

Mate Value and Relationship Satisfaction in Dating Couples

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Project Submission Sheet

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Abstract

Aims: Previous literature has looked at mate value and relationship satisfaction in a largely married sample. The current study examined the relationship between mate value and relationship satisfaction in, looked into any potential gender differences and sought to gain an insight on mate value as a predictor of relationship satisfaction in dating couples. **Method:** A questionnaire was posted online where participants ($n = 20$) were able to partake. The questionnaire took roughly 6 minutes and consisted of the Røysamb Relationship Satisfaction Scale (RS10) and the Edlund and Sagarin Mate Value Scale. **Results:** The results suggested that there was no correlation between mate value and relationship satisfaction amongst dating couples, there were no gender differences for relationship satisfaction and mate value and that duration of relationship in dating couples did not impact mate value or relationship satisfaction. **Conclusion:** The findings of the current study provide a greater understanding into potential differences between married and unmarried couples in relation to mate value and relationship satisfaction. Findings may possess implications for how mate value could be examined in the future.

Keywords: relationships, gender difference, marriage, dating, mate value, relationship satisfaction

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Introduction

Relationships are important to us as humans. Although relationships may be difficult at times, a lack of good quality relationships and social connections may have the same effects on the body as smoking 15 cigarettes a day (Weir, 2018). Relationships that are of good quality have suggested to reduce harmful stress levels, influence mood, motivation and help create good coping skills (“The Health Benefits of Strong Relationships”, 2010; Weir, 2018). Other research has also argued that relationships play a role on our physical health as well. Some areas that may be affected are gut function, insulin regulation and the immune system (“The Health Benefits of Strong Relationships”, 2010).

While there are many favourable outcomes to social connections with both family and friends a good quality romantic relationship has its own benefits. August et al. (2023) and Apostolou et al. (2023) conducted research into that of romantic relationships. Through epidemiological work August et al. (2023) suggested that romantic relationships may lead to better social integration which in turn lead to better health outcomes. Along with that romantic relationships led to more feelings of compassion, love, security and the addition of more happiness to a person’s life (August et al., 2023). Apostolou et al. (2023) investigated individual reasons for partaking in romantic relationships. Similarly to August et al. (2023) individuals mentioned romantic relationships being beneficial for feeling emotions such as love, passion, security and support. It is clear that a good quality relationship is what has the most benefits, the quality of a relationship may be measured by looking at relationship satisfaction.

Relationship satisfaction refers to an individual’s evaluation of their relationship and is a commonly used metric in relationship studies (Mattson et al., 2012). Several studies look at potential variables that may be linked to greater relationship satisfaction those of which

will be discussed. One study looking into married Finnish couples suggested that political values play quite an important role (Leikas et al., 2018). Authors found that female's satisfaction in particular depended on having similar political beliefs, suggesting that this may be due to the fact that the couple may understand each other better (Leikas et al., 2018). Interestingly, a factor authors found did not indicate relationship satisfaction was similarity in personalities. This aligns with other research conducted by Altmann et al. (2013). Authors concluded that mutual perception of personalities between partners and dyadic personalities did not lead to higher scores of relationship satisfaction (Altmann et al., 2013). However, there have been other studies conducted that suggest partner similarity does play a role. In a study looking at German couples the longer a couple was together the more dyadic similarities predicted higher reports of relationship satisfaction (Arranz Becker, 2012). Leading us to assume that similarity of personalities predicting relationship satisfaction produces mixed results (Brandstatter et al., 2018). These mixed results could be due to a multitude of aspects such as extrinsic emotion regulation processes which may vary from person to person.

Walker et al. (2023) looked into extrinsic emotion regulation process and their potential impact on Relationship satisfaction. Extrinsic emotion regulation refers to processes that are used in order to try and minimise others negative emotions (Nozaki & Mikolajczak, 2023). It was suggested that valuing was the most important factor to relationship satisfaction (Walker et al., 2023). That being said shared laughter was predicted to not only give a higher relationship satisfaction score but also increase a feeling of closeness and social support (Walker et al., 2023). This agrees with previous literature done on the importance of romantic relationships which suggested that romantic relationships may aid in overall happiness and social integration (August et al., 2023). Other research has also suggested that happiness is a driving force in relationship satisfaction. North Carolina couples were reported to have higher

relationship satisfaction if their partners levels of happiness were higher (Gordon & Baucom, 2009). The proposed reason for this was that those who rated themselves and their partners as happier had better adaptive coping skills and had a want to improve as people (Gordon & Baucom, 2009). This again lines up with previous literature which suggested that a good quality relationship may result in better coping skills (“The Health Benefits of Strong Relationships”, 2010; Weir, 2018).

