| RESEARCH ARTICLE

Correlations of Personality Traits and Romantic Relationship Satisfaction

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| ABSTRACT

This study investigates how personality traits correlate with satisfaction levels in romantic relationships among Psychology majors enrolled at the University of Cebu Main Campus during the Academic Year 2022-2023. Employing a quantitative research approach, a descriptive correlational design was utilized to establish connections between personality traits and levels of relationship satisfaction, enabling prediction and explanation of variable relationships. The research addresses conflicting findings on the influence of personality traits on successful romantic relationships, particularly emphasizing trait similarity versus the "Opposites Attract" notion, alongside considerations of emotionality, maladaptive tendencies, self-esteem, and partner perspectives. Methodological variations in self-report assessments versus multiple-source and observation-based approaches have contributed to inconsistent results in previous investigations.

1. Introduction

It is a human characteristic to have a fundamental need to belong. This idea is evolving because it facilitates reproduction and survival, motivates individuals, and maintains close relationships. For most individuals, being satisfied in a relationship is the most important goal. Factors that contribute to relationship satisfaction are age, gender, and personality traits. Gender differences surfaced related to belonging to two different romantic status patterns. Women were more likely to be set up in the non-intimately married pattern, while men were over-represented in the intimate but non-committed pattern.

From a global perspective in America, 9 out of 10 people in a relationship, whether married, cohabiting, or in another type of partnership, are satisfied with their current relationship. This conclusion has persisted since Monmouth began examining this issue more than seven years ago. Currently, 60% of respondents say they are delighted with their relationship, down from 70% who said the same thing a year ago, but in line with the percentage range (57%-59%) for this feeling between 2014 and 2020.

Moreover, according to a study by Mahadhir (2023), Malaysian couples enjoy some of the highest levels of relationship satisfaction worldwide. 57% of Malaysians say they are content with their romantic or sex life, 80% say they feel loved, and 90% of couples say they are happy with their relationship with their spouse or partner. While Japan (70%) and South Korea (73%) have the fewest couples that are content with their connection with their spouse or partner, Malaysia joins Indonesia (94%), the Netherlands (94%), and Thailand (90%) in having this situation. However, on average, only 14% of couples claim to be either very dissatisfied or not pleased with their relationship with their spouse or partner. The report claims that over four in five married or partnered persons (84%) are happy with their relationship on average across 32 nations. Only two out of three (63%) people say they are satisfied

with their romantic or sex life, but three out of four (76%) people say they are content with feeling loved. According to the survey, Boomers are more likely than Gen X, Millennials, and Gen Z to report feeling loved (80% vs. 75%, 76%, and 76%, respectively).

According to the national perspective of Pru Life U.K., they are told that the Philippines has maintained second place in terms of personal relationship satisfaction for two years in a row. According to the report, relationships in the Philippines meet 79% of people's requirements and expectations, leaving only a 21% connection gap. Filipinos continue to be the most expressive in communicating with their regional partners. It is more likely that 86% of individuals tell their spouses they love them, and 90% usually laugh together. Furthermore, more open couples have a higher relationship score of 80/100 with their partners. Those who did not tell their partner everything received a lower score of 68/100 (Tumbaga, 2017).

Whether increased emotional expression results in better emotions of closeness between the two persons in a relationship and, ultimately, greater relationship pleasure is a crucial factor to consider. Luginbuehl and Schoebi (2019) investigated the influence of individual variations in moment-to-moment emotion dynamics on relationship satisfaction and interpersonal response. Adapting emotionally to relevant changes in situational settings may be compromised by a very inert emotional dynamic, indicating limited emotional flexibility. Their findings imply that people with high or low emotional inertia are perceived by their partners as being less receptive, which raises the possibility that either these people express less specific positive responses when their partners expect them or that their responses fall short of conveying the kind of concern that would be context-sensitive and perceived as such by their partners. Relationship pleasure is likely decreased by this unstable emotion dynamics' inability to react in a manner that considers the situation.

The study "The Relationship Between Personality Traits and Marital Satisfaction: A Systematic Review and Meta-Analysis" from all the related Iranian studies in international databases, including Google Scholar, PubMed, Web of Science (ISI), Scopus, and national databases, including Scientific Information Database (SID) and MagIran, the result shows that couples with high levels of Neuroticism experience lower levels of romantic relationship satisfaction, and couples with high levels of conscientiousness are more satisfied with their romantic life. It is because personality traits are relatively stable over time and can be used to predict a person's behavior when dealing with different life situations, including their romantic life, which can affect their romantic relationship satisfaction.

Most researchers focused more on identifying relationships between personality traits and marital satisfaction. However, this paper will focus more on determining relationships between personality traits and romantic relationship satisfaction among young adults. As we can see, today's generation is most involved in romantic relationships, specifically with young adults. Young adulthood is the stage where dramatic personality changes take place. Soto's published writing (2016) states, "Although they tend to remain reasonably constant over time, personality traits can and frequently change throughout a lifetime.

