

The Link Between Relationship Quality and Life Satisfaction of Individuals Across Countries

07 Nov.
SSH18

Malathie P. Dissanayake^{1(*)}, Amy G. Halberstadt¹, James W. Kalat¹, Shanmukh V. Kamble²

¹*Department of Psychology, North Carolina State University, USA, ²Department of Psychology, Karnatak University, India*

(*)E.mail: malathie.dissanayake@gmail.com

Establishing and maintaining good interpersonal relationships with others play an important role in achieving happiness and well-being. The aim of this investigation was to examine the key role of relationship quality in predicting life satisfaction in three countries. In addition, we examined gender difference in relationship quality. A sample of 308 Sri Lankan, 103 Indian, and 196 American adults living in their respective countries were selected using convenience sampling method and they responded to a questionnaire assessing interpersonal relationship quality, positive relations with others, and satisfaction with life. Mean levels of these measures significantly varied by country. Also, there was a significant gender difference in positive relations with others. Self-reports of relationship quality significantly predicted life satisfaction and the link between relationship quality and life satisfaction varied across countries. Findings suggest that interpersonal relationship quality play a vital role in one's life satisfaction and also the relationship between relationship quality and life satisfaction may vary across cultures depending on the way individuals value interpersonal relationships in a given context.

Keywords: Relationship quality, life satisfaction, gender, collectivist culture