

COMMITMENT, INTIMACY, PASSION, AND RELATIONSHIP SATISFACTION



THE RELATIONSHIP BETWEEN COMMITMENT, INTIMACY, PASSION, AND
RELATIONSHIP SATISFACTION AMONG YOUNG ADULTS IN MALAYSIA

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COMMITMENT, INTIMACY, PASSION, AND RELATIONSHIP SATISFACTION

Running head: COMMITMENT, INTIMACY, PASSION AND RELATIONSHIP
SATISFACTION

The Relationship Between Commitment, Intimacy, Passion, and Relationship Satisfaction

Among Young Adults in Malaysia

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This research project is submitted in partial fulfilment of the requirements for the Bachelor of
Social Science (Hons) Psychology, Faculty of Arts and Social Science, Universiti Tunku

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DECLARATION

We declare that the material and content contained in this paper are the result of our work and that due acknowledgement has been given in the bibliography and references to ALL sources, be they printed, electronic or personal.

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COMMITMENT, INTIMACY, PASSION, AND RELATIONSHIP SATISFACTION

APPROVAL FORM

This research paper attached hereto, entitled “The Relationship Between Commitment, Intimacy, Passion, and Relationship Satisfaction Among Young Adults in Malaysia” prepared and submitted by Chong Chi Yan, Fion Lee Wan Qi, and Teoh Yu Qin in partial fulfilment of the requirements for the Bachelor of Social Science (Hons) Psychology is hereby accepted.



Supervisor

(Ms Teoh Xi Yao)

Date: 01 September 2025

Abstract

Young adults in Malaysia often face challenges in maintaining healthy romantic relationships. Despite the growing interest in romantic satisfaction, research on the love components of relationship satisfaction in this demographic is limited. Therefore, the current study aims to examine the relationship between intimacy, passion, and commitment on relationship satisfaction among young adults in Malaysia. The study was conducted using purposive sampling and a cross-sectional research design. A total of 145 participants aged 18 to 30 were recruited; however, only 83 participants remained for the final data analyses after data cleaning was performed. Questionnaires were distributed via a Qualtrics link and QR code. The instruments used were i) Relationship Assessment Scale (RAS) and ii) the Sternberg Triangular Love Scale (STLS). Before distributing the questionnaire, ethical issues were addressed to ensure proper research conduct. The questionnaire began with an informed consent page to guarantee that respondents understand that their participation is entirely voluntary and that their responses will be kept confidential. Upon obtaining their consent, they could proceed with the questionnaires. Out of the 83 participants, 74.7% were female and 25.3% were male. The majority of the participants were Chinese ethnicity with 98.8% and Malay with 1.2%. Results showed that all variables (commitment, intimacy, passion) have a significant and positive relationship with relationship satisfaction among Malaysian young adults. Pearson correlation analysis revealed a significant relationship between commitment and relationship satisfaction ($r = .68, n = 83, p < .001$), intimacy and relationship satisfaction ($r = .75, n = 83, p < .001$), and passion and relationship satisfaction ($r = .56, n = 83, p < .001$). The findings align with Sternberg's Triangular Theory of Love in explaining the role of commitment, intimacy, and passion in relationship satisfaction during emerging adulthood. Practically, the results have the potential to provide relationship education programs, improve counselling services, and support the development of healthy

romantic relationships. Future research could consider adopting a longitudinal approach and a more diverse sample to enhance generalizability and understanding of how love components change over time.

Keywords: commitment, intimacy, passion, relationship satisfaction, young adults

Subject area: H1-99, Social sciences (General)

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List of Abbreviations

HP	Harmonious Passion
OP	Obsessive Passion
STLS	Sternberg's Triangular Love Scale
RAS	Relationship Satisfaction Scale
STRs	Short-Term Relationships
LTRs	Long-Term Relationships
PCC	Pearson Correlation Coefficient
SERC	UTAR Scientific and Ethical Review Committee
UTAR	Universiti Tunku Abdul Rahman
IBM SPSS	International Business Machines Statistical Package for the Social Sciences
SD	Standard Deviation
M	Mean
K-S test	Kolmogorov-Smirnov test
Q-Q plot	Quantile-Quantile plot
d.f	Degrees of Freedom

Chapter I

Introduction

Background of Study

Relationship satisfaction serves as a key indicator and fundamental human need. At the ages of 18-30, individuals experience significant life transitions (Shulman & Connolly, 2013). For young adults, particularly those experiencing major life transitions, relationship satisfaction is important. Numerous studies show that relationship satisfaction is positively correlated with subjective well-being and health (Andreoli et al., 2024; Bühler et al., 2021; Downward et al., 2022). High levels of relationship satisfaction are linked to joint health behaviors (Wilson & Novak, 2021). Relationship satisfaction is determined by a variety of cognitive, behavioral, and emotional elements, including love methods, self-development, personality traits, ways of interacting, emotional intelligence, spouse support, depression, and economic issues (Cassepp-Borges et al., 2023). According to Sternberg's Triangular Theory of Love, there are three factors that play a crucial role in a romantic relationship such as commitment, intimacy, and passion (Sternberg, 1986).

In romantic relationships, commitment is seen to be a significant predictor of long-lasting partnerships (Lawrence et al., 2021). Commitment is the desire to keep up a present relationship and make investments in it to make sure it endures (Urganci, 2023). Relationship distrust, which can result in dissatisfaction and relationship breakup, may also be linked to a lack of commitment. It is essential for a couple to have an emotional connection that lasts into the future (Chandler et al., 2023). Making short-term sacrifices for long-term gains is an indicator of commitment for distributors and suppliers, respectively, and it drives to preserve and improve the relationships (Hamdani et al., 2024).

Intimacy refers to the physical and emotional closeness shared between individuals (Li, 2024). It is a crucial element of relationships, forming the foundation for meaningful

connection and effective communication (Tan et al., 2023). It is a sense of intimacy in which people feel respected, safe, and understood by one another. Beyond just being physically close, intimacy involves expressing one's ideas, feelings, and experiences in order to build a relationship that encourages transparency and trust. Intimacy can be classified into two primary models. The first model is the interpersonal process model of intimacy. According to this model, when individuals freely express their emotions and stress to one another and, as a consequence of their partners' reactions, have a sense of being acknowledged and taken care of, closeness is likely to grow and deepen within relationships (Ferraris et al., 2023). The second model is the behavioral interpretation of intimacy. It suggests that when a person's vulnerable behaviors, those that could result in punishment, are rewarded by their partner rather than punished, closeness grows throughout interpersonal encounters (Khalifian & Barry, 2019).

Passion is mostly known as a strong desire to invest time and energy to unite with others (Carswell & Impett, 2021). Study shows on the practical value of passion for sustaining long-term relationships have indicated that romantic intimates are motivated to concentrate on their love partners instead of potential partners (Mizrahi et al., 2022). Vallerand (2016) proposed a dualistic model of passion, which includes harmonious and obsessive passion. Harmonious passion (HP) is the outcome of spontaneous internalization, which occurs when people voluntarily embrace their favorite activity as significant without any conditions associated (Benitez et al., 2023). On the other hand, obsessive passion (OP) results from an uncontrollable emotion within the person, which governs the person's emotions while they are involved in a regular and ongoing activity (Schellenberg et al., 2022).

Hence, the current study would adopt Sternberg's Triangular Theory of Love to examine the relationship between commitment, intimacy, passion, and relationship satisfaction among young adults in Malaysia.

Problem Statement

Relationship satisfaction plays an important role in psychological well-being as it affects young adults' emotional, physical, and social aspects of life. Research has shown that young adults in romantic relationships tend to experience greater happiness, higher self-esteem and life satisfaction, and fewer mental and physical health illnesses (Gómez-López et al., 2019). Positive relationships among couples also provide emotional regulation led to more positive outcomes and foster positivity (Sidhu et al., 2019). Conversely, low relationship satisfaction may lead to breakups and re-pairs with other romantic partners, which can lower overall well-being (Olderbak & Figueredo, 2009).

Commitment is a crucial factor that influences satisfaction in romantic relationships. Several previous studies have explored the relationships between commitment and relationship satisfaction in many countries, such as Hong Kong (Li & Fung, 2012), Brazil (Cassepp-Borges et al., 2023), and the United Kingdom (Stoeber, 2012). However, research focused on the relationship between commitment and relationship satisfaction in Malaysia is limited. Even so, many Malaysian studies are carried out among married couples (Hoesni et al., 2013; Sawai et al., 2023) and marital satisfaction (Juhari et al., 2019; Teoh et al., 2020).

Furthermore, intimacy might also affect relationship satisfaction. In Malaysia, there is a lack of studies examining the relationship between intimacy and relationship satisfaction among young adults; instead, existing research has primarily focused on elderly couples (Mat Din et al., 2019). Few studies assessing the correlation between intimacy and relationship satisfaction were implemented in different countries, such as the US (Madey & Rodgers, 2009) and Canada (Dandurand & Lafontaine, 2013). Then, a few studies conducted a

correlational study but focused on fear of intimacy and relationship satisfaction (Lyvers et al., 2021; Finzi-Dottan, 2023; Besharat et al., 2014).

In addition, passion may also play a role in determining relationship satisfaction. Several previous studies show the relationship between passion and relationship satisfaction but in different populations. For instance, the study predicted that passion and relationship satisfaction are significantly related to each other among Greek coach-athlete dyads (Jowett et al., 2012), francophones (Ratelle et al., 2012), and the United States, including Caucasian, African American, and Asian Americans (Madey & Rodgers, 2009). However, in Malaysia, there was a dearth of relevant research focusing on young adults. For example, previous findings by Madey and Rodgers (2009) showed that individuals with secure attachment and passion both had a direct effect on relationship satisfaction when passion was monitored. Thus, the direct correlation between intimacy and relationship satisfaction among young adults has yet to be confirmed.

In summary, there is still an inadequate study conducted based on commitment, intimacy, passion, and relationship satisfaction among young adults, especially in the Malaysian context. The current study aims to employ a descriptive quantitative method to examine this topic by utilizing Sternberg's triangular theory of love.

Research Questions

1. Is there any significant relationship between commitment and relationship satisfaction among young adults in Malaysia?
2. Is there any significant relationship satisfaction between intimacy and relationship satisfaction among young adults in Malaysia?
3. Is there any significant relationship satisfaction between passion and relationship satisfaction among young adults in Malaysia?

Research Objectives

1. To examine the relationship between commitment and relationship satisfaction among young adults in Malaysia.
2. To examine the relationship between intimacy and relationship satisfaction among young adults in Malaysia.
3. To examine the relationship between passion and relationship satisfaction among young adults in Malaysia.

Hypotheses

H₁: There is a relationship between commitment and relationship satisfaction among young adults in Malaysia.

H₂: There is a relationship between intimacy and relationship satisfaction among young adults in Malaysia.

H₃: There is a relationship between passion and relationship satisfaction among young adults in Malaysia.

Significance of Study

Understanding what makes romantic relationships truly fulfilling is especially important for young adults who are at a stage where they are forming long-term and meaningful connections. This study explores how commitment, intimacy, and passion influence relationship satisfaction among young adults in Malaysia. Knowing these factors can help individuals and mental health professionals develop and sustain good relationships when young adults confront particular obstacles, including juggling relationship demands with personal goals.

Highlighting these factors is essential, given that fulfilling relationships have been associated with positive psychological outcomes, including increased happiness, lower stress, and greater life satisfaction. On the other hand, unsatisfactory or tense relationships can cause stress, poor self-esteem, and chronic mental health problems. Addressing these concerns in

the Malaysian setting, where relationship conventions may differ from those in Western nations, adds cultural significance to the findings.