As is shown with the studies discussed thus far, higher relationships satisfaction may be due to a variety of factors. Ranging from political values to partner happiness, these studies suggest that there are many different individual characteristics that may determine relationship satisfaction. The literature discussed thus far shows differences in relationship satisfaction and causes from country to country. This may be due to a variety of reasons such as cultural factors. Therefore, looking at mate value and mate value discrepancies may improve the understanding of what variables may dictate greater relationship satisfaction.

Some researchers have defined mate value as; the characteristics an individual has that may lead to their reproductive success or, a genetic observation of someone’s potential as a sexual partner (Fisher et al., 2008). Research conducted in the area of mate value suggested that people reported having higher relationship satisfaction if they perceived their partners as difficult to replace (Conory-Beam et al., 2016). High relationship satisfaction was also reported if a person reported their partner as having a high mate value, regardless if their partner matched their preferences (Conory-Beam et al. ,2016). This suggests that mate value may be more important to individuals than the preferences they have set for a partner. If this is the case then it is potentially more beneficial to look into mate value as a whole rather than individual characteristics as mate value seems to be more important than an individual’s preferences.

With that in mind, a study conducted by Hromatko et al. (2015) investigated mate value along with relationship satisfaction in both Iranian and Croatian married couples. This study may give better insight into if mate value is a consistent predictor across cultures for relationship satisfaction. The findings suggested that for women in both countries, their partners mate value positively contributed to their relationship satisfaction (Hromatko et al., 2015). Croatian men held a higher relationship satisfaction score if they perceived both their own mate value and partners mate value as high. However, this was not the case for Iranian men whose relationship satisfaction was primarily dictated by their partners mate value alone (Hromatko et al., 2015). This shows that there may be a potential cultural and sex difference when it comes to mate value as males from different cultural backgrounds performed differently to women of different cultural backgrounds.

There are other studies that have also been done looking into mate value in Iran. One of the study's findings were similar to the research done by Hromatko et al. (2015) for the women and had more in-depth findings for men. The authors of the study suggested that both Iranian men and women had higher relationship satisfaction when their perceived mate value was high (Babaeizad et al., 2022). Iranian men were more likely to engage in benefit-provisioning behaviours, such as talking positively about a partner, and were more likely to engage in mate retention behaviours (Babaeizad et al., 2022). This may suggest that women's relationship satisfaction might not only be due to mate value alone but also how they are treated by a partner. Across the current literature we can see that mate value seems to positively impact relationship satisfaction (Babaeizad et al., 2022; Hromatko et al., 2015) however, that may not be the sole predictor of relationship satisfaction (Babaeizad et al., 2022).

External factors may still influence mate value and relationship satisfaction. One such example is a study looking into Korean couples. In this study it is suggested that promotion

focus at work could both increase and decrease relationship satisfaction (Lee et al., 2024).

The authors indicated this is due to the fact that while promotion focus may raise relationship satisfaction through the drive to want to perform better, it could also impede relationship satisfaction as it gives avenue for individuals to look for other potential romantic partners (Lee et al., 2024). This study highlights the potential issues with looking at mate value as external factors may play a role.

While looking at mate value alone is not without its faults the studies done on mate value and relationship satisfaction have more cohesive results than looking at individual characteristic and relationship satisfaction. The previous literature is very beneficial for understanding what may lead to relationship satisfaction. However, it does not encompass a very diverse set of participants. As is seen from previous literature many of the studies looking into relationship satisfaction have been conducted on married couples (Gordon & Baucom, 2009; Hromatko et al., 2015; Conory-Beam et al., 2016; Leikas et al., 2018; Lee et al., 2024). Results from married couples and people who are still dating may vary. Thus, it might be beneficial to look more into what similarities or differences there are between married couples and dating couples.