What is more, those changes are usually for the better. Many studies show that adults become more agreeable, conscientious, and emotionally resilient as they age. However, these changes tend to unfold across years or decades rather than days or weeks. Sudden, dramatic changes in personality are rare."

Thus, the researchers have developed the study "Correlations of Personality Traits and Romantic Relationship Satisfaction" to determine if there is a connection between personality traits and romantic relationship satisfaction among young adults. The findings of this research endeavor will highlight the relationship between the two variables.

2. Theoretical Background
This study is anchored in the following theories: The Big Five Personality Traits by Paul T. Costa Jr., Robert R. McCrae, and Corinna E. Lockenhoff., the Three Components of Love by Robert Sternberg, and The Theory of Active Assortment by David Watson.

Costa and McCrae's Big Five Personality Traits are five broad personality traits regarded as stable and relatively unchanging (Costa et al., 2019). The "Big Five" trait consists of five factors, frequently labeled Neuroticism: Openness (O), Conscientiousness (C), Extraversion (E), Agreeableness (A), and Neuroticism (N). Extraversion (reflects the sources from which someone draws energy), agreeableness (focuses on how people interact or on how people tend to treat their relationships with others), conscientiousness (the person's ability to regulate and control their impulses in order to engage in goal-oriented behavior), emotional stability (how a person describes the world and how they interpret events as threatening), and openness (the capacity to think outside the box) (Lim, 2020).

These personality traits then influence the foundation of relationships and determine their success. Individuals relate the personalities that they bring into a connection to their satisfaction and functioning. This is because personality influences how the individual responds to certain circumstances and traits their partner offers that may affect interaction within the relationship

(Robins et al., 2002). In addition, trait theory, one of the most common personality theories, claims that people's personalities differ depending on which essential personality qualities predominate. Each attribute is viewed as a continuum, considering the virtue of compassion. Although this is an elective personality feature — some individuals are kind, while others are not.

Furthermore, Donald W. Fiske's five-factor theory, famous as the Big 5, is one of the most well-known characteristic theories. According to this concept, personality consists of five distinct traits: agreeableness, conscientiousness, extraversion, neuroticism, and openness to experience. In Eysenck's Descriptive and Biological Theory of Personality (1952, 1967, 1982), Temperament—innate, genetically based personality differences were central to Eysenck's theory. He thought that biology primarily governs personality and that humans have two distinct personality dimensions: extroversion vs. introversion and neuroticism vs. stability. These five dimensions are thought to encompass the majority of human personality traits, and research has shown that they are relatively stable across the lifespan and predictive of a wide range of behaviors, including academic and occupational success, mental health, and social relationships.

Another theory by Robert Sternberg (1988), which is called the Triangular Theory of Love, states that love can be characterized in terms of three components, intimacy, passion, and decision/commitment that may be considered as creating the vertices of a triangle when combined rather than being a precise geometric model, the triangle is employed as a metaphor.

The attitudinal focus of Sternberg's triangular theory of love, which includes intimacy, passion, and decision or commitment, resembles Lee's. Henrick et al. (1784) demonstrated gender differences that seem to support our theoretical argument, namely that men place a higher value on "sex" and women place a higher value on "security." For Hendrick and co., security is portrayed as manic or possessive obsession toward the beloved, stoic or lasting friendship, and pragmatic, or whether the love object has the right stuff. In contrast, sex is portrayed as ludicrous or playful. Depending on gender, different aspects of love predict a relationship to pleasure. Intimacy, passion, and commitment are all significant predictors for women; however, the commitment variable was not significant for men.

According to Engel, Olson, and Patrick (2002), the three components of love Sternberg can be related to the variable model of the significant five personality factors. Results showed that having the personality trait of high conscientiousness is a valuable factor in predicting the passion, commitment, and intimacy variables.

Research suggests that high conscientiousness can be valuable in predicting relationships' passion, commitment, and intimacy variables. The personality trait conscientiousness means a person tends to be organized, responsible, and dependable. Individuals who score high in conscientiousness are often diligent, self-disciplined, and goal-oriented. They tend to plan and prepare for the future and are often seen as reliable and trustworthy. In relationships, highly conscientious individuals may be more likely to exhibit behaviors that promote intimacy, such as sharing personal thoughts and feelings, showing empathy and understanding, and being supportive and caring towards their partner. They may also be more committed to maintaining the relationship and may be more willing to work through conflicts and difficulties that arise.

In the same way, according to Ahmetoglu, Swami, and Chamorro-Premuzic's (2010) study with English adults as a sample, they pointed out that the agreeableness trait is linked to the three components of love while conscientiousness is linked to intimacy and commitment. The study involved 429 participants who completed questionnaires to measure their personality traits and relationship satisfaction. The study results showed that conscientiousness was the most important predictor of relationship satisfaction, followed by neuroticism and extraversion. Specifically, individuals who scored high in conscientiousness have a higher level of relationship satisfaction.