Additionally, the majority of relationship studies tend to focus on Western populations, which may not accurately represent the experiences of Malaysian young adults. Most Malaysian research focuses on marital rather than relationship satisfaction, so there are only limited studies specifically examining commitment, intimacy, and passion among young Malaysian adults. If the public chooses to seek information from untrustworthy sources, this could result in ignorance or even false information. To avoid these situations, this research finding can help to raise awareness about the importance of commitment, intimacy, passion, and relationship satisfaction among young adults. Thus, this research hopes to fill the research gap in the Malaysian context and to serve as a reference for future researchers.

Moreover, the theoretical framework that was implemented in this study is Sternberg's triangular theory of love model, which describes love in terms of commitment, intimacy, and passion. This research study will be crucial in supporting the claims mentioned above and helping young adults raise awareness of the connection between commitment, intimacy, passion, and relationship satisfaction so that they can apply this knowledge in their relationships. It will also validate the relationship between these variables from the theoretical framework and the advantages that they offer to young adults.

For professionals in psychology and relationship counseling, the findings of this study could provide insights into interventions specifically suited to the Malaysian context. Using a quantitative approach, this study will offer measurable insights that contribute to existing knowledge on how these elements collectively shape relationship satisfaction. These insights could guide young Malaysians in making informed decisions about their relationships, ultimately supporting their well-being and fostering healthier, more satisfying relationships among the next generation.

Conceptual Definitions

Commitment

Commitment involves both the decision to love and the intention to sustain that love long-term. It encompasses cognitive decision-making, where choices often precede commitment, such as marriage symbolizing a lifelong commitment to love (Paccagnella et al., 2024).

Intimacy

Intimacy in romantic relationships is the sense of closeness and emotional connection, involving mutual support, admiration, and deep communication. It fosters attachment through shared experiences, emotional exchange, and valuing each other's presence (Santoso & Pramesti, 2023).

Passion

Passion involves motivational drive, romantic feelings, and physical or sexual desire, encompassing a strong urge to connect with a partner. It includes desires for dominance, submission, support, encouragement, and self-worth (Paccagnella et al., 2024).

Relationship Satisfaction

Relationship satisfaction is described by Orsley & Simanjuntak (2023) as the extent to which a person feels content and joyful about the relationship they are in, and it is the key to the partnership's longevity.

Operational Definitions

Commitment, Intimacy, and Passion

Sternberg R.J.'s (1997) Triangular Love Scale (STLS) is used to measure the elements of love, such as commitment, intimacy, and passion. This measuring instrument consists of 45 three-dimensional items, using a 9-point Likert scale. Intimacy is measured by the first 15 items on the scale, passion by the second 15 items, and commitment by the last 15 items.

Each group's 15 items were added together to determine the score. Sternberg believed that consummate love would be indicated by high scores in each of the three categories. However, uneven or poor scores do not always indicate that a relationship is weak because all relationships experience ups and downs, and a relationship's nature may evolve with time.

Relationship Satisfaction

Relationship satisfaction is measured by the Relationship Assessment Scale (RAS; Hendrick, 1988). This assessment tool uses a 5-point Likert scale with 7 unidimensional elements, with 1 denoting "low satisfaction" and 5 denoting "high satisfaction." High relationship satisfaction is indicated by a high total score, and the scoring is kept continuous (Hendrick, 1988).

Conceptual Framework

Figure 1

Conceptual framework of the current study, “Commitment, Intimacy, Passion, and Relationship Satisfaction”.

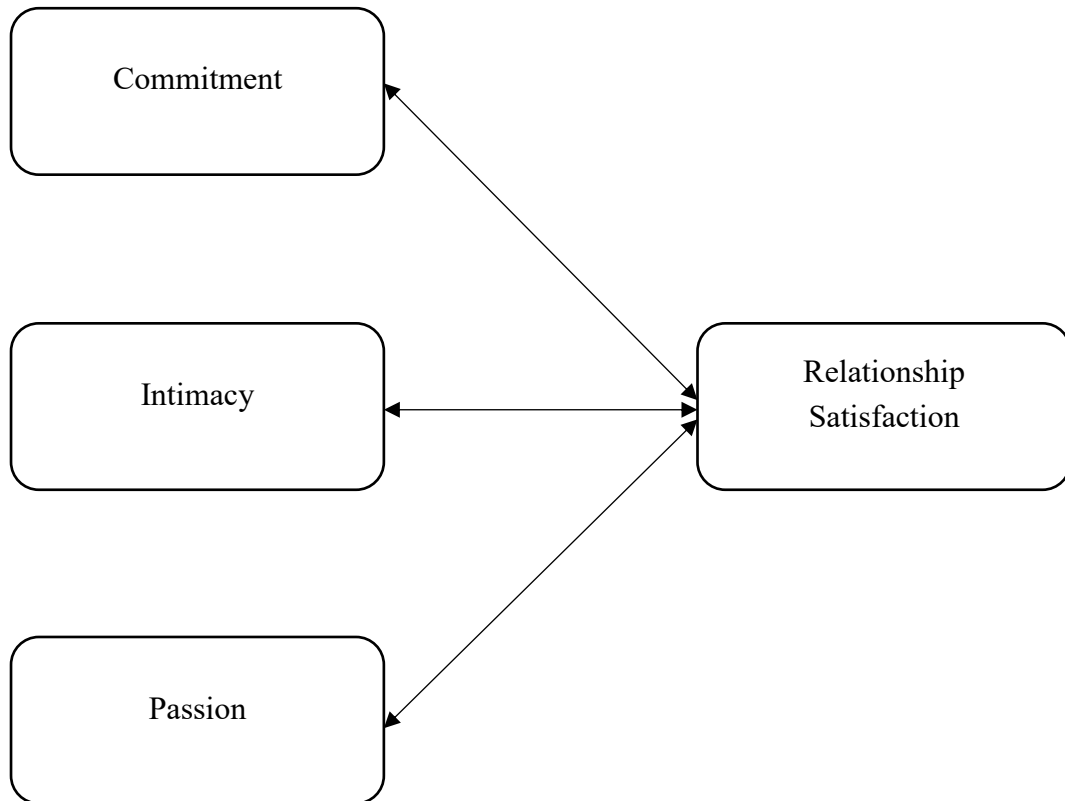


Figure 1 shows the relationship between commitment, intimacy, passion, and relationship satisfaction in this study. Relationship satisfaction is the dependent variable, whereas commitment, intimacy, and passion are the three independent variables that potentially influence each other. Therefore, this research aims to examine the relationship between commitment, intimacy, passion, and relationship satisfaction.

Chapter II

Literature Review

Conceptualizing on Relationship Satisfaction

Relationship satisfaction can be defined as the extent to which partners' expectations for their relationships are fulfilled by their actual experiences within those relationships (Sharma & Kochar, 2015). As noted by Aziz et al. (2021), individuals tend to feel satisfied in their relationships when their expectations are met, whereas they are likely to feel unhappy if their personal experiences, such as effective communication, are not met. Prior research indicated that the increases in positive and negative thoughts about the relationship contributed to overall satisfaction, which varied based on an individual's social goals (Gable & Poore, 2008). Positive thoughts are important for individuals who are high on approach goals, while negative thoughts are particularly relevant for those with higher avoidance goals. According to Caryl E. Rusbult's investment model, the evaluation of relationship outcome value (including both rewards and costs) in relation to an individual's expectations, or comparison level, may lead to different assessments of partners (Rusbult, 1980). When individuals perceive the rewards from the relationship as substantial and the costs as minimal, they generally report higher levels of satisfaction with their relationships (Impett et al., 2001).

According to Teoh et al. (2023), the fundamental elements of romantic relationships such as trust, commitment, and the expression of love, play a significant role in promoting well-being. However, many couples experience a decline in these aspects over time, leading to feelings of dissatisfaction within the relationship. This dissatisfaction is perceived as a common pathway that can ultimately result in relationship breakdown (Fincham et al., 2018). Experiencing dissatisfaction can foster emotional distance, often manifested through avoidant behaviors. In addition to these factors, poor communication, conflict, and a lack of affection and care can exacerbate feelings of extreme dissatisfaction within a relationship. Previous

research by Aziz et al. (2021) showed that individuals may begin to contemplate a gradual breakup when they encounter severe dissatisfaction in their romantic partnerships. Such dissatisfaction can also lead to marital instability, which could result in separation or even divorce among married couples (Conger et al., 1990).

Relationship satisfaction is a multi-dimensional construct that encompasses emotional fulfillment, sexual satisfaction, and effective communication. Research by Antoniac et al. (2024) has shown that partners who contribute better emotional regulation can enhance the quality of their relationship. In contrast, those who struggle with emotional regulation may find it difficult to manage their impulses and emotional reactions within the partnership. A higher level of emotional regulation can foster greater empathy and support in the relationship, thereby increasing the level of couple satisfaction. Additionally, sexual satisfaction relates to fulfillment in both the romantic and physical aspects of the relationship. Previous research by Roels and Janssen (2020) highlighted that sexuality is a vital component of intimate relationships, as sexual behavior and communication can enhance sexual satisfaction. This improvement, in turn, contributes to greater well-being and overall life satisfaction for both partners.

Conceptualizing on Commitment

Commitment in romantic relationships refers to a partner's intention and decision to remain together over time (Stanley et al., 2010). It includes a short-term commitment to love a partner and a long-term dedication to sustain that love (Sternberg, 1986). Short-term relationships (STRs) are characterized by enjoyment, excitement, and passion, while long-term relationships (LTRs) are characterized by love, commitment, trust, and loyalty (Lim et al., 2024). Commitment can be divided into three dimensions: personal commitment, moral commitment, and structural commitment. According to Stanley et al. (2010), personal commitment refers to the intention to stay with a partner in the future. Moral commitment

consists of the values and beliefs that encourage persistence. Structural commitment includes elements such as the quality of alternatives, the level of investment in the relationship, and the obstacles associated with ending it, which influence the probability of staying in a relationship regardless of its quality.

Commitment develops as the relationship progresses through various stages. As relationships grow and become more serious, such as transitioning from dating to cohabitation or marriage, levels of commitment tend to increase as partners invest in their relationship. Impett et al. (2001) assert that an individual's contribution of time, effort, or money to the relationship influences commitment. Individuals feel satisfied when their relationships offer high rewards and low costs. Consequently, people tend to stay in relationships because of the investments they have made. A study by Stanley et al. (2010) indicated that when satisfaction is low, but constraints are high, individuals may continue in low-quality relationships because leaving could be too costly, a phenomenon referred to as constraints commitment.

Commitment is important in determining relationship sustainability. Individuals with a strong commitment are more inclined to remain in their relationships despite facing challenges. The behaviors of individuals in a relationship are influenced by their long-term commitment (Stanley et al., 2010). This commitment encourages actions that benefit the couple, such as effective communication and forgiveness (Tsang et al., 2006). Commitment also tests the conflict resolution abilities of couples. Goal conflict can negatively affect subjective well-being and diminish the quality of relationships for couples lacking stability (Gere & Schimmack, 2011). However, research by Varughese et al. (2023) suggests that committed couples are more likely to use positive conflict-resolution methods, such as open communication, active listening, and collaborative efforts to find solutions to their concerns.

Through collaboration between partners, it fosters a sense of oneness by recognizing the mutual commitment to the relationship's success.

According to a study by Paska and Laka (2024), the presence of commitment enables couples to plan for their future, support each other's goals, and navigate life's transitions together. Commitment fosters trust, stability, and security between partners. Happy couples often perceive constraints such as joint property, mutual friendships, and children as sources of joy and proof of their investment (Stanley et al., 2010). Previous research by Paska and Laka (2024) indicates that when commitment is absent in a relationship, it may lead to confusion, uncertainty, and instability. A lack of commitment can also leave one partner feeling undervalued or insecure within the relationship. In this context, the absence of commitment can render relationships fragile and ultimately lead to their end.