For the reasons listed above the current study sets to find if mate value has an impact on relationship satisfaction in dating couples. The aims of the current study are to attempt and identify the relationship between mate value and relationship satisfaction in dating couples, to identify if mate value is a good predictor of relationship satisfaction and to compare results to previous literature and identify if there are any statistical differences between married couples and dating couples. The research questions of the current study are to explore the relationship between mate value and relationship satisfaction in dating couples, to investigate any differences between males and females in dating couples in relation to mate value and relationship satisfaction, to investigate if mate value is a good predictor of relationship

satisfaction in dating couples and to explore if duration of relationship between dating couples may impact mate value and relationship satisfaction. Therefore, the hypotheses are as follows:

- (1) There will be a relationship between mate value and relationship satisfaction in dating couples.
- (2) There will be a difference between males and females in relation to mate value and relationship satisfaction.
- (3) Mate value will be able to predict relationship satisfaction in dating couples.
- (4) There will be a difference in relationship satisfaction scores and mate value scores for different durations of relationships.

Methods

Participants

The current study employed both convenience and snowball sampling. Convenience sampling was done by reaching participants online using various platforms (Instagram, WhatsApp, Reddit, StudyCircle). Snowball sampling was used and participants were able to send the link to others. Both techniques were used in order to attempt to gain the highest number of participants possible. The sample consisted of 20 participants (8 males and 12 females) with a mean age of 25.10 with the youngest being 19 and the oldest 42 ($SD = 6.31$). Participants were also asked about duration of their relationship which was grouped into 4 categories; 6 months to 1 year ($n = 6$, 30%), 2 years to 3 years ($n = 7$, 35%), 4 years to 5 years ($n = 2$, 10%), and over 5 years ($n = 5$, 25%).

Materials

There were 2 measures used. One to assess relationship satisfaction and another to assess mate value.

Relationship Satisfaction

The Røysamb et al. (2014) Relationship Satisfaction Scale (RS10) was used to assess relationship satisfaction. It is a 10-item scale in which participants are required to answer on a 6-point Likert scale from 1 (strongly disagree) to 6 (strongly agree). The scale asks a variety of questions based on previous literature, asking both questions that used positive and negative wording (Røysamb et al., 2014). Questions 2, 5, and 7 being reverse scored and higher scores suggest higher relationship satisfaction with lower scores suggesting lower relationship satisfaction. The scale has a Cronbach's alpha of 0.92 overall showing good reliability (for more detail see Appendix D).

Mate Value

The Edlund and Sagarin (2014) Mate Value Scale was used in order to assess mate value. It consists of 4 questions on a 7-point Likert scale that focus on asking about desirability. Participants are asked to respond from 1 (extremely undesirable) to 7 (extremely desirable). Higher scores indicate higher mate value with lower scores indicating lower mate value. This particular scale was asked twice in order to get a self-reported mate value score and a partner mate value score. This was done by the authors suggestion of replacing “you” with “your partner” in each question (Edlund & Sagarin, 2014). The scale has a Cronbach’s alpha of 0.81 showing good reliability (for more detail see Appendix E).

Design

A cross-sectional research design was used as all data was collected during a specific time and adapted a quantitative approach. For hypothesis 1 a Spearman’s Rho correlation was employed with the independent variable being mate value as it has two levels (self-reported and partner), and relationship satisfaction was the dependant variable. For hypothesis 2 a Man Whitney U test was used with the independent variable being gender and mate value and relationship satisfaction being the dependant variables. For hypothesis 3 a standard multiple regression was used as mate value was the predictor variable having two levels and relationship satisfaction being the criterion variable. For hypothesis 4 three one-way between groups ANOVA tests were conducted in order to investigate each dependent variable. The independent variable for all three tests was duration of relationship (6 months to 1 year, 2 years to 3 years, 4 years – 5 years and over 5 years). The dependent variables were relationship satisfaction scores, self-reported mate value scores and partner mate value scores.

Procedure

Data was collected using a Google Forms questionnaire where a link was produced and then posted online on Instagram, WhatsApp, Reddit, and StudyCircle. Participants were met with an information page (see Appendix A) detailing everything they would need to know about the current study including that they are under no obligation to participate, they can withdraw and the inclusion criteria (18 years old or older and must be dating someone). Upon review the information page participants had to confirm they were 18 years old or older and give informed consent (see Appendix B).

After consent was given the participants were required to answer the questions on the RS10 (Røysamb et al., 2014) followed by the Mate Value Scale (Edlund & Sagarin, 2014) asked twice, once for a self-reported mate value and again for a partner mate value. Once completed, participants were met with a debrief page (see Appendix C).