The study's findings are consistent with previous research that found a positive relationship between conscientiousness and relationship quality. It also found that neuroticism was negatively related to relationship satisfaction, indicating that individuals who scored high in neuroticism were less satisfied with their relationships. Extraversion was a weak predictor of relationship satisfaction, and openness and agreeableness were insignificant predictors.

Furthermore, according to Erikson's Identity Development Theory (1968) and recent developmental theories (Brown, 1999; Connolly & Goldberg, 1999; Connolly & McIsaac, 2009; Seiffge-Krenke, 2003), commitment optimally follows the establishment of deep and intimate relationships. The intimately committed pattern represents progression on both dimensions, whereas the intimate but not committed pattern represents those young people who have not yet reached the commitment stage (Brown,1999; Connolly & Goldberg, 1999). The question is how some young people have become committed despite lacking intimacy. Elaborating on Erikson's conceptualization suggested that in assessing a person's romantic relationships, it is essential to consider whether one is involved in a superficial or a deep and intimate relationship and a person's ability to be involved in an enduring and committed relationship. In healthy relationship development, as in other domains of development, such as career, individuals

tend to explore and experience several possible involvements before reaching a more nuanced conception of what suits them best. In addition, it also depends on whether the person is ready to embrace the feeling of eagerness and the desire to enter a relationship.

This study also aligned with the theory of Active Assortment by the leading theorist David Watson (2014), which supports the influence of personality traits in a relationship. This theory states that people prefer partners with the same personality. In layman's terms, the relationship can be represented by the phrase: "Birds of the same feather flock together." The level of relationship satisfaction is higher when the couple shares the same personality, thus explaining that the more similar the couple is, the more satisfied they are in their relationship. Men and women want agreeable, conscientious, emotionally stable, intelligent, and physically attractive spouses and desire partners who are better than them.

According to this theory, individuals are attracted to others who possess traits that they lack or are desirable. For example, an introverted person may be attracted to an extroverted partner who can help them be more socially outgoing. In contrast, a disorganized person may be attracted to a highly organized partner who can help them become more structured in their daily life. It also proposes that individuals engage in self-improvement to make themselves more attractive to potential partners with desirable traits. For example, a person may work to become more outgoing and sociable in order to attract an extroverted partner. This theory suggests that individuals engage in active assortment throughout their lives and that the process of selecting a partner is a dynamic one that involves ongoing evaluation and adjustment.

As a whole, the Theory of Active Assortment has been influential in shaping research on romantic relationships. It has helped to explain why individuals are attracted to certain partners and how the process of mate selection occurs. It has also been applied to understanding relationship satisfaction and stability and the impact of personality traits on relationship outcomes.

In 1958, George Casper Homans proposed the Social Exchange Theory, which indicates that "give and take" is the foundation of nearly all relationships; however, the amounts may vary depending on the strength of the interaction. Accordingly, sentiments and emotions must reciprocate for a relationship to be effective and long-lasting. As people age, they become less interested in maximizing their benefits and more concerned with their interactions with their romantic partners. One-sided relationships are impossible to maintain. Individuals engage their time and energy in relationships only when they gain anything from them.

Meanwhile, adolescents tend to be self-centered and make interpersonal decisions primarily motivated by personal gain. There are certain partnerships in which a person receives less than he provides. As a result, the individual begins to compare his connection with others. Comparisons can be helpful at times; however, they may be highly damaging since they prevent people from giving their all-in relationships.

In addition, Homans argued that people are motivated to seek rewards and avoid costs in their social interactions. Rewards can include material goods, emotional support, and social status, while costs can include time, effort, and emotional stress. He suggested that people engage in social interactions that provide them with the most significant rewards for the least cost. Social exchange theory also proposes that people strive for fairness and equity in their social interactions. If an interaction becomes imbalanced in rewards and costs, one person may feel exploited or resentful, leading to dissatisfaction and the end of the relationship.

Overall, Homans' social exchange theory provides a framework for understanding how people decide about their social behavior and why they engage in social interactions and relationships. It has been applied to various contexts, including romantic relationships, friendships, and workplace interactions, and has influenced social psychology and sociology research.

Aligned with this study is the attachment theory of love developed by Hazan and Shaver (1987), two University of Colorado scholars, who proposed that romantic love is a biosocial process similar to how toddlers build ties with their parents and a person's attachment style is partly influenced by their early relationship with their parents. When they become adults, this core approach continues to be a part of their love relationships. Furthermore, according to Hazan and Shaver, one's beliefs are influenced by their encounters with love and attachment, affecting their relationships. It is a circular process that might work well for people with more secure attachment styles but could be problematic for others who are avoidant, wary, or conflicted in their relationships. Their idea is based on psychologist John Bowlby's attachment theory.