Conceptualizing on Intimacy

Intimacy can be defined as a process, a type, or a feature of interpersonal interaction that includes emotional closeness, open communication, and mutual trust between individuals (Timmerman, 1991). This dynamic process occurs over time as individuals share experiences, face relationship challenges together and form a strong bond. According to Vangelisti and Beck (2019), on an individual level, intimacy is perceived in relation to the differences in people's ability to create and sustain close relationships. Intimacy involves vulnerability and affection within the relationship, as both partners disclose personal thoughts, emotions, and experiences while also offering comfort and support during difficult times (Xue & Jiang, 2024). This interaction strengthens the connection between partners and enhances the overall health of the relationship.

Intimacy has several dimensions, including emotional, physical, and sexual intimacy. According to van Lankveld et al. (2021), emotional intimacy refers to the way both partners disclose personal thoughts, emotions, and experiences while also offering comfort and

support during difficult times. A past study by Ganguli (2024) indicated that individuals who form emotional intimacy feel comfortable expressing their true selves without fear of judgment or rejection. As couples progress through various life stages such as parenting, career transitions, and managing aging parents, emotional intimacy enables them to support each other during these changes. Physical intimacy is considered a vital component of marital fulfillment, which enhances the emotional connection through shared physical activity. Physical intimacy involves day-to-day physical gestures that convey love, care, and companionship (Ganguli, 2024). The influence of physical closeness on marriage satisfaction extends beyond mere sexual activity. A previous study by Beetles and Harris (2010) found that without physical contact, the relationship was unlikely to flourish, as it was built upon physical proximity. According to Popovic (2005), sexual intimacy refers to the sharing of general affection and/or sexual activity. For many couples, sexual activity acts as a manifestation of love, desire, and commitment, further reinforcing their emotional bond (Ganguli, 2024).

Intimacy is a key concept in interpersonal relationships. Xue & Jiang (2024) explain that it includes a variety of emotional experiences and behaviors that contribute to the formation and maintenance of close ties between individuals. Ganguli (2024) adds that partners in intimate relationships are more likely to feel understood, valued, and validated by each other, which leads to higher relationship satisfaction and longevity. The existence of intimacy in relationships is associated with improved communication, conflict resolution, and relationship quality. Moreover, intimacy fosters emotional resilience and reduces the negative effects of stress and adversity, as individuals feel emotionally supported and close to their partners.

Conceptualizing on Passion

Passion is described as a drive that leads to romance, physical attraction, and sexual fulfillment in a romantic relationship (Sternberg, 1986). It represents a strong motivational element that fuels romantic desire (Carswell & Impett, 2021). This component is crucial to love and reflects the intensity and excitement that define romantic connections. When partners are passionate, they have a desire to be together and excitement for one another (Cassepp-Borges et al., 2023). Passion can be classified into two types: obsessive and harmonious, which differ based on how the passionate activity becomes internalized into one's identity (Vallerand, 2008).

When partners experience intense feelings for each other, passionate love emerges. Hatfield et al. (2008) indicate that passionate love is a complex combination that includes appraisals or appreciations, subjective feelings, expressions, physiological processes, behavioral tendencies, and instrumental behaviors. A study by Mizrahi et al. (2022) found that individuals who are deeply in love may actively seek to benefit their relationship because their passionate love inspires them to view their partners in positive ways that encourage a pro-relationship attitude and actions.

Passionate love can also be maintained or rekindled through shared experiences and intentional effort to sustain excitement. Individuals in the initial phases of intense romantic love exhibit symptoms similar to substance and behavioral addictions. According to Fisher et al. (2016), couples often experience a surge of joy when they seek or think about each other (euphoria/intoxication). As their relationship grows, the partner desires to spend an increasing amount of time together. If the love ends, the individual may undergo reactions such as protests, episodes of crying, fatigue, anxiety, sleeplessness or excessive sleeping, changes in appetite or binge eating, irritability, and a deep sense of loneliness. However, according to another study, passionate love may fade over time or produce opposite feelings, such as hate (Cassepp-Borges et al., 2023).

Passion in romantic relationships usually peaks during the early phases when partners share experiences and enjoy the novelty of their connection (Aykutoğlu & Uysal, 2017). As time passes, passion may decline if the relationships become routine and there are fewer new experiences shared, as suggested by the self-expansion model, which highlights the importance of engaging in novel and exciting activities to maintain romantic passion and satisfaction (Coffey et al., 2024). While passionate love drives individuals to devote time and resources to deepen intimacy, higher passion levels in unstable relationships may result in dissatisfaction due to unmet expectations (Cassepp-Borges et al., 2023). Partners who frequently participate in shared activities may foster emotional closeness and reinforce positive feelings.

Commitment and Relationship Satisfaction

Although they share similarities, relationship satisfaction and commitment are distinct concepts. Relationship satisfaction is an emotionally charged assessment of happiness or contentment in the relationship, while commitment reflects a cognitive assessment of psychological attachment and commitment to sustaining a relationship (Leonhardt et al., 2021). Commitment levels can vary significantly among individuals, especially when faced with challenges as the relationship progresses. Research from Cassepp-Borges et al. (2023) showed that higher commitment is linked to greater relationship satisfaction, including serious relationships like marriage, compared to casual or non-married individuals. According to Rusbult's (1980) investment model, commitment and satisfaction can sometimes conflict but may follow different trajectories, such as during the transition to parenthood. Supporting this, benefit-providing mate-retention tactics have been found to strengthen partner commitment to the relationship (Conlon, 2019). Further research suggests that individuals perceive greater commitment when they believe their partners have made significant investments in the relationship (Nascimento & Little, 2020). Despite the limited effects of

cost value, commitment to partnerships rose as investment size and relationship reward value climbed and as alternative value and relationship cost value declined.

A study also reveals that intimates may base their commitment to a relationship on their expectations of future satisfaction rather than their current level of satisfaction; this expected satisfaction is probably influenced by current satisfaction to some extent but should also take into account other future-relevant factors (Baker et al., 2017). The quality of marital relations is so connected with the couple's entire personality that it is impossible to consider it as a phenomenon independent of psychosocial factors that include the degree of self-cohesion, interpersonal trust, and feelings of shame and guilt, according to the contents presented in the field of commitment and marital satisfaction and the variables influencing them (Moghadamnia & Farsani, 2023). Gender differences also appear to play a role in relationship satisfaction. While men often derive satisfaction from sexual connection, women tend to value emotional commitment and stability more (De Andrade et al., 2015).

Intimacy and Relationship Satisfaction

Higher levels of intimacy are linked to both personal and relationship benefits, much like relationship satisfaction. Based on Starks et al. (2017), the analyses showed that individuals' intimacy development was directly indicative of both their spouses and their relationship satisfaction. Other researchers have discovered evidence of a favorable correlation between intimacy and relationship satisfaction, and intimacy can act as a buffer against negativity that could be detrimental to the relationship (Hand et al., 2013). Based on the studies by Lyvers et al. (2021), fear of intimacy has a negative impact on relationship satisfaction because it prevents partners from communicating their own emotional needs and providing empathy and emotional support to one another. Another study by Sobral et al. (2015) found that, if the couple is uncomfortable with dependence, both will seek low

intimacy, so the individual will become more satisfied with the qualities of their romantic relationship.

Apart from emotional intimacy, sexual intimacy also serves as a form of intimacy (Settegast, 2024). Through greater intimacy, sexual disclosure improves individuals' relationship satisfaction, which in turn can boost sexual satisfaction (Mallory, 2021). The study also shows that couples who engage in intimate activities may experience increased sexual and relationship satisfaction, which may eventually lead to an increase in intimacy behaviors (Beaulieu et al., 2022). For example, hugging, giving a massage, or walking in nature will strengthen their relationships in the sense of increasing their relationship satisfaction. Another study supports that novel and shared experiences, such as exploring new activities with a partner, also contribute to intimacy and satisfaction by fostering security and emotional closeness (Cortes et al., 2020). While numerous studies suggest that high levels of intimacy are associated with greater relationship satisfaction, However, Foran et al. (2022) indicate that cohabiting couples may experience lower levels of intimacy compared to non-cohabiting couples. This finding suggests that, although intimacy generally enhances satisfaction, the dynamics of cohabitation could introduce factors that impact intimacy differently, potentially affecting the overall satisfaction within these relationships.

Passion and Relationship Satisfaction

The relationship between passion and satisfaction appears to depend on the type and stage of the relationship. Passion was negatively correlated with satisfaction in unestablished or non-reciprocal relationships, where love might not be mutual or committed (Cassepp-Borges et al., 2023). Conversely, among those in established romantic relationships, passion showed a positive association with satisfaction (Vallerand & Paquette, 2024). This distinction highlights the importance of relational context in understanding the effects of passion on satisfaction. In long-term relationships, maintaining passion can be challenging as routine and

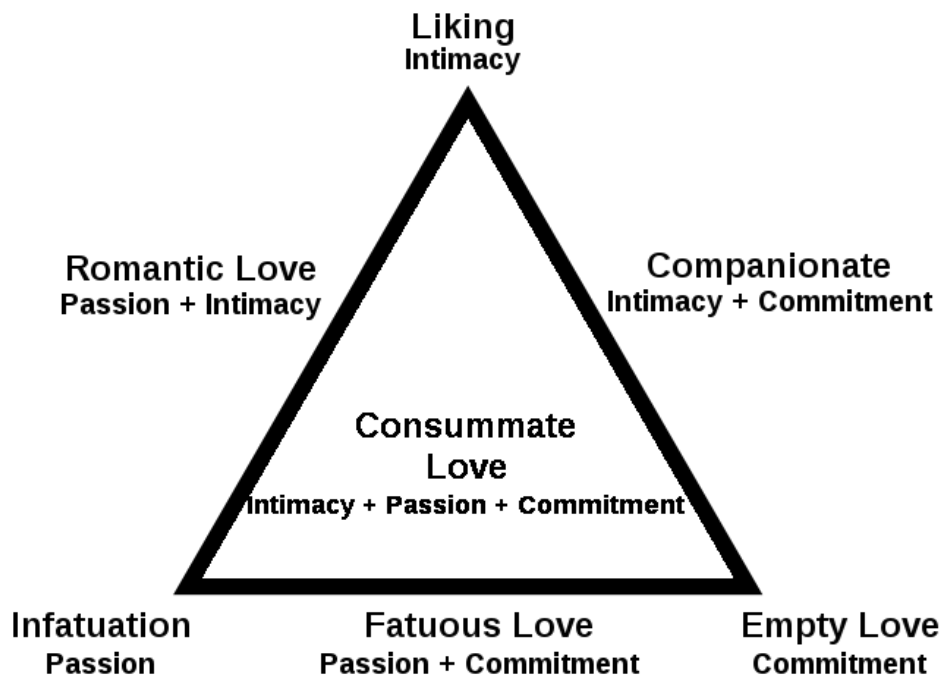
familiarity set in, potentially reducing physical closeness and overall satisfaction (Coffey et al., 2024). The obsessive aspect of passionate love seemed to decrease in relationships that lasted longer, probably because people age rather than because of the length of the relationship, but the study was most noticeable in relationships that were relatively young and appeared to decrease over time (Sheets, 2013). Interestingly, the study also shows that couples who engage in stimulating activities together, such as a fast-paced lab game, can foster passionate love and later report higher relationship quality (Exline & Wilt, 2023).

