

Understanding Psychological Well-Being Through Close Relationships



PRESENTER:
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BACKGROUND:

- Understanding how fulfilling close relationships may impact psychological well-being is crucial for human flourishing (Diener et al., 1985; Demir, 2010; Oh et al., 2020).
- Such relationships may provide emotional support, a sense of belong, and coping mechanisms during challenges (Demir, 2010).
- Hypothesis: If fulfilling close relationships influences psychological well-being, then the duration of individuals talking to each other will be higher with a greater number of smiles during conversations. **The longer the duration of conversation, the greater number of smiles the participants will express.**

METHODS:

- The design used in this study was a **naturalistic observational design**. Fulfilling close relationships is the predictor variable and psychological well-being is the outcome variable.

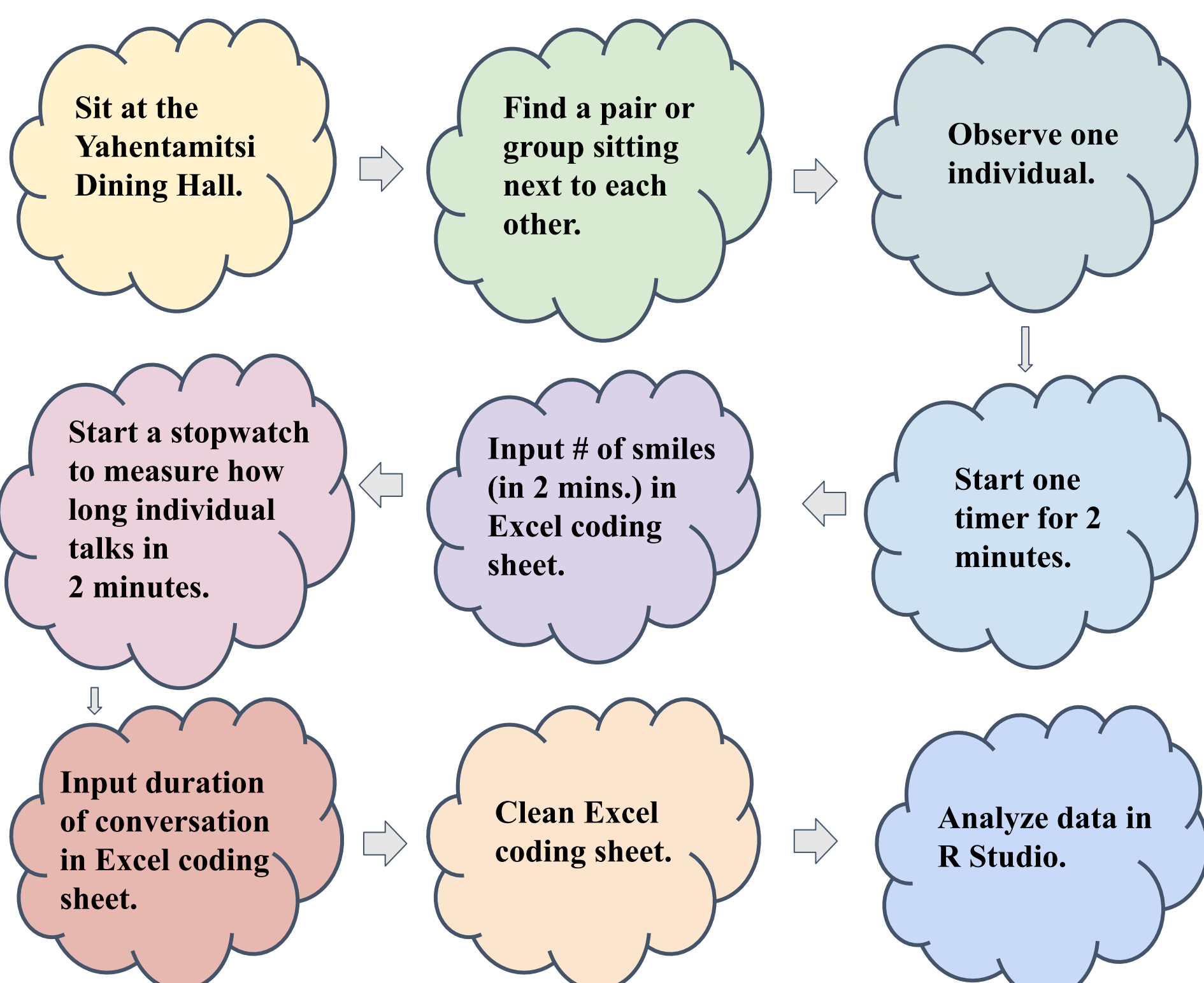
Participants

- Sample: Participants ($N = 60$) were observed at the University of Maryland Yahentamitsi Dining Hall

