4-30-2018

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Dating Life Experiences:

An Exploratory Study of the Interrelationships between

Personality, Online Dating and Subjective Well-Being

by

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Honours Thesis

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April 9, 2018

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ABSTRACT

The present study explores the interrelationships between personality, online dating, motivations for use, and subjective well-being. Participation in the study took place online through recruitment via Amazon Mechanical Turk, with 346 participants (19-66 years old) completing the study. Participants completed the Big Five Inventory, an online dating motives scale along with several well-being measures: The Positive and Negative Affect Schedule, Satisfaction with Life Scale, satisfaction with specific domains (romantic life, romantic relationship, and health), and the Beck Hopelessness Scale. Analyses revealed that individuals who have used online dating tools have lower overall life satisfaction and relationship satisfaction than those who have not; however, these relationships do not hold for those who have found a relationship partner online. Those who have found their present partner through online dating had higher romantic life satisfaction than others in the sample. People who perceive themselves to have had success using online dating provided higher ratings of life satisfaction, romantic life satisfaction, positive affect, and extroversion and indicated greater motivations to be using online dating tools to find love. Individuals higher in negative affect, pessimism, neuroticism, and/or lower in agreeableness had higher ratings for frequency of usage of online dating tools compared to others. The findings of the present study indicate that certain individuals may benefit more from online dating than others and add to our understanding of the relationships between online dating behaviour, personality and subjective well-being. Limitations, implications and future directions for research are discussed.

Dating Life Experiences: An Exploratory Study of the Interrelationships

between Personality, Online Dating and Subjective Well-Being

Introduction

If you ask people what they want most in life, a common response is "to be happy" or "to find happiness". The pursuit of happiness has been an on-going quest for centuries across ages, cultures, and demographics. Seeing as happiness is something everyone seeks and can relate to, there has been extensive research on this topic. Research on the influential factors of well-being have found that the external resources we value within society, such as being in a romantic relationship and income (Lyubomirsky, King & Diener, 2005; Mastekaasa, 1994; Diener & Biswas-Diener, 2002), and internal factors, such as mental health and personality (Koivumaa-Honkanen et al., 2004; Grant, Langan-Fox & Anglim, 2009) all correlate with one's sense of well-being. Extensive research also shows that our satisfaction with our romantic life is a strong predictor of our well-being (see Lyubomirsky at al., 2005 for a review). With increasing work and life demands it's no surprise that the internet is used as a tool to improve our well-being and that includes using it as a tool to meet a romantic partner. Although online dating methods are increasing in popularity, these tools are not for everyone and may not benefit everyone who uses them equally. Research has shown that certain personality traits may make an individual more or less likely to use the internet (Witte, Frank & Lester, 2007). The present research will be exploring the connections between personality, online dating, motives for use, and subjective well-being.

Subjective Well-Being

Subjective well-being (SWB) has been described as a broad category of phenomena that incorporates people's emotions, perceptions, judgements, and satisfaction with multiple areas of

life (Diener, Suh, Lucas & Smith, 1999) that contribute to one's overall sense of happiness and contentment. It has been shown to be predicted by both internal factors, such as genetics and personality, as well as external factors, such as life events, personal circumstances, demographics, and personal relationships (Diener, et al., 1999; Lyubomirsky et al., 2005).

Relationship Effects on Well-Being

Previous research has emphasized the importance of social relationships influence for well-being, by illustration its relationship to satisfying a fundamental human need to belong. Baumeister and Leary (1995) proposed the "belongingness hypothesis" which suggests that individuals are driven to form and maintain a minimum number of significant, positive, long lasting interpersonal relationships (pg. 497), where the minimum number of relationships required for satisfaction varies among individuals depending on their own subjective needs (Mellor, Stokes, Firth, Hayashi & Cummins, 2008). Therefore, failure to meet the minimum requirement of satisfying relationships may negatively impact one's well-being by leading to feelings of dissatisfaction and loneliness. In today's modern world, individuals who are not meeting their need to belong may utilize online dating tools in hopes of creating more meaningful connections to others and satisfy these needs.

Previous research has shown that relationships do have a positive influence on individual well-being and that even entry into a new relationship can actually improve one's sense of well-being (Soons, Liefbroer, Kalmijn & Johnson, 2009). Additionally, those who have a dating partner tend to experience higher levels of mental health and well-being than those who do not (Dush & Amato, 2005; Soons, et al., 2009). Research has also shown a connection between well-being and relationship commitment. Increasing relationship commitment has been shown to positively predict subjective well-being, where each incremental increase in commitment –

dating to cohabitating or cohabitating to marriage, for example – predicts a boost in one's

subjective well-being (Lyubomirsky, et al., 2005; Diener, et al., 1999; Soons, et al. 2009), and

those who are married experience the highest levels of reported well-being (Dush & Amato,

2005).

Being in a relationship may boost your well-being, but being satisfied with your romantic

life also has an important effect. For example, a bidirectional relationship has been found

between romantic life satisfaction and subjective well-being (Lyubomirsky, et al., 2005),

meaning that romantic life satisfaction effects well-being, but well-being also influences

romantic life satisfaction. Lyubomirsky, King & Diener (2005) found similar positive

relationships between individual happiness and marital satisfaction with one's partner. Research

has also shown that fulfilling relationships are one of the strongest predictors of positive affect,

and are negatively correlated with loneliness (Mellor, et al., 2008). Cacioppo, Cacioppo,

Gonzaga, Ogburn & VanderWeele (2013) analyzed demographic data, including dates of

marriage and divorce/separation and found that individuals who met their spouse online tended

to report higher marital satisfaction, and lower likelihood of marital breakup.

Personality's Influence on Well-Being

Although research has shown the importance of relationship status and romantic life

satisfaction, personality has also been shown to play a role in predicting one's sense of well-

being (Malouff, Thorsteinsson, Schutte, Bhukkar & Rooke, 2010).

Research into the effects of personality on well-being has tended to focus on The Big

Five personality traits: Openness, Conscientiousness, Extraversion, Agreeableness, and

Neuroticism (John & Srivastava, 1999).

Openness is characterized by being open to new experiences, imaginative and insightful thought, adventurousness, and abstract thinking. Those high in conscientiousness tend to be detail and goal oriented, organized, thoughtful and non-impulsive. Extraversion is associated with individuals who are highly social, excitable, enjoy meeting new people, and are able to make new friends easily. Agreeableness is characterized by individuals who have a caring nature, are empathetic, kind, and take interest in helping others. Those higher in neuroticism tend to experience more mood swings, emotional instability, irritability, anxiety, worry and sadness more often than others.

Previous research has typically shown neuroticism and extraversion to have the most impact on one's overall well-being (Grant, Langan & Anglim, 2009) as these traits are the largest predictors of positive and negative affect (Hayes & Joseph, 2003). Extraversion, which is associated with more outgoing and friendly type traits, is correlated with higher individual happiness scores (Hayes & Joseph, 2003), whereas neuroticism, which is associated with emotional instability and sadness, is linked to lower well-being scores (Grant, et al., 2009).

Additionally, personality traits have been shown to predict individual life satisfaction. Hayes & Joseph (2003) found high conscientiousness to be the strongest predictor of life satisfaction among The Big Five personality traits. Furthermore, research has shown the predictive effects of personality to be long lasting. For example, Magnus, Diener, Fujita & Pavot (1993) measured personality traits and their correlation to life satisfaction and found individual extraversion and neuroticism scores at time one predicted life satisfaction up to four years later.

Personality traits have also been shown to predict romantic life satisfaction within the self and of one's partner (Schaffhuser, Allemand & Martin, 2014). Increased satisfaction with one's partner was linked to traits such as low neuroticism, high agreeableness, high conscientiousness,

and high extraversion in the partner (Malouff, et al., 2010). Additionally, self-reported

neuroticism, agreeableness, and conscientiousness were found to significantly play a role on

individual relationship satisfaction (Schaffhuser, Allemand & Martin, 2014; Heller, Watson &

Ilies, 2004). Furthermore, the research suggests that neuroticism, agreeableness,

conscientiousness, and extraversion have the most impact on relationship outcomes, such as

quality, stability, and satisfaction, but neuroticism has been shown to have the largest effect

(Weidmann, Ledermann & Grob, 2016; Heller, et al., 2004; Karney & Bradbury, 1995; Malouff,

et al., 2010).

