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How Social Media is Perceived to Affect Romantic Relationship Satisfaction

Hannah S. Shockley⁸

This research discusses the perceived effects of social media on relationship satisfaction. It was hypothesized that social media is perceived to affect romantic relationships in a negative way, especially in the form of jealousy and mistrust, with increased usage. Past research about monitoring romantic partners on social media, the fear of missing out in relation of social media, social media addiction, and mental and psychological effects of social media were explored in relation to the research being presented. Participants took an online survey through Qualtrics which resulted in statistically significant data that partially supported the hypothesis. The perceived effects of social media are negative on romantic relationships when it comes to trust, satisfaction of the relationship and with one's significant other regarding their usage of social media. The perception that jealousy of significant others social media usage having a negative impact on relationship satisfaction was not supported by the hypothesis.

Social media is one of the main attractions of society today, as it is a way that the entire world can stay in tune with each other and communicate. Through social media one can watch videos, send messages, pictures, and more. Social media is seen all over the world as a valuable resource because of the different avenues of communication available to everyone. However, when in a committed and romantic relationship, social media can sometimes be seen as the enemy. In my research study, I looked at how social media was perceived to affect romantic relationships. Research about social media and its perceived effects on romantic relationships of adults would benefit today's society by increasing societal awareness of the role social media plays in our relationships in general and pose the question as to why we have let social media become so influential in our relationships with our loved ones. The results of this research may also help couples see how much social media really does appear to affect their relationship and may prompt them to change their behavior for the better. These changes may lead to the

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enhancement of trust in themselves and in their partners to make for a relationship that is better and stronger. My hypothesis is that social media is perceived to affect romantic relationships in a negative way, especially in the form of jealousy and mistrust, with increased usage.

In a study conducted to investigate the monitoring of former and current romantic partners on social media, 328 college students were recruited from a Midwestern university to take an online survey (Fox & Warber, 2015). In the sample of college students recruited, 201 of them were currently in a relationship, and 127 had broken up with their romantic partners within a year from when the study was conducted (Fox & Warber, 2015). The three measures that were of focus in this online survey were interpersonal electronic surveillance (IES), relational uncertainty, and attachment.

When looking at IES, Tokunga's IES scale was used when measuring people monitoring their significant others on Facebook. The participants were asked to answer questions, based on this scale, such as "I visit my (ex-) partner's social networking site page often" on a 5-point Likert scale (Fox & Warber, 2015). The Knobloch and Solomon's scale was used in this study to measure relational uncertainty (Fox & Warber, 2015). Participants were asked to answer questions, based on this scale, such as "How certain you about the current status of this relationship?" (Fox & Warber, 2015). Attachment was measured by Bartholomew and Horowitz's categorical attachment measure. The participants had to analyze their relationship and pick a description that best matched how they felt about their relationship. The descriptions included things like "It is easy for me to become emotionally close to others..." (Fox & Warber, 2015).

The results of this study showed that there was no correlation between IES and relational uncertainty but there was a correlation between IES and attachment styles (Fox & Warber, 2015), meaning that if there was any uncertainty in the relationship, there was not

much evidence saying that one would go and surveil their partner on social media.

However, those who are more fearful and preoccupied through their attachment style, have higher rates of IES in both current and terminated relationships. The results did show that those who were in a committed relationship did not report as much uncertainty about their relationship and themselves than those who were in a terminated relationship did. This study also indicated that the attachment theory is a successful framework for comprehending IES among romantic and ex-partners on social media, such as Facebook.

The darker side of social media was explored in a study that was conducted to shed light on its negative effects with a focus on relational and psychological stressors associated with the use of Facebook. In this study focus groups of 44 adult Facebook users, 27 women and 17 men, were conducted by three mediators trained in conducting groups such as these (Fox & Moreland, 2015). The focus group's sessions were video recorded while mediators guided and encouraged their conversations to stay on topic of the subject of the research.

