

Correlates of Romantic Relationship Satisfaction, Jealousy and Personality in GenZ

Aditi Nanasaheb Girase^{1*}, Dr. Santosh Walke²

ABSTRACT

This study examined the relationship between romantic relationship satisfaction with the sub – variables which are committed relationship and casual relationship, jealousy and personality traits among Generation Z individuals. The research aimed to investigate whether committed and casual relationships, the five personality traits, and jealousy significantly predict romantic relationship satisfaction. A cross-sectional research design was used, and data were collected from GenZ participants using standardized self-report measures. Romantic Relationship satisfaction, jealousy, and relationship types were assessed along with personality traits measured using the NEO-FFI (60 items). Descriptive statistics, Pearson correlation, and linear regression analysis were employed for data analysis. The results revealed a significant positive relationship between committed relationship and romantic relationship satisfaction, whereas casual relationship showed a significant negative association with romantic relationship satisfaction. Among personality traits, openness, conscientiousness, extraversion, agreeableness, and neuroticism were positively correlated with romantic relationship satisfaction, though extraversion contradicted the hypothesized in negative direction. Neuroticism, agreeableness and openness to experience also showed a strong positive relationship with jealousy, though agreeableness and openness to experience contradicted the hypothesized in negative direction. Additionally, committed relationship was positively associated with jealousy, while casual relationship did not show a significant relationship with jealousy. Linear regression analysis indicated that committed relationship, jealousy, and neuroticism significantly predicted romantic relationship satisfaction, whereas casual relationship negatively predicted romantic relationship satisfaction. Other personality traits did not significantly contribute to the regression model. The overall model explained a substantial proportion of variance in romantic relationship satisfaction. The findings suggest that relationship types and emotional factors play a stronger role in predicting romantic relationship satisfaction among Gen Z compared to personality traits alone. The study highlights the importance of commitment and emotional dynamics in understanding satisfaction in modern romantic relationships.

Keywords: *Romantic Relationship Satisfaction, Generation Z, Committed Relationship, Casual Relationship, Jealousy, Personality Traits*

¹MA Research Scholar

²Department of Psychology, Prof. Ramkrishna More Arts, Commerce & Science College, Akurdi, Pune, Maharashtra

*[Corresponding Author](#)

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Generation Z (Gen Z), typically defined as individuals born between the mid-1990s and early 2010s, represents a cohort that has grown up in a highly digital and rapidly changing social environment. Romantic relationships play an important role in psychological well-being, particularly during emerging adulthood. Generation Z individuals experience relationships in a rapidly changing social and technological environment, where both committed and casual relationships are increasingly common. These variations in relationship types may influence romantic relationship satisfaction, making it important to examine factors that contribute to satisfaction among Gen Z.

Previous research has identified commitment as a key factor associated with higher romantic relationship satisfaction, as it promotes emotional investment and relationship stability. In contrast, casual relationships often involve lower commitment and may be associated with different levels of satisfaction. Studies examining relationship stages have also suggested that relationship type significantly influences satisfaction and relationship quality.

Jealousy is another important emotional factor in romantic relationships. It reflects perceived threats and emotional investment, which may influence romantic relationship satisfaction. Some studies have reported positive associations between jealousy and romantic relationship satisfaction, whereas others have found negative relationships, indicating mixed findings.

Personality traits have also been linked to romantic relationship satisfaction. The Five-Factor Model proposed by Costa and McCrae includes neuroticism, extraversion to experience, openness to experience, agreeableness and conscientiousness which influence interpersonal behavior and emotional responses. These traits may shape communication patterns, emotional regulation, and expectations in romantic relationships. However, previous findings regarding the predictive role of personality traits remain inconsistent.

Although previous studies have examined relationship type, jealousy and personality traits separately, limited research has investigated their combined influence on romantic relationship satisfaction among Gen Z individuals. Therefore, the present study aims to examine the correlates of romantic relationship satisfaction by analyzing committed relationship, casual relationship, jealousy, and personality traits among Generation Z.

MATERIALS AND METHODS

Research Design

The present study adopted a cross-sectional, quantitative correlational research design to examine the relationships among romantic relationship satisfaction, committed relationship, casual relationship, jealousy, and personality traits among Generation Z individuals. The design allowed for the assessment of associations and predictive relationships among the variables at a single point in time.

Locale and Duration of the Study

The study was conducted online using Google Forms. Participants were recruited from different regions, primarily college students and working young adults. The data collection was carried out between 2025 and 2026. The online mode ensured accessibility and participation from individuals belonging to Generation Z.

Problem Statement

To find out the relationship between Romantic Relationship Satisfaction, Committed Relationship, Casual Relationship, Jealousy and Personality in GenZ.