In their study, Hazan and Shaver developed a "Love Quiz" questionnaire that assessed adult attachment styles by asking participants about their feelings, thoughts, and behaviors in romantic relationships. They found that people with secure attachment styles tended to have positive views of themselves and their relationships. In contrast, people with anxious attachment styles tended to have negative views of themselves and their relationships, and people with avoidant attachment styles tended to have

negative views of others. They also found that attachment styles could predict relationship outcomes. For example, people with secure attachment styles tended to have longer and more satisfying relationships, while those with avoidant attachment styles tended to have shorter and less satisfying ones.

Another theory developed by Ross (1989) is the Implicit theory; it was generally defined as a schematic structure of knowledge involving specific beliefs likely to promote change. This theory has two perspectives: First, the analogy requires that people view the early stages of a relationship as a test for its potential success. Thus, the belief in destiny may emphasize the impression of the relationship's success. The second perspective is derived from the existing work on romantic relationship beliefs. Belief in growth is consistent with research and theory that argues that the success of a relationship is determined more by the resolution of risks, challenges, and difficulties than by their absence. Furthermore, given that mating is part of our natural cycle, some researchers aim to discover the predictors of relationship satisfaction among Filipino couples based on their Big Five personality trait scores. The personality trait test is used to statistically analyze the link between personality and relationship satisfaction (Kwon et al., 2017).

Research has shown that implicit theories can influence how individuals respond to relationship stressors like conflict and betrayal. For example, individuals who hold entity beliefs about their partner may be more likely to respond to conflict with defensiveness and withdrawal. In contrast, those with incremental beliefs may be more likely to respond with constructive problem-solving behaviors.

Generally, implicit theories provide insight into how individuals' beliefs about the causes of behavior and events can shape their perceptions and evaluations of their partner and their responses to relationship stressors. Understanding these implicit beliefs can promote healthy relationship functioning and improve communication and problem-solving skills.

In the Philippines, however, two perspectives can differentiate the type of relationship they want depending on their personalities. As stated in evolutionary psychology, people prefer anyone who can successfully reproduce (Buss, 1998). In most studies, Filipino women prefer a financially stable partner rather than having attractive physical attributes, and males prefer a caring and more attractive image. In a study by Billedo (1995), choosing a partner or dating was defined as a process aiming to build a romantic relationship; unlike during the 90s, the act of courtship was supplanted by gender stereotypes. Societal norms dictated the cultural behavior of men and women in the dating stage. For instance, men should make the first confession of love. Women, meanwhile, are anticipated to be more private in their expressions.

Thus, this study investigated the correlations between personality traits and romantic relationship satisfaction among young adults, specifically all currently enrolled in the Psychology program at the University of Cebu-Main Campus during the school year 2022-2023.

3. Objective of the Study
This study aimed to investigate the intricate connection between personality and the level of satisfaction within romantic relationships among students majoring in Psychology at the University of Cebu-Main Campus during the academic year 2022-2023. In detail, this research delved into the participants' demographic profiles, distinct personality traits, and the satisfaction experienced within their romantic relationships. Additionally, it explored the potential correlations between these profile characteristics, personality traits, and romantic relationship satisfaction.

4. Methodology
This section encompasses several crucial aspects of the study, including the research design, research environment, research participants, data collection instruments, research procedures, data collection processes, and data analysis methods.

4.1 Research Design
This study employed descriptive-correlational design to determine the relationship between personality traits and relationship satisfaction levels. Correlational research design is a type of non-experimental research that facilitates the prediction and explanation of the relationship among variables (Jhangiani, 2019). Specifically, it discussed the importance and purpose of correlational research, as well as its application, analysis, and interpretation. The respondents were chosen based on the population of interest that matched the aims and objectives of the study and produced a sample that was logically assumed to represent the population (Lavrakas, 2008). The researchers used a survey questionnaire titled "Correlations of Personality Traits and Romantic Relationship Satisfaction."
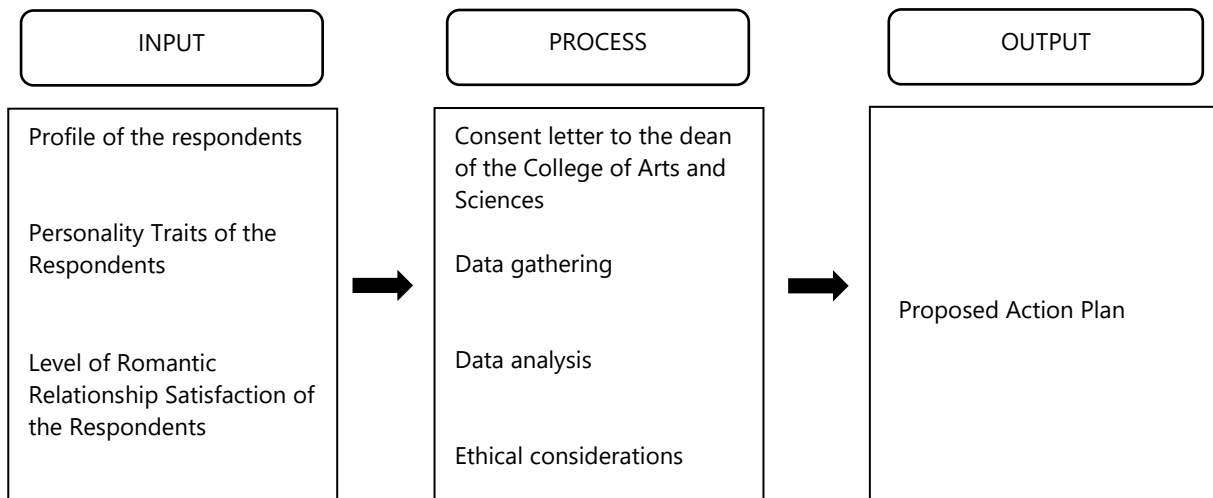
INPUT	PROCESS	OUTPUT
Profile of the respondents Personality Traits of the Respondents Level of Romantic Relationship Satisfaction of the Respondents	Consent letter to the dean of the College of Arts and Sciences Data gathering Data analysis Ethical considerations	Proposed Action Plan