The focus group's session results revealed participants' personal stories surrounding their experiences with Facebook that included negative psychological and relational effects. In these negative experiences, five themes emerged in the results and analysis from the video recordings: managing unacceptable or bothersome content, feeling bound, absence of confidentiality and control, social evaluation and suspiciousness, and relationship strain and disagreement (Fox & Moreland, 2015). This study showed that even though Facebook users experience negative psychological and relational emotions, they still feel as if they have to access Facebook on a regular basis due to the fear of missing out and relationship surveillance (Fox & Moreland, 2015).

A study, conducted to explore the all-encompassing use of social media among young adults and the effects that it may have on their mental health and functioning in general,

was focusing on three areas of health: psychological symptoms, span of attention, and bodily symptoms (Baker, Krieger & LeRoy, 2016). The fear of missing out was also analyzed in this study which is related to the experience and the origin of social media and its usage (Baker et. al., 2016). A survey was taken online by 386 participants, who consisted of undergraduate students from a large and diverse university.

The fear of missing out (FoMO), time spent on social media, physical symptoms, depressive symptoms, and mindful attention were all of the things that were measured throughout this study. FoMO was measured by a previously constructed FoMO 10-point scale which asked the participants to indicate how true each statement asked of them was to their experiences in general (Baker et. al., 2016). Time spent on social media was measured by asking the participants to specify the amount of time spent on social media in hours and minutes for each day. Physical symptoms were measured by the previously constructed Physical Symptoms Checklist, which asked participants to select all that applied out of 10 physical symptoms that the participant had felt or experienced within the past week (Baker et. al., 2016). Depressive symptoms were measured by the previously created Depression Scale from the Center for Epidemiological Studies. This is a 20-item scale that asks participants to answer in a scale from 1 to 4 how often they felt or behaved in certain ways over the past 7 days (Baker et. al., 2016). Mindful attention was measured with the 15-item Mindful Attention Awareness Scale (MAAS) which asks participants to rate the frequency of several experiences that they may have had in their life (Baker et. al., 2016).

The results of this study show that the fear of missing out had a positive association with the amount of time spent on social media (Baker et. al., 2016). This means that the more amount of time that you spend on social media, the higher level of fear of missing out you will have and vice versa. Also if you have a higher level of FoMO, you are more likely to have more

depressive symptoms, less mindful attention, and more physical symptoms associated to social media usage as a young adult (Baker et. al., 2016).

In China, a study was executed that examined social media addiction among adolescents involving middle schools from urban cities all over the country. This study was focused on revealing whether or not social media addiction existed within the adolescents of China. If addiction did exist in these adolescents, the researcher wanted to clarify three things: who the addicts were, what their symptoms were, and to what extent they are addicted to social media. Questionnaires were given to the participants to gather the majority of the data. Surveys given to focus groups as well as interviews given to parents and teachers of the participants, after the main data collection, were also used to gather data. With a total of 1,549 participants, 90% of the participants used social media and 15.6% were considered addicts (Huang, 2011).

The study found that most of the participants that were considered addicted participants had the following personality traits and characteristics: self-absorbed, leisurely bored, and manipulative of their impression on people through social media (Huang, 2011). The participants of this study that were defined as addicts also experienced addictive symptoms which included preoccupation, opposing consequences, relief of negative emotions, and loss of appeal in social events (Huang, 2011). The addicted participants were able to share gratifications for using social media. These gratifications were used to predict the signs of oncoming or current social media addiction by parents, peers, and by oneself. The results also indicted that social media addiction and its symptoms did have a severe and significant impact on the adolescent's academic progress and social life (Huang, 2011). This research shows how much of an impact social media has on one's life and how seriously it can influence it.