Online Dating

With the rise of the world wide web over the past 3 decades, people are using the internet

for more tasks than ever before. The internet has become a part of our daily lives and permeates

both our work and personal lives – enabling us more efficiency, quicker communication, instant

problem solving, and unlimited entertainment. Kang & Hoffman (2011) found that those who

use the internet to perform more tasks are more likely to use online dating sites.

With increasing demands and increased ease of access to the internet, it is not surprising

that meeting online has become the second most common way for heterosexual couples to meet,

and the most common way for same-sex couples to meet (Rosenfeld & Thomas, 2012). In fact,

recent statistics gathered showed that 15 percent of American adults have used online dating

tools, and approximately 20 percent of presently committed couples met online ("Online Dating

Statistics", 2017). One third of marriages are now formed from couples who initially met online

(Rosenfeld & Thomas, 2012; Cacioppo, Cacioppo, Gonzaga, Ogburn & VanderWeele, 2013).

Personality's Role in Online Behaviour

The internet has changed the way we are able to stay connected and communicate with

others. However, research into personality traits and online behaviour have shown that certain

traits are more likely to be predictive of using the internet for means of communication. For example, Ebeling-Witte, Frank & Lester (2007) found that those high in shyness prefer using the internet to create new friendships, communicate with others, and as a tool to aide feelings of loneliness. Additionally, traits such as neuroticism and introversion are strongly correlated with individual likelihood and willingness to 'open-up' online (Tosun & Lajunen, 2010; Amichai-Hamburger, Wainapel & Fox, 2002). This may suggest that individuals higher in these personality traits will be more willing and likely to use online dating as a method to meet potential partners as it is a method of communication that they are most comfortable with.

Additionally, personality traits have been linked to social networking use. It has been found that extroversion, openness, and neuroticism are positive predictors of social media use, and those higher in neuroticism are more likely to engage in these online activities (Blackhart, Fitzpatrick & Williamson, 2014; Correa, Hinsley & de Zuniga, 2010). Moreover, research has found the extraversion trait to be the strongest predictor of social media use in young adults (Correa, et al., 2010).

Research has also revealed that personality may have a negative influence on internet use. For example, Ebeling-Witte, et al. (2007) found that shyness (introversion) is associated with more problematic internet use as these individuals use the internet to reduce perceived real-life deficits.

The Social Compensation Hypothesis states that individuals will compensate for their social deficits by utilizing online tools as a way to connect and form relationships with others (Poley & Luo, 2012; Kraut, Kiesler, Boneva, Cummings, Helgeson & Crawford, 2002; Vaulkenburg & Peter, 2007). This theory may help explain why individuals who possess certain personality traits, such as neuroticism and introversion, may be more comfortable "opening up"

online. Under this theory, individuals may view online dating tools as a beneficial alternative to meeting romantic partners in real-life as it provides them a way to compensate for their social deficits, but still gives them the ability to create and form new connections and build relationships. Thus, individuals higher in these traits may be more likely than others to utilize these tools. Additionally, being given the opportunity to compensate for social deficits and create and form romantic connections with others may serve as a positive influence on individual well-being, as they are providing themselves with the opportunity to satisfy specific needs.

Contrary to the Social Compensation Hypothesis is the Rich Get Richer Hypothesis. This theory states that those who are higher in social competence (i.e. those higher in extroversion) will be more likely to use online tools as they view them as an additional means to connect and maintain connections with others (Poley & Luo, 2012; Vaulkenburg & Peter, 2007). Vaulkenburg & Peter (2007) found that individuals low in dating anxiety are more likely to use the internet to date and to date more frequently than those higher in dating anxiety. This relates to the present study in that it theorizes that individuals higher in social competence traits (i.e. extraversion), who enjoy being social and meeting new people, may be more likely to use online dating tools as an additional means to find a partner. Thus, there may be a link between extroversion and increased online dating activity.

Online Behaviour and Subjective Well-Being

Although the internet acts to benefit our lives in many ways, internet use has also been found to be correlated with lower levels of psychological well-being. Muusses, Finkenauer, Kerkof & Billedo (2014) found that compulsive internet use is correlated with lower levels of happiness and self-esteem, increased loneliness, increased stress and increased depression levels. Furthermore, Timmermans & De Caluwe's (2017) study on tinder use found that satisfying one's

needs online reinforces the user's likelihood to use the internet to satisfy these needs again in the future. This shows how a problematic cycle may develop and negatively impact one's well-being.

Motivations for Online Dating Tool Use

Previous research in online dating and motivation has suggested that changes in personal circumstances (such as work, children, changing cities, illness, divorce) is often the initiating reason for online dating site use (Couch & Liamputtong, 2008). However, research into the motivations for online dating use has found a correlation to multiple motives. Research has shown that use of Tinder (a popular online dating app) is positively correlated to motivations such as love, casual sex, self-worth & validation, and thrill of excitement, although the researchers stated that finding love was the strongest motivation for use (Sumter et al, 2017; Timmermanns & De Caluwe, 2017). Other motivations that have been correlated to online dating site use are: seeking a relationship/soulmate, ease boredom, entertainment, and to meet people (Couch & Liamputtong, 2008; Carpenter & McEwan, 2016).

Research has also discovered individual and gender differences in online dating app use. Previous research has found that those who use online dating apps tend to have a greater interest in sex, are typically found to be more sociable and impulsive (Carpenter & McEwan, 2016) and that dating sites are visited more frequently by men than by women (Vaulkenburg & Peter, 2007). Furthermore, research has shown differences in motivation for use between men and women, where women were found to be more likely to use online dating sites for social reasons, and men were more motivated by casual sex (Clemens, Atkin & Krishnan, 2015; Sumter et al., 2017).

An additional theory that fits with the present research is the Uses and Gratifications Theory, which proposes that individuals will use different types of media to satisfy their needs and desires (Sumter, Vandenbosch & Ligtenberg, 2017). This theory takes into consideration individuals' specific motivation for use. Under this theory, online dating tools can be classified as media that may satisfy an individual's needs and desires. For example, someone may use online dating to communicate with others to satisfy their need for social interaction, or they may start dating someone to improve their romantic life satisfaction. This theory applies to the present study as an individual's needs and motivations may be influenced by certain personality traits. For example, those high on extroversion may seek out online dating tools to meet social needs when they are unable to be social in real-life. The uses and gratifications theory also provides insight into online dating effects on subjective well-being as those who are able to successfully utilize these tools to meet their needs and/or desires may experience higher levels of well-being.

The Present Study

According to previous research, subjective well-being has been shown to correlate with various aspects of romantic relationships, personality, and online behaviour. Relationships play a large role in one's subjective well-being as they satisfy our need to belong and have been correlated to higher well-being and romantic life satisfaction scores. Furthermore, personality has been shown to influence one's well-being, relationship satisfaction, and internet use. Specific traits have been linked to higher or lower well-being and motives and needs being met by online behaviour.

The present research explores the interconnections between personality, online dating, individual motivation for online dating use, and subjective well-being. This study aims to explore how personality and online dating tool use interact to influence subjective well-being,

how personality traits relate to individual motives for use, how these motives relate to one's

subjective well-being, and lastly, how the overall use of online dating tools correlates to one's

subjective well-being.

With consideration for past research we predict:

- **H₁:** Romantic life satisfaction and relationship satisfaction will positively predict life

  satisfaction and positive affect and negatively predict negative affect.

- **H₂:** Perceived success using online dating tools will predict an increase in subjective

  well-being scores.

- **H₃:** Time spent using online dating tools will be negatively correlated to ratings of

  subjective well-being.

- **H₄:** The relationship between frequency of use and subjective well-being will be

  mediated by perceived success, such as that the negative relationship between subjective

  well-being and frequency of use will be significantly reduced or eliminated when

  controlling for perceived success.

- **H₅:** Those with high neuroticism and/or introversion scores will be more likely to use

  online dating tools for the "ease of communication" motivation.

  - **H₅ₐ:** Neuroticism will be positively correlated to the "ease of communication"

    motivation.

  - **H₅ᵦ**: Introversion will be positively correlated to the "ease of communication"

    motivation.