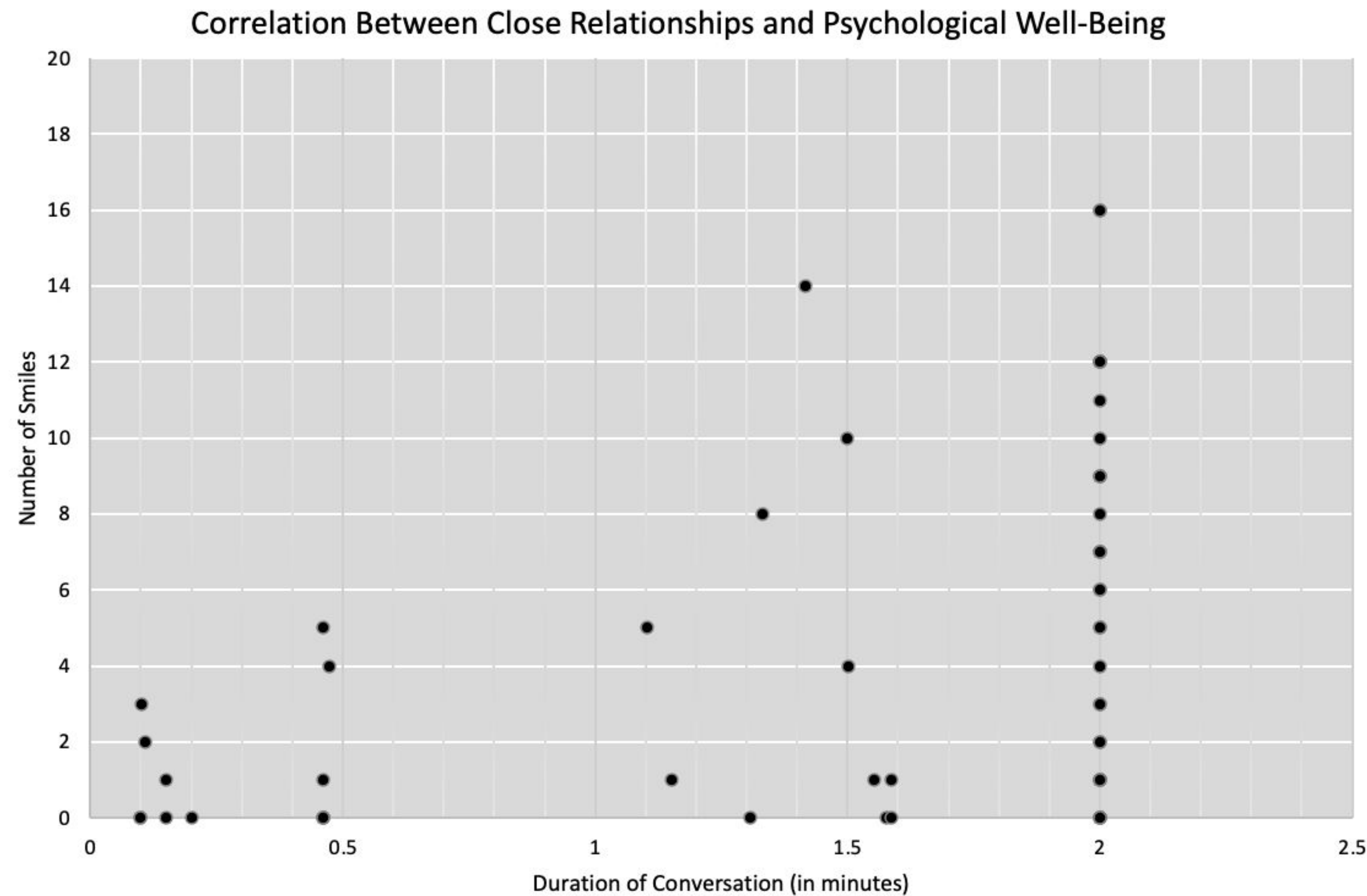
Measures

- Predictor (fulfilling close relationships): Duration of conversation at the dining hall; participants considered conversing by contributing to conversation with the use of words.
- Outcome (psychological well-being): Number of times participants smile; a smile is determined by length and fullness (with or without teeth). Some soft smiles were recorded.
- Participants were observed anonymously during different 1-2 hour periods of the day, with 2-minute observations per participant to increase internal validity.

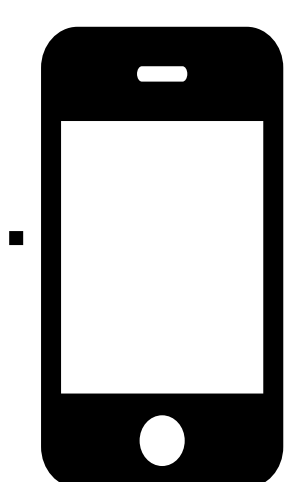
PROCEDURE:



There is a moderately strong, positive correlation between fulfilling close relationships and psychological well-being.



Note: Scatterplot of data collected from observing participants ($n = 57$) at the Yahentamitsi Dining Hall.



Scan via phone camera to view data collection sheet and RStudio analysis!



RESULTS:

Pearson's product-moment correlation

data: predictor and outcome
 $t = 3.455$, $df = 54$, $p\text{-value} = 0.0005395$
 alternative hypothesis: true correlation is greater than 0
 95 percent confidence interval:
 0.2245366 1.0000000
 sample estimates:
 cor.
 0.4254816

- 57 participant's data collected was used; 3 outliers were excluded for 0 min. and 0 smiles, $r(54) = 0.43$, $p < 0.05$.
- Duration of conversation - $M = 1.5$, $SD = 0.71$
- Number of smiles - $M = 4.6$, $SD = 4.7$
- We find support for the alternative hypothesis.

DISCUSSION:

- The results were significant; moderately strong and positively correlated.
- The hypothesis that as the duration of conversation increases between individuals, the number of smiles increase was supported.

Strengths of Current Design

- No participant reactivity
- High external validity due to naturalistic observation
- May serve as a foundation for other PWB studies

Limitations of Current Design

- Failed to specify if laughing would be considered smiling
- Failed to specifically operationalize a close relationship; low internal validity because participants may have not been close in relation
- Failed to control confounds like one's mood during certain times of the day

Future Directions

- Create an experimental design to show causation.
- Revise measurement of predictor because it may not pertain to everyone or be specific enough.
- Change the location of observation and check the weather beforehand.

REFERENCES:

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