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## The relationship between personality factors and dyadic satisfaction

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**Abstract.** The couple represents the basic unit of life perpetuation. The couple is generally defined as a couple or reunion of two people based on constant bonding or due to a momentary closeness. In both cases, however, the union must function, even if this is often difficult. Couple satisfaction is defined as the individual emotional state of being satisfied with the interactions, experiences and expectations within the couple's life. Couple satisfaction is an individual emotional state of being satisfied with the interactions, experiences and expectations within the couple's life. depending on the personality of the partners, they manage to relate better and thus to be more satisfied in the couple.

**Keywords.** Satisfaction in the couple, dyadic relationships, personality factors, communication in the couple, quality of life in the couple

### Definition and dimensions of personality

Mielu Zlate (2009) characterizes the personality as an integrative psychic mechanism, representing the psychological totality that characterizes and individualizes a certain person. In a broad way, personality can be defined as the complex and dynamic reality of each person, the complexity being given by the fact that it includes very diverse and varied elements, such as anatomical-physiological, mental and sociocultural, and the dynamism being explained by the fact that personality it is not given, fixed and frozen, in spite of a certain stability and the characteristics it has, but it evolves in a certain way in time, in phylogenetic-historical plan, but also in ontogenetic-individual plan.

The author considers that personality can be approached from a systemic structural perspective, thus considering personality as more than a simple summation of psychic features, ie an integration of the parts as a whole, and the focus is not only on revealing the connection between personality components, but also its integration in the socio-historical environment. Thus, Zlate defined five dimensions of personality.

Temperament is the first dimension, the dynamic-energetic side of the personality, revealing how fast or slow, fast or slow, uniform or uneven the person's behavior is, as well as the amount of energy he has. The second dimension is represented by the skills, the instrumental side of the personality, which are individual, ensure the finality of an activity and contribute to achieving a higher quality level of activity efficiency. The character represents the third dimension, the relational-value and self-regulation side of the personality, being the imprint that is imprinted in the behavior, a way of being of the person. The fourth dimension, intelligence,

represents the resolute-productive side of the personality, comprising the global capacity to know the world and a rational thinking. Creativity, the fifth dimension, represents the transformative-constructive side of the personality, a general human phenomenon, the highest form of human activity. These sides of the personality are not independent of each other. They interact, they organize, generating their own way in which they are structured within each individual.

### **Personality approaches**

According to Feist and Feist (2008), personality theorists have not agreed on a single definition. Therefore, they developed unique and vital theories about human nature. Each of them approached this global concept of personality from a different perspective. Cretu (2012) provides an overview of these perspectives, described below.

The biological perspective approaches the personality through the genetic and biochemical mechanisms that, through a simultaneous interaction, lead to the appearance and maintenance of individual behavioral patterns. The issue of this perspective refers to the extent to which certain behaviors are genetically inherited and how genetic factors interact with environmental ones to form differentiating and stable personality traits.

The perspective of dispositional traits aims to identify psychological traits and behavioral dispositions that are stable and that individualize the personality. The questions asked by this perspective refer to the characteristics that differentiate people from each other, from a psychological point of view; how a person differs from another person as a whole; what creates the defining behaviors of the person - internal or situational variables.

The psychodynamic perspective explains the dynamics of personality by referring to impulses, defenses and their level of awareness by the individual. It asks about the unconscious motives that guide people's behavior, about the stages an individual goes through in the development of his personality, he tries to explain irrational fears or obsessions, as well as the defense mechanisms of people.

The phenomenological perspective of the personality approach deals with the subjective way in which people relate to the world around them. It tries to determine whether the same event is represented identically or not by all individuals, which psychological structures explain the different behaviors of people, as well as the effects of the discrepancy between "who I am" and "who I would like to be".

Behavioral perspective of understanding personality refers to the way in which behavioral patterns are learned, as a result of external conditions and stimuli. Addresses topics such as how to form certain behaviors, phobias, but also emotions and individual characteristics, how they are influenced by previous experience, but also how they can be changed through new learning experiences.

The social-cognitive perspective on personality approaches the way in which individuals learn and acquire behaviors, exposing themselves to social models. Explains behavioral differences from a social point of view depending on beliefs, expectations or motivation. Addresses questions such as the formation of behavioral patterns that define the person, as a result of exposure to social patterns and interacting with social stimuli; what are the key variables of the person, which lead to the formation of unique behavioral patterns; the impact of how information is represented and processed on what the individual will do and become.

### **The five essential factors for personality structuring and training hypotheses**

According to Mielu Zlate (2002), personality has been approached, most of the time, in terms of traits, these being taken either as “dispositional properties”, as Allport considered them, or as “factors”, after as Cattell defined them. According to the author, there has been a decline in interest in the analytical study of personality in terms of traits, which has contributed to the excessive multiplication of the number of personality traits, but also social circumstances, where countries with totalitarian regimes have restricted not only the study of personality, but also its affirmation. But, over time, the belief that the description of personality is not as difficult as it seems to have gained strength, as is the belief that such a description is possible through a limited number of dispositional traits or factors. . Studies conducted with factor analysis led to the realization of the idea that essential for personality structure would be five factors. Although there is no unanimous agreement on the names of the factors, there is a fairly broad consensus on their psychological content. The five factors are described below.