- **H₆:** Men and women will have different motivations for using online dating tools.

  - **H₆ₐ:** Men will be more likely to be motivated to use online dating tools for casual

    sex.

       o   **H$_{6b}$:** Women will be more motivated to use online dating tools by social factors.

Method

Participants

431 participants (256 females, 175 males) from Canada, the United States, Great Britain, Australia, and New Zealand were recruited through Amazon Mechanical Turk and completed an online survey through Qualtrics. Participants were required to answer a number of screening questions that involved following simple instructions to ensure quality data collection. A total of 85 participants failed the elementary screening questions and were there excluded from analyses. The final sample consisted of 346 participants (213 females and 133 males). Participants were 18 years of age and older, ranging from 19-66 (M_{age}= 37.50, SD =11.87). Individuals voluntarily participated by responding to an ad and were compensated $0.50 in Amazon credit for taking part in the study.

Measures

Screening questions. There were four screening questions placed throughout the survey to check for careless responding and ensure accuracy within participant responses. Three questions were multiple choice and one was short answer. Two multiple choice questions were hidden among items of other measures within the survey (e.g. placed within the personality and life satisfaction measures). For example, "In order to monitor data quality, please select "strongly agree" from the list below" and "To monitor data quality, please respond "Disagree" to this item". The third multiple choice question was placed at the very end of the survey and asked participants if the researchers should use their data; "Accurate data collection is essential to maintaining the integrity of research. In your honest opinion, should we use your data in our analyses in this study?". Finally, the short answer question was placed at the end of the survey as

well, and asked participants to briefly describe the types of questions they answered throughout the survey; "Please briefly describe some of the questions you've just answered. In a couple sentences, what were they about?". Participants had to accurately respond to all four screening items or their data was excluded from the data analyses.

Demographics. Participants were asked their age, gender, relationship status (e.g. single, casually dating, engaged, in an open relationship, in a committed relationship), marital status (e.g. never married, married, divorced/separated, widowed), if they've ever been divorced or separated (e.g. yes or no) and their present annual income (see Appendix A).

Online dating frequency and perceived success. Online dating was examined through a series of questions the researchers created to measure participants frequency, success, value and the effect of online dating use on their subjective well-being (see Appendix B). Respondents were asked to indicate whether they had used online dating tools (e.g. yes/no), if they'd met a dating partner using these tools (e.g. yes/no), and how often they used them. To measure frequency of use respondents were asked to select the option that best described their use (e.g. daily, weekly, monthly, yearly, or never) and to indicate the number of hours they use online dating sites or apps that corresponded with their selection (e.g. if a participant used online dating tools for 1 hour per day, they would select the "daily" option and write a 1 in the box next to it). Participants were then asked to indicate their level of agreement using a 7-point Likert scale (1=strongly disagree, …, 7=strongly agree), to questions such as, "I find online dating tools to be a valuable way to find a relationship partner", "I have had success using online dating tools to find a partner", and "using an online dating tool has been positive for my personal well-being". The latter three items were averaged to form an index of perceived success using online dating (α = 0.91).

Online dating motives. Individual motives for using online dating tools were measured through an Online Dating Motives Scale. This scale was created by adapting and combining questions from the Tinder Motivations Scale (Sumter, Vandenbosch, & Lightenburg, 2017, α = 0.65-0.85) and the Tinder Motives Scale (Timmermans & De Caluwe, 2017, α = 0.68-0.92) to encompass a broader range of motivations. Participants responded to 66 items that measured participants scores on 10 different motivations (love, self-worth & validation, casual sex, ease of communication, thrill of excitement, trendiness, boredom/entertainment, loneliness, curiosity, and travelling) for using online dating tools (see Appendix C). Participants responded to each item using a 5-point scale (1=strongly disagree, …, 5=strongly agree) to indicate their level of agreement with each statement. Items included statements such as, "I use online dating sites or dating apps because… 'to gain an ego boost', 'it is fun', 'it helps me to find a romantic relationship', 'I find that I can communicate more easily online than offline'". This scale demonstrated high reliability for all motives at time of study: Love (α = .92); Casual sex (α = .92); communication/socializing α = .84; Self-worth & validation (α = .94); Curiosity (α = .79); Excitement (α = .82); Trendiness (α = .74); Boredom/entertainment (α = .89); Loneliness (α = .83); Travelling (α = .88).

Personality. We assessed participants personality using The Big Five Inventory (BFI: John & Srivastava, 1999), which measured participants scores on 5 personality traits: openness, extraversion, agreeableness, neuroticism, and conscientiousness. The scale was composed of 44 questions asking about a characteristic related to one of the five traits (see Appendix D). Participants indicated the level that they felt this trait applied to them by rating their agreement or disagreement to each statement using a 5-point Likert scale (1=strongly disagree, …, 5=strongly agree). An example question for each of the five traits would be: "I see myself as

someone who is talkative" (extraversion), "I see myself as someone who is relaxed, handles stress well" (neuroticism), "I see myself as someone who tends to find fault with others" (agreeableness), "I see myself as someone who does a thorough job" (conscientiousness), "I see myself as someone who is original, comes up with new ideas" (openness) (John & Srivastava, 1999). Scores were averaged across items for each of the five subscales. The subscales for this measure have previously shown an acceptable reliability above $\alpha = .70$ (John & Srivastava, 1999), and showed high reliability during this study: Extraversion ($\alpha = .90$); Agreeableness ($\alpha = .86$); Conscientiousness ($\alpha = .89$); Neuroticism ($\alpha = .92$); Openness to Experience ($\alpha = .85$).

Mood. The Positive and Negative Affect Schedule (PANAS) (Watson, Clark & Tellegen, 1988) was utilized to measure each participant's mood. This scale was composed of 20 items, each asking the participant to rate (from zero, "not at all", to 100, "extremely") the extent to which they were feeling a particular affect at the time of the study (see Appendix E). The scale asked 10 positive affect questions (e.g. "right now I am feeling excited") and 10 negative affect questions (e.g. "right now I am feeling upset"). The subscales for this measure have previously shown high reliability, $\alpha = 0.95$(Crawford & Henry, 2004), and had similar reliability for this study (Positive Affect: $\alpha = .92$; Negative Affect: $\alpha = .95$). Participant's scores on each subscale were averaged.

Life satisfaction. The Satisfaction with Life Scale (SWLS) (Diener, 1985) is a 5-item scale that measures an individual's overall life satisfaction. Participants responded to each item using a 7-point scale (1=strongly disagree, …, 7=strongly agree) to indicate their agreement with statements regarding their level of satisfaction with life (see Appendix F). Examples include, "In most ways my life is close to my ideal" and "I am satisfied with my life". This scale has been

shown to have a high reliability in the past, α = 0.91 (Eid & Diener, 2004) and again for this

study (α = .94). Items were averaged to create a single satisfaction score.

Domain satisfaction. A series of 5-item satisfaction scales were adapted from The

SWLS (Diener, 1985) for each of the following life domains: romantic life, health, and romantic

relationship (if currently in a romantic relationship). Respondents indicated their level of

agreement with each of the five statements by using a 7-point scale (1=strongly disagree, …,

7=strongly agree). Items were the same or very similar to the SWLS, with the new life domain

inserted into the item instead (see Appendix F). For example, "the conditions of my health are

excellent", "the conditions of my romantic life are excellent". Health satisfaction was placed in

the survey as a comparative variable for participant responses. Perceived success using online

dating tools should significantly correlate to other measures of well-being that would be

influenced by dating success (life, romantic life, and relationship satisfaction), but should not

correlate as strongly with health satisfaction. These scales were shown to have high reliability:

romantic life (α = .97), health (α = .96), romantic relationship (α = .97). Items were averaged to

create a single satisfaction score for each of the three domains.

