategies.

Hypotheses:

- **H₁:** Higher levels of traits like agreeableness and emotional stability will be positively associated with relationship satisfaction and adaptive conflict styles.
- **H₀:** No significant relationship exists between personality traits and relationship outcomes.

Research Design:

A cross-sectional, correlational survey design was used. Data were collected through self-report questionnaires and analyzed using Pearson correlation and multiple linear regression.

Sample:

The final sample included 163 volunteers (aged 18–35) from diverse backgrounds. Convenience sampling was used. Incomplete or non-consenting responses were excluded.

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

Tools:

1. **BFI-10:** A 10-item scale assessing the Big Five traits using a 5-point Likert scale.
2. **Relationship Satisfaction Scale (RSS):** Measures perceived contentment in relationships.
3. **Conflict Resolution Styles Inventory (CRSI):** Assesses five conflict styles—cooperating, compromising, accommodating, avoiding, and competing.

Procedure

Participants completed an online survey via Google Forms after providing informed consent. Data were analyzed using Python (Pandas, StatsModels) for descriptive statistics, correlations, and regressions. Ethical standards, including anonymity and voluntary participation, were strictly followed.

RESULTS

Sample Size: N = 163

Table 1. Descriptive Statistics

Variable	N	Mean	SD	Min – Max
Extraversion	163	3.07	0.93	1.00 – 5.00
Agreeableness	163	3.21	0.93	1.00 – 5.00
Conscientiousness	163	3.09	0.89	1.00 – 5.00
Neuroticism	163	3.06	0.95	1.00 – 5.00
Openness	163	3.21	0.72	1.50 – 5.00
RSAT Total	163	4.47	1.04	1.00 – 6.00
Avoiding Style	163	2.37	0.60	1.00 – 4.00
Integrating Style	163	2.69	0.53	1.33 – 4.00
Yielding Style	163	2.17	0.57	1.00 – 4.00
Aggressive Style	163	2.02	0.82	1.00 – 4.00

Interpretation: Participants scored moderately across all Big Five traits, with slightly higher scores for Agreeableness and Openness. Relationship satisfaction was relatively high (M = 4.47), while Aggressive and Yielding styles were less common.

Table 2. Pearson Correlation Matrix: Traits and Outcomes

Trait	RSAT	Avoiding	Integrating	Yielding	Aggressive
Extraversion	-0.12	0.21	-0.02	0.15	0.21
Agreeableness	0.18	-0.26	0.10	-0.27	-0.41
Conscientiousness	0.20	-0.24	0.26	-0.18	-0.25
Neuroticism	-0.13	0.04	-0.11	0.20	0.10
Openness	0.10	-0.09	-0.03	-0.05	-0.19

Interpretation: Relationship satisfaction was positively associated with Conscientiousness and Agreeableness. Aggressive conflict style showed strong negative correlations with Agreeableness and Conscientiousness.

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

Table 3. Regression Summary: Predicting Conflict Styles from Personality Traits

DV	R ²	F p-value	Significant Predictors (p < .05)
Avoiding	0.134	0.000	Extraversion (p=0.049), Agreeableness (p=0.011), Conscientiousness (p=0.013)
Integrating	0.074	0.033	Conscientiousness (p=0.003)
Yielding	0.115	0.002	Agreeableness (p=0.005)
Aggressive	0.230	0.000	Agreeableness (p=0.000), Conscientiousness (p=0.028), Openness (p=0.047)

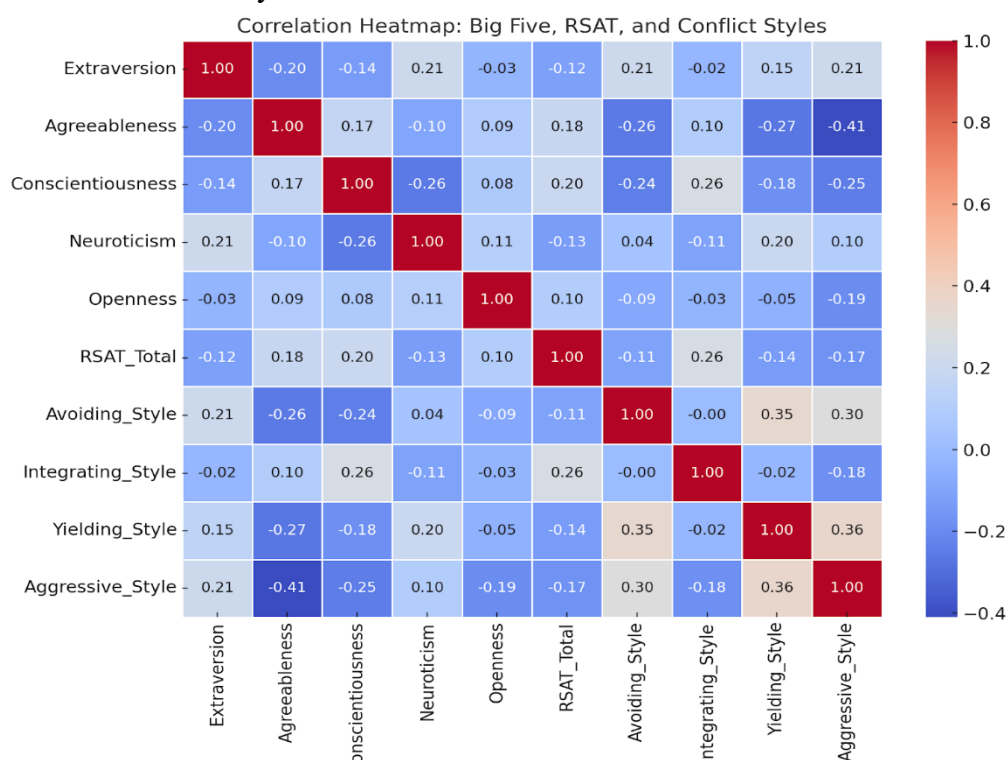
Interpretation: Conflict styles were significantly predicted by personality traits. Avoiding was predicted by low Agreeableness and Conscientiousness and higher Extraversion. Aggressive style had the strongest predictors, including low Agreeableness, Conscientiousness, and Openness.