The first factor is the extraversion or outward orientation of the personality, the degree of sociability of the person. The second factor, agreeableness, encompasses individual differences in the approach to social interactions, such as within friendships, in terms of emotional qualities and prosocial behaviors. The third factor, conscientiousness, deals with the characteristic way of the person to approach the tasks he has to do and includes features such as order and discipline. The fourth factor refers to emotional stability, and includes the size of the person's emotional characteristics (eg, calm, satisfied or emotional) and the size of emotional difficulties (depression, anxiety, etc.). The fifth factor, culture or intellect, addresses the various facets of intellectual functions, such as creativity or inventiveness.

According to the author, the Big Five model has its premise in three categories of hypotheses, namely, lexical, structural and hierarchical.

Lexical hypotheses refer to the fact that consulting dictionaries is the main way to estimate the number of terms that can describe personality traits, as the most important individual differences are encoded in singular terms, found in spoken languages. Thus, to name personality traits, verbs were used (which describe what a person "does"), adverbs (how that person does a certain thing), adjectives (qualities inherent in the individual, descriptions that become properties, "Why" the person behaves in a certain way), nouns (traits that become substantiated).

Structural hypotheses emphasize the nature of the relationships between traits and not the number of traits, which leads to the establishment of structural representations of personality descriptors. Factor analysis helped establish correlations between these traits.

The hierarchical hypotheses aim at the hierarchical organization of the terms that define the features, within the same factor, which can include hundreds or even thousands of features.

### **Quality of life as a couple**

Iolanda Mitrofan (1995) attests that the quality of family life is determined both by external influences, such as socio-cultural climate or the degree of satisfaction of material needs, such as housing, disposable income or cultural possibilities, but also by internal influences, expressed in mainly through the quality of interpersonal relationships. Thus, a family prediction can be made, which can be estimated with certain subjective indicators, as follows: socio-affective environment; authenticity of communication, completeness between partners; quality of sex life; maintaining a dynamic balance between autonomy and psychological fusion; consensus and coherence of marital role models; the level of mental security, obtained through the feeling of belonging; the mental and physical health of the partners. Love and harmony between partners, affective path, mutual knowledge, partner appreciation, stimulation towards common well-being, are indicators of quality of life and

interpersonal relationship. Equally important is material prosperity, the two elements being interdependent. The affective path is a priority and transformative in the direction of spiritual evolution, this defining the authentic freedom of man, the source of his being and the fulfillment of his own destiny.

### **Misunderstandings in partnership**

Augusto Cury (2017) considers that no matter how loving and healthy a partnership is, there will inevitably be times when it will enter the realm of illogical misunderstandings, unfounded jealousy, unjust reactions or unhealthy intolerance and that recycling this Psychic garbage will determine the durability of the relationship over time and the development of love. In the author's conception, perfect couples do not exist, and when two people live together under the same roof, inevitably certain misunderstandings will sometimes occur.

It would be appropriate for women to perceive that their crises and difficulties, when well processed, can enrich and spice up the relationship and not destroy it, otherwise they will make it difficult to bear. There are times when jealousy and quarrels make women's motivation disappear, but they should, instead, create new possibilities through the prism of these problems, in order to transform. Instead of feeling destroyed by the suffering they are experiencing, women should perceive them as opportunities for growth and maturation. But women in the modern world seem to lose their affectivity and sensitivity, which can compromise their social relationships and mental health, becoming robots to work and perform activities, as women still need to work twice as much as men. to reach the same position.

John Gray (2006) relates one of the paradoxes of affectionate relationships, namely that when everything goes well in the relationship and the partners feel loved, emotional distancing and manifestation towards the partner can occur in an affectionate manner, sudden changes being confusing. When we give ourselves more affection or are loved by others, the repressed feelings of the past tend to come to light and suddenly invade our consciousness, because then we feel that we are safe, so they can be healed and eliminated. If we have the ability to successfully deal with these feelings, the affection between the partners increases, but if we accuse our partner and start an argument, we will get upset, repressing these feelings again and not healing the wounds of the past.

When we are not in a good mood, more than 90% of our upset is related to our past, not really related to that situation and what we think bothers us. For example, your partner's criticism can be very painful, as it also triggers past pain, if we were severely criticized as children. In order to be able to help each other, it is advisable to understand that when a man has memories of the past, he tends to retreat into his own lair, being much more sensitive and in need of more tolerance. when a woman tends to lose her self-esteem, she sinks into her own feelings and needs more care and affection. Knowing that your partner is influenced by his or her unresolved feelings from the past can make you more accepting and understanding. Not understanding our own past, we tend to blame our partner, but by letting him know how we felt in the past, he will understand our sensitivity and no longer feel so guilty and responsible for our upset in the present.

Goleman (2001) notes that at the level of a couple there are two emotional realities, hers and his, and the starting point of these emotional differences is in childhood, even if they are partially and biological, parents generally discussing more. much more with their daughters about emotions than with their sons, girls being exposed and integrating more information about emotions than boys. Thus, women later enter into marriage in general as an emotional administrator. For women, good communication is the most important thing for the survival of the relationship, while for men this is not so important, women consider intimacy to be the

discussion about various things, especially about the relationship itself, men often fail to understand what women want from them.

Men tend to be more optimistic about their marriage, while women are concerned about all the issues that arise. The key to surviving a marriage seems to be agreement on how to overcome misunderstandings, with both men and women having to overcome the innate differences between the sexes, addressing and managing difficult emotions. Partners should understand that dissatisfaction or anger means personal attacks. Men should be more careful not to short-circuit a discussion, coming too soon with a practical solution, the woman often wanting to feel that the man listens to her carefully and gives her empathy. Women should be careful that the reproaches they make do not attack the man's personality, but are clear statements about something they disliked. Having a few emotional qualities, such as attentive listening or empathy, giving each other a chance to express their point of view and showing that they are listening to each other, can help to resolve misunderstandings effectively, allowing the partnership to be a flourishing one, overcoming the negative aspects.