Figure 1: FLOW OF THE STUDY

4.2 Research Environment

The study occurred at the University of Cebu - Main Campus, a private educational institution founded by Atty. Augusto W. Go in 1964, previously known as Cebu Central College, was recognized by the Philippine Association of Colleges and Universities Commission on Accreditation (PACU-COA). The university, conveniently situated on Sanciangko Street in Cebu City, is part of a more extensive university network comprising the University of Cebu-Mambaling Campus, University of Cebu-Banilad Campus, University of Cebu-Lapu-Lapu Mandaue Campus, and the more recent University of Cebu-Medical Center. The study focused on the College of Arts and Sciences, specifically within the AB-Psychology department, offering a four-year degree program.

4.3 Research Respondents

The study focused on young adults aged 18-25 enrolled in A.B. Psychology at the University of Cebu–Main Campus who had been in a relationship for at least two years. The psychology department comprised 817 students (192 males, 635 females). A sample of 85 students from different year levels was selected based on the academic year 2022-2023 criteria, which were determined using a free online sample size calculator. In the selection process, respondents were chosen via simple random sampling, guaranteeing that everyone had equal chances to be selected as participants.

4.4 Research Instruments

This study utilized a standardized survey questionnaire to gather data from the respondents. The questionnaire has two parts: (1) the personality traits and (2) the romantic relationship satisfaction. The initial section consists of a standardized questionnaire adapted from the International Personality Item Pool, established by Goldberg (1992). The test consists of 50 items that describe the respondent's personality. The results would vary according to the scores gathered. Goldberg created the IPIP-Big5 utilizing the International Personality Item Pool. It has been demonstrated to strongly correlate with the appropriate NEO-PI-R domain scores, with correlations ranging from .85 to .92 when unreliability is considered. The second part of the questionnaire was a standardized questionnaire adopted from the Relationship Assessment Scale (RAS; Hendrick, 1988), a 7-item Likert-scale measure that evaluates how satisfied a person is in their intimate relationships. The seven items on the RAS may be used with anyone in an intimate relationship, including married couples, cohabiting couples, engaged couples, and dating couples. The study by Vaughn, Marsha, and Baier, Margaret (1999) showed that the coefficient alpha for the RAS total score was 0.91, with interitem correlations ranging from 0.35 to 0.80 in a population of 55 men and 63 women.

4.5 Research Procedures

In this study, the research process involves two key phases. First, data gathering will encompass participant surveys to collect relevant information, followed by a comprehensive analysis phase where statistical methods will be applied to discern patterns and relationships within the acquired data.

4.5.1 Data Gathering.

A correlational research design looks into correlations between variables without allowing the researcher to control or manipulate them. A correlation measures the intensity and direction of a link between two (or more) variables. A correlation's direction might be either positive or negative. After deciding on the topic, the researchers defined the research problem. This helped the researchers focus on a narrow scope and be able to study it properly. Defining the problem helped the researchers formulate a research hypothesis, which was tested against the null hypothesis. The results depended on the exact measurements the researcher

chose and may be used differently in another study to test its main conclusions. There were various aspects to remember when constructing an experiment. Planning ensured that the experiment was carried out correctly and that the results reflected the natural world in the best possible way. The researchers have chosen a sampling group to study. In this study, the researchers used random sampling to get the population. Lastly, the researchers chose a specific research design. The research design was chosen based on a range of factors. The design of the experiment was critical for the validity of the results. In this case, a correlational research design was used. The data were collected from survey questionnaires or any other instrument. The format and the way of administering the survey played a crucial role in collecting the data. Therefore, the respondents to the study were well-oriented. Before the survey, the researchers provided a transmittal addressed to the Dean of the College of Arts and Sciences to ask permission to implement the study.