Theoretical Framework

The present study implements Sternberg's Triangular Theory of Love, a significant model in romantic relationship research introduced by Robert Sternberg in 1986 to examine the relationship between commitment, intimacy, passion, and relationship satisfaction (Masuda, 2003; Hatfield et al., 2011). According to Sternberg, love in a close relationship can be understood in terms of commitment, intimacy, and passion, which can be viewed as forming the vertices of a triangle (Sternberg, 1986). These elements are arranged graphically and together form a triangle that organizes several ways in which love can be expressed based on combinations of presence, absence, and intensity of feelings (Sternberg, 1986; Yela, 2006). The theory posits that the different levels of each component can affect how satisfied people feel in a relationship. For instance, relationships with high levels of all three components are often associated with greater satisfaction. However, if one component is missing or unbalanced, it can lead to relationship dissatisfaction or instability (Nabila & Gunawan, 2023). Therefore, this model acts as a theoretical framework for this study to explore how each of the components contributes to the overall satisfaction in romantic relationships.

Figure 2

Theoretical framework of the current study, “Sternberg’s Triangular Theory of Love”.



The three components of love theory appear in several theories regarding the phenomena (Aron & Westbay, 1996). It is also linked to the implicit theories of love's point of view. According to Sternberg's theory, commitment is the aspect of love that is related to showing support, affection, and consideration and is accountable for selecting to stay in the relationship (Cassepp-Borges & Teodoro, 2007). Moreover, proximity, consideration, bonds, and the value placed on the romantic relationship are all associated with intimacy (Sternberg, 1986; Yela, 2006). Lastly, passion involves behavioral, emotional, and cognitive registers of esteem and is associated with physical attraction and sexual contact components, including interpersonal aspects and sex (Hernandez & Oliveira, 2003).

Additionally, each partner often emphasizes one or more of the components, with one partner emphasizing a slightly different combination or a single aspect more than the other. Therefore, a “lack of love” would result from the absence of one of the three fundamental

elements. Sternberg claims that consummate love does develop when all three elements are present at the same moment, but this seldom occurs regularly.

According to Sternberg (1986), with the presence of only intimacy, it would be an expression of great affection that was quite similar to friendship. In addition, the exclusive presence of passion may result in intense sexual desire, and it will eventually face the risk of becoming extinct with time (Sternberg, 1986; Sternberg, 1989). Furthermore, an “empty love,” which consists of a strong connection but minimal closeness and physical attractiveness, would result from love that is only based on commitment (Sternberg, 1986; Sternberg, 1989). Intimacy is a prerequisite for the relationship’s continuation, whereas passion functions as an emotion (Ainsworth & Baumeister, 2012). Though companionate relationships are more linked to life satisfaction, couples that experience passionate love are also likely to have favorable consequences (Kim & Hatfield, 2004). According to Baumeister and Bratslavsky (1999), changes in intimacy and passion levels are correlated with one another. Since intimacy is essential to the formation of the relationship, it tends to grow over time, just as passion reduces and has a set lifespan (Berscheid, 1983).

Sternberg’s Triangular Theory of Love provides a valuable perspective for examining the complexities of romantic relationships (Anderson, 2016). This framework is particularly useful for understanding how different levels of intimacy, passion, and commitment affect relationship satisfaction, especially within cultural contexts such as Malaysia (Sternberg, 1998). Therefore, this study uses this model as a theoretical framework to investigate the relationship between commitment, intimacy, passion, and relationship satisfaction.

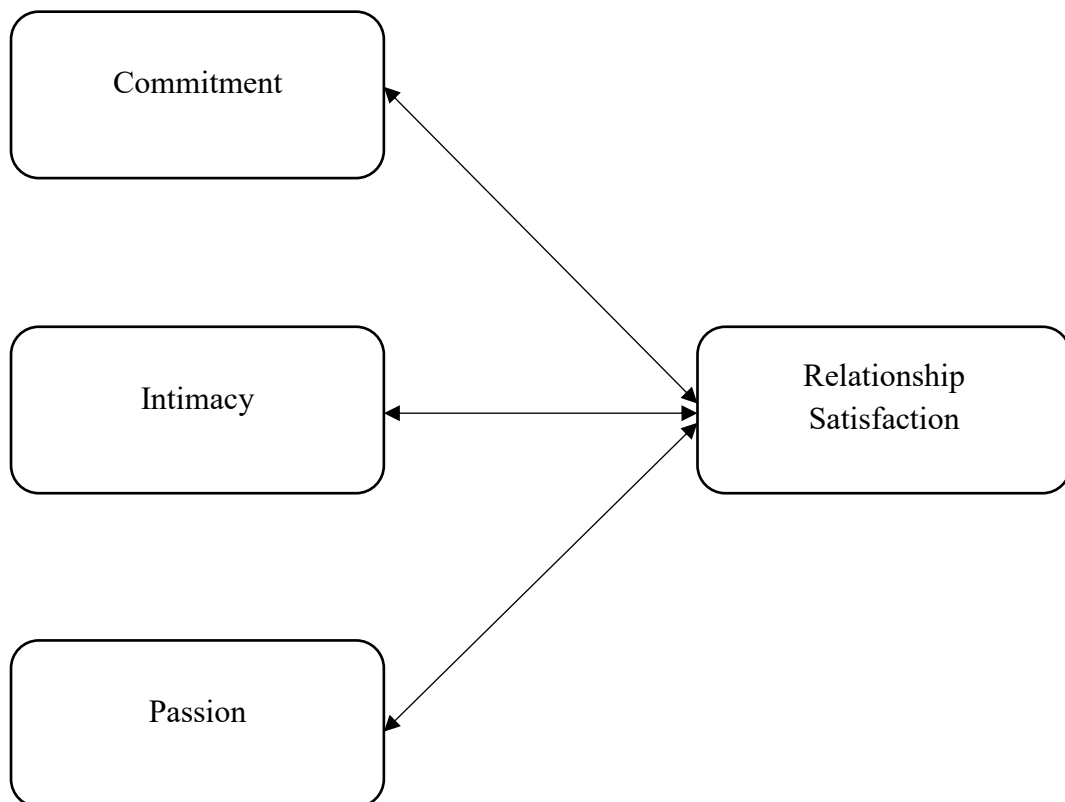
Conceptual Framework

Figure 3 shows the relationship between commitment, intimacy, passion, and relationship satisfaction in this study. The theories included in the theoretical framework serve as a basis for the conceptual framework. In this study, the dependent variable is

relationship satisfaction, whereas the three independent variables are commitment, intimacy, and passion. Thus, the purpose of this study is to investigate the relationship between intimacy, passion, commitment, and relationship satisfaction.

Figure 3

Conceptual framework of the current study, “Commitment, Intimacy, Passion, and Relationship Satisfaction”.



Chapter III

Methodology

Research Design

In order to investigate the relationships between commitment, intimacy, passion, and relationship satisfaction among young adults in Malaysia, a quantitative, correlational research design was used in this study. Data was calculated and analyzed using quantitative methods to identify correlations (Watson, 2015). This method was chosen because it aided in identifying the relationships between variables (Curtis et al., 2016). Thus, this method was suitable for studying the relationships among variables in a systematic and organized manner (Curtis et al., 2016).

A cross-sectional design was used for this study, which involved collecting data at a specific point in time and enabled the researchers to simultaneously examine outcomes and exposures within a selected population (Wang & Cheng, 2020). Correlational design is appropriate as it supported the objectives and hypotheses of the study by enabling the examination of the direction and strength of connections between variables without changing or manipulating them. In addition, this method was cost-effective, time-efficient, and allowed the collection of large amounts of data quickly (Setia, 2016). Participants were selected based on inclusion and exclusion criteria to ensure the sample met the study's requirements (Setia, 2016).

Data was collected using an online questionnaire created via Qualtrics. Online surveys were chosen as they were efficient, cost-effective, and capable of reaching large and diverse populations (Regmi et al., 2016). The data were collected from the online questionnaire, and the participants' data were kept private and confidential.

Research Participants

The selection of participants in this study was based on its objectives and specific criteria. There were 83 participants in this study, all of them were between the ages of 18 and 30. All the participants are Malaysian and come from diverse racial backgrounds, including Chinese and Malay. Moreover, the participants were found to be employed, unemployed, and students. All participants selected for this study met the inclusion criteria, as they fell within the specified age range and were from Malaysia. In addition, it was found that most of the participants were 22-year-old Chinese undergraduate students. All these selection criteria of the study helped improve the validity and reliability of its findings by ensuring the data gathered was able to represent the target population.

Procedures of Sampling

Method of Sampling

The current study used a non-probability sampling approach. A non-probability sampling method involved selecting individuals from the target population in a manner that was random but did not ensure that every person in the group had an equal opportunity of being chosen (Wiśniowski et al., 2019). In other words, the researchers selected participants depending on their preferences. Therefore, in situations where a comprehensive and easily accessible list of the population being studied was unavailable, non-probability techniques were applied (Galloway, 2005). Non-probability sampling methods included convenience sampling, judgment sampling, quota sampling, and snowball sampling.

In this study, the non-probability sampling method used was purposive sampling. Methods of purposeful sampling avoided random sampling and worked to ensure that only certain types of potential participant cases were represented in the final sample of the research study (Campbell et al., 2020). For purposive sampling methods, the more inclusion and exclusion criteria were established, each serving a specific purpose, the more targeted and purposeful the sample became (Andrade, 2020). Since there were inclusion requirements

for participants, the current study decided to use the purposive sampling approach, which included the criteria such as (a) Malaysian, (b) young adults aged between 18 and 30, (c) currently in a romantic relationship, and (d) adequate proficiency in English to understand and respond to the survey accurately. Since the intended sample group had to meet the requirements, the sampling strategy was focused and purposeful. However, there were very limited studies involving relationship satisfaction that used a purposive sampling method to collect data (Shah & Deshpande, 2024). Therefore, this method was considered more convenient for a group or population that was the target of the research (Stratton, 2024).

Location of Study

Qualtrics was used to conduct the survey for this study in Malaysia, and it was distributed online across various states. The questionnaires were extensively distributed by sending Qualtrics link and poster with QR code (refer to Appendix A) via social media platforms such as Facebook, Messenger, Telegram, Xiaohongshu, Instagram, Microsoft Teams, and WhatsApp. All participants were Malaysian for the data collection, facilitating the recruitment of young adults in romantic relationships who fulfilled the research qualifications. Moreover, participants were also physically collected from the Universiti Tunku Abdul Rahman (UTAR) Kampar campus.

Sample Size, Power, Precision

Sample Size Calculation

To ascertain the minimal sample size needed for substantial statistical power, G*Power version 3.1.9.7 was utilized to calculate the number of participants needed for this study. Statistical power can be calculated using a wide range of tests using the free statistics program G*power. It was created by Erdfelder et al. (1996). The effect size (f^2), which quantifies the degree of correlation between independent and dependent variables, was

computed using the formula $f^2 = \frac{R^2}{1-(R)^2}$.

The G*Power software requires four main input parameters, which include effect magnitude, statistical power, error probability (alpha), and number of predictors. Each predictor's effect size was calculated using the formula $f^2 = \frac{R^2}{1-(R)^2}$, where R stands for the correlation coefficient. The effect sizes of the three predictors were averaged to determine the overall effect size (refer to Appendix B). According to the previous research by Sharma and Kochar (2015), the effect sizes of commitment were 0.567, intimacy was 0.621, and passion was 0.543. With a 0.05 probability of alpha error and a 0.95 statistical power, the average effect size of the current study was 0.28. The correlation coefficients of the current study were commitment ($r = 0.17$), intimacy ($r = 0.26$), and passion ($r = 0.42$), respectively. Based on the G*Power calculation, the ultimate minimum number of sample participants required is 66 (refer to Appendix C). In conclusion, the G*Power software was used to establish that 66 participants would be the recommended sample size for this study. This made sure there was sufficient power to evaluate the relationships between the dependent variable and the predictors.