### **Affective release**

Walter Riso (2016) is a supporter of emotional release, of a possibility of a healthy love relationship, without barriers, in which each partner can give free rein to his personality. Until then, however, the state of love works like an addictive drug. Passionate love has a limited duration, the research concluding that the duration of the active phase of love is between eighteen and thirty months, after which the madness subsides, trying to adapt to a less enchanting reality. This decrease in emotional impulse brings many a deep disappointment when they discover that the "drug" has disappeared and they start looking for new doses. These people are those in love with love or addicted to love, practically the feelings produced by a fiery romance, conquests being just a way to produce chemicals on which the body is dependent.

Affective release refers to taking control of your own emotional life, whether or not you are part of a couple, so there is no stress and other unnecessary suffering, which does not allow you to manifest as you really are. The key is love without addiction and building a model of emotional independence. What you offer must be established from the beginning, as well as what you are not willing to negotiate. These can be achieved only through an affective wisdom, a love capable of always reinventing itself, which is unstoppable and which always, in any circumstance, tends towards more.

Self-sacrifice endured to infinity is already a conception that was based only on pain and sacrifice as essential principles for the functioning of a harmonious and lasting love, and that is no longer suitable for current generations. Giving up one's dignity in order to live with someone else is cowardice, although society praises this concept. In fact, these people are prisoners of a nostalgia that consumes them, of a sick love, of a present, past and future agitated and anxious, fed by regrets and ephemeral joys, in fact, the confusion of a dependent person or a person jealous.

### **Conflict resolution in married life**

Iolanda Mitrofan and Diana Vasile (2001), presenting the types of family therapy, where tensions inevitably arise, consider that communication therapy is very suitable for a dyad, emphasizing change through a different communication of some with others. The past is abandoned, with an emphasis on how partners communicate now, focusing on the present. In analog communication, the message does not have a single referent, which can be decoded by taking into account other messages. Thus, a stomach ache may express more than just pain, for example, disgust, an attempt to evade a certain responsibility, or it may express a need for

affection. Therefore, the stomach pain communicated to the partner as an analog message will have to be considered depending on the context in which this message was issued. As an example, a wife frustrated by the fact that her husband does not pay enough attention can suddenly communicate a personal stomach ache to him while having dinner. The meanings of the message sent by the wife can be the following: the intention to distract the husband from his problems, the wife's need to get his condition being also an obvious physical state of gastric discomfort.

Communication therapy largely uses analogical thinking and communication, considering symptoms and behaviors such as trying to communicate about a person's life, through the use of infra-messages or metamessages, which makes them become symbolic references to something else. Thus, the change is produced when the person becomes aware of the meaning behind what he communicates, for this purpose using mainly interpretation.

Jeanne Segal (1999) touches on the subject of the emotional coefficient in love. It states that in love, we can share everything we have ever dreamed of, such as mutual respect, devotion, intimacy, or heart-to-heart communication, all because of our innate empathy and ability to share emotional experiences.

But to achieve all this, we need those elements that make up a high emotional coefficient, namely: the capacity for emotional awareness, by virtue of not confusing passion with eternal love, the openness to understand and overcome emotions that, unassumed by partners, can damage a marriage as well as an active emotional awareness, which can be a warning sign when something is wrong.

The emotional coefficient can be useful in cases where problems arise in the couple, helping partners to rediscover each other and keep the flame of love burning. Among the suggestions offered by the author are the following: not to avoid changes in the romantic relationship - when the fear of change is overcome, it can be discovered that otherwise it does not necessarily mean worse; make obstacles become opportunities, not problems - periods of crisis can be interpreted as invitations to deeper and closer knowledge, with both partners becoming stronger; to maintain good mood in the sentimental life - partnerships from which smiles are missing have an inability to tolerate the difficulties of a relationship, but also to be able to enjoy the most beautiful surprises.

### **Personality factors that influence dyadic satisfaction**

Lampis, Cataudella, Busonera and Carta (2018) addressed the subject of personality similarity, analyzed through the dimensions of the Big Five, and the levels of adjustment to the romantic relationship, in different stages of a couple's life. Partners who reported high levels of similarity in conscientiousness and openness recorded the highest levels of adjustment to the romantic relationship in the early years of the relationship, showing, in turn, a lower level of adjustment as the relationship progressed. of adjustment to romantic relationships were within the duration of the relationship between 10 and 21 years. These results suggest the importance of life-cycle consideration when studying the impact of personality similarity on romantic relationships, as well as the need to analyze the relationship between personality factors and interpersonal processes in a deeper way, especially in therapeutic counseling contexts.

Brock, Dindo, Simms, and Clark (2016) conducted research that focused on how partners perceive each other through a Big Three personality model, beyond self-assessment, to determine the level prediction of dyadic adjustment in a sample of 87 heterosexual couples. Both men and women reported greater misunderstandings in the relationship, as they assessed their partners as having a negative temperament and disinhibition, as well as having a low level of positive temperament, controlling self-assessments on their own personality.