Hopelessness. The Beck Hopelessness Scale (Beck, Weissman, Lester & Trexler, 1974)

measures an individual's level of optimism or pessimism. Participants were given 15 statements,

8 pessimistic statements and 7 optimistic statements. An example of an optimistic item is, "I

have great faith in the future". An example of a pessimistic item is, "Things won't work out the

way I want them to". Participants rated each statement using a 5-point scale (1=strongly

disagree, …, 5=strongly agree) (see Appendix G). This measure was placed in the survey as a

control variable for participants responses. We utilized this measure as a control to see if other

statistical relationships would remain significant when controlling for a person's level of

optimism. Previous research has shown this scale to have high reliability, $\alpha = 0.88$ (Steed, 2001),

in non-clinical samples. This scale showed high reliability for the present study as well

(Pessimism: $\alpha = .91$; Optimism: $\alpha = .89$). Participants scores on each subscale were averaged.

Materials

In order to participate in the study, participants were required to have an account with

Amazon Mechanical Turk. Additionally, since the study was posted online, participants needed

to have access to the internet in order to participate.

Procedure

The researchers posted an advertisement about the study on Amazon Mechanical Turk.

The survey was open for participants for seven days. Participants voluntarily chose to take part in

the study and were directed to complete the survey at a specific link which in turn took them to a

Qualtrics (an online survey platform) online survey.

Participants were required to read a letter of information and provide consent that they

were 18 years of age or older in order to take part in the study. After providing consent

participants were given the questionnaire in the same order: demographic information, online

dating measures, online dating motives, The Positive and Negative Affect Schedule (PANAS),

The Big Five Inventory (BFI), Satisfaction with Life Scale, Health Satisfaction, Satisfaction with

Romantic Relationship, Romantic Life Satisfaction, and The Hopelessness Scale. If respondents

answered "no" to "have you ever used an online dating site or dating app?", they skipped all

online dating measures and were redirected to the PANAS and continued on from there. The

survey took approximately 15-20 minutes to complete. Once completed, participants received a

compensation code which allowed them to be remunerated $0.50 into their Amazon account. At

the end of the seven days the survey was deactivated and data was analyzed.

Design

This is a correlational study with no manipulated variables. The predictor variables within the present study are: Gender (3 levels: male, female, other), Online Dating Use (2 levels: users, non-users), Personality (5 levels: agreeableness, conscientiousness, neuroticism, extraversion, openness) and Motivation (10 levels: love, self-worth & validation, casual sex, ease of communication, thrill of excitement, trendiness, boredom/entertainment, loneliness, curiosity, and travelling), perceived success using online dating and frequency of online dating use. The Gender and Online Dating Use variables were both measured as categorical, and all other variables were continuous. The dependent variables of the study were: mood, life satisfaction, and domain satisfactions, all of which were continuous variables. Optimism and pessimism (from the Hopelessness Scale) are continuous variables and were used as control variables.

Once the information was collected, the data was examined for careless responding, missing data, and duplicate responses to determine if there are any respondents that need to be excluded or errors within the data. Next, correlation and regression analyses (with single and multiple predictors and testing interaction effects) were conducted to test the study's hypotheses and other exploratory patterns of interest among the variables measured. Correlations among many of the variables measured can be seen in Table 1 and descriptive statistics in Table 2.

Results

Subjective Well-being

Researchers predicted that romantic life satisfaction and romantic relationship satisfaction would be positively correlated with life satisfaction and negatively correlated with negative affect, and this hypothesis was supported within the data. Romantic life satisfaction strongly positively predicted one's satisfaction with life, $r(343) = .64$, $p < .001$ as did romantic

relationship satisfaction, $r(273) = .61, p < .001$. Romantic life satisfaction strongly positively

predicted one's positive affect, $r(343) = .32, p < .01$ as did romantic relationship satisfaction,

$r(273) = .27, p < .01$. Both variables also negatively predicted negative affect (romantic life

satisfaction: $r(343) = -.22, p < .01$; romantic relationship satisfaction: $r(273) = -.26, p < .01$). In

all cases these findings were as predicted.

　　　　An independent t-test was performed to compare online dating users and non-users scores

on the subjective well-being domains, to see if there were significant differences in subjective

well-being scores between these two groups. Individuals who have used online dating tools had

lower overall life satisfaction ($M = 4.38, SD = 1.63$ vs. $M = 4.74, SD = 1.72$), $t(344) = -1.98, p =$

.049, and relationship satisfaction ($M = 5.17, SD = 1.64$ vs. $M = 5.67, SD = 1.34$), $t(264.37) = -$

2.81, $p = .005$ and higher negative affect ($M = 12.05, SD = 16.40$ vs. $M = 6.20, SD = 12.24$),

$t(342.68) = 3.80, p < .001$ (see Figure 1 and Table 2), than those who have not; however, these

relationships do not hold for those who have found a relationship partner online. Those who met

their present partner through online dating had higher romantic life satisfaction than all others in

the sample ($M = 5.23, SD = 1.72$ vs. $M = 4.71, SD = 1.90$), $t(343) = -2.02, p < .001$ (see Figure 2

and Table 3).

Table 1
Correlations of Study Variables

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1. Perceived Success	1																
2. Life Satisfaction	.14[*]	1															
3. Romantic Life Satisfaction	.25[**]	.64[**]	1														
4. Relationship Satisfaction	.10	.61[**]	.96[**]	1													
5. Positive Affect	.19[**]	.36[**]	.32[**]	.27[**]	1												
6. Negative Affect	.02	-.31[**]	-.22[**]	-.26[**]	-.07	1											
7. Extraversion	.15[*]	.41[**]	.35[**]	.31[**]	.45[**]	-.18[**]	1										
8. Neuroticism	-.05	-.48[**]	-.33[**]	-.30[**]	-.37[**]	.41[**]	-.47[**]	1									
9. Openness	.11	.07	.09	.14[*]	.25[**]	-.07	.24[**]	-.22[**]	1								
10. Agreeableness	.14	.36[**]	.26[**]	.29[**]	.33[**]	-.26[**]	.35[**]	-.43[**]	.21[**]	1							
11. Conscientiousness	.09	.34[**]	.24[**]	.25[**]	.31[**]	-.38[**]	.31[**]	-.47[**]	.21[**]	.43[**]	1						
12. Optimism	.13	.63[**]	.46[**]	.42[**]	.44[**]	-.36[**]	.40[**]	-.48[**]	.28[**]	.41[**]	.38[**]	1					
13. Pessimism	-.09	-.62[**]	-.44[**]	-.42[**]	-.34[**]	.46[**]	-.42[**]	.56[**]	-.21[**]	-.40[**]	-.44[**]	-.78[**]	1				