Two studies were conducted examining associations between romantic relationship-oriented activities regarding Facebook, relationship satisfaction, and the perceived effects

of Facebook on relationships. In Study 1, an online survey was completed by 93 participants that examined relationship-oriented behaviors on Facebook, relationship satisfaction and demographics (Seidman, Langlais, & Havens, 2017). Study 1 was mainly focused on different ways Facebook could be used and the wide range of Facebook behaviors. Study 2 consisted of an online survey that was completed by 255 participants. The participants assessed Facebook behaviors and the satisfaction of relationships the same way that they were assessed in Study 1 (Seidman et. al., 2017). Other things that were measured in Study 2 consisted of how participants felt that Facebook effected the closeness of the relationship being examined, how frequently they experience certain experiences on Facebook, feelings evoked by Facebook, and how frequently they saw other people on their partners Facebook page.

Both Study 1 and Study 2 indicated in their results that there was a positive association between relationship satisfaction and displaying relationship status on Facebook, but were negatively correlated with displaying more affection online than offline (Seidman et. al., 2017). This means that if people publically display their relationship on social media, then they are more satisfied with their relationship in relation to the usage of social media. In contrast, if one is posting too much information and showing too much affection toward their partner on Facebook, the relationship satisfaction is usually lower. Study 2 uncovered that those who experience high levels of jealousy, monitoring was unrelated to the idea that Facebook helped their relationship (Seidman et. al., 2017). This means that those who are the most jealous, who are usually the people who feel that they need to monitor their partner on social media, found no correlation between whether or not the monitoring made them feel as if it helped or hurt their relationship. In contrast, the people who feel lower levels of jealousy found that monitoring was associated with them feeling as if Facebook helped their relationship because they have nothing to be jealous of (Seidman et. al., 2017). These results provide evidence that if one is feeling

disconnected from their relationship, they are more likely to overcompensate for those feelings by posting excessively about their relationship on Facebook. How people's perceptions of the effects Facebook may have on their romantic relationship all depends on how Facebook is used, which could encourage or obstruct the quality of the relationship (Seidman et. al., 2017).

Method

Participants

Of the 67 participants, there were 45 participants that were between the ages of 19 and 25, there were 16 participants between the ages of 26 and 30, there were 4 participants between the ages of 31 to 34. There were also 2 participants that were a bit older than the rest, with one being 50 years old and the other 58 years old. As for how long the participants have been in a romantic relationship, there were 4 participants that have been in a relationship for less than 6 months, 23 that have been in a relationship for 1 to 2 years, 21 that have been in a relationship for 3 to 5 years, 15 who have been in a relationship from 6 to 10 years, 1 participant that has been in a relationship for 15 years, 1 participant that has been in a relationship for 21 years, and 1 participant that has been in a relationship for 35 years.

There were 2 males, 55 females, and 1 participant that identified as a cis female, and 1 participant who identified as non-binary. There were 4 participants that did not specify their gender. As for ethnicity, 60 identified themselves as Caucasian, 3 Hispanic/Latinos, and 4 participants that did not specify. There were 44 who identified themselves as heterosexual, 4 as homosexual, 8 as bisexual, 3 as pansexual, and 9 participants that did not specify. Of the 67 participants, 12 said that they were married, 16 engaged, and 32 were still dating, being considered a boyfriend or girlfriend.

One of the variables examined was the type of social media that is used by both the participants and their significant others. According to the survey, there were 56 participants that

use Facebook with their partners, 13 participants use Instagram with their partners, 52 participants that use Snapchat with their partners, 11 participants that use Twitter with their partners, 2 participants that use LinkedIn with their partners, 3 participants that use Tumblr with their partners. There were 5 participants that said that they use other forms of social media with their partners such as texting, phone calls, and Skype.

Materials and Procedure

The research survey, available in Appendix A, consisting of 19 questions, was constructed by the primary researcher on Qualtrics and the link to the survey was posted on Facebook from February 20, 2018 to April 10, 2018. The survey focused on participants who are 18 years and older and that have been in a consistent romantic relationship for at least 6 months. Demographic information was also asked of the participants including age, how long they have been in a romantic relationship, gender, ethnicity, sexual orientation, and relationship status.