Weidmann, Ledermann and Grob (2016) conducted research on Big Five personality traits and the level of satisfaction, both in life and in relationships, of couples. The results indicate the importance of self-reported personality, as well as partner perception, for the satisfaction of both partners. Specifically, most studies have found intrapersonal and interpersonal effects for neuroticism, agreeableness, and conscientiousness about life or relationship satisfaction. For the personality perceived by the partner, intrapersonal and interpersonal effects were present for all Big Five traits. Similarly, Razeghi, Nikiju, Mujembari, and Masihi (2011) found that marital satisfaction was significantly predicted by conscientiousness (positive) and neuroticism (negative). Malouff, Thorsteinsson, Schutte, Bhullar, and Rooke (2010), conducting a meta-analysis that included 19 samples with a total of 3848 participants, showed that scores for four of the five dimensions of the Big Five personality model presented a significant correlation with the level of satisfaction in the relationship, namely, a low level of neuroticism, a high level of kindness, a high level of conscientiousness and a high level of extraversion. In a similar way, Tackett (2011) correlated the level of satisfaction in relation to a low level of neuroticism, a high level of kindness and a lower level of extraversion.

Furler, Gomez and Grob (2014) investigated the fact that the perception of one's own personality, but also that of the partner, are related to couple satisfaction, and found that the effects of self-perceived personality on couple satisfaction were small, while the perception to the partner as similar to himself made a small unique contribution on the satisfaction of the relationship in the couple.

Altmann, Sierau and Roth (2013), based on a sample of 133 couples, developed a model for predicting satisfaction in the couple's relationship, depending on the personality types of both couple partners (through self-assessment and evaluation performed partner) following the Big Five model. The results showed that self-assessed personality was hardly instrumental in predicting relationship satisfaction. For both sexes, the satisfaction of the relationship seemed to depend mainly on how the person's personality was assessed by his partner.

Furler, Gomez, and Grob (2013), examining the association between personality similarity and life satisfaction, in a sample of 1608 couples, obtained results indicating that the personality traits of both partners are related to the life satisfaction of both partners, but personality similarity it is not related to the satisfaction of life of any of the partners.

Weidmann, Schönbrodt, Ledermann and Grob (2017), in a longitudinal research, found two effects of the potential similarity of the personality of the couple's partners. First, if partners reported different levels of neuroticism, the male partner reported lower relationship satisfaction. Second, while both partners reported modest levels of openness, female partners reported higher relationship satisfaction.

Taggart, Bannon and Hammett (2019) studied the association between personality traits, relationship satisfaction and communication. The results showed that some personality traits moderated the association between conflict resolution and the satisfaction of subsequent relationships. Specifically, for individuals with lower than average levels of conscientiousness and neuroticism, the link was positive; for individuals with above-average levels of conscientiousness and neuroticism, the link was negative. In particular, conflict resolution skills, personality traits and their interactions accounted for more than half of the variation in the level of subsequent satisfaction in the relationship. The results suggest that personality traits may differently influence the link between communication and couple satisfaction over time.

Kashdan, Blalock, Young, Machell, Monfort, McKnight and Ferssizidis (2018) conducted research to determine the extent of individual differences in the strengths of the couple's partners. The strengths were analyzed by assessing their use and efficiency, but also



by recognizing the costs associated with their use. The higher appreciation of the partner's strengths predicted relationship satisfaction, commitment, investment, intimacy, self-expansion and support for pursuing goals, while the identification of significant costs associated with the partner's strengths showed an inverse correlation. The explanatory power of perception on the partner's strengths could not be defined only by the actual strengths of the character or the Big Five personality traits, by supporting positive self-disclosures or by gratitude for the couple's partner. The relational consequences of the perception of the partner's strengths were not only in the mind of the perceiver - influencing the relational results of the partners.

### **The objectives of the paper**

This paper has three objectives, as follows:

- Exploring the influence of personality factors on relationship satisfaction.
- Identifying the relationship between personality factors and dyadic satisfaction

### **Hypotheses**

Hypothesis 1: The higher the level of personality factor "Extraversion", the higher the level of dyadic satisfaction.

Hypothesis 2: The higher the level of personality factor "Kindness", the higher the level of dyadic satisfaction.

Hypothesis 3: The higher the level of personality factor "Conscientiousness", the higher the level of dyadic satisfaction.

### **The group of participants**

The research was conducted on a group of participants consisting of 60 people, respectively 30 couples, of which 15 married and 15 unmarried. All 60 participants are from urban areas and are between 25 and 35 years old, most of them aged 29 years.

### **Working tools**

Participants were given the Couple Adjustment Scale and the Inventory of the Five Personality Factors (FFPI Questionnaire), Torque Adjustment Scale

The technical manual of the Couple Adaptation Scale, developed by Graham Spanier in 1976, was adapted in Romania by Dragoş Iliescu and Ligiana Petre (2009).

The Couple Adaptation Scale or Diadic Adaptation Scale (DAS) measures the quality of adaptation between partners in dyadic marital or consensual relationships. DAS is a widely used tool for various clinical and research applications related to couples.

FFPI questionnaire. The Five-Factor Personality Inventory (FFPI Questionnaire) was developed and introduced by Anja A. J. Hendriks (1997). The adaptation of the FFPI questionnaire in Romanian was made by Monica Albu (2000). The Romanian version of the FFPI questionnaire can be used for the diagnosis of personality, its scales having a good validity relative to the construct and a high internal consistency.

The questionnaire evaluates the five superfactors of the Big Five model: Extraversion (E), Kindness (A), Conscientiousness (C), Emotional Stability (S) and Autonomy (D). It was designed to be used both for self-assessment and for assessing the subject by people who know it well.