Table 1

Continued

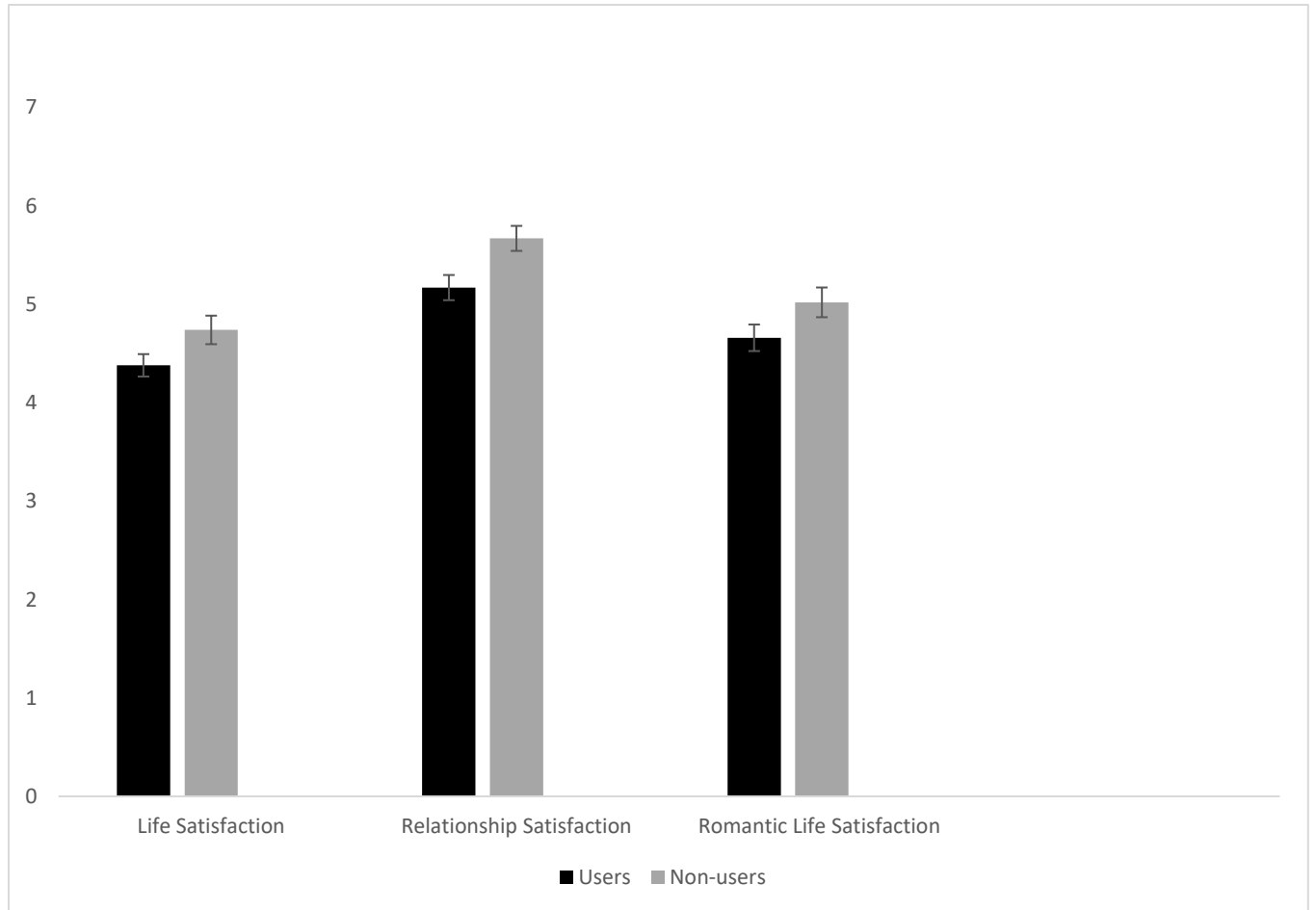| Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
14. Love Motivation	.64**	-.03	.10	.12	.07	.11	.06	.06	.12	.06	.03	-.04	.07	1			
15. Casual Sex Motivation	.08	.12	.08	.11	.13	.10	.07	-.12	.05	-.02	-.01	.09	-.02	-.13	1		
16. Age	-.12	.06	.02	.07	.18**	-.22**	.19**	-.29**	.11*	.23**	.27**	.04	-.12*	.03	-.14*	1	
17. Online Dating Tools Usage Frequency	.16*	-.04	-.04	-.07	.07	.20**	.02	.08	.05	-.02	-.05	.01	.11*	.19**	.10	-.16**	1

*p < .05. **p < .01.

Figure 1. Subjective Well-being Measures for Users vs. Non-users of Online Dating Tools.

Note: This figure includes mean differences on life, relationship, and romantic life satisfaction for users and non-users of online dating tools.
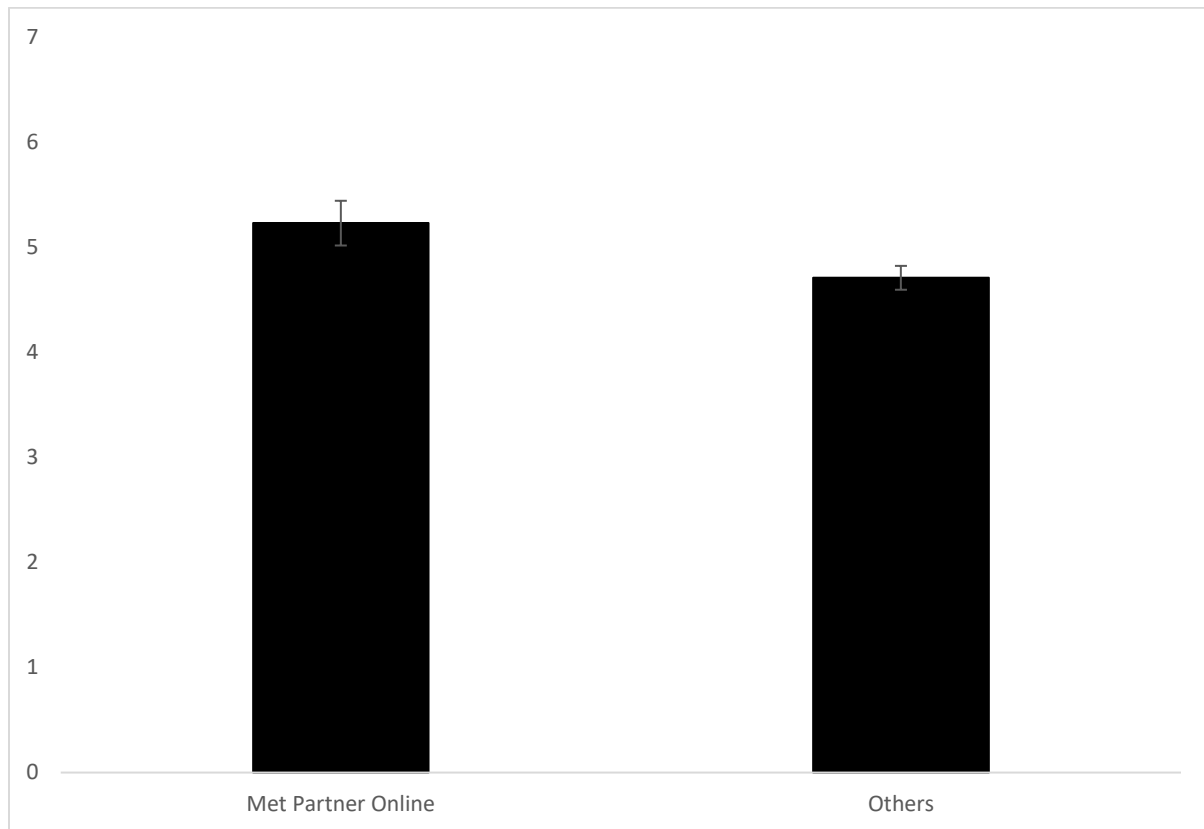
Figure 2. Romantic Life Satisfaction for those who met their partner online versus others.

Note: This figure includes mean differences in romantic life satisfaction for those who met their partner online versus all others in the sample.

Table 2.
Descriptive Statistics for Subjective Well-being Measures for Users and Non-users of Online Dating Tools.

	Users		Non-users		
	M	*SD*	*M*	*SD*	Cohen's *d*
Life Satisfaction	4.38*	1.63	4.74*	1.72	.21
Romantic Life Satisfaction	4.66	1.90	5.08	1.76	.19
Relationship Satisfaction	5.17**	1.64	5.67**	1.34	.33
Positive Affect	50.34	22.67	51.78	21.46	.10
Negative Affect	12.05**	16.40	6.20**	12.24	.40

*p < .05. **p < .01.

Table 3.

Descriptive Statistics for Perceived Success, the Subjective Well-being Measures, and Frequency of Use for Online Dating Users Who Met Their Present Partner Online vs. Others.

	Met Present Partner Online		Did Not Meet Present Partner Online		
	M	*SD*	*M*	*SD*	Cohen's *d*
Life Satisfaction	4.51	1.71	4.53	1.67	.01
Romantic Life Satisfaction	5.23**	1.72	4.71**	1.90	.29
Relationship Satisfaction	5.27	1.69	5.40	1.51	.08
Positive Affect	52.89	22.30	51.10	22.52	.08
Negative Affect	13.46*	16.77	8.77*	14.57	.30
Perceived Success	5.91**	.93	3.93**	1.45	1.63
Frequency of Use	179.3**	306.21	95.94**	170.33	.34

*p < .05. **p < .01.