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Objectives

1. To assess reliability analysis.
2. To examine the correlates of Romantic Relationship Satisfaction, Committed Relationship, Casual Relationship, Jealousy and Personality among GenZ individuals.

Hypotheses

1. There will be a positive relationship between Committed Relationship and Romantic Relationship Satisfaction in GenZ.
2. There will be a positive relationship between Casual Relationship and Romantic Relationship Satisfaction in GenZ.
3. There will be a positive relationship between Openness and Romantic Relationship Satisfaction in GenZ.
4. There will be a positive relationship between Conscientiousness and Romantic Relationship Satisfaction in GenZ.
5. There will be a negative relationship between Extraversion and Romantic Relationship Satisfaction in GenZ.
6. There will be a positive relationship between Agreeableness and Romantic Relationship Satisfaction in GenZ.
7. There will be a positive relationship between Neuroticism and Romantic Relationship Satisfaction in GenZ.
8. There will be a positive relationship between Neuroticism and Jealousy in GenZ.
9. There will be a negative relationship between Agreeableness and Jealousy in GenZ.
10. There will be a negative relationship between Openness and Jealousy in GenZ.
11. There will be a positive relationship between Committed Relationship and Jealousy in GenZ.
12. There will be a positive relationship between Casual Relationship and Jealousy in GenZ.
13. Committed Relationship, Casual Relationship, Jealousy and Personality will significantly predict Romantic Relationship Satisfaction in GenZ.

Participants

The participants in this study will be GenZ individuals who are in a romantic relationship. The participants involved in this study were between 18 to 30 years of age. The participants included individuals in Committed Relationship and Casual Relationship. The categorization was based on participants' self – reported relationship type. The number of participants used in this research are initially 301 individuals. After doing outlier analyses, 7 responses were removed as outliers and 294 responses were considered that is, 151 individuals for Committed Relationship and 143 for Casual Relationship. The sampling techniques used in this study were Snowball Sampling and Purposive Sampling.

Materials

Standardized self-report instruments were used in the present study. Romantic relationship satisfaction was assessed using the Couple Satisfaction Index (CSI-32). Committed relationship was measured using the Investment Model Scale (IMS). Casual relationship experiences were assessed using the Romantic Ghosting Scale (RG-C). Jealousy was measured using the Romantic Jealousy in Relationships Scale. Personality traits including openness, conscientiousness, extraversion, agreeableness, and neuroticism were assessed using the NEO Five-Factor Inventory (NEO-FFI, 60 items).

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Data Collection: Data were collected using an online Google Form. The form included informed consent, demographic information, and standardized questionnaires. Participants completed the form voluntarily. The responses were collected over a single period of time. Confidentiality and anonymity of participants were maintained. The data collection took approximately 20–25 minutes per participant.

Scoring: The responses were scored according to the standard scoring procedures of each scale. Reverse scoring was applied where necessary. Total scores were computed for romantic relationship satisfaction, committed relationship, casual relationship, jealousy, and personality traits. Higher scores indicated higher levels of the respective variables. The scored data were entered into Microsoft Excel and analyzed using statistical techniques like descriptive statistics, reliability analysis, Pearson correlation and linear regression analysis.

Variables: The study examined romantic relationship satisfaction, committed relationship, casual relationship, jealousy, and personality traits including neuroticism, extraversion to experience, openness to experience, agreeableness and conscientiousness among Gen Z individuals. All variables were treated as study variables and analyzed using correlation and regression analysis to examine relationships and predictive effects.

RESULTS AND DISCUSSIONS

Table 1: Correlations For All Variables

	Romantic Relationship Satisfaction	Committed Relationship	Casual Relationship	Jealousy	Neuroticism	Extraversion To Experience	Openness To Experience	Agreeableness	Conscientiousness
Romantic Relationship Satisfaction	1								
Committed Relationship	.818**	1							
Casual Relationship	-.407**	-.186**	1						
Jealousy	.608**	.521**	.010	1					
Neuroticism	.293**	.289**	.294**	.510**	1				
Extraversion To Experience	.251**	.274**	.022	.272**	0.180**	1			
Openness To Experience	.185**	.268**	.188**	.193*	.384*	.406**	1		
Agreeableness	.281**	.323**	.060	.268**	.204*	.601**	.601*	1	
Conscientiousness	.306*	.337**	.117*	.382**	.441*	.376**	.444*	.430**	1

Note: **. Correlation Is Significant At The 0.01 Level (2-Tailed).