Data Collection Procedures

Inclusion and Exclusion Criteria

To ensure the collection of relevant data for the current study, participants were chosen based on specific inclusion and exclusion criteria. Firstly, the inclusion criteria are outlined below:

1. The research participants must be Malaysian.
2. The research participants are aged between 18 to 30 years old and are currently in a romantic relationship.
3. The research participants must be either dating, cohabiting, or married.
4. The research participants must possess sufficient proficiency in English to understand and respond to the survey accurately.

5. The research participants should read and agree to the informed consent form and voluntarily participate in the study.

By adhering to these inclusion criteria, potential confounding factors can be minimized, thus reinforcing the reliability and validity of the findings in this study. Furthermore, the inclusion criteria were designed to filter out factors that may not align with the study's objectives, thereby complementing the exclusion criteria detailed below. The research participants were excluded if:

1. They are not Malaysian citizens.
2. They are either under the age of 18 or above the age of 30.
3. They are not currently in a romantic relationship (e.g., single, divorced, or widowed).
4. They failed to provide informed consent.
5. They submitted incomplete responses in the questionnaire.

Informed Consent

To ensure ethical compliance, informed consent was acquired from all target participants in the online questionnaire survey before collecting data for both the pilot and actual study. In the first section of the questionnaire, a consent form was provided to participants that outlined the research topic, a brief introduction, the purpose of the study, the inclusion criteria, the expected time commitment, and confidentiality. Participants were also informed that participation is entirely voluntary and that they may withdraw at any time without facing consequences. Additionally, they were informed that the collected information would be used for research purposes and stored securely. To proceed, participants must confirm their agreement by selecting an acknowledgment option (e.g., clicking "I agree" or "Continue"). The consent form also included the researchers' contact information, which allowed participants to reach out with any questions or concerns regarding the study at any

time. These procedures ensure that participants understand their rights and the nature of the study while also maintaining ethical research standards throughout the process.

Data Collection Procedures

Ethical Clearance Approval. Ethical clearance is the official approval from an ethics board allowing researchers to carry out studies with humans or animals (Wu et al., 2019). It aims to minimize potential harm, safeguard participants' rights and well-being, and ensure that the research complies with ethical standards (Bain, 2017). After completing Final Year Project I, ethical clearance for the current study was granted by the UTAR Scientific and Ethical Review Committee (refer to Appendix D). The approval was obtained through Ms. Teoh Xi Yao, the research supervisor, Dr. Lee Wan Ying, the Head of the Department of Psychology and Counselling, and Dr. Lee Lai Meng, the Dean of the Faculty of Arts. This procedure entailed sending in the list of measurement scales, including the Relationship Assessment Scale (RAS), a 7-item measure of overall relationship satisfaction, and the Sternberg Triangular Love Scale (STLS), which consists of 45 items measuring three components of love—commitment, intimacy, and passion. The ethical clearance approval was formally received on 6th Jan 2025 (Re: U/SERC/78-425/2025), allowing the pilot study's data collection to begin.

Pilot Study. After obtaining ethical clearance approval, a pilot study was conducted from 1 May 2025 to 11 May 2025 to ensure that the instruments used were suitable before the commencement of the actual study. First, the Qualtrics online survey platform was utilized to generate an online questionnaire (refer to Appendix E). It included the study objectives, a consent form, demographic information, and various scale items. The questionnaire contained two scales: the Relationship Assessment Scale (RAS) and the Sternberg Triangular Love Scale (STLS). Once the questionnaire was developed, it was distributed to the target population. Additionally, Cronbach's alpha values for all of the instruments utilized in the

current study were greater than .70, indicating that all of the data gathered from the pilot study had a high degree of internal consistency (refer to Table 1 and Appendix F). A total of 15 participants were enlisted in the pilot study.

Actual Study. The actual study was carried out from 15 May 2025 to 22 June 2025, after the pilot study was performed. The procedure of the actual study is similar to the pilot study, but much time was spent collecting data from a larger sample size compared to the pilot study. The link and QR code for the survey were shared via digital platforms such as Facebook, Messenger, Telegram, Xiaohongshu, Instagram, Microsoft Teams, and WhatsApp with young adults in romantic relationships in various states of Malaysia. After completing the data collection, data analysis was conducted by using IBM SPSS Statistics software. Furthermore, the instruments’ reliability showed excellent internal consistency (refer to Table 1 and Appendix G). A total of 145 responses were collected throughout the entire data collection period, which achieved the proposed sample size of 66.

Agreement and Payment

Participants will not be provided with monetary payment for their involvement in this study. Instead, their voluntary involvement will be acknowledged as a valuable contribution to the research. By agreeing with the informed consent form of the survey, participants confirm their willingness to participate and understand the terms and conditions of the study. No further agreements or contracts are required for participation. This helps maintain ethical standards and transparency during the data collection process.

Table 1

Instruments’ Reliability Obtained from Pilot Study (n=15) and Actual Study (n=83)

	Cronbach’s Alpha, α

Variable	Number of Items	Pilot Study	Actual Study
RAS	7	.891	.724
Intimacy Items	15	.955	.941
Passion Items	15	.964	.946
Commitment Items	15	.956	.955

Note. RAS = Relationship Assessment Scale

Instruments

Relationship Assessment Scale (RAS)

The Relationship Assessment Scale (RAS), developed by Hendrick (1988), was a 7-item scale used to measure general relationship satisfaction among young adults in Malaysia in this study. The 7 items were created based on prior measures such as the Sexual Attitudes Scale (Hendrick et al., 1985), the Love Attitudes Scale (Hendrick & Hendrick, 1986), and the Marital Assessment Questionnaire (Hendrick, 1981).

A 5-point Likert scale was used, with 1 denoting poor satisfaction and 5 denoting high satisfaction. The scale included items such as “How well does your partner meet your needs?” “How good is your relationship compared to most?” and “How many problems are there in your relationship?” According to Hendrick (1988), the scoring was kept continuous, and the total score was obtained by summing the responses to all items. Items 4 and 7 were reverse scored. Higher scores reflected greater satisfaction with the relationship, while lower scores indicated dissatisfaction (Hendrick, 1988).

With an alpha of 0.86, a mean inter-item correlation of 0.49, and a test-retest reliability of 0.85, the Relationship Assessment Scale has proven to be reliable (Hendrick, 1988). Due to the reliability value, which is above 0.5, and the validity value for each item,

which is above 0.2, these two measuring instruments were considered valid and reliable. This is in line with the minimum standard of reliability value of 0.5 (Goforth, 2015) and the minimum standard of validity value of 0.2 (Piedmont, 2014). According to González-Rivera (2020), the RAS's one-dimensional structure had been validated with appropriate internal consistency after the seven items underwent internal consistency analysis using Cronbach's alpha coefficient and Spearman-Brown split-half, with alpha coefficients of .91 and .93, respectively. The RAS has been utilized in several study contexts and consistently demonstrated excellent reliability and validity (Dinkel & Balck, 2005; Çelik, 2014; Oropeza et al., 2010; Rask et al., 2010). It also showed good internal consistency and test-retest reliability (Renshaw et al. 2011).

The Sternberg Triangular Love Scale (STLS)

The first scale used in the current study was the Sternberg's Triangular Love Scale (STLS; Sternberg, 1997), which was developed based on the Triangular Theory of Love (Sternberg, 1986, 1988). It was used to evaluate participants' attitudes toward their partners in relation to different acts and feelings of love. The STLS measured three core components that could be seen as vertices of a triangle: commitment, intimacy, and passion (Sternberg, 1997). There were 45 three-dimensional items on the scale. Intimacy was measured by the first 15 items, passion by the next 15, and commitment by the final 15.

The scale captured the different intensities of these aspects in a romantic relationship using a 9-point Likert scale, with 1 denoting "not at all true" and 9 signifying "extremely true." The scale included items such as "I have a warm relationship with my partner," "My relationship with my partner is very romantic," and "I am committed to maintaining my relationship with my partner." Higher scores indicated higher levels of the corresponding love component. Each dimension's score was determined by summing the responses to the 15 relevant items, as there are no reverse items in the scale. Sternberg

suggested that high scores across all three dimensions indicated consummate love, which is often considered the ideal form of romantic love. However, uneven or lower scores did not necessarily imply a weakened relationship, as relationships naturally fluctuate and evolve over time (Sternberg, 1997).

Sharma and Kochar (2015) found that the overall coefficient alpha for STLS was 0.97, with strong reliability indicated by the coefficient alphas for intimacy, passion, and commitment being 0.91, 0.94, and 0.94, respectively. The research (Sorokowski et al., 2021) appears to have validated the culturally universal validity of the instrument by conducting a confirmatory factor analysis of the 45 items that comprise the scale. With a Cronbach's alpha of 0.92, Ghomrani and Tabatayi (2006) further demonstrated the reliability of STLS. They reported its validity by examining the association between the three elements of intimacy, passion, and commitment to the total score. These correlations were 0.66, 0.92, and 0.77, respectively, indicating good validity for STLS.

Chapter IV

Results

This chapter examined the data collected through descriptive analysis and the Pearson correlation coefficient. It conducted a descriptive analysis on the demographic information of the participants. It also used the Pearson correlation coefficient to study the correlations between variables (commitment, intimacy, passion, and relationship satisfaction).

Descriptive Statistics

Demographic Characteristics

The demographic information of participants in the current study was reported (refer to Appendix H). It was found that 83 participants were involved in the current study. The age range of the participants was 18 to 26 years ($M = 22.31$; $SD = 1.448$), and all participants were Malaysians. Specifically, there were 1.2% ($n = 1$) of participants who were 18 years old, 2.4% ($n = 2$) who were 19 years old, 4.8% ($n = 4$) who were 20 years old, 7.2% ($n = 6$) who were 21 years old, 51.8% ($n = 43$) who were 22 years old, 18.1% ($n = 15$) who were 23 years old, 4.8% ($n = 4$) who were 24 years old, 6.0% ($n = 5$) who were 25 years old, and 3.6% ($n = 3$) who were 26 years old. Consequently, the largest participants were those in their 22nd year ($n = 43$).

Furthermore, regarding gender, approximately 25.3% ($n = 21$) of the participants were male, which was less than 74.7% ($n = 62$) of female participants. Besides, most of the participants included in the current study were Chinese ($n = 82$; 98.8%), followed by Malay ($n = 1$; 1.2%). Moreover, there were 86.7% ($n = 72$) Buddhist, 1.2% ($n = 1$) Muslim, 9.6% ($n = 8$) Christian, 1.2% ($n = 1$) Catholic, and 1.2% ($n = 1$) non-religious. Moreover, according to the data about employment status, 78.3% ($n = 65$) were students, 20.5% ($n = 17$) were employed, and only 1.2% ($n = 1$) were unemployed. Additionally, regarding relationship status, most of the participants were in a romantic relationship, 98.8% ($n = 82$), while 1.2% ($n = 1$) were married. Besides, 32.5% ($n = 27$) were engaged in a long-distance relationship,

while 67.5% ($n = 56$) were not in a long-distance relationship. Furthermore, 19.3% ($n = 16$) of participants had less than 6 months of relationship, 18.1% ($n = 15$) had 6 months to 1 year of relationship, 32.5% ($n = 27$) had 1 to 2 years of relationship, and 30.1% ($n = 25$) had more than 3 years of relationship.

