

Women and Men are the Barometers of Relationships: Testing the Predictive Power of Women's and Men's Relationship Satisfaction

Johnson et al. (2022)



Is a woman's relationship satisfaction really a better predictor of overall relationship satisfaction than men's?

Methods

This study examined survey data on relationship satisfaction from:

901 couples who reported **daily relationship satisfaction** from **North America** over 28 days



3,405 couples who reported **annual relationship satisfaction** from **Germany** for up to 5 years



All couples surveyed were mixed-gendered and averaged 7.5 years in length, romantic partners averaged 32 years in age, and analysis overall included over 50,000 reports of relationship satisfaction.

Results showed that...

Reports of both men and women's relational satisfaction showed **little difference** in the extent to which they affected the other partner's relationship satisfaction.

Their reports were also shown to predict their partners' relationship satisfaction both a day and a year later.

In Summary...



Contrary to the common belief that a woman's relationship satisfaction has more impact on a man's satisfaction than a man's on a woman's, this study found little difference in the impact of their satisfaction on one another e.g., either partners' satisfaction could predict satisfaction of the other's a day or year later.