Hypothesis Test Summary

Hypothesis	Supported?	Evidence Summary
H ₁ : Personality traits predict relationship satisfaction	Partially	Conscientiousness (p = .075) and Agreeableness (p = .103) showed trends but not significant.
H ₁ : Personality traits predict adaptive conflict styles	Yes	Significant predictions for Avoiding, Yielding, Integrating, and Aggressive styles.
H ₀ : No relationship exists between traits and DVs	Rejected	Multiple significant correlations and regression predictors found.

Figure 1. Correlation Heatmap

This heatmap displays correlations between the Big Five traits, relationship satisfaction, and conflict resolution styles.



DISCUSSION

This study aimed to investigate how personality qualities, as defined by the Big Five model, affect relationship satisfaction and conflict resolution styles among people. The results somewhat confirmed the theory that higher degrees of particular personality traits—especially agreeableness and emotional stability (low neuroticism)—would be linked with higher relationship satisfaction and more adaptive conflict resolution techniques. While the regression analysis forecasting relationship satisfaction from the Big Five qualities did not attain high statistical significance overall ($R^2 = .079$, $p = .024$), trends were noted. There were slight positive correlations for conscientiousness ($p = .075$) and agreeableness ($p = .103$). This is consistent with earlier studies indicating that people who are high in conscientiousness and agreeableness tend to have more stable, fulfilling relationships because of their inclinations to be reliable, cooperative, and considerate of others' needs (Malouff et al., 2010; Nofle & Shaver, 2006). Although neuroticism was negatively related to happiness, it was not statistically relevant; earlier research, however, had linked high neuroticism with poorer relationship quality (Karney & Bradbury, 1995).

The regression analyses forecasting conflict resolution patterns revealed more interesting results. Every approach revealed notable forecast from at least one personality characteristic. Consistent with avoidance being a passive and less productive mode (Rahim, 2002), low agreeableness and conscientiousness as well as greater extraversion predicted avoiding. Conscientiousness was said to be integrating, implying that responsible and self-control help to resolve cooperation (Hocker & Wilmot, 2018). Yielding style was adversely connected to agreeableness, perhaps indicating maladaptive compliance. Low agreeableness, conscientiousness, and openness highly predicted aggressive style, corresponding with previous research connecting these characteristics to hostile interpersonal conduct (Jones et al., 2011).

CONCLUSION

This study contributes to the growing body of research demonstrating that personality traits significantly influence both relationship satisfaction and conflict resolution approaches. While personality alone does not determine relationship outcomes, traits like agreeableness and conscientiousness appear to facilitate more constructive conflict resolution and higher satisfaction.

These findings support integrating personality assessments into relationship counseling, as they can provide valuable insights into communication styles, emotional compatibility, and potential conflict triggers. The results underscore the importance of fostering adaptive traits such as emotional regulation and openness during personal development and relational training programs.

Limitations

Several limitations must be acknowledged:

1. Cross-sectional design: The study's correlational nature prevents causal conclusions.
2. Self-report measures: Bias may have been introduced by participants' socially acceptable responses.
3. Sample homogeneity: The sample may lack diversity in age, relationship type, or cultural background.
4. Brief personality measure: The BFI-10, while efficient, may not capture the depth of personality traits as comprehensively as longer inventories.

How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

Future Directions

Future research could address these limitations by:

- Investigating causal links using longitudinal designs.
- Including partner-reported or observer-rated behaviors.
- Examining personality trait interactions (e.g., high neuroticism + low agreeableness).
- Exploring emotional intelligence, attachment style, and cultural context.
- In order to assist individuals and couples in better navigating interpersonal dynamics, therapies may also include personality insights.

Furthermore, personality insights could be used into therapies to assist individuals and couples in better navigating interpersonal interactions.

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How Do Personality Traits Influence Relationship Satisfaction and Conflict Resolution?

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Conflict of Interest

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