4.5.2 Treatment of the Data

The data from the survey questionnaires were converted into percentages and presented in tabular form for ease of comprehension. Frequency and percentage calculations were employed to establish respondents' profiles based on age and gender. Additionally, the research employed various statistical analyses, like the Chi-square Test of Independence, to determine the connection between respondents' profiles, their personality traits, and their levels of satisfaction in romantic relationships. Spearman's rho was employed to explore the correlations between personality traits and romantic relationship satisfaction.

5. Results and Discussion

This chapter presented, analyzed, and interpreted the Respondent's Demographic Profile and the results of the Chi-square of Independence to determine the significant relationship between the profile, personality, and level of relationship satisfaction of Psychology majors at the University of Cebu-Main. The discussions are presented based on the sequence of the problem statements.

5.1 Profile of Psychology Students

Table 1
Frequency and Proportion: Age of the Respondents

Age	Frequency	Proportion
18 years old	2	2.4
19 years old	15	17.6
20 years old	6	7.1
21 years old	21	24.7
22 years old	25	29.4
23 years old	12	14.1
24 years old	2	2.4
25 years old	2	2.4
Total	**85**	**100.0**

The frequency and percentage of respondents by age are shown in Table 1. There are 85 respondents in total. Most respondents were 22 years old, with a total of 25 respondents, equal to 29.4%, while those aged 18, 24, and 25 had the fewest respondents, equal to 2.4%.

The findings in Table 1 are similar to the study conducted by Józefacka et al. (2023) entitled "What Matters in a Relationship-Age, Sexual Satisfaction, Relationship Length, and Interpersonal Closeness as Predictors of Relationship Satisfaction in Young Adults," which states that the number of relationships is highest in young adulthood. Furthermore, emotional intimacy peaks during this stage, surpassing the levels seen in any other developmental period. Young adults' romantic relationships are significantly shaped by their earlier connections with parents and peers, and a central objective during this phase of development is the establishment of a wholesome and positive understanding of one's sexuality. Moreover, in contrast to the earlier stages of childhood and adolescence, young adults have the freedom to express their sexuality openly and confidently without the burden of anxiety or shame.

Table 2
Frequency and Proportion: Sex of the Respondents

Sex	Frequency	Proportion
Female	59	69.4
Male	26	30.6
Total	**85**	**100.0**

The frequency and percentage of respondents by sex are shown in Table 2. There are 85 respondents in total. The entire number of female respondents is fifty-nine (59), equal to 69.4%, while the total number of males is twenty-six (26), equal to 30.6%. Based on the data above, there are more female respondents than males, meaning the females are more engaged and participate well in this study. This also clearly shows that more females have experienced romantic relationships at the University of Cebu – Main Campus for the academic year 2022-2023.

In the research study entitled "Gender Differences in Perception of Romance in Chinese College Students" by Jie Yin et al. (2013), the sample size consists of 303 Chinese young adults (198 women, 105 men) who were administered a questionnaire consisting of 60 sentences and required to rate the romance level of each sentence.

5.2 Personality Traits of Psychology Students

Table 3
Personality Traits of Psychology Study Per Age

Age	Personality Traits					
	Extroversion	Agreeableness	Conscientiousness	Neuroticism	Openness to Experience	Total
18 years old	0	0	0	0	2	2
19 years old	0	11	0	2	2	15
20 years old	2	2	1	0	1	6
21 years old	4	10	4	2	1	21
22 years old	2	7	10	0	6	25
23 years old	4	7	0	1	0	12
24 years old	1	0	1	0	0	2
25 years old	1	0	1	0	0	2
Total	**14**	**37**	**17**	**5**	**12**	**85**

Table 3 shows that 18-year-olds have an openness to experience personality trait, which is the capacity to think outside the box (Lim, 2020). While 19, 21, and 23-year-olds have the agreeableness personality trait of how people treat their interpersonal relationships, agreeableness concerns people's orientation and interactions with others (Ackerman, 2017). On the other hand, 20-year-olds have agreeableness and extroversion personality traits that represent the eagerness and intensity with which someone wants interaction with their surroundings, particularly social interactions. It includes people's levels of comfort and aggressiveness in social situations. At the same time, 22-year-olds have a conscientious personality trait, meaning a person's capacity to manage their impulses to engage in goal-directed actions (Grohol, 2019). The data also shows that 24 and 25-year-olds have extroversion and conscientiousness personality traits. The recent longitudinal and cross-sectional aging research conducted by Roberts, B. et al. (2008) shows that personality traits continue to change in young adulthood. Moreover, mean-level change in personality traits occurs in middle and old age, showing that personality traits can change at any age.

Table 4
Personality Traits of Psychology Study Per Sex

Age	Personality Traits					
	Extroversion	Agreeableness	Conscientiousness	Neuroticism	Openness to Experience	Total
Female	7	27	14	3	8	59
Male	7	10	3	2	4	26
Total	14	37	17	5	12	85

Table 4 shows that females have more agreeableness personality traits than males. Data shows that females are less neurotic; thus,

males are also.