Topic-Specific Characteristics

Table 2 below reports the descriptive statistics of the topic-specific variables, including relationship satisfaction ($M = 4.04$; $SD = 0.569$), intimacy ($M = 7.58$; $SD = 1.062$), passion ($M = 7.13$; $SD = 1.256$), and commitment ($M = 7.54$; $SD = 1.157$). The information about skewness and kurtosis of these four variables was discussed further in the following section (refer to assumptions of normality).

Table 2

Descriptive Statistics of Topic-Related Variables (i.e., Relationship Satisfaction, Intimacy, Passion, and Commitment)

	Relationship Satisfaction	Intimacy	Passion	Commitment
Mean	4.04	7.58	7.13	7.54
Median	4.14	7.73	7.2	7.67
Std. Deviation	0.569	1.062	1.256	1.157
Variance	0.324	1.128	1.577	1.339
Skewness	-0.405	-1.02	-0.315	-0.935
Kurtosis	-0.252	0.894	-0.937	0.362
Minimum	2.43	4.33	4.47	4.27
Maximum	5	9	9	8.93

Data Diagnostics and Missing Data

Frequency and Percentages of Data Cleaning

In total, 145 responses were collected before the data cleaning procedure. There were several missing data ($n = 42$; 28.97%) found in the current study. Moreover, 4 data were removed due to disagreement over the personal data to be processed. Furthermore, a total of 16 responses were identified as invalid because they did not fully meet the inclusion or exclusion criteria established for this study. After the data cleaning, the final sample size was reduced to 83, which achieved the required sample size of 66.

Methods Employed for Addressing Missing Data

Missing data were first identified using SPSS software. 42 responses with large portions of unanswered items were excluded through listwise deletion, as they lacked sufficient information for analysis. Listwise deletion was chosen to produce unbiased estimates and maintain the reliability and validity of the results (Kang, 2013).

Criteria for Post-data Collection Exclusion of Participants

In the current study, a total of 62 responses were not included in the data collected. The first criterion for exclusion after data collection was to eliminate incomplete responses. 42 respondents answered only a few questions in the questionnaire before leaving the rest blank.

Additionally, 4 respondents were also excluded because they did not provide informed consent, which indicates that they chose the option “I disagree, my personal data will not be processed” in the survey.

Moreover, another 16 responses were also excluded as the participants failed to fulfill the inclusion and exclusion criteria of this study. This included a participant who was below 18 years old, which is not fulfilling the inclusion criteria relevant to the age range required in this study (between 18 and 30 years old), while another respondent who came from Thailand

also failed to fulfill the inclusion criteria of being Malaysian and was eliminated. Besides, 14 respondents are single, which fails to meet the inclusion criteria that the individual must be in a romantic relationship.

Criteria for Imputation of Missing Data

The imputation method should match the variable's measurement level: median for ordinal data and mean for interval data. In this study, respondents who left most questions unanswered were excluded from analysis, as they provided too few answers for reliable estimation. Therefore, imputation was not performed, and only complete responses were retained for analysis.

Defining and Processing of Statistical Outliers

Boxplots in SPSS were used to examine univariate outliers for relationship satisfaction, commitment, intimacy, and passion (refer to Appendix I). The boxplot showed that outliers were present in two of the four variables in this study, which were commitment (Cases 68 and 30) and intimacy (Cases 68, 15, 26, 56, 12, and 30). Two cases (Cases 68 and 30) with excessively low commitment and intimacy values were shown using boxplots. These cases were retained in the analysis because their responses met all inclusion requirements and likely represented true individual differences. Similarly, four cases (Cases 15, 26, 56, and 12) were recognized as outliers because of their exceptionally low intimacy scores. However, the inclusion requirements were still met, although relatively low scores can be the result of individual variations in relationship dynamics, such as cultural factors or personal boundaries. Hence, none of the cases were removed from this study.

Test of Normality

Assumptions of Normality. To analyze the normality of the data collected, histograms, quantile-quantile plot (Q-Q plot), skewness and kurtosis, and the Kolmogorov-Smirnov test (K-S test) were utilized in this study.

Histogram. A histogram presents researchers with an approximate probability of distribution for continuous variables. A histogram that shows a bell-shaped curve and a symmetric distribution around the mean indicates that the data may have a normal distribution (Boels et al., 2019). For the histograms of the four variables (refer to Appendix J), the histogram of passion shows a normal, bell-shaped curve, suggesting good normality for this variable. However, it was shown that the histograms for relationship satisfaction, commitment, and intimacy were not normally distributed due to slight negative skewness.

Q-Q plot. Quantile-Quantile (Q-Q) plots were also used in this study for normality checking (refer to Appendix K). It is a widely used statistical method for assessing whether a sample aligns with a given distribution and for identifying the particular ways in which the sample deviates from it (Weine et al., 2023). For intimacy, the Q-Q plots showed a slight negative skewness. However, the discrepancies were small and within acceptable bounds, while most of the points in the Q-Q plots for relationship satisfaction, commitment, and passion were located close to the diagonal line. Hence, the Q-Q plots indicated that all of the variables were approximately normally distributed.

Skewness and Kurtosis. Skewness measures the extent to which a distribution deviates from symmetry, while kurtosis assesses the concentration of values in the tails and the sharpness of the peak (University of Southampton, 2024). According to Mishra et al. (2019), a distribution can be regarded as normally distributed when its skewness lies between -1 to +1 and its kurtosis falls within the range of -7 to +7. According to Kim (2013), values for all variables that fall between -2 to +2 are still within the acceptable range. Hence, only the variable of intimacy showed non-significant variations in skewness and kurtosis, while the other variables fell within the acceptable range, indicating that the skewness and kurtosis normality assumptions were satisfied (refer to Table 3).

Table 3*Skewness and Kurtosis*

Variables	Skewness	Kurtosis
Relationship Satisfaction	-.405	-.252
Commitment	-.935	.362
Intimacy	-1.020	.894
Passion	-.315	-.937

Kolmogorov-Smirnov Test. The Kolmogorov-Smirnov test (K-S test) is another test used to check for normality. According to Fillion (2015), a non-significant p-value ($p > .05$) suggests that the data do not differ significantly from a normal distribution, thus supporting the assumption of normality. According to Table 4, the significant values for relationship satisfaction, commitment, intimacy, and passion were all less than the non-significance level ($p > .05$) (refer to Appendix L). Therefore, all variables violated the assumption of normality according to the K-S test.

Table 4*Kolmogorov-Smirnov Test and Shapiro-Wilk Test*

	Kolmogorov-Smirnov Test			Shapiro-Wilk Test		
	Statistics	d.f	Sig.	Statistic	d.f	Sig.
Relationship Satisfaction	.100	83	.039	.973	83	.083
Commitment	.118	83	.006	.917	83	.000
Intimacy	.111	83	.013	.921	83	.000
Passion	.105	83	.025	.956	83	.007

Note. **.d.f = degrees of freedom; Sig = significant value

Conclusion. In general, the results of the five normality indicators—the histogram, Q-Q plot, skewness, kurtosis, and Kolmogorov-Smirnov test (K-S test)—were used to evaluate the normality of all four variables (relationship satisfaction, commitment, intimacy, and passion). The histograms for relationship satisfaction, commitment, and intimacy showed slight negative skewness, whereas the histogram for passion showed a bell-shaped, symmetric curve, suggesting approximate normality. Additionally, the Q-Q plots indicated that all variables were approximately normal, with very slight variations. Furthermore, the skewness and kurtosis values of relationship satisfaction, commitment, and passion were within reasonable bounds, supporting the normality assumption. However, based on the findings of the Kolmogorov-Smirnov test, all variables had significant p-values ($p < .05$), suggesting a violation of normality. Nevertheless, the variables were considered appropriate for parametric analysis because most other indicators suggested getting closer to normalcy.

Data Transformation

For items with reverse scores in the Relationship Assessment Scale (RAS), data transformation was used. In particular, Item 4 and 7 of the RAS questionnaire were negatively phrased and hence were reverse-coded before analysis. The inverted items were recoded as follows: a score of “1” was recoded as “5,” “2” as “4,” “3” remained “3,” “4” as “2,” and “5” as “1.” Since all items under intimacy, passion, and commitment were positively worded, there was no reverse item. After reverse coding was completed, each scale’s mean and total scores were calculated.

Assumption Testing for Regression

Linearity and Homoscedasticity

A scatterplot was used to evaluate the assumptions of linearity and homoscedasticity (refer to Appendix M). It demonstrated that the data points were distributed evenly and randomly along the horizontal zero line, indicating no violation of these assumptions.

Data Analysis and Interpretation for Each Hypothesis

The Pearson correlation coefficient (PCC) was used in this study to examine the relationships between the independent variables, which are commitment, intimacy, and passion, and the dependent variable, relationship satisfaction, among young adults in Malaysia.

As shown in Table 5, the results showed a significant and positive relationship, $r(83) = .68$, $p < .001$, which indicates that higher levels of commitment lead to greater relationship satisfaction. According to the rule of thumb (Guilford, 1973), the positive relationship between these two variables is considered moderately strong, as it falls within the range of .4 to .7 (refer to Appendix N). Therefore, the hypothesis is supported.

Table 5

Result of Pearson's Correlation Between Commitment and Relationship Satisfaction

		Relationship Satisfaction
Pearson's correlation		.676**
Commitment	Sig. (2-tailed)	.000
	<i>n</i>	83

Note. ** $p < .001$, n = number of participants

As shown in Table 6, the results showed a significant and positive relationship, $r(83) = .75$, $p < .001$, which indicates that higher levels of intimacy lead to greater relationship satisfaction. According to the rule of thumb (Guilford, 1973), the positive relationship

between these two variables is considered highly correlated, as it falls within the range of .7 to .9 (refer to Appendix N). Therefore, the hypothesis is supported.

Table 6

Result of Pearson's Correlation Between Intimacy and Relationship Satisfaction

		Relationship Satisfaction
Intimacy	Pearson's correlation	.747**
	Sig. (2-tailed)	.000
	<i>n</i>	83

Note. ** $p < .001$, n = number of participants

As shown in Table 7, the Pearson correlation coefficient (PCC) was used to examine the relationship between passion and relationship satisfaction among young adults in Malaysia for this current study. The results showed a significant and positive relationship, $r(83) = .56$, $p < .001$, which indicates that higher levels of passion lead to greater relationship satisfaction. According to the rule of thumb (Guilford, 1973), the positive relationship between these two variables is considered moderately strong, as it falls within the range of 0.4 to 0.7 (refer to Appendix N). Therefore, the hypothesis is supported.

Table 7

Result of Pearson's Correlation Between Passion and Relationship Satisfaction

	Relationship Satisfaction
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	Pearson's correlation	.558**
Passion	Sig. (2-tailed)	.000
	<i>n</i>	83

Note. ** $p < .01$, n = number of participants

In summary, referring to Table 8, H₁, H₂, and H₃ were found to be supported by the findings in the current study.

Table 8

Summary of findings

Hypotheses	Decision
H ₁ : There is a relationship between commitment and relationship satisfaction among young adults in Malaysia.	Supported
H ₂ : There is a relationship between intimacy and relationship satisfaction among young adults in Malaysia.	Supported
H ₃ : There is a relationship between passion and relationship satisfaction among young adults in Malaysia.	Supported

Chapter V

Discussion

Discussion on Major Findings

Specifically, it is important to determine the relationship between commitment, intimacy, passion, and relationship satisfaction. Additionally, this section will further explain whether the results support the study's hypotheses.