### **Hypothesis testing**

**Hypothesis 1: The higher the level of the "Extraversion" personality factor, the higher the level of dyadic satisfaction.**

In order to test the hypothesis, the scores obtained by the participants in the subscale "Dyadic Satisfaction" of the Couple Adaptation Scale or Diadic Adaptation Scale (DAS) were used, as well as the scores obtained on the "Extraversion" scale of the FFPI questionnaire. . These were introduced and processed in SPSS Statistics.

Analyzing the starting indices obtained, we observe the average couple satisfaction of the participants being 40.52, and the average of the scores obtained for the personality factor "Extraversion" being 76.20.

Below you can see the graphical representation in the form of a histogram of the scores recorded by the participants in the dyadic satisfaction subscale of the DAS scale.

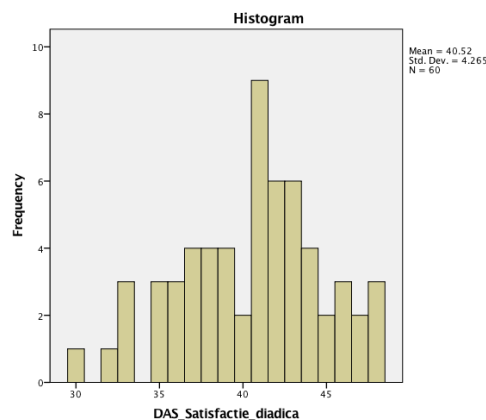


Figure 1 - Histogram of dyadic satisfaction scores

The histogram below shows the graphical representation of the scores obtained by the research participants on the "Extraversion" scale of the FFPI questionnaire.

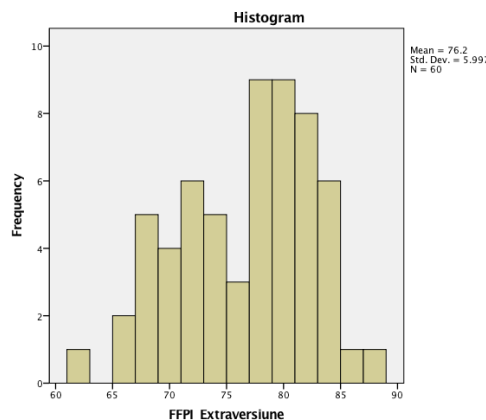


Figure 2 - Histogram of the scores obtained for the Extraversion personality factor

The table below shows the results of the data normality calculation. Since Sig. Kolmogorov-Smirnov has a value less than 0.05 for both variables, both distributions are nonparametric. Thus, in order to test the second hypothesis, the Spearman correlation coefficient was calculated between the dyadic satisfaction scores and the Extraversion personality factor scores, recorded by the participants.

Table 1 - Values of normality of the variables of the second hypothesis

Tests of Normality
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	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
DAS_Satisfactie_diadica	.128	60	.015	.977	60	.317
FFPI_Extraversiune	.135	60	.009	.966	60	.090

a. Lilliefors Significance Correction

The result obtained, which can be seen in the following table, where the Spearman correlation coefficient has a value of 0.513, indicates that there is a significant correlation between dyadic satisfaction and the Extraversion personality factor. Thus, hypothesis 2 is validated.

Table 2 - Spearman correlation coefficient between dyadic satisfaction and Extraversion personality factor

Correlations				
			DAS_Satisfactie_d iadica	FFPI_Extraversi une
Spearman's rho	DAS_Satisfacti e_diadica	Correlation Coefficient	1.000	.513**
		Sig. (2-tailed)	.	.000
		N	60	60
	FFPI_Extravers iune	Correlation Coefficient	.513**	1.000
		Sig. (2-tailed)	.000	.
		N	60	60

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

The point cloud below shows the correlation between the scores obtained at the dyadic satisfaction subscale and the scores obtained for the Extraversion personality factor, graphically confirming the second hypothesis.

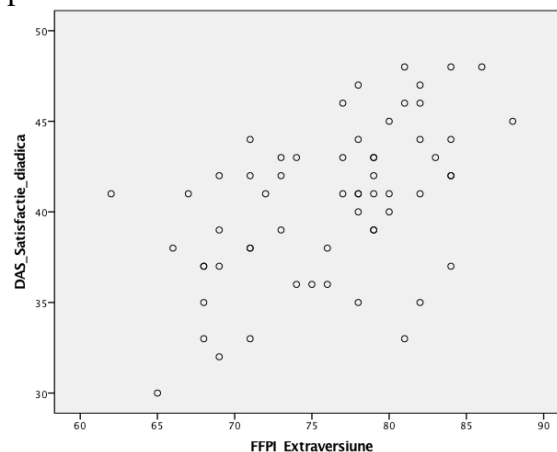


Figure 3 - Point cloud of dyadic satisfaction scores and Extraversion personality factor

In order to achieve a psychological interpretation of the result indicated by the validation of the second hypothesis, the research conducted by Malouff, Thorsteinsson, Schutte, Bhullar and Rooke (2010) was consulted. The authors conducted a meta-analysis that included 19 samples with a total of 3848 participants and showed that the Extraversion dimension of the Big Five personality model has a significant correlation with the level of satisfaction in the relationship.

Extroverts tend to be happier, more socially connected and more charismatic than introverts. They are looking for relationships and know how to manage them. Extroverts are often described as talkative, sociable, action-oriented, enthusiastic and friendly.