To participate in the survey, the participants started by clicking on the link to Qualtrics on Facebook. When the survey appeared, the informed consent letter was presented for the participants to read, giving them information about the survey, the researcher, the qualifications of the survey, and letting them know that they could choose to stop participating in the survey at any point in time. After reading the consent form, the participants could either choose to consent to take the survey, or deny consent and to not take the survey. After the participants have consented to take the survey, he or she would start on the demographic questions that were stated above. If the participant did not give consent, he or she would be redirected to the end of the survey where the thank you letter would appear, thanking them for their time.

After the participants filled out the demographic information and have met the qualifications, being 18 years of age or older and having been in a romantic relationship for at

least 6 months, the participants were directed to the research questions of the survey. These questions were focused on social media and the types the participants and their partners use, the amount of time spent on social media for the participants and their partners, and emotions that the participants may feel in certain situations regarding social media and their partners. Other areas of focus include: whether or not social media has ever caused any arguments between the participants and their partners and how often, how much the participants trust their partners in general and in regards to social media, and how satisfied the participants are with their relationship in general and in regards to social media.

Once participants have completed all of the questions in the survey they were directed to the end of the survey which included the thank you letter. This thank you letter debriefed the participants and informed them about the reasoning behind the research and thanked them for their participation and time. It also gave them the contact information of two resources just in case the participants started to feel any emotional distress or feel like they need assistance after taking the survey, and then gave the contact information of the researcher and the faculty supervisor in case of questions about the results or the research. After the survey deadline, the data was collected and multiple statistical and correlational analyses were conducted to analyze the data. If a participant were to stop taking the survey for any reason, the data would not be put into the pool of data that was later analyzed and it would be deleted from Qualtrics.

Results

My hypothesis was that social media is perceived to affect romantic relationships in a negative way, especially in the form of jealousy and mistrust, with increased usage. A series of correlational analyses were conducted to see how social media usage was associated with trust and jealousy. These correlational analyses included two one-tailed Pearson's r tests and two two-

tailed Pearson's r tests. There was a one-tailed Pearson's r correlational analysis conducted to see whether or not there was a relationship between the amount of social media usage between the participant's significant other and the overall satisfaction of the relationship. The results of this analysis shows that the more hours the participant's significant other spends on social media, the less satisfied they are with their relationship ($r = -.299, p = .009$). A one-tailed Pearson's r correlational analysis was conducted to see if there was a relationship between the amount of social media usage between the participant's significant other and the overall trust of the significant other in the relationship. This analysis displayed that the more time the participants significant other spends on social media, the less the participant trusts them in their relationship ($r = -.395, p = .001$). A two-tailed Pearson's r correlational analysis was conducted to associate the amount of trust that the participant has in their significant other compared to the amount of trust that they have in their significant other in regards to social media. According to this correlational analysis, the more the participant trusts their significant other in general, the more they will trust them in regards to their social media usage ($r = .881, p < .001$). A two-tailed Pearson's r correlational analysis was also conducted to associate the amount of satisfaction that the participant has in their relationship in general compared to their satisfaction with their significant other regarding social media usage. This test demonstrated that the more satisfied the participant is with their relationship, the more satisfied that they will be with their significant others social media usage ($r = .659, p < .001$).

There were multiple descriptive analyses conducted for situations that were created to display what may occur on social media to see if there were certain emotions that were perceived to be felt more predominantly by the participants (see Table 1). The emotions that were analyzed included rage, betrayal, jealousy, contentment, happiness, and love. For almost every situation, the majority of the participants felt content about the possible situations that may arise

when using social media (see Table 1). For the sake of this research, the second most felt emotion by the participants will be discussed.