H1: There is a relationship between commitment and relationship satisfaction among young adults in Malaysia

The results of the present study showed that commitment was significantly and positively associated with relationship satisfaction among young adults in Malaysia. The findings aligned with previous studies (Cassepp-Borges et al., 2023; Conlon et al., 2019; Nascimento & Little, 2020; Baker et al., 2017), which similarly demonstrated that higher commitment is generally linked to higher relationship satisfaction. According to Baker et al. (2017), current relationship satisfaction plays a central role in shaping intimacy motivations and commitment behaviors, and declines in satisfaction are typically expected to correspond with declines in commitment. Likewise, Nascimento & Little (2020) found that when individuals perceive their partner engaging in benefit-provisioning behaviors, such as expressing love or spending quality time, their relationship satisfaction will increase.

Furthermore, practical markers of commitment like cohabitation appear to reinforce satisfaction and relationship stability (Józefacka et al., 2023). Choosing to live with a partner signals a willingness to prioritize shared goals and mutual well-being, enhancing feelings of security and reducing conflict. These dynamics are consistent with the Investment Model (Rusbult, 1980), which emphasizes that satisfaction, investments, and limited alternatives jointly bolster commitment. Hence, the present findings reinforce the hypothesized positive

link between commitment and satisfaction, suggesting that commitment not only reflects but also actively supports satisfying, enduring relationships.

H2: There is a relationship between intimacy and relationship satisfaction among young adults in Malaysia

The results of the present study showed that intimacy was significantly and positively associated with relationship satisfaction among young adults in Malaysia. This finding aligns with previous research demonstrating that higher intimacy is linked to greater relationship satisfaction (Starks et al., 2017; Hand et al., 2012; Mallory, 2021; Cortes et al., 2020). Extending this evidence, Dandurand and Lafontaine (2013) reported that individuals' intimacy goals, along with accurate perceptions of their partners' goals, predicted higher relationship satisfaction, partially through constructive conflict resolution. In the same vein, Ubando (2016) found that both men and women reported greater emotional intimacy and relationship satisfaction when they felt their partner had a positive communication style. Similarly, Jain (2022) found that couples with higher intimacy dating goals experienced greater satisfaction compared to those with lower intimacy goals.

Beyond emotional closeness, sexual aspects of intimacy also play a pivotal role in sustaining relational quality. Yoo et al. (2014) found that sexual satisfaction enhanced emotional intimacy for both husbands and wives, which subsequently increased relationship satisfaction. Beaulieu et al. (2022) further observed that intimacy behaviors can increase both sexual and relationship satisfaction over time, emphasizing intimacy's dynamic contribution to relational quality. Across both dating and married couples, higher emotional intimacy often coexists with stronger commitment and relational investment (Aziz et al., 2018). Consistent with Rusbult's Investment Model (2012), which posits that intimacy fosters shared experiences and mutual self-disclosure, thereby strengthening satisfaction and promoting long-term commitment, ultimately enhancing relationship stability in young adult

relationships. Together, these findings underscore the central role of intimacy in promoting satisfying and enduring romantic relationships among young adults.

H₃: There is a relationship between passion and relationship satisfaction among young adults in Malaysia

The present study found that passion was positively and significantly associated with relationship satisfaction among young adults in Malaysia, supporting H₃. This result is consistent with past studies demonstrating that higher levels of passion are associated with greater relationship satisfaction (Vallerand & Paquette, 2024; Coffey et al., 2024; Exline & Wilt, 2023). Passion functions as an energizing force in romantic relationships by stimulating excitement, enhancing motivation to connect with one's partner, and fulfilling the need for intimacy, which collectively contributes to greater overall satisfaction and well-being (Sharma & Kochar, 2015).

Passion also encourages partners to pursue deeper emotional closeness, as physical and emotional attraction motivates couples to invest in the relationship and maintain it over time. This investment often translates into long-term commitment, which further reinforces relationship satisfaction and stability (Nabila & Gunawan, 2023). Romantic passion also creates feelings of novelty and emotional intensity, which are crucial for maintaining relationship engagement over time. This aligns with Sternberg's Triangular Theory of Love, which posits that passion is particularly influential in the early stages of relationships, a pattern that is typical in young adulthood (Józefacka et al., 2023). Furthermore, research suggests that sexual satisfaction, often a behavioral expression of passion, can enhance relational happiness, particularly in cultures and life stages where relationships are relatively new or short-term (Carswell & Impett, 2021). Importantly, the quality of passion also matters. Harmonious passion, which is freely chosen and well-integrated into an individual's life, is linked to positive relational outcomes and more enduring satisfaction (Ratelle et al., 2012).

Together, these findings underscore that passion, through both emotional excitement and sexual expression, serves as a key driver of relationship satisfaction among young adults.

Theoretical Implications

The study applied Sternberg's Triangular Theory of Love (1986) to explore the associations between commitment, intimacy, passion, and relationship satisfaction among young adults in Malaysia. It aligns with Sternberg's theory that commitment, intimacy, and passion are different aspects that influence relationship satisfaction. In other words, higher levels of any of these components are generally linked to greater relationship satisfaction.

While Sternberg's theory has been extensively validated in Western contexts, there is limited evidence that it applies in Asian communities, especially among young adults who are navigating contemporary relationship problems. In collectivistic cultures, young adults in romantic relationships may greatly emphasize relationship satisfaction on factors such as relational harmony, family involvement, and fulfilling societal roles (Chen & Chen, 2023). These factors may influence how strongly each love component relates to relationship satisfaction. The results of this study indicate that there may be cultural differences in how these components are expressed in a romantic relationship. Future researchers could explore these connections across various cultures.

Practical Implications

The study presents several practical implications for programs and policies that support young adults in forming and maintaining healthy romantic relationships. Firstly, the study has the potential to develop relationship education programs to help Malaysian young adults build the skills needed for satisfying romantic relationships. For example, universities or community organizations could organize workshops that teach young adults how to express emotions effectively, maintain romantic connections over time, and manage relationship expectations. Such programs have the potential to provide individuals with

practical skills that promote stronger and more satisfying partnerships, especially during a life stage when many young adults are seeking long-term relationships.

The study also has the potential to strengthen counseling services and public awareness campaigns regarding romantic relationships. Mental health professionals and couples' therapists can utilize the results to better evaluate and assist young adults in dealing with specific issues in their relationships. For instance, a therapist could use the information from the findings to customize their interventions for a client who has low commitment, intimacy, or passion. It could also shape awareness campaigns delivered via social media or public campaigns that can normalize conversations about relationship challenges and encourage help-seeking behavior. Therefore, these efforts can help reduce stigma around relationship counseling and motivate young people to work toward a healthy romantic relationship.

Lastly, the study has the potential to help policymakers create strategies that support the development of healthy romantic relationships among Malaysian young adults. Relationship well-being could be included in mental health and youth development policies. For example, universities and government agencies could implement support networks for young adults that include relationship counseling services, peer support groups, or online resources that guide relationship challenges. Consequently, young adults may benefit from these institutional resources by minimizing emotional stress and resolving interpersonal problems early.

Limitations & Recommendations

There are several limitations that were identified in the current study. A primary limitation of the study is related to issues of generalizability, stemming from demographic imbalances within the sample. First of all, the gender imbalance issues are found with having a majority of female participants (74.7%), which is a lot more than the male participants

(25.3%). The underrepresentation of male participants may lead to inaccurate and biased results in the study, which further limits the applicability of findings to diverse populations (Almouzni, 2024). Furthermore, this study has an imbalanced ethnic composition among its samples. Most of the participants were Chinese, making up 98.8% of the sample, with 1.2% being Malay participants. Due to the ethnic imbalance in the sample, the study is unlikely to accurately reflect the demographic reality of Malaysia as a multiracial nation. To address such demographic shortcomings in future studies, more focused and purposeful recruitment during the last stage of the recruitment process is needed to target the gaps in the demographic profile.

Secondly, the use of a non-probability purposive sampling method in the study further constrains the generalizability of the results, as the participants were not randomly selected but were selected based on specific criteria. Therefore, the sample may not accurately reflect the population of young adults in Malaysia. Moreover, purposive sampling methods are used by collecting data through social media and online platforms, which may also lead to sampling bias. As a result, future researchers should consider using probability sampling methods such as cluster sampling or stratified sampling in order to promote equal participation among all demographic groups. Other than that, researchers could also consider working with educational institutions, community-based organizations, or clinical agencies that will add diversity to study samples and include participants from diverse backgrounds. This will assist in applying the study to the full Malaysian population.

Lastly, the cross-sectional research design used in the study could also be one of the limitations. The research design may limit the ability to show cause-and-effect relationships between commitment, intimacy, passion, and relationship satisfaction because data is gathered at one point in time (Maier et al., 2023). Furthermore, the study failed to consider how commitment, intimacy, passion, and relationship satisfaction change over time because

of different life experiences or developmental experiences. Therefore, future researchers could consider using a longitudinal design. By using a longitudinal design, it would allow researchers to get a better understanding of the development of romantic relationships over time and identify the patterns (Galovan et al., 2022).

Conclusion

In conclusion, this study investigated the relationship between commitment, intimacy, passion, and relationship satisfaction of young adults in Malaysia. In the study, Pearson correlation analysis revealed that commitment, intimacy, and passion were all significantly and positively correlated with relationship satisfaction. Theoretically, these results are consistent with Sternberg's Triangular Theory of Love in understanding romantic relationships in a non-Western context. The study's results are highly applicable to the realm of romantic relationships in the Malaysian context, given the local culture and changing normative values. Practically, the study showed that young adults who experience commitment, intimacy, and passion with their partners are likely to indicate strong relationship satisfaction. The current study also offers important implications for young adults in understanding their romantic relationships and could also be used as a starting place for psychological practitioners and educators who aim to create effective relationship counseling or intervention.

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Appendices

Appendix A

Poster

CALL FOR RESPONDENTS!



**COMMITMENT, INTIMACY, PASSION
AND RELATIONSHIP SATISFACTION
AMONG YOUNG ADULTS**

Requirements:

- Malaysian
- 18-30 years old who are currently in a romantic relationship (dating, cohabiting, or married)

For any inquiries, please contact us via email:

Chong Chi Yan (chiyan78@utar.my)
Fion Lee Wan Qi (wanqi18@utar.my)
Teoh Yu Qin (yqteoh0503@utar.my)



Appendix B

Effect Size Calculation

Commitment

$$f^2 = \frac{0.38^2}{1-(0.38)^2} = 0.17$$

Table 1. Zero-Order Correlations Between the Variables and Descriptive Information.

Variables	1	2	3	4	5	6	7
1. Relationship duration (months)	—						
2. Commitment	.14	—					
3. Average interaction duration ^a	-.11	.22*	—				
4. Average negative interaction (hours) ^a	-.26*	-.16	-.10	—			
5. Average personal stress ^a	-.07	.07	.09	.54***	—		
6. Average relationship satisfaction ^a	.27**	.38***	.34**	-.51***	-.28**	—	
7. Follow-up relationship satisfaction	.12	.24	-.00	-.33**	-.15	.40**	—
Mean	24.51	4.79	3.96	2.57	3.66	4.87	5.30
SD	16.85	0.93	3.32	0.79	0.60	0.72	0.82

Note:^a Within-individual average across the daily diary study was used for these variables.

Li, T., & Fung, H. H. (2012). How negative interactions affect relationship satisfaction.

Social Psychological and Personality Science, 4(3), 274–281.