While introverts are sometimes perceived as more closed in on themselves and keeping some distance in interacting with other people, extroverts are usually very open and willing to share their thoughts and feelings. For this reason, other people generally consider extroverts to be easier to recognize. This, in addition to the fact that extroverts are not afraid to communicate what they want and what bothers them, thus helps them to obtain greater satisfaction in the relationships they have. Extroverts will often look to their partner for outside sources of ideas and inspiration, which makes them value the partnership even more when their needs are met.

Extroverts, unlike intraverts, when faced with a problem outside the partnership, prefer to discuss it to seek support from the partner from the beginning, and if they are not in a partnership, with family or other close people. Talking about the problems helps to explore it in depth, to identify alternative solutions and to discover which option might work best. This helps him to travel in partnership and satisfaction in the relationship to be deeper. Introverts, on the other hand, prefer to think about their own problem before choosing to discuss it with someone else, which makes them feel alone in their problems, although in reality the partner may be willing to support them.

The same is true for problems between partners. Extroverts will communicate what bothers them, what partner behavior generates unpleasant emotions, while introverts will be more reluctant to do the same. This approach to conflict allows extroverts to release the emotional tension generated by conflict, while introverts are much more prone to accumulate it. It is much more likely that extroverts will seek and succeed in generating a change in their partner's behavior, thus considering the partnership problems solved, while introverts, not communicating their upsets, needs and desires, will accumulate frustrations that will come out at some point. , on the surface.

**Hypothesis 2: The higher the level of personality factor "Kindness", the higher the level of dyadic satisfaction.**

In order to test the hypothesis, the scores obtained by the participants in the subscale "Dyadic Satisfaction" of the Couple Adaptation Scale or Diadic Adaptation Scale (DAS) were used, as well as the scores obtained on the "Kindness" scale of the FFPI questionnaire. . These were introduced and processed in SPSS Statistics.

The starting indices obtained for the studied variables are the average satisfaction in the couple of the participants being 40.52 and the average of the scores obtained for the personality factor "Kindness" being 78.27.

Below you can see the graphical representation in the form of a histogram of the scores recorded by the participants in the dyadic satisfaction subscale of the DAS scale.

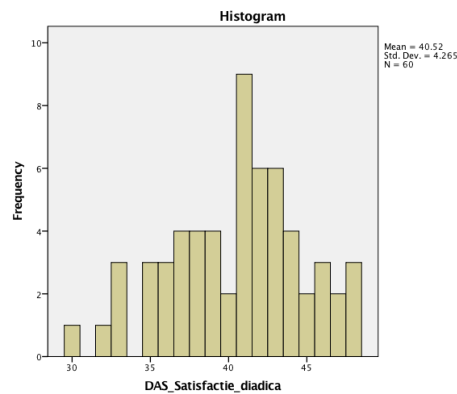


Figure 4 - Histogram of dyadic satisfaction scores

The histogram below shows the graphical representation of the scores obtained by the research participants on the “Kindness” scale of the FFPI questionnaire.

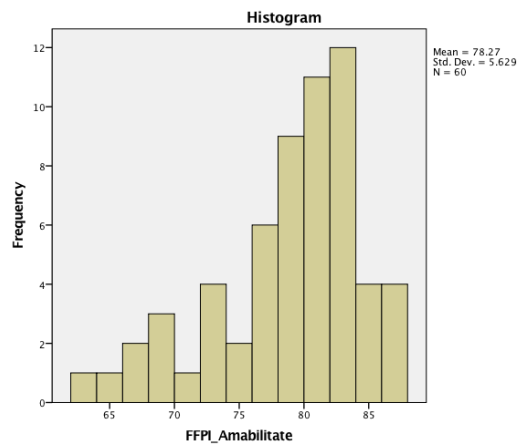


Figure 5 - Histogram of scores obtained for the personality factor Kindness

The table below shows the results of the data normality calculation. Since Sig. Kolmogorov-Smirnov has a value less than 0.05 for both variables, both distributions are nonparametric. Thus, in order to test the third hypothesis, the Spearman correlation coefficient was calculated between the dyadic satisfaction scores and the scores of the personality factor Kindness, recorded by the participants.

Table 3 - Values of normality of the variables of the third hypothesis

Tests of Normality						
	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
DAS_Satisfactie_diadica	.128	60	.015	.977	60	.317
FFPI_Amabilitate	.170	60	.000	.914	60	.000

a. Lilliefors Significance Correction

The result obtained, which can be seen in the following table, where the Spearman correlation coefficient has a value of 0.263, indicates that there is a significant correlation between dyadic satisfaction and personality factor Kindness. Thus, hypothesis 3 is validated.

Table 4 - Spearman correlation coefficient between dyadic satisfaction and personality factor Kindness

Correlations			DAS_Satisfactie diadica	FFPI_Amabilitate
Spearman's rho	DAS_Satisfactie diadica	Correlation Coefficient	1.000	.263*
		Sig. (2-tailed)	.	.042
		N	60	60
	FFPI_Amabilitate	Correlation Coefficient	.263*	1.000
		Sig. (2-tailed)	.042	.
		N	60	60

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

The point cloud below shows the correlation between the scores obtained at the dyadic satisfaction subscale and the scores obtained for the personality factor Kindness, graphically confirming the third hypothesis.

