

Publication

Big Five traits and relationship satisfaction: The mediating role of self-esteem

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This study examined the mediating role of self-esteem in the association between Big Five traits and relationship satisfaction. Using data of 237 heterosexual couples and the Actor-Partner Interdependence Mediation Model (APIMeM), self-esteem mediated the association between Big Five traits and relationship satisfaction. We also tested the directionality of the association using longitudinal data of 141 couples. Results indicate that only agreeableness (and neuroticism marginally) predicts relationship satisfaction two years later, but relationship satisfaction predicted partner's extraversion. Further, significant indirect effects emerged between relationship satisfaction, self-esteem, and later neuroticism. These results underline the importance of studying Big Five traits and self-esteem conjointly when studying relationship satisfaction. Furthermore, testing for alternative longitudinal associations elucidates the role of romantic relationships in personality development. (C) 2016 Elsevier Inc. All rights reserved.

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