Results

Descriptive statistics

The data collected was taken from 20 participants consisting of 8 males (40%) and 12 females (60%). Of the 20 participants 6 had been in their relationship for 6 months to 1 year (30%), 7 had been in their relationship for 2 years to 3 years (35%), 2 were in their relationship for 4 years to 5 years (10%) and 5 had been in their relationship for over 5 years (25%). For more detail see Table 1 below.

Table 1

Frequencies represented for gender and duration of relationship

Variable	Frequency	Valid %
Gender		
Male	8	40
Female	12	60
Duration of Relationship		
6 months to 1 year	6	30
2 years to 3 years	7	35
4 years to 5 years	2	10
Over 5 years	5	25

Relationship satisfaction, self-reported mate value and partner mate value were all analysed and tests for normality were conducted. The tests of normality held varied results; histograms appeared non-normally distributed however, normal Q – Q plots were normally distributed. Due to the variance in normality and a small participant number non-parametric tests were run for all hypotheses except for hypothesis 3 and hypothesis 4. Hypothesis 3 did not use a non-parametric alternative as a regression model was used. Hypothesis 4 was investigated using an ANOVA (for further information see Hypothesis 4 under inferential

statistics). Means (M), Standard Deviations (SD), and Range for relationship satisfaction, self-reported mate value and partner mate value are represented in Table 2 below.

Table 2

Descriptive statistics for continuous variables

Variable	M [95% CI]	SD	Range
Relationship Satisfaction	51.05 [49.20, 52.90]	3.95	45 – 58
Self-reported Mate Value	19.10 [16.79, 21.41]	4.94	10 – 26
Partner Mate Value	24.50 [23.02, 25.98]	3.17	16 – 28

Inferential Statistics

Hypothesis 1

The relationship between mate value and relationship satisfaction was investigated. When preliminary analyses were performed there was a violation of the assumptions of normality, linearity and homoscedasticity in both mate value and relationship satisfaction. Thus, the relationship was investigated with a Spearmans's Rho test. Two Spearman's Rho test were conducted as mate value has two levels (self-reported mate value and partner mate value).

The relationship between self-reported mate value and relationship satisfaction was investigated. There was no significant correlation between the variables ($r = .21$, $n = 20$, $p = .387$).

The relationship between partner perceived mate value and relationship satisfaction was also investigated. There was no significant correlation found between the variables ($r = .28$, $n = 20$, $p = .234$).

Hypothesis 2

To compare levels of relationship satisfaction and mate value (self-reported mate value and partner mate value) between males and females. When preliminary analyses were performed there was a violation of the assumptions of normality, linearity and homoscedasticity in both mate value and relationship satisfaction. In lieu, a Man Whitney U Test was used instead of an independent sample t-test. There was no significant difference in the relationship satisfaction levels of males ($Md = 49.5$, $n = 8$) and females ($Md = 52.5$, $n = 12$), $U = 54$, $z = .47$, $p = .678$. There was no significant difference in the self-reported mate value levels of males ($Md = 19.5$, $n = 8$) and females ($Md = 21$, $n = 20$), $U = 56$, $z = .62$, $p = .571$. There was no significant difference in the partner mate value levels of males ($Md = 24.5$, $n = 8$) and females ($Md = 24$, $n = 12$), $U = 41.5$, $z = -.51$, $p = .624$.

Hypothesis 3

Multiple regression analysis was performed to investigate whether relationship satisfaction levels were predicted by two variables: self-reported mate value and partner mate value. Preliminary analyses were performed to ensure no violation of the assumptions of normality, linearity, and homoscedasticity. The correlations between the predictor variables were assessed and r values ranged from .19 to .31. Tests for multicollinearity also indicated that all Tolerance and VIF values were in an acceptable range.

Since no a priori hypotheses had been made to determine the order of entry of the variables, a direct method was used for the analysis. The two predictors explained 6.3% of variance in daytime sleepiness scores ($F(2, 17) = .57$, $p = .576$). Both predictor variables included in the model were found not to uniquely predict relationship satisfaction to a statistically significant degree. For more information see Table 3.

Table 3

Standard multiple regression model predicting relationship satisfaction total scores.