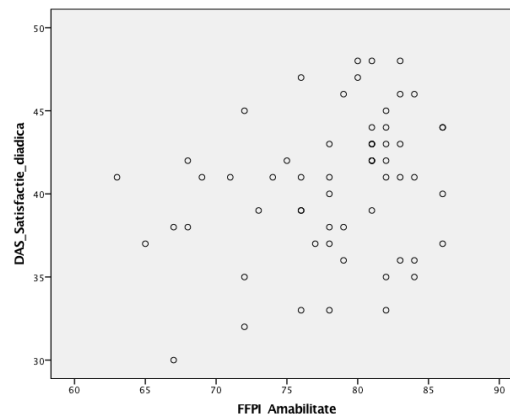


Figure 6- Point cloud of dyadic satisfaction scores and personality factor Kindness

In order to achieve a psychological interpretation of the result indicated by the validation of the third hypothesis, the research conducted by Malouff, Thorsteinsson, Schutte, Bhullar and Rooke (2010) was consulted. The authors conducted a meta-analysis that included 19 samples with a total of 3848 participants and showed that the Kindness dimension of the Big Five personality model has a significant correlation with the level of satisfaction in the relationship.

Kindness is an individual dimension of personality that describes the motivation to maintain positive interpersonal relationships with others. People who are kind are described as warm, kind, cooperative, selfless, caring, and trustworthy. Kindness in a relationship describes a person's tendency to put their partner's needs before their own needs and to cooperate rather than compete with them. They don't usually pretend to be better than others and start a relationship on an equal footing.

People who have a high level of kindness show a high degree of empathy and make them happy either in the service of the other, as well as to take care of the partner. People who have a high level of kindness have an increased ability to get along well with their partner, to be helpful, and to show sensitivity and emotional intelligence.

When they feel that they have a real contribution to the partnership, through all these aspects that define a large part of their personality, they will be satisfied and satisfied with the

relationship they are part of. For the other it is not seen as self-sacrifice, but the act itself brings them a sense of fulfillment. They usually trust their partner, which helps a lot to feel fulfilled in the relationship and also forgives easily.

Kind people tend to have satisfying relationships, due to their natural tendency to be helpful, interest in cooperation, and ability to reduce the intensity of conflicts. They will always consider the other's point of view, will take into account what causes them discomfort and upset, and will try to find a solution to rebalance the harmony in the partnership. They are direct and sincere and do not feel the need to manipulate to get what they want. All these things also benefit the partner, making him feel that it is easy to create a connection with them.

However, the recurring kindness in a relationship can in the future compromise one's happiness. Kind people will agree with their partner, even if inside they do not agree. They will reject their resentments to avoid conflicts with their partner. Those resentments will eventually begin to surface. And even if this is not the case, it will be very difficult for them to achieve happiness in a relationship in which only one partner thrives, while the other gathers many repressed emotions. Setting boundaries can be very helpful for these people.

**Hypothesis 3: The higher the level of personality factor "Conscientiousness", the higher the level of dyadic satisfaction.**

In order to test the hypothesis, the scores obtained by the participants in the subscale "Dyadic Satisfaction" of the Couple Adaptation Scale or Dyadic Adaptation Scale (DAS) were used, as well as the scores obtained on the "Conscientiousness" scale of the FFPI questionnaire. These were introduced and processed in SPSS Statistics.

The starting indices obtained are the average of the satisfaction in the couple of the participants being 40.52 and the average of the scores obtained for the personality factor "Conscientiousness" being of 77.67.

Below you can see the graphical representation in the form of a histogram of the scores recorded by the participants in the dyadic satisfaction subscale of the DAS scale.

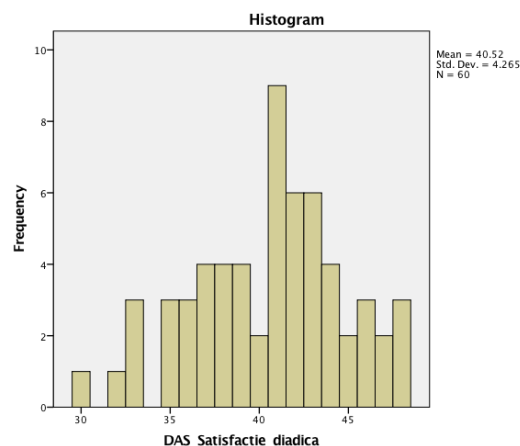


Figure 7 - Histogram of dyadic satisfaction scores

The histogram below shows the graphical representation of the scores obtained by the research participants on the "Conscientiousness" scale of the FFPI questionnaire.

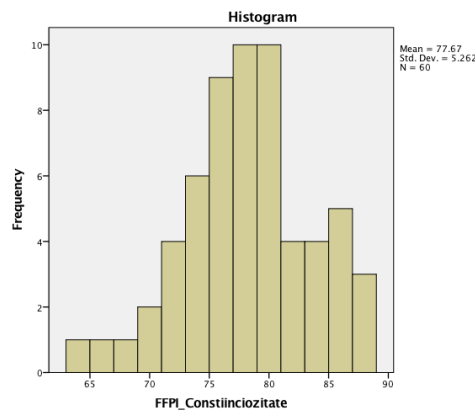


Figure 8- Histogram of the scores obtained for the personality factor Conscientiousness

The table below shows the results of the data normality calculation. Sig. Kolmogorov-Smirnov has a value less than 0.05 in the case of dyadic satisfaction scores, which makes the distribution nonparametric, and a value greater than 0.05 in the case of the personality factor Conscientiousness, which shows that this distribution is parametric. In order to test the fourth hypothesis, since the distribution of the first variable is nonparametric, the Spearman correlation coefficient was calculated between the dyadic satisfaction scores and the scores of the Conscientiousness personality factor, recorded by the participants.