Of the participants, 1% said that they would feel jealous in a situation where someone of the opposite sex of the participant likes their significant others posts or pictures. In a situation that someone of the same sex as the participant likes their significant others posts or pictures, 2% said that they would feel happy. Of the participants, 3% thought they would feel jealous in the situation when the participants significant other was tagged in a post by someone of the opposite sex of the participant. In a situation where the participants significant other is tagged in a post by someone of the same sex as the participant, 2% said that they would feel happy. In a situation where the participant's significant other messages or talks to others of the opposite sex of the participant on social media, 32% perceived to feel jealous. Of all of the participants 1% of the participants thought they would feel jealous and 1% thought they would feel happy in a situation where the participant's significant other messages or talks to others of the same sex of the participant on social media. If a situation where the participant's significant other shares personal information on social media were to present itself, 1% of the participants said they would feel betrayed and another 1% said they would feel happy. The situation where the participant's significant other posts pictures of the participant and the participant's romantic relationship on social media was the only situation where the majority of the participants did not feel content. The majority of the participants, 51%, said that they would feel loved in this situation and 41% said that they would feel happy.

Discussion

Social media plays a big role in society, and in the romantic relationships of the people who participate. My hypothesis was that social media is perceived to affect romantic relationships in a negative way, especially in the form of jealousy and mistrust, with increased

usage. The results of the survey and the statistical analyses of the data, partially support this hypothesis. The perceived effects of social media, with increased usage, are negative on romantic relationships when it comes to trust, satisfaction of the relationship and satisfaction with one's significant other in regards to their usage of social media. But when it comes to jealousy, my hypothesis was not supported in full.

The correlational analyses ran support my hypothesis in that social media's perceived effects on romantic relationship satisfaction are indeed negative in the aspect of trust. These results show that if there is any doubt of one's significant other and their integrity, then one's significant other's social media usage will be doubted as well causing increased feelings of mistrust toward one's significant other. These increased rates of mistrust lead to decreased rates of relationship satisfaction. I also hypothesized that increased usage of social media will have negative effects on romantic relationship satisfaction and this aspect of my research was also supported. The correlational analyses ran showed that the more time one's significant other spends on social media, the rates of mistrust increase and the rates of relationship satisfaction decrease.

When the participants were presented with eight different situations that could present themselves when using the same social media as one's significant other, the majority of the participants said that they would feel content with all of the situations except for one. The situations that had to do with people of the opposite sex of the participant had higher rates of jealous emotions compared to those situations that had to do with people of the same sex as the participant. The situation that had the closest margin of participants feeling content and jealous was the situation on which the participants significant other was messaging or talking to someone of the opposite sex of the participant, with content emotions at 48% and jealous

emotions at 32%. This information suggests that social media and its perceived effects on romantic relationships are geared toward trust issues more than jealousy issues.

Limitations

Being that this study was designed, and completed in a spring semester Advanced Research Methods course at Lindenwood University, some limitations were apparent. The source in which the participants were recruited was limited to Facebook. Because of this, a lot of the participants that took this study were friends or acquaintances of myself leaving possibilities for biases in recruiting the participants. To prevent this limitation, I would broaden my horizons with recruiting participants. I would make sure that multiple venues of social media were used to recruit and I could also make sure to post the survey on different community pages and not just to my friends, family, and peers. Facebook being the only social media site that I used to recruit participants is a limitation in another way as well. If I would have used other sources of recruitment, I may have gotten a more diverse assortment of participants to partake in the study. The amount of time that was given to conduct the study was also a limitation because if more time was given, a bigger sample size may have been able to be had, which could lead to more accurate results. Another limitation of this study includes whether or not the participants were truthful when filling out the survey. Even though the survey was anonymous, which was put in place to help keep this limitation from happening, there is always a chance that the truth is not shared with the researchers in full. The fact that the survey was also only available through the internet, this could impact the results because this would mean that the participants would have to have access to a technological device of some sort as well as complete understanding of the questions being asked. If there was a bad connection, or they were not able to access the survey through the internet, or they did not fully understand the questions being asked in the survey, these limitations could have a negative impact on the accuracy of the data.