The data above shows that females consistently outperform men on agreeableness and related traits, such as conscientiousness and openness to experience (Feingold, 1994; Costa et al., 2011). In contrast, a study by Bunnett in 2020 titled "Gender Differences in Perceived Traits of Men and Women" highlights gender disparities in perceived personality traits. It reveals that women score higher on agreeableness and neuroticism than men, underscoring how societal perceptions align with empirical differences in personality characteristics between genders.

Moreover, although women typically exhibit higher scores in extraversion, openness, and conscientiousness compared to men, the findings vary, with comparisons reliant on examining the more detailed, lower-order personality traits that constitute these broader dimensions.

5.3 Level of Respondents' Romantic Relationship

Table 5
Level of Respondents' Romantic Relationship Per Age

Age	Relationship Satisfaction			
	Low Satisfaction	Average Satisfaction	High Satisfaction	Total
18 years old	0	1	1	2
19 years old	0	2	13	15
20 years old	0	3	3	6
21 years old	0	3	18	21
22 years old	0	6	19	25
23 years old	0	2	10	12
24 years old	0	1	1	2
25 years old	0	0	2	2
Total	**0**	**18**	**67**	**85**

Table 5 shows that in terms of age, most respondents have high satisfaction, with 67 respondents having such satisfaction levels.

Buhler et al.'s (2021) study argues against the previous data, claiming it only examined average satisfaction (POMP score) at one point in time and average change per year, not capturing the full picture. Buhler et al.'s 2021 study covered a broad age range (20 to 76 years) and relationship durations (3 months to 46 years), revealing a distinct pattern: relationship satisfaction decreased from ages 20 to 40, reached a low point at 40, increased until 65, and plateaued in late adulthood. Regarding relationship duration, satisfaction dropped in the first ten years, increased to 20 years, and decreased again. The study also found that the most substantial declines occurred during young adulthood and the initial years of a relationship when examining mean change in relationship satisfaction within a given relationship.

Table 6
Level of Respondents' Romantic Relationship Per Sex

Age	Relationship Satisfaction			
	Low Satisfaction	Average Satisfaction	High Satisfaction	Total
Female	0	13	46	59
Male	0	5	21	26
Total	0	18	67	85

Table 6 shows that females are more highly satisfied than males. It shows that 46 females are highly satisfied males, while only 21 are highly satisfied.

Table 6 is similar to the conducted and published study by De Andrade et al. (2015) entitled "Relationship Satisfaction in Young Adults: Gender and Love Dimensions," a relationship quality model is proposed, drawing from Sternberg's Triangular Love Theory. The study involved 335 participants engaged in romantic relationships, with 56.7% male (190 subjects) and 42.3% female (145 subjects). The study found that, among women, the variables of intimacy, passion, and commitment were all significant predictors. In contrast, commitment did not emerge as a significant predictor in the relationship quality model for men.

Unlike the prior study, Johnson et al. (2022) used five years of data from the German Family Panel to analyze the predictive power

of both partners' relationship satisfaction on future outcomes. The study involved 3,405 mixed-gender couples and a substantial dataset of 21,115 relationship satisfaction reports. The findings from this study, utilizing Latent Curve Models with Structured Residuals (LCM-SR), revealed that both men's and women's relationship satisfaction significantly predicted their and their partner's relationship satisfaction. Importantly, this research uncovered no discernible gender differences in the magnitude of these predictive effects, challenging previous notions regarding the influence of gender on relationship satisfaction. The results underscore the mutual influence of romantic partners' satisfaction and highlight the collaborative role of both men and women in shaping overall romantic relationship satisfaction.

5.4 Significant Relationship of Paired Variables

Table 7
Significant Relationship Between Profile and Personality of the Respondents

Variables	Df	Computed Value	P-value	Decision	Interpretation	Strength
Age & Personality	12	20.576	0.057	Failed to Reject H_o	Not Significant	n/a
Sex & Personality	4	4.298	0.367	Failed to Reject H_o	Not Significant	n/a

Table 7, the chi-square test of independence showed that there was no significant relationship between the age and sex of the respondents and their personality traits, $\chi2$ (12, N = 85) = 20.576, p = 0.057 and $\chi2$ (4, N = 85) = 4.298, p = 0.367 respectively.

According to Feingold, 1994; Costa et al. (2001), it is customary to consider which gender, on average, performs better when evaluating gender differences in personality traits. For instance, it is frequently observed that women are friendlier than men. It implies that women are generally more loving, tender-hearted, and selfless than men. The fact that males can also feel caring, tender-hearted, and altruistic moods and that some men may even rank higher in these attributes than some women do not preclude this study. On the other hand, a recent study by Cherry, K. (2023) states that the big five personality traits are relatively stable throughout adulthood. One four-year study of working-age adults found little personality change due to adverse life events.

Moreover, studies show that maturation may impact the five personality traits. As people age, they become less extroverted, less neurotic, and less open to an experience, but agreeableness and conscientiousness tend to increase as people grow old.