Variable	R^2	B	SE	β	t	p
Model	.063					
Self-reported Mate Value		.107	.198	.134	.542	.595
Partner Mate Value		.217	.308	.174	.706	.490

Note: R^2 = R-squared; β = standardized beta value; B = unstandardized beta value; SE = Standard errors of B ; $N = 67$; Statistical significance: * $p < .05$; ** $p < .01$; *** $p < .001$

Hypothesis 4

One-way between group ANOVAs were used for this hypothesis as ANOVA tests are typically robust and Levene tests produced non-significant readings (for each ANOVA test Levene's scores were $p = .787$, $p = .846$, $p = .720$ in order of appearance).

A one-way between groups ANOVA was conducted to determine if duration of relationship differences impacted relationship satisfaction scores. Participants were divided into four groups according to the duration of their relationship (6 months to 1 year, 2 years to 3 years, 4 years – 5 years and over 5 years).

There was no statistically significant difference in levels of relationship satisfaction scores for the four duration of relationship groups, $F(3, 16) = .44$, $p = .726$.

A one-way between groups ANOVA was conducted to determine if duration of relationship differences impacted self-reported mate value scores. Participants were divided into four groups according to the duration of their relationship (6 months to 1 year, 2 years to 3 years, 4 years – 5 years and over 5 years).

There was no statistically significant difference in levels of self-reported mate value scores for the four duration of relationship groups, $F(3, 16) = 1.29, p = .311$.

A one-way between groups ANOVA was conducted to determine if duration of relationship differences impacted partner mate value scores. Participants were divided into four groups according to the duration of their relationship (6 months to 1 year, 2 years to 3 years, 4 years – 5 years and over 5 years).

There was no statistically significant difference in levels of partner mate value scores for the four duration of relationship groups, $F(3, 16) = 1.35, p = .295$.

Discussion

The current study aimed to gain an understanding on relationship satisfaction, and mate value in dating couples. The study aimed to explore any potential relationship between mate value and relationship satisfaction, any gender differences between mate value and relationship satisfaction, if mate value is a good predictor of relationship satisfaction and if duration of relationship impacts mate value and relationship satisfaction all in the context of dating couples.

The first hypothesis set out to find a relationship between mate value and relationship satisfaction in dating couples. Two separate correlations were conducted, one for self-reported mate value and relationship satisfaction and another for partner mate value and relationship satisfaction. For both instances a non-significant correlation was found. This suggests that there is no relationship between relationship satisfaction and mate value. This goes against previous literature where mate value and relationship satisfaction had a positive relationship (Babaeizad et al., 2022; Conory-Beam et al., 2016). However, this may be due to using dating couples as opposed to married couples. There may be a difference due to differing levels of commitment and expectations for dating couples leading to different variables predicting relationship satisfaction.

The second hypothesis investigated if there would be a gender difference between males and females in relation to mate value and relationship satisfaction in dating couples. A Man Whitney U test was employed for this hypothesis and there was no statistically significant result found suggesting that there are no gender differences between males and females. This goes against certain literature but aligns with others. There are studies to suggest that females' relationship satisfaction relies more on their partners mate value while men don't rely as much on partner mate value (Hromatko et al., 2015). Other literature

suggested that there is no difference between males and females in terms of relationship satisfaction and mate value (Babaeizad et al., 2022), while different literature also proposed that there is a cultural difference that may or may not produce gender differences (Hromatko et al., 2015). This suggests, based off of the current study and previous literature, that it is difficult to say for certain whether there is a gender difference when examining mate value and relationship satisfaction.

The third hypothesis explored if mate value would be able to predict relationship satisfaction. A multiple regression was used in order to evaluate if self-perceived mate value and partner mate value could predict relationship satisfaction however, there were no statistically significant results. Findings imply that mate value cannot predict relationship satisfaction. Previous literature does suggest that mate value contributes to and positively impacts relationship satisfaction (Babaeizad et al., 2022; Conory-Beam et al., 2016; Hromatko et al., 2015). This discrepancy between the findings of this study and previous literature may be due to the fact that while mate value contributes to relationship satisfaction, it is not a big enough contribution to suggest that mate value can predict relationship satisfaction. (The null hypothesis was not rejected)

The fourth hypothesis investigated any potential difference in relationship satisfaction scores and mate value scores for different durations of relationships. Three separate ANOVA tests were run to examine this hypothesis which produced no statistically significant results. This suggests that there is no difference in relationship satisfaction and mate value depending on duration of relationship. Previous literature has looked into mate retention behaviours and relationship satisfaction which produced statistically significant results (Babaeizad et al., 2022) which led the current study to investigate if duration of relationship plays a role in mate value and relationship satisfaction. However, results suggest that duration of relationship does not impact mate value or relationship satisfaction. This may suggest that duration of

relationship does not play a role in mate value or relationship satisfaction. Based off of the analyses above, all four hypotheses were rejected.