Regarding future studies on this topic of research, I would suggest looking into whether or not social media and jealousy has a more statistically significant perceived effect on relationship satisfaction than I found in my study. Because of some of the limitations that presented themselves in this study, I believe that the results of the aspect of effects of jealousy were skewed and therefore deemed inaccurate. I do believe that age may have a bigger effect on whether or not these perceived effects do have an influence on one's romantic relationship. I would like to look farther into this aspect as well to get a more well-rounded and accurate look at this research question.

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Table 1

Percentages of Participant's Perceived Emotions Regarding Situations That May Occur on Social Media						
	Enraged	Betrayed	Jealous	Content	Happy	Loved
When someone of the opposite sex likes your significant other's posts or pictures.	0%	0%	1%	80%	0.4%	0%
When someone of the same sex likes your significant other's posts or pictures	0%	0%	0.1%	83%	2%	0%
When your significant other is tagged in a post by someone of the opposite sex.	0.4%	0.3%	3%	60%	0.4%	0%
When your significant other is tagged in a post by someone of the same sex.	0%	0%	0.1%	79%	2%	0.1%
When your significant other messages or talks to others of the opposite sex on social media.	0.4%	1%	32%	48%	0.3%	0%
When your significant other messages or talks to others of the same sex on social media.	0%	0%	1%	76%	1%	0.1%
When your significant other shares personal information on social media.	0.4%	1%	0.1%	68%	1%	0.1%
When your significant other posts pictures of you and your relationship on social media.	0%	0%	0%	0.6%	41%	51%

Appendix A

How Social Media Is Perceived to Affect Romantic Relationship Satisfaction

Start of Block: Informed Consent

Q1

Hello and Welcome to this Research Study.

You are being asked to participate in a survey conducted by Hannah Shockley at Lindenwood University. This study examines social media and its perceived effects on romantic relationships. You must be at least 18 years of age and have been in a romantic relationship for at least 6 months to meet the qualifications to take this survey. It will take approximately 10 to 15 minutes to complete this survey.

Your participation is voluntary. You may choose not to participate or withdraw at any time by simply not completing the survey or closing the browser window. You may also skip any questions that make you feel uncomfortable.

WHAT ARE THE BENEFITS ASSOCIATED WITH THIS STUDY?

There are no direct benefits to you participating in this study. However, your participation is an opportunity to contribute to psychological science as well as your romantic relationship. There is a chance the data from this survey could be presented at a psychological conference or published in an academic journal in the future.

WHAT ARE THE RISKS ASSOCIATED WITH THIS STUDY?

Although there is no known risks associated with the study, if you find that taking the survey causes you emotional distress regarding current or past romantic relationships and you would like assistance, please contact the Lindenwood Student Counseling and Resource Center at 636-949-4889, if you are a Lindenwood student, or the Health and Wellness Hotline at 1-800-273-8255.

I will not collect any personal information, such as birth dates or social security numbers. This survey is completely anonymous and will not reveal the identity of the participants in any way.

WHO CAN I CONTACT WITH QUESTIONS?

If you have concerns or complaints about this research project, please use the following contact information:

Hannah Shockley (Principal Investigator) at hss606@lindenwood.edu or

Dr. Nohara-LeClair (Faculty Supervisor) at mnohara-leclair@lindenwood.edu.

If you have any concerns about the project that should be addressed with someone outside of the research team, you may contact: Mr. Michael Leary (Director - Institutional Review Board) at 636-949-4730 or mleary@lindenwood.edu.

Q19 I verify that I have read and understood the information above and I am at least 18 years of age and give consent to participate in this research.

- Yes, I voluntarily give consent to taking part in this study (1)
- No, I do not consent to taking part in this study (2)

Skip To: End of Survey If I verify that I have read and understood the information above and I am at least 18 years of age... = No, I do not consent to taking part in this study

End of Block: Informed Consent

Start of Block: Age and Relationship Limitations

Q3 How old are you?