Note: This table compared those who met their present partner online against all others in the sample, including those who met their present partner offline and those who do not have a partner. When examining only those who had used online dating tools, there was no significant difference in negative affect among those who had found their present partner online vs. others (*M* = 13.46, *SD* = 16.77 vs. *M* = 11.37, *SD* = 16.24, *p* =.40, *d* = .13). Frequency of use was measured by hours spent using online dating tools per year

Perceived Success with Online Dating

We predicted that those who perceive success using online dating tools would have higher ratings of subjective well-being, and the results supported our hypothesis. Data analyses showed that those who perceive success using online dating are happier (life satisfaction: $r(203) = .14$, $p = .04$), more satisfied with their romantic life, $r(202) = .25$, $p < .001$, and experience more positive affect, $r(202) = .19$, $p = .006$ (See Table 1). When controlling for optimism within a regression model, perceived success still remained a significant predictor of romantic life satisfaction ($\beta = .19$, $p = .002$) and positive affect ($\beta = .14$, $p = .03$). Furthermore, perceived success was shown to be a strong predictor of romantic life satisfaction ($\beta = .20$, $p = .03$) even when controlling for personality traits, frequency of use, age, and the love and casual sex motives.

It was also predicted that time spent using online dating tools would predict lower ratings of subjective well-being; however, our analyses revealed that frequency of online dating tools use was only shown to predict an increase in negative affect, $r(344) = .20$, $p < .001$, but did not predict any other measure of well-being (all ps $> .05$; see Table 1), and therefore, our hypotheses were only partially supported. Additionally, results revealed that those who use online dating tools more frequently were more likely to be motivated by love, $r(203) = .19$, $p = .006$, or loneliness, $r(201) = .27$, $p < .001$, or perceive themselves to be succeeding with online dating, $r(203) = .16$, $p = .03$.

We also tested our hypothesis to see if the relationship between frequency of use using online dating tools and subjective well-being measures would be mediated by perceived success, but this result was not supported within the data. We ran regression models and a Sobel test to see if the relationship between negative affect and frequency of use (the only subjective well-being measure where there was a relationship) was significantly reduced when controlling for

negative effect, but it was not (Sobel test $z = .11$, $p = .91$). Moreover, in the cases where there was a significant relationship between perceived success and a measure of subjective well-being (life satisfaction, romantic life satisfaction, and positive affect), when frequency of use was added as a second predictor it did not predict the measures of subjective well-being (all βs from -.05 to .09; all $ps > .05$). Therefore, we can say neither mediated the relationships that the other had with measures of subjective well-being.

Personality

To test our hypotheses that those high in neuroticism and/or introversion were motivated by "ease of communication", we examined the relationships between personality traits and motives for use. The analyses revealed that neuroticism was positively correlated, $r(202) = .19$, $p = .007$, with the "ease of communication/socializing" motivation, and that extraversion was negatively correlated, $r(201) = -.24$, $p = .001$, with this motivation. This indicates that the more neurotic and/or less extraverted one is, the more they are to be motivated to use these tools for ease of communication; these findings are consistent with our hypotheses.

Our analyses also revealed that those who perceived success using online dating tools were shown to be more likely to be extroverted, $r(201) = .15$, $p = .037$.

Furthermore, when controlling for perceived success, frequency of use, age, and the love and casual sex motives, regression analyses revealed that subjective well-being scores were significantly predicted by personality traits. Life satisfaction was significantly predicted by extraversion (β = .29, $p < .001$) and neuroticism (β = -.28, $p < .001$). Romantic relationship satisfaction was significantly predicted by extraversion (β = .20, $p = .029$) and agreeableness (β = .21, $p = .018$) and romantic life satisfaction was also significantly predicted by extraversion (β =

.31, $p <.001$), while negative affect was significantly predicted by neuroticism ($\beta = .27, p < .001$) and conscientiousness ($\beta = -.26, p = .001$).

Online Dating Motives

Those who perceived success using online dating tools were most likely to use for the love, $r(203) = .64, p < .001$, and excitement, $r(202) = .45, p < .001$ motivations. However, the results indicate that having any motive at all to use online dating tools, correlated to perceived success using online dating tools: ease of communication/socializing: $r(203) = .32, p < .001$; trendiness: $r(200) = .31, p < .001$; boredom: $r(201) = .27, p < .001$; loneliness: $r(200) = .33, p < .001$; curiosity: $r(203) = .18, p = .008$; travelling: $r(203) = .15, p = .034$; self-worth: $r(200) = .17, p = .02$, but not casual sex $r(202) = .08, p = .27$.

Furthermore, being motivated by casual sex was found to be a strong predictor of negative affect ($\beta = .14, p = .030$) when controlling for perceived success, frequency of use, age and personality traits.

Additionally, an independent samples t-test was performed to compare differences between men and women's motivations for using online dating tools. We hypothesized that men would be more motivated by casual sex, and women by socializing. Consistent with previous research and our hypothesis, men ($M = 3.23, SD = 1.04$) were more likely to be motivated by casual sex than women ($M =2.24, SD = .99$), $t(202) = 6.93, p < .001$. However, our analyses revealed that men were also more likely than women to be motivated by excitement ($M =3.65, SD = .75, M = 3.35, SD = .87$), $t(202) = 2.53, p = .012$; boredom ($M = 3.08, SD = .74, M = 2.81, SD= .90$), $t(198.37) = 2.26, p = .025$; and travelling ($M = 2.30, SD = .91, M = 1.98, SD = .90$), $t(201) = 2.46, p = .015$. Our hypothesis for women was not supported by the data as women were not shown to be more likely than men to use for any particular motivation.

Discussion

The present study investigated the interrelationships between personality, online dating, motives for use, and subjective well-being. The purpose of this study was to see how the use of online dating tools related to an individual's subjective well-being, personality and motivation for use.

Subjective Well-being

The results indicate that there are some significant differences in subjective well-being between users and non-users of online dating tools. Those who use online dating tools were found to have lower overall life satisfaction and relationship satisfaction, and experience more negative affect than individuals who have not used these tools. These findings are in-line with research showing that individuals who use social media tools are more likely to experience a reduction in overall life satisfaction (Goodman-Deane, Mieczakowski, Johnson, Goldhaber & Clarkson, 2016). However, the results also show that online daters who met their present partner online were more satisfied with their romantic life when compared against all others in the sample.

The findings are also consistent Cacioppo et al.'s (2013) findings that those who met a partner online had higher marital satisfaction and less likelihood of breakup. These results are also consistent with research indicating that individuals who experience an unmet 'need to belong' tend to experience higher romantic loneliness (Adamczyk, 2018). Therefore, individuals using online dating tools may experience lower subjective well-being scores as they are searching for a partner to meet their 'need to belong'; however, those who meet a partner online have satisfied this need and experience higher romantic life satisfaction scores as a result.

The results also indicate that those who use online dating tools for love or loneliness, and/or who were perceiving success with use tended to use online dating tools more frequently. These findings are in line with Timmermans & De Caluwe's (2017) study showing that individuals who are feel they able to satisfy their needs online are more likely to continue using the internet to satisfy these needs again. Therefore, participants who satisfied their motivation (e.g. love or loneliness) and perceived successful outcomes using these tools will be more likely to use them again to satisfy these factors again, and thus, possibly giving reason for their increased frequency of use.

Additionally, the data also indicated that time spent using online dating tools predicted an increase in negative affect and this was not affected by controlling for perceived success. These findings are in line with past research showing a correlation between increased internet use and lower levels of psychological well-being (Muusses, et al., 2014); however, our findings indicate that this only applied in the case of one measure of subjective well-being, but not others.

Perceived Success with Online Dating

Our findings illustrate the importance of perceiving success for subjective well-being. Those who perceived success using online dating tools tended to experience higher ratings of life satisfaction, romantic life satisfaction, and positive affect than those who did not perceive success using these tools. These results are consistent with prior research showing that romantic life satisfaction positively predicts ratings of subjective well-being (Lyubomirsky, et al., 2005). Thus, those using online dating that are satisfied with, and perceiving success in their romantic life would feel better about their overall well-being (e.g. overall life satisfaction and positive affect). Past research has shown that people tend to perceive online dating to result in more success than offline dating than offline dating (Fullwood & Attrill-Smith, 2018), but the

relationship between perceived success and certain well-being measures (romantic life satisfaction and positive affect) still held up even when controlling for optimism and optimism did not correlate with frequency of usage of online dating tools, indicating more than a self-fulfilling prophecy taking place.

Results indicated that perceiving success appears to have a positive effect on their well-being over and above personality, motives for use and demographic differences, as perceiving success was still shown to be a strong predictor of romantic life satisfaction even when controlling for personality traits, frequency of use, age, and the love and casual sex motives.