The findings of this study indicate that mate value may not be the best predictor for relationship satisfaction for dating couples. This may be for a variety of reasons. Expectations in a romantic relationship may be different for individuals who are dating and thus different variables may be what contribute to relationship satisfaction more. Previous literature also highlights how external factors such as job promotion can both increase and decrease relationship satisfaction (Lee et al., 2024). Potentially implying that mate value may be another variable that influences relationship satisfaction however, is not a standalone predictor. This information may be beneficial for future research as it may give research a better insight into what variables to look at further.

Strengths and Limitations

The current study is not without its faults. One of the limitations of this study was the small sample size ($n = 20$). The sample size may have impacted results making them non-significant. For certain analysis conducted such as the multiple regression and ANOVA tests a bigger sample size would have been more appropriate, therefore potentially altering results. While the study was collecting data for 6 weeks only a small sample was collected. This may have been due to a variety of reasons. The platforms on which the questionnaire was posted may have not have been the best-chosen platforms for the research being conducted. Another potential factor may have been that the concept of mate value may not have been very well known or understood amongst these individuals and thus individuals may not have participated.

To the authors knowledge mate value in not a heavily researched topic. A cross-sectional design was employed for the current study however, due to mate value not being

heavily researched a qualitative approach may have been more beneficial. A qualitative approach may have been able to provide more in-depth research into this topic area. Seeing as most previous literature has focused on married couples or married and dating couples, conducting the current study in a qualitative manner may have provided more beneficial insights on the relationship of mate value and relationship satisfaction in dating couples.

Lastly, a self-report measure was used with short scales. The mate value scale used consisted of four items and the relationship satisfaction scale consisted of ten items. While both scales had good reliability, they still may have not been detailed enough in order to measure mate value and relationship satisfaction as accurately as possible. Being self-report measures, participants may have felt the need to respond to answers in a specific manner rather than in an objective and accurate way even with the questionnaire being anonymous. Employing a different way of assessing relationship satisfaction and mate value may be beneficial for further research and produce better results.

A Strength of the current study was that it attempted to add to existing literature by exploring mate value and relationship satisfaction in a specific group of participants. From the authors research, previous literature has focused predominantly on married couples. While certain research did explore both married and dating couples, the current study aimed to gain insight on dating couples specifically. Although the current findings were not statistically significant, it provides insight into the application of mate value and relationship satisfaction on a different group of the population. Further research may benefit on further exploring dating couples and examining if there is any difference when comparing dating couples to married couples.

Conclusion

Overall, the current study aimed to provide further insight on mate value and relationship satisfaction in relation to dating couples. While most findings did not align with previous literature on mate value and relationship satisfaction and produced non-significant results, other findings did align with previous literature when examining gender differences. The current research provides further insight into the limited field of mate value while examining a group of participants that are dating rather than married. Future research may benefit from examining dating couples further and engaging in qualitative approaches in order to better understand this expanding interest in mate value and relationship satisfaction.

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Appendix A

Information Sheet

This will appear as an information page right when participants scan the QR code.

Hi, I am Annette a 3rd year Psychology student in the National College of Ireland. I am doing a research study on investigating the relationship between mate value and relationship satisfaction in dating couples. [Mate value may be defined as how sexually attractive or how desirable a person is.](#) This study will involve 2 surveys and will take around 10 - 15 minutes to complete. (Note of ethical approval from the National College of Ireland will be imputed here after approval has been made) This study has been approved by the National College of Ireland Ethics committee.

You are under no obligation to take part in this study. However, it would be greatly appreciated if you could take the time to complete these surveys as it will potentially aid in the understanding of the relationship between mate value and relationship satisfaction in dating couples. If you do agree to take part in this study there will be a digital consent form for you to sign.

You are free to withdraw from this study at any point in time without giving a reason, if you withdraw any data collected will be disposed of up until the point that you have submitted your answers. As the surveys are completely anonymous it is impossible for us to remove data after submission as we would not know what data belongs to you.