Skip To: End of Survey If How old are you? < 18

Q8 How long have you been in a relationship with your significant other? (in months or years)

- Less than 6 months (1)
- Other (2) _____

Skip To: End of Survey If How long have you been in a relationship with your significant other? (in months or years) = Less than 6 months

End of Block: Age and Relationship Limitations

Start of Block: Demographic Questions

Q4 Gender?

Q7 Ethnicity?

- Caucasian (1)
- African American (2)
- Hispanic/Latino (3)
- Asian (4)
- Multiracial (2+ races) (5)
- Other (6)

Q6 Sexual orientation?

Q5 Relationship status?

- Married (1)
- Engaged (2)
- Dating (3)
- Other (4) _____

End of Block: Demographic Questions

Start of Block: Questions Regarding Research Question

Q13 What type of social media do you and your significant other use to communicate with each other? (choose all that apply)

- Facebook (1)
- Instagram (2)
- Twitter (3)
- Snapchat (4)
- Tinder (5)
- LinkedIn (6)
- Tumbler (7)
- Other (8) _____

Q24 How many hours a day does your significant other use social media? (0-24 hours)

Q22 How many hours a day do you use social media? (0-24 hours)

Q19 Which emotion best describes what you think you would feel when these things happen on social media? (check all that apply)

	Enraged (1)	Betrayed (2)	Jealous (3)	Content (4)	Happy (5)	Loved (6)
When someone of the opposite sex likes your significant other's posts or pictures. (1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When someone of the same sex likes you significant others posts or pictures. (2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When your significant other is tagged in a post by someone of the opposite sex. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When your significant other is tagged in a post by someone of the same sex. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When your significant other messages or talks to others of the opposite sex on social media. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When your significant other talks to others of the same sex on social media. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When your significant other shares personal information on social media. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When your significant other posts pictures of you and your relationship on social media. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q23 Has social media ever caused any arguments between you and your significant other?

- Yes (1)
- No (2)

Q20 How many days do you and your significant other have arguments because of social media in a week? (0-7 days)

Q11 How much do you trust your significant other in general?

- 0 (0)
- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q9 What is your overall relationship satisfaction in general?

- 0 (0)
- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q26 How much do you trust your significant other regarding social media usage?

- 0 (0)
- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

Q24 How satisfied are you with your significant other regarding social media usage?

- 0 (0)
- 1 (1)
- 2 (2)
- 3 (3)
- 4 (4)
- 5 (5)
- 6 (6)
- 7 (7)
- 8 (8)
- 9 (9)
- 10 (10)

End of Block: Questions Regarding Research Question

Start of Block: Thank You Letter

Q19 Thank you for taking the time to complete this survey for my class project at Lindenwood University. I am interested in the perceived affects that social media has on romantic relationships in regards to jealousy and mistrust. My hypothesis is that in society today, social media is perceived to effect romantic relationships in negative ways, in the form of jealousy or mistrust, with increased usage. I am focusing on this topic for my research because my current career path of interest is marriage and family counseling and I have always been very interested in relationships in general. I believe that adding social media to the mix helps promote generalization to relationships in society today.

I believe that this research may benefit today's society by opening the eyes of all to how big of a role social media could play in our relationships in general. This may also promote less social media usage as a whole and promote spending more quality time with one's significant other, which could lead to higher romantic relationship satisfaction and less problems in relationships related to the use of social media.

If you found that taking the survey caused you emotional distress and you would like assistance, please contact the Lindenwood Student Counseling and Resource Center at 636-949-4889, if you are a Lindenwood student, or a Health and Wellness Hotline at 1-800-273-8255.

If you would like to see the results of my survey after May 15, 2018, please feel free to contact me using the contact information below.

Again, thank you very much for your time and effort!

Principal Investigator: Hannah Shockley, hss606@lindenwood.edu

Faculty Supervisor: Dr. Michiko Nohara-LeClair, mnohara-leclair@lindenwood.edu

End of Block: Thank You Letter