Personality

Individuals who were higher in neuroticism and/or lower in extroversion were more likely to be motivated to use these tools for "ease of communication/socializing", which supported our hypothesis and the Social Compensation. These results are in line with previous research showing that individuals higher in neuroticism and lower in extraversion (introversion) are more likely to 'open-up' and express their true selves online (Marriott & Buchanan, 2014; Tosun & Lajunen, 2010; Amichai-Hamburger, Wainapel & Fox, 2002). These results also fit with the Social Compensation Hypothesis, where individuals compensate for their social deficits by utilizing online tools to connect and form relationships with others (Poley & Luo, 2012; Kraut, Kiesler, Boneva, Cummings, Helgeson & Crawford, 2002; Vaulkenburg & Peter, 2007), as well as the Uses and Gratification Theory, which holds that individuals who use certain types of media selectively to satisfy their needs (Sumter, Vandenbosch & Ligtenberg, 2017). Individuals higher in introversion and/or neuroticism may find it difficult to approach an individual in real life due to their perceived 'deficits', but have an easier time doing so online, and thus, may be more motivated by "ease of communication". However, contrary to the Rich

Get Richer Hypothesis (Poley & Luo, 2012; Vaulkenburg & Peter, 2007) we did not find that extraverts were higher in online dating tool usage.

Online Dating Motives, Subjective Well-Being and Gender

The results also indicated some gender differences in both motivation and subjective well-being. Men were found to be more likely to be motivated to use these tools for casual sex (as well as excitement, boredom, travelling). This finding is consistent with past research on motivations for Tinder use (Sumter et al., 2017; Timmermans, E., & De Caluwé, E. 2017). as well as findings by Roese, Pennington, Coleman, Janicki, Li & Kenrick (2006) that men had more regrets of sexual inaction with perceived lost opportunities for casual sex. It is possible that that the greater tendency of regrets of lost sexual opportunities may have a greater influence in the way men utilize online dating tools.

We hypothesized that women would be more likely to utilize these tools for social reasons, however, this was not supported in the data. Women were not found to be more likely to use for any particular motivation in the present study, but prior research has shown them more likely to use for socializing (Sumter et al., 2017) and may indicate a limitation within our sample, or age differences in use.

Our results also indicated that men were more likely to experience higher ratings of negative affect than women, but no differences on any other subjective well-being measures were found. This finding is contrary to previous research showing that women are more likely to score higher on measures of negative affect than men (Thomsen, Mehlsen, Viidik, Sommerlund & Zachariae, 2005), and could also point to a limitation within our sample.

Overall these findings indicate that there is a connection between online dating tool use, personality, and subjective well-being; however, we did not find any significant interaction

effects. The present research points to the use of online dating having differing relationships with subjective well-being depending on the individual's motive for using it, perceived success and actual success (e.g. finding a partner) from its use. Using these tools may have a negative impact on the user, however, these effects can be lessened or reversed if one has met a partner or perceives themselves as successful using online dating tools.

Implications & Limitations

The present study points to how certain individuals may experience more or less benefits from these tools depending on motivation, perceived success, and personality traits. The present results add to our understanding of how online dating may impact subjective well-being, as well as adds to our understanding of how different modes of dating may impact an individual's subjective well-being differently (e.g. meeting online verses meeting offline).

However, there are certain limitations to our study that should be noted. The sample for the present study was collected on a voluntary basis through Amazon Mechanical Turk, and therefore is unrepresentative of the whole populations in the countries being sampled. The fact that almost 20% of the original sample has to be excluded due to failing simple tests of attention and following instructions illustrates potential problems regarding the individuals who complete online surveys of this nature. There was also a gender disparity within the sample population. The sample had an unequal distribution of females (213) to males (133), and a more equal distribution would have been ideal for having greater confidence in the generalizability of the findings. There were also virtually no seniors in the sample, limiting our ability to draw conclusions on the relationship between aging and our variables of interest.

Furthermore, the present research examined the correlations between different variables within the study and therefore does not allow for inferences of causation to be made.

Future Directions

The current research provides a solid base for conducting future research on the topic of online dating and its effects on subjective well-being. Future research into this topic could look at why some of the present findings occurred.

Millions of people are using online dating tools, but only those who perceive themselves as successful may be reaping the positive benefits. Future research could delve more deeply into the factors that determine success and how or why an individual perceives themselves as successful using these tools (e.g. is it based on the length of time they've been using these tools? Number of dates? Dating partners? Or relationships they've been in since using the tools?).

Future research could also examine potential moderating or mediating factors for the present outcomes. For example, specific online dating expectations could be measured alongside motives, as different types of expectations may still be influencing perceived success. Future studies may also want to examine individual's perceived success, hopelessness, and subjective well-being over time. Are individual's more likely to experience benefits in subjective well-being in the short-term or long term?

The present study found online daters who met their partner online to be more satisfied with their romantic life than others in the sample. Future research could look into why those who meet their partner online are more likely to experience more satisfaction with their romantic life.

Additionally, future research could examine the differences in online dating and subjective well-being by comparing individuals in different age groups to see if the influence on subjective well-being differs between them as the present study had a limited aged sample.

Ultimately, the relationships between online dating, personality, motives for using these tools, and subjective well-being requires further investigation as this study provided a brief

glimpse into the effects of online dating on well-being and can be further examined in many additional ways. Although no interaction effects were found in the present study, the results partially supported or fully supported many of our hypotheses indicating that there is need for more in-depth research within these areas. With a growing number of individuals using online dating, future research on this topic will increase our understanding of its effects and the differences between modes of dating and what makes individuals happy with their romantic lives and their lives as a whole.

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Appendix A

Demographic Measures:

What is your age? _____

What is your gender?

- Male
- Female
- Other

What is your present relationship status?

- Single
- Casually dating (one or more partners)
- In a committed monogamous relationship
- In an open relationship
- Engaged

What is your marital status?

- Never married
- Married
- Divorced/separated

Have you ever been divorced or Separated?

- Yes
- No

What is your present income?

- $0 - $24,999
- $25,000 - $49,999
- $50,000 - $74,999
- $75,000 - $99,000
- $100,00 - $149,999
- $150,000 - $199,999
- $200,000 or more

As closely as you can estimate, what will be your annual income for 2017 in your current local currency? (Please round to the closest thousand dollars). Do not use commas, decimals or dollar signs $. Example 1: For $32,750 please enter 33000. Example 2: For $145,330 please enter 145000. Example 3: For $1,522,400 please enter 1522000.)

$_____,000 (range 0 to $100,000,000)

Appendix B

Online Dating tool use measures:

Have you ever used an online dating site or dating app?

- Yes
- No
-

Have you ever used an online dating site or dating app to find a partner?

- Yes
- No

Have you ever dated or been in a relationship with someone that you met on a dating website or app?

- Yes
- No

Did you meet your present partner through an online dating site or app?

- Yes
- No

How often would you say you use a dating app or site?

- Daily
    - Please indicate the approximate number of hours you spend using it daily _____
- Weekly
    - Please indicate the approximate number of hours you spend using it weekly _____
- Monthly
    - Please indicate the approximate number of hours you spend using it monthly ____
- Yearly
    - Please indicate the approximate number of hours you spend using it in a year ___

State your level of agreement with the following statements using the scale below:

1 = Strongly Disagree
2 = Disagree
3 = Slightly Disagree
4 = Neither Agree nor Disagree
5 = Slightly Agree
6 = Agree
7 = Strongly Agree

_____ I find online dating tools to be a valuable way to find a relationship partner

_____ I have had great success using online dating tools to find a partner

_____ Using an online dating site and/or app has been positive for my personal well-being

Appendix C

<u>Online Dating Motives Scale:</u>

The following scale has been adapted to combine measures from both Sumter, Vandenbosch & Ligtenberg's (2017) Tinder Motives Scale, and the Tinder Motives Scale by Timmermans & de Caluwe (2017).

Please rate the following items on a 5-point scale

      1 = strongly disagree

      2 = disagree

      3 = neither agree nor disagree

      4 = agree

      5 = strongly agree

I use or have used an online dating app or website because…..