The only information that will be gathered will be certain demographical information such as gender, age, living situation with spouse and your responses will also be recorded. The collection of this data is completely confidential and there will be no identifying features tying you to the data collected. Any digital data will be encrypted and held securely in the National College of Ireland servers. The data held will only be accessed by the researcher and supervisor on this study. The data will be stored in the National College of Ireland servers for 5 years at which point all digital data will be reformatted or overwritten.

Please note, the data gathered from these surveys will be used in a dissertation and may be shown at conferences and/or be used in academic journals.

I foresee no disadvantages or potentially harmful reason as to why someone would be advised not to take part in this study.

If you have any questions or concerns, please feel free to reach me at: x22351953@student.ncirl.ie or my supervisor at: michele.kehoe@ncirl.ie

Appendix B

Consent Form

This will be part of the online survey. It will be placed on the same page just after the Information page. Participants will not be allowed to continue if the box is not ticked.

I hereby declare that I have read the above information and am 18 or older.

☐

Appendix C

Debrief Sheet

This will appear as the last page on completion of the 2 surveys.

Thank you for participating in the current study on examining the relationship between mate value and relationship satisfaction in dating couples. If you have any comments, questions or queries please feel free to reach out to me or my supervisor Michele Kehoe via email.

Researcher: x22351953@student.ncirl.ie

Supervisor: michele.kehoe@ncirl.ie

If you know of anyone who would be willing to participate in this study, please feel free to send them this URL (URL will be placed here). You are under no obligation to share this study with anyone else however, the more responses received, the more accurate the results will be.

If you feel distressed in any way, please contact any of the following:

Samaritans: 116 123

GROW: 1890 474 474

Love is respect: 1 866 331 9474

Appendix D

This is the Relationship Satisfaction Scale (RS10) (Røysamb et al., 2014)

These items will be rate on a 6-point Likert scale. With items 2, 5 and 7 being reverse scored.

1. I have a close relationship with my spouse/partner
2. My partner and I have problems in our relationship
3. I am very happy with our relationship
4. My partner is generally understanding
5. I often consider ending our relationship
6. I am satisfied with my relationship with my partner
7. We frequently disagree on important decisions
8. I have been lucky in my choice of a partner
9. We agree on how children should be raised
10. I think my partner is satisfied with our relationship

Appendix E

This is the Mate Value Scale inventory (Edlund & Sagarin, 2014).

Overall, how would you rate your level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely undesirable						Extremely desirable

Overall, how would members of the opposite sex rate your level of desirability as a partner on the following scale?

1	2	3	4	5	6	7
Extremely undesirable						Extremely desirable

Overall, how do you believe you compare to other people in desirability as a partner on the following scale?

1	2	3	4	5	6	7
Very much lower than average	Lower than average	Slightly lower than average	Average	Slightly higher than average	Higher than average	Very much higher than average

Overall, how good of a catch are you?

1	2	3	4	5	6	7
Very bad catch	Bad catch	Somewhat bad of a catch	Average catch	Somewhat good of a catch	Good catch	Very good catch

Appendix F

Approved ethical application to the ethics board of the National College of Ireland



National College of Ireland
Mayor Street, IFSC, Dublin 1, Ireland

Coláiste Náisiúnta na hÉireann
Sráid an Mhéara, IFSC
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Tel: +353 1 449 8500
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Website: www.ncirl.ie

Date: 28th November 2024

Ref: Ethics Approval Number: 28112024X22351953

Proposal Title: Mate Value and Relationship Satisfaction in Dating Couples

Applicant: Annette Martinka

Dear Annette,

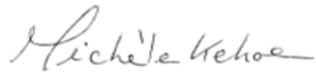
Thank you for your application to the NCI Psychology Ethics Filter Committee, and for responding to clarification requests related to the application. I am pleased to inform you that the ethics committee has approved your application for your research project. Ethical approval will remain in place until the completion of your dissertation in part fulfilment of your BA Honours Degree in Psychology at NCI.

Please note that:

- Students are responsible for ensuring that their research is carried out in accordance with the information provided in their application.
- Students must abide by PSI ethics guidelines in completing their research.

- All procedures and materials should be approved by the supervisor prior to recruitment.
- Should substantial modifications to the research protocol be required at a later stage, a further amendment submission should be made.

Sincerely,

A handwritten signature in cursive script, reading "Michèle Kehoe".

Dr Michèle Kehoe