Table 8
Significant Relationship Between Profile and Satisfaction of the Respondents

Variables	Df	Computed Value	P-value	Decision	Interpretation	Strength
Age & Satisfaction	3	0.184	0.980	Failed to Reject H_o	Not Significant	n/a
Sex & Satisfaction	1	0.085	0.771	Failed to Reject H_o	Not Significant	n/a

Table 8, the chi-square test of independence showed that there was no significant relationship between the age and sex of the respondents and their level of relationship satisfaction, $\chi2$ (3, N = 85) = 0.184, p = 0.980 and $\chi2$ (1, N = 85) = 0.085, p = 0.771 respectively.

In line with the results, a study entitled "Romantic Relationship Satisfaction in Emerging Adulthood: The Role of Self Concept Clarity and Personal Agency" by Çürükvelioğlu, E. (2012) stated that participants featured 344 (70.3% female, 29.7% male) volunteered undergraduate students from one of the state universities in Central Anatolia. The participants were 18 to 25, with a mean of 20.85 (SD = 1.65). Results revealed that gender and age were not significant predictors of romantic satisfaction.

5.5 Relationship: Respondents' Personality Trait and Level of Romantic Relationship Satisfaction

Table 9
Correlations: Respondents' Personality
Trait and Level of Romantic Relationship Satisfaction

			Personality	Satisfaction
Spearman's rho	Personality	Correlation Coefficient	1.000	-.326[**]
		Sig. (2-tailed)	.	.002
		N	85	85
	Satisfaction	Correlation Coefficient	-.326[**]	1.000
		Sig. (2-tailed)	.002	.
		N	85	85

Spearman's rho correlation was computed to assess the relationship between personality traits and the respondents' romantic relationship satisfaction level. It shows a negative correlation between the two variables, $r(85) = -.326$, $p = .002$. In other words, the study reveals that when personality traits decrease, romantic relationship satisfaction increases.

Hence, the result of the study contradicts the study conducted by Aydogdu (2010), which examined romantic relationships concerning personality traits. Participants were 382 (270 girls, 112 boys) students from a state metropolitan university. Results revealed that personality traits did not predict romantic relationship satisfaction significantly, but a positive relationship was found between romantic relationship satisfaction and extraversion. According to this finding, the researcher concluded that individuals with higher extraversion scores might have higher relationship satisfaction.

6. Conclusion

This chapter delves into the outcomes and conclusions derived from the analysis and interpretation of the data. The researchers' recommendations, derived from the findings, are presented in the preceding chapter.

This study sought to unravel the connection between personality traits and the satisfaction experienced within romantic relationships among Psychology majors enrolled at the University of Cebu-Main Campus during the 2022-2023 academic year. It delved into several vital facets, including the participants' demographic profiles, the nuances of their personality characteristics, and their overall contentment in their romantic partnerships. Finally, this study aimed to reveal any significant correlations between personality and romantic relationship satisfaction among Psychology students.

The results show that most participants are under 22, with the fewest falling within 18, 24, and 25. The data also indicates more female respondents compared to males. Also, the results revealed that no significant relationship was observed between respondents' demographic profiles and their personality traits, and likewise between their profiles and their relationship satisfaction levels. Also, a correlation between respondents' personality traits and levels of romantic relationship satisfaction was not evident. Therefore, the variables do not exhibit a meaningful relationship, indicating that personality traits and level of romantic relationship satisfaction are not related.

It is important to note that this study was conducted exclusively among psychology students, and participants from other academic programs were omitted. This selectivity in the participant pool implies that the results may not be universally applicable and could exhibit variations in different academic contexts. Remarkably, there is a potential limitation regarding gender representation. Psychology programs tend to have more female students, which may differ from colleges or programs where males are more dominant, like Engineering, Customs Administration, and Criminal Justice. As such, the findings should be interpreted with the awareness that they may not fully represent the broader diversity of student populations and could yield different outcomes in settings with a more balanced or male-dominated gender distribution.

A closer examination of the components of personality will produce more extensive reporting, but more is needed to comprehend the compatibility of couples fully. A more holistic approach that incorporates many of the characteristics addressed, such as emotionality, impulsivity, and self-esteem, while considering the possible change in personality over time and life events over lengthy periods would be most beneficial. Furthermore, if these structures impact personality in relationships, we must address the consequences of changing one or more of these components. Based on the findings, respondents are slightly satisfied with their lives; thus, this research puts forward the following recommendation: Personality tests should be administered to the students through the school's Guidance Center.

Building on the findings of this study, several promising research avenues emerge for further exploration. First, there is an

opportunity to delve into the myriad factors influencing romantic satisfaction among college students, encompassing variables such as effective communication, trust, shared interests, and support networks. Investigating the specific personality traits that consistently attract romantic partners could offer valuable insights. While previous research may have limitations, in-depth interviews can offer richer insights into college students' experiences in romantic relationships. Additionally, exploring the link between relationship satisfaction and academic performance in college remains a promising area of research.

I.

Conflicts of Interest: The authors declare no conflict of interest.

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