<u>Love:</u>

_____ It helps me to find a romantic relationship

_____ To contact a potential future romantic partner

_____ To find a long-term relationship

_____ To find someone to be with

_____ To meet a future husband or wife

_____ To fall in love

<u>Casual Sex:</u>

_____ To talk to someone about sex

_____ To find a friend-with-benefits

_____ To see how easy it is to find a sex partner

_____ To exchange sexy pictures with someone

_____ I am looking for a one-night stand

_____ To find someone to have sex with

Ease of Communication/Socializing:

_____ I find it easier to open up to others online than offline

_____ I feel that I can communicate more easily online than offline

_____ I feel less shy online than offline

_____ To improve my social skills

_____ To gain more self-confidence in my social skills

_____ To learn how to flirt

Self-worth & Validation:

_____ To get an "ego-boost"

_____ To get self-validation from others

_____ To see how desirable I am

_____ To gain more self-confidence

_____ I feel better about myself when I have a match on a dating app or site

_____ To feel more attractive

_____ To find out what other people think of me

_____ So people can give me compliments about my appearance

_____ To feel better about myself

Thrill of Excitement:

_____ It is exciting

_____ It can be exhilarating

_____ I am looking for an exciting relationship

_____ It is exciting to talk to a stranger

_____ It is exciting meeting new people

Trendiness

_____ Everyone uses online dating sites/apps

_____ It is new

_____ It is coo

_____ People I know are using it

_____ To be cool

Boredom/Entertainment:

_____ It is fun

_____ To relax

_____ For kicks

_____ As a pleasant activity when I'm relaxing

_____ To pass the time, especially when I'm bored

_____ I think it's funny

_____ It is entertaining

_____ Out of habit

_____ When I have nothing better to do

_____ As a break during work or study period

_____ To combat boredom when working or studying

Loneliness:

_____ When I have nobody else to talk to

_____ My online matches understand me better than other people

_____ I need someone to talk to

_____ To cheer myself up

_____ It makes me feel less alone

_____To get over my ex

_____ To think less about my ex

_____ I have exhausted all other options of meeting people

Curiosity:

_____ To see who else is using the site or app

_____ To see what the app or site is about

_____ Out of curiosity

_____ To try something new

Travelling:

_____ To get tips from locals when travelling (about restaurants, shopping, partying, etc.)

_____ To meet other travelers when in a foreign place

_____ To find others to party with when travelling

_____ To broaden my social network when abroad

_____ To learn about hotspots or places to visit when in a foreign place

_____ To find someone to have a one-night stand with when abroad

Appendix D

<u>The Big Five Inventory (BFI)</u> (John & Srivastava, 1999)

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

1 = Disagree strongly
2 = Disagree a little
3 = Neither agree nor disagree
4 = Agree a little
5 = Agree Strongly

I see Myself as Someone Who...

____1. Is talkative	____23. Tends to be lazy
____2. Tends to find fault with others	____24. Is emotionally stable, not easily upset
____3. Does a thorough job	____25. Is inventive
____4. Is depressed, blue	____26. Has an assertive personality
____5. Is original, comes up with new ideas	____27. Can be cold and aloof
____6. Is reserved	____28. Perseveres until the task is finished
____7. Is helpful and unselfish with others	____29. Can be moody
____8. Can be somewhat careless	____30. Values artistic, aesthetic experiences
____9. Is relaxed, handles stress well	____31. Is sometimes shy, inhibited
____10. Is curious about many different things	____32. Is considerate and kind to almost everyone
____11. Is full of energy	____33. Does things efficiently
____12. Starts quarrels with others	____34. Remains calm in tense situations
____13. Is a reliable worker	____35. Prefers work that is routine
____14. Can be tense	____36. Is outgoing, sociable
____15. Is ingenious, a deep thinker	____37. Is sometimes rude to others
____16. Generates a lot of enthusiasm	____38. Makes plans and follows through with them
____17. Has a forgiving nature	____39. Gets nervous easily
____18. Tends to be disorganized	____40. Likes to reflect, play with ideas
____19. Worries a lot	____41. Has few artistic interests
____20. Has an active imagination	____42. Likes to cooperate with others
____21. Tends to be quiet	____43. Is easily distracted
____22. Is generally trusting	____44. Is sophisticated in art, music, or literature

Scoring:
BFI scale scoring ("R" denotes reverse-scored items):
Extraversion: 1, 6R, 11, 16, 21R, 26, 31R, 36
Agreeableness: 2R, 7, 12R, 17, 22, 27R, 32, 37R, 42
Conscientiousness: 3, 8R, 13, 18R, 23R, 28, 33, 38, 43R
Neuroticism: 4, 9R, 14, 19, 24R, 29, 34R, 39
Openness: 5, 10, 15, 20, 25, 30, 35R, 40, 41R, 44

Appendix E

Positive and Negative Affect Schedule (PANAS) (Watson, Clark & Tellegen, 1988)

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you feel this way right now, that is, <u>at the present moment</u>.

Use the following scale 0- 100 scale to record your answers.

not at all	*a little*	*moderately*	*quite a bit*	*extremely*
0	30	50	70	100

____ interested   ____ irritable

____ distressed   ____ alert

____ excited   ____ ashamed

____upset   ____ inspired

____ strong   ____ nervous

____guilty   ____ determined

____scared   ____ attentive

____hostile   ____ jittery

____enthusiastic   ____ active

____proud   ____ afraid

Appendix F

Satisfaction With Life Scale (SWLS) (Diener, 1985)

Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

The 7 point scale is as follows:

1 = Strongly Disagree
2 = Disagree
3 = Slightly Disagree
4 = Neither Agree nor Disagree
5 = Slightly Agree
6 = Agree
7 = Strongly Agree

____ In most ways my life is close to my ideal.
____ The conditions of my life are excellent.
____ I am satisfied with my life.
____ So far I have gotten the important things I want in life.
____ If I could live my life over, I would change almost nothing.

Unpublished Measures (Domain Satisfaction)

The following scales have been adapted from Diener's (1985) Satisfaction with Life Scale to measure satisfaction within other facets of one's life.

Below are statements that you may agree or disagree with. Using the 1 – 7 scale below, please indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

The 7 point scale is as follows:

1 = Strongly Disagree
2 = Disagree
3 = Slightly Disagree
4 = Neither Agree nor Disagree
5 = Slightly Agree
6 = Agree
7 = Strongly Agree

Satisfaction with Health:

_____In most ways my health is close to my ideal.

_____ The conditions of my health are excellent.

_____ I am satisfied with my health.

_____ So far I have gotten the important things right for my health.

_____ If I could live my life over, I would change almost nothing about my health.

Satisfaction with Romantic Relationship

_____ In most ways my present romantic relationship is close to my ideal.

_____The conditions of my present romantic relationship are excellent.

_____ I am satisfied with my present romantic relationship.

_____ So far I have gotten the important things I want in my present romantic relationship.

_____ If I could do it over, I would change almost nothing about my present romantic relationship.

Romantic Life Satisfaction Scale:

_____ In most ways my love life is close to my ideal.

_____ The conditions of my romantic life are excellent.

_____ I am satisfied with my romantic life.

_____ So far I have gotten the important things I want in my love life.

_____ If I could live my life over, I would change almost nothing about my love life.

Appendix G

<u>Hopelessness Scale (HS)</u> (Beck, Weissman, Lester & Trexler, 1974)

Below are statements that you may agree or disagree with. Using the 5 point scale below, please indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

1 = strongly disagree
2 = disagree
3 = neither agree nor disagree
4 = agree
5 = strongly agree

<u>Pessimism</u>

_____ Things just won't work out the way I want them to.
_____ I never get what I want so it's foolish to want anything.
_____ I just don't get the breaks, and there's no reason to believe I will in the future.
_____ It is very unlikely that I will get any real satisfaction in the future.
_____ I don't expect to get what I really want.
_____ My future seems dark to me.
_____ The future seems vague and uncertain to me.
_____ I can't imagine what my life would be like in ten years.

<u>Optimism</u>

_____ I look forward to the future with hope and enthusiasm.
_____ I have great faith in the future.
_____ When I look ahead to the future, I expect to be happier than I am now.
_____ In the future, I expect to succeed in what concerns me most.
_____ I can look forward to more good times than bad times.
_____ When things are going badly, I am helped by knowing they can't stay that way forever.
_____ I expect to get more of the good things in life than the average person