*. Correlation Is Significant At The 0.05 Level (2-Tailed)

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The present study aimed to examine the correlates of romantic relationship satisfaction among Generation Z individuals, focusing on committed relationship, casual relationship, jealousy, and personality traits. The findings of the study provide important insights into how relational and individual factors contribute to romantic relationship satisfaction in contemporary contexts.

The results of the correlational analysis revealed a strong positive relationship between committed relationship and romantic relationship satisfaction ($r = .818, p < .01$), indicating that higher levels of commitment, emotional investment, and stability are associated with greater satisfaction. This suggests that individuals in committed relationships experience higher levels of fulfillment and security, which enhances their overall relationship quality. In contrast, casual relationship showed a significant negative relationship with relationship satisfaction ($r = -.407, p < .01$), indicating that lower levels of commitment and emotional involvement may lead to reduced satisfaction among individuals.

With respect to personality traits, openness ($r = .185$), conscientiousness ($r = .306$), extraversion ($r = .251$), agreeableness ($r = .281$), and neuroticism ($r = .293$) were all positively associated with romantic relationship satisfaction. Traits such as conscientiousness and agreeableness may facilitate better communication, cooperation, and emotional support, thereby enhancing satisfaction. Interestingly, extraversion and neuroticism showed positive relationships with romantic relationship satisfaction, which were contrary to initial expectations in some cases. This may suggest that socially active individuals and those with higher emotional sensitivity may experience greater involvement or intensity in relationships, influencing satisfaction levels.

The findings related to jealousy indicated a significant positive relationship between neuroticism and jealousy ($r = .510, p < .01$), suggesting that emotionally reactive individuals are more likely to experience jealousy whereas, agreeableness ($r = .268, p < .01$) and openness to experience ($r = .193, p < .01$) also showed a strong positive relationship with jealousy, though agreeableness and openness to experience contradicted the hypothesized in negative direction. Additionally, committed relationship was positively associated with jealousy ($r = .521, p < .01$), indicating that higher emotional investment may increase sensitivity to potential threats in relationships. However, casual relationship did not show a significant relationship with jealousy ($r = .010, p > .05$), suggesting that lower commitment may reduce emotional attachment and perceived threats.

Contrary to the hypotheses, agreeableness ($r = .268$) and openness ($r = .193$) showed positive relationships with jealousy. These unexpected findings may indicate that individuals who are more emotionally aware, empathetic, or open to experiences may also be more sensitive to relational dynamics, leading to increased jealousy.

The regression analysis further revealed that the overall model was statistically significant, explaining 80.4% of the variance in romantic relationship satisfaction ($R^2 = .804$). Among the predictors, committed relationship ($\beta = .596$), jealousy ($\beta = .250$), and neuroticism ($\beta = .088$) were found to be significant positive predictors, while casual relationship ($\beta = -.324$) emerged as a significant negative predictor. However, other personality traits such as extraversion ($\beta = -.004$), openness ($\beta = -.016$), agreeableness ($\beta = .035$), and conscientiousness ($\beta = .003$) were not significant predictors when considered together, suggesting that their influence may be indirect or mediated by other factors.

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Overall, the findings highlight that romantic relationship satisfaction among Gen Z individuals is influenced by both relationship dynamics and individual differences. Commitment emerges as the strongest positive factor, while casual relationships negatively impact satisfaction. Emotional factors such as jealousy and personality traits also play a significant role, though their effects vary depending on the context. These findings emphasize the complexity of modern romantic relationships and the need to consider multiple interacting factors in understanding romantic relationship satisfaction.

The findings of the present study have important implications for understanding romantic relationships among Gen Z individuals. The strong positive role of commitment highlights the importance of emotional investment and stability in enhancing relationship satisfaction, while the negative impact of casual relationships suggests potential limitations in fulfilling emotional needs. The influence of jealousy and personality traits indicates that individual differences and emotional regulation play a crucial role in relationship dynamics. These insights can be useful for relationship counseling, mental health interventions, and educational programs aimed at promoting healthier and more satisfying romantic relationships.

CONCLUSIONS

Committed relationships enhance romantic relationship satisfaction among Gen Z individuals. Casual relationships reduce romantic relationship satisfaction and are associated with lower emotional fulfillment. Personality traits show limited predictive influence on romantic relationship satisfaction when considered simultaneously. Neuroticism plays a significant role in shaping both jealousy and romantic relationship satisfaction. Jealousy functions as an important emotional factor influencing romantic relationship satisfaction. Relationship type and emotional investment emerge as stronger determinants of satisfaction than personality traits. Romantic relationship satisfaction among Gen Z depends on the combined influence of commitment, emotional factors, and individual differences.

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Conflict of Interest

The author(s) declared no conflict of interest.

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