Table 5 - Values of normality of the variables of the fourth hypothesis

Tests of Normality						
	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
DAS_Satisfactie_diadica	.128	60	.015	.977	60	.317
FFPI_Constiinciozitate	.067	60	.200*	.985	60	.683

\*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

The result obtained, which can be seen in the following table, where the Spearman correlation coefficient has a value of 0.451, indicates that there is a significant correlation between dyadic satisfaction and the personality factor Conscientiousness. Thus, hypothesis 4 is validated.

Table 6 - Spearman correlation coefficient between dyadic satisfaction and personality factor Conscientiousness

Correlations				
			DAS_Satisfactie diadica	FFPI_Constiincio zitate
Spearman's rho	DAS_Satisfactie diadica	Correlation Coefficient	1.000	.451**
		Sig. (2-tailed)	.	.000
		N	60	60
	FFPI_Constiinci ozitate	Correlation Coefficient	.451**	1.000
		Sig. (2-tailed)	.000	.
		N	60	60

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



The point cloud below shows the correlation between the scores obtained at the dyadic satisfaction subscale and the scores obtained for the Conscientiousness personality factor, graphically confirming the fourth hypothesis.

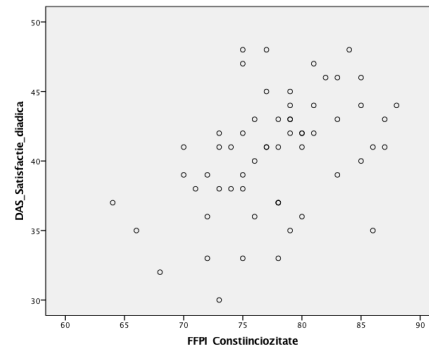


Figure 9- Point cloud of dyadic satisfaction scores and personality factor Conscientiousness

In order to achieve a psychological interpretation of the result indicated by the validation of the fourth hypothesis, the research conducted by Malouff, Thorsteinsson, Schutte, Bhullar and Rooke (2010) was consulted. The authors conducted a meta-analysis that included 19 samples with a total of 3848 participants and showed that the Conscientiousness dimension of the Big Five personality model has a significant correlation with the level of satisfaction in the relationship.

To be conscientious means to be organized, principled, responsible and to have a thinking oriented towards development and progress. People who have a high score on this dimension of personality are not impulsive and persevere when faced with challenges. People with a high level of conscientiousness are more organized and responsible and tend to respect their obligations, to and better control your impulses and follow the rules. Conscientiousness as a personality trait means low impulsivity and high interpersonal trust, which makes these people have a higher satisfaction in their personal relationships.

Conscientious people tend to be happier with their lives than those who have a low score of this trait, of which satisfaction in partnership is an integral part. These people are more likely to have a routine of exercising and eating nutritious foods, which will involve their partner and are also less likely to smoke, abuse drugs, or and take unjustified risks, all of which may explain their better health.

Conscientious people tend to have more stable relationships than those with low conscientiousness. Conscientiousness as a personality trait makes those people exhibit fewer behaviors associated with divorce, such as extramarital affairs, partner abuse, and alcohol abuse. Conscientiousness also makes people keep their promises to their partner. All these aspects lead to a higher harmony in the relationship and to a greater satisfaction with life in partnership.

Conscientious people are better at managing conflicts and tend to cause less misunderstanding between partners, perhaps because they are less critical, which is due to their controlled and responsible behavior.

A conscientious partner is more likely to make the effort to resolve the problematic things that occur when the partner gets into a conflict or when something in the relationship is not working as it should. Conscientiousness plays a role in the motivation to correct the mistakes in the relationship, in the constructive solution of problems and in the satisfaction in the relationship.

### **Conclusions**

Relationship satisfaction is an important part of romantic relationships. The interaction within the couple includes the behaviors, thoughts and feelings of the partners when they interact. Effective conflict management, good communication, mutual support of partners, positive behavior towards each other, participation together in pleasant activities, as well as realistic expectations towards the relationship, are elements that not only define the current satisfaction in the relationship, but contribute to the satisfaction and the future stability of the relationship.

Individual characteristics are those relatively stable individual differences that partners bring into the relationship, such as personality traits, mental disorders, but also the effects of personal history. Certain personality traits are associated with an increased likelihood of having satisfying relationships.

Extraversion is that personality trait, associated with a higher level of relationship satisfaction, that makes people affectionate, jovial, communicative and enjoy the fun. Extroverts are looking for relationships and know how to manage them. They often look to their partner for external sources of ideas and inspiration and seek support in the partner when they face a problem, which makes them value the partnership even more. Moreover, extroverts, with good communication skills, will try to solve problems between partners.

Kindness is the second personality trait associated with a higher level of relationship satisfaction, which describes the motivation to maintain positive interpersonal relationships with others. These people are warm, benevolent, cooperative, selfless, felt and trustworthy. In a relationship, kindness will cause the person to put the needs of the partner before their own needs and to cooperate with him, starting a relationship on an equal footing. He has a high degree of empathy and aspires to make a real contribution to the partnership.

Conscientiousness, the third personality trait associated with a higher level of relationship satisfaction, describes orderly, organized, ambitious, successful, and self-disciplined people. Conscientious people tend to be happier with their lives and have more stable relationships, with fewer behaviors associated with divorce. They keep their promises to their partner and are better at managing conflicts, tending to cause fewer misunderstandings between partners.

However, trying to associate the level of satisfaction in relation to certain circumstances and personal factors cannot give perfect and predictable results in any situation, our understanding of the factors that influence the couple's relationships being imprecise. Moreover, we cannot know the future changes of context or the life events that will happen and will have an impact on the lives of couples.

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