<https://doi.org/10.1177/1948550612453748>

Intimacy

$$f^2 = \frac{0.451^2}{1-(0.451)^2} = 0.26$$

	Mean	SD	Gender	Re Length	Intimacy	VacN	Re Sat
Gender	1.50	0.50	–				
Lg ReLength	11.41	11.75	0.000	–			
Intimacy	64.41	28.77	0.015	–0.157*	–		
VacN	2.65	0.68	0.000	0.026	0.077	–	
ReSat	4.37	0.64	–0.052	0.135	0.451**	0.145*	–
SSelf-Expanding	59.72	23.30	0.085	–0.222**	0.311**	–0.024	0.377

Note. For gender, 1=male; 2=female. Lg=log. Relength=relationship length in years.

Intimacy=physical intimacy. VacN=number of vacations in the past year with partner.

ReSat=Relationship satisfaction. SSelf-Expanding=Shared Self-Expanding Experiences on joint vacations.

Coffey, J. K., Shahvali, M., Kerstetter, D., & Aron, A. (2024). Couples vacations and romantic passion and intimacy. *Annals of Tourism Research Empirical Insights*, 5(1), 100121. <https://doi.org/10.1016/j.annale.2024.100121>

Passion

$$f^2 = \frac{0.543^2}{1-(0.543)^2} = 0.42$$

Table 3: Pearson Correlation for total sample

Variables	Intimacy	Passion	Commitment	Relationship Satisfaction
Relationship Satisfaction	.621**	.543**	.567**	1

** significant at the 0.01 level * significant at the 0.05 level

As can be seen from the table 3, the correlation results showed that a significant positive correlation exists between intimacy and relationship satisfaction ($r = 0.621$); passion and relationship satisfaction ($r = 0.543$); and commitment and relationship satisfaction ($r = 0.567$).

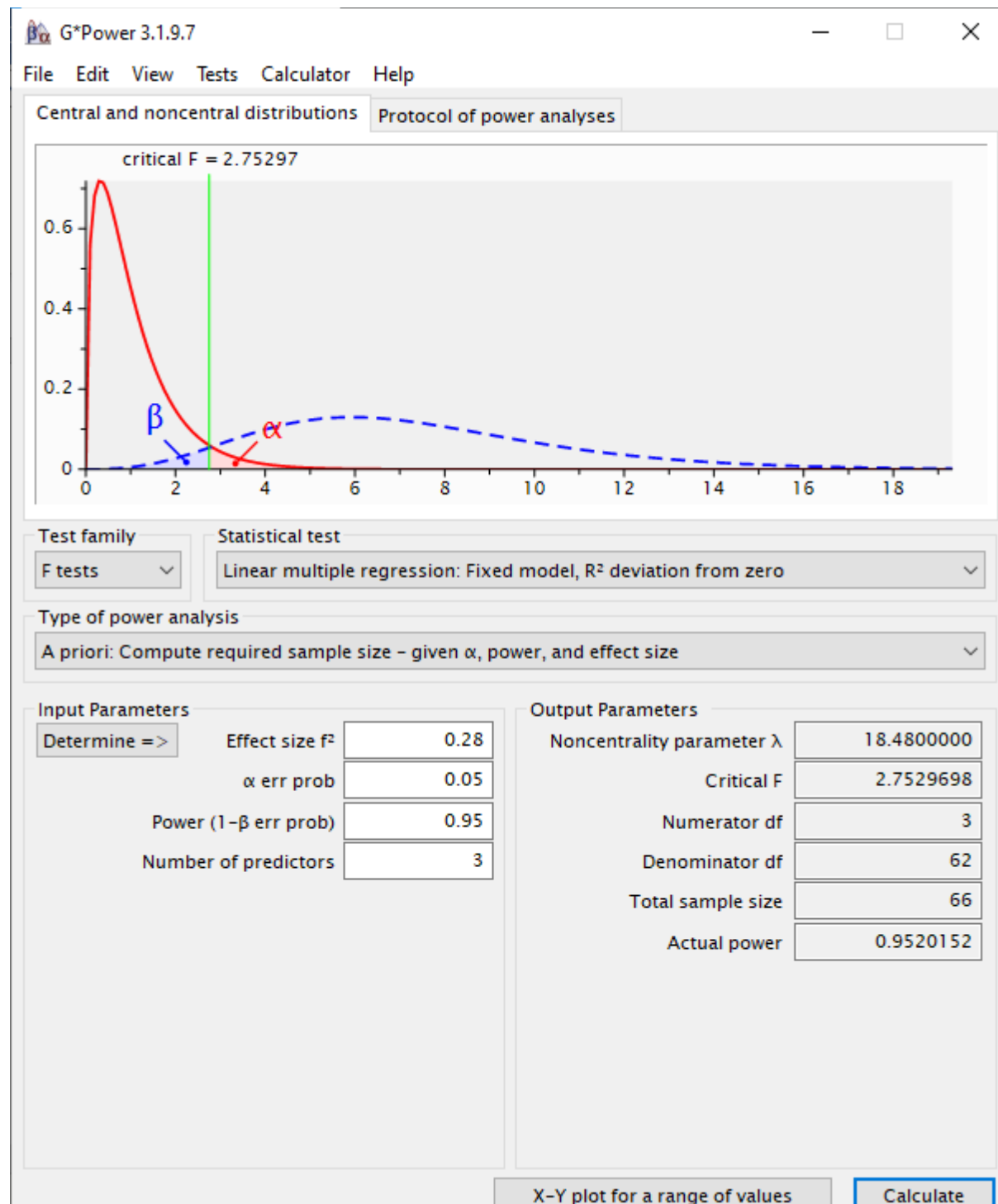
Sharma, D., & Kochar, R. K. (2015). Role of love in relationship satisfaction. *International Journal of Indian Psychology*, 3(1). <https://doi.org/10.25215/0301.102>

Total Effect Size

$$f^2 = \frac{0.17+0.26+0.42}{3} = 0.28$$

Appendix C

Sample Size Calculation (G*Power)



Appendix D

Ethical Clearance Approval



UNIVERSITI TUNKU ABDUL RAHMAN DU012(A)
Wholly owned by UTAR Education Foundation Co. No. 578227-M

Re: U/SERC/78-425/2025

2 January 2025

Dr Lee Wan Ying
Head, Department of Psychology and Counselling
Faculty of Arts and Social Science
Universiti Tunku Abdul Rahman
Jalan Universiti, Bandar Baru Barat
31900 Kampar, Perak.

Dear Dr Lee,

Ethical Approval For Research Project/Protocol

We refer to the application for ethical approval for your students' research project from Bachelor of Social Science (Honours) Psychology programme enrolled in course UAPZ3023. We are pleased to inform you that the application has been approved under Expedited Review.

The details of the research projects are as follows:

No	Research Title	Student's Name	Supervisor's Name	Approval Validity
1.	Parenting Styles (Authoritative and Authoritarian) and Childhood Trauma Experience as Predictors of Emotion Regulation Among Young Adults in Malaysia	1. Chin Meng En 2. Tan Hui Wen 3. Wong En	Ms Teoh Xi Yao	2 January 2025 – 1 January 2026
2.	The Relationship Between Commitment, Intimacy, Passion and Relationship Satisfaction Among Young Adults in Malaysia	1. Chong Chi Yan 2. Fion Lee Wan Qi 3. Teoh Yu Qin		
3.	Trust, Commitment, and Conflict Resolution Styles as Predictors of Romantic Relationship Satisfaction Among Emerging Adults in Malaysia	1. Wong Cheng Xiang 2. Wong Zi Zheng		

The conduct of this research is subject to the following:

- (1) The participants' informed consent be obtained prior to the commencement of the research;
- (2) Confidentiality of participants' personal data must be maintained; and
- (3) Compliance with procedures set out in related policies of UTAR such as the UTAR Research Ethics and Code of Conduct, Code of Practice for Research Involving Humans and other related policies/guidelines.
- (4) Written consent be obtained from the institution(s)/company(ies) in which the physical or/and online survey will be carried out, prior to the commencement of the research.

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Website: www.utar.edu.my



Should the students collect personal data of participants in their studies, please have the participants sign the attached Personal Data Protection Statement for records.

Thank you.

Yours sincerely,



Professor Ts Dr Faidz bin Abd Rahman
Chairman
UTAR Scientific and Ethical Review Committee

c.c Dean, Faculty of Arts and Social Science
 Director, Institute of Postgraduate Studies and Research

Appendix E

Questionnaire

Relationship Satisfaction among Young Adults

Greetings, we are conducting a research study to investigate the Relationship Between Commitment, Intimacy, Passion, and Relationship Satisfaction Among Young Adults in Malaysia.

Procedures and Confidentiality

The following questionnaire will require approximately 15 minutes to complete. All information provided will remain private and confidential. The information given will only be reported as group data with no identifying information and only be used for academic purposes.

Participation

All the information gathered will remain anonymous and confidential. Your information will not be disclosed to any unauthorized person and will be accessible only to group members. Participation in this study is voluntary; you are free to withdraw with consent and discontinue participation at any time without prejudice. Your responses will be coded numerically in the research assignment for the research interpretation. Your cooperation would be greatly appreciated. If you choose to participate in this project, please answer all the questions as honestly as possible and return the complete questionnaire promptly.

End of Block: Introduction

Start of Block:

Personal Data Protection Notice

Please be informed that in accordance with Personal Data Protection Act 2010 (“PDPA”) which came into force on 15 November 2013, Universiti Tunku Abdul Rahman (“UTAR”) is

hereby bound to make notice and require consent in relation to collection, recording, storage, usage and retention of personal information.

Notice:

1. The purposes for which your personal data may be used are inclusive but not limited to:

- 1) For assessment of any application to UTAR
- 2) For processing any benefits and services
- 3) For communication purposes
- 4) For advertorial and news
- 5) For general administration and record purposes
- 6) For enhancing the value of education
- 7) For educational and related purposes consequential to UTAR
- 8) For the purpose of our corporate governance
- 9) For consideration as a guarantor for UTAR staff/ student applying for his/her scholarship/ study loan

2. Your personal data may be transferred and/or disclosed to third party and/or UTAR collaborative partners including but not limited to the respective and appointed outsourcing agents for purpose of fulfilling our obligations to you in respect of the purposes and all such other purposes that are related to the purposes and also in providing integrated services, maintaining and storing records. Your data may be shared when required by laws and when disclosure is necessary to comply with applicable laws.

3. Any personal information retained by UTAR shall be destroyed and/or deleted in accordance with our retention policy applicable for us in the event such information is no longer required.

4. UTAR is committed in ensuring the confidentiality, protection, security and accuracy of your personal information made available to us and it has been our ongoing strict policy to ensure that your personal information is accurate, complete, not misleading and updated. UTAR would also ensure that your personal data shall not be used for political and commercial purposes.

Consent:

1) By submitting this form you hereby authorise and consent to us processing (including disclosing) your personal data and any updates of your information, for the purposes and/or for any other purposes related to the purpose.

2) If you do not consent or subsequently withdraw your consent to the processing and disclosure of your personal data, UTAR will not be able to fulfill our obligations or to contact

you or to assist you in respect of the purposes and/or for any other purposes related to the purpose.

3) You may access and update your personal data by writing to us at

Chong Chi Yan (chiyan78@lutar.my)

Fion Lee Wan Qi (wanqi18@lutar.my)

Teoh Yu Qin (yqteoh0503@lutar.my)

Acknowledgment of Notice:

☐ I have been notified that I hereby understood, consented and agreed per UTAR above notice.

☐ I disagree, my personal data will not be processed

End of Block:

Start of Block: Demographic

Please fill in your personal details or choose ONE option.

A) Age (Please put your age in numbers, e.g. 22)

B) Gender

☐ 1. Male

☐ 2. Female

C) Ethnicity

- ☐ 1. Malay
- ☐ 2. Chinese
- ☐ 3. Indian
- ☐ 4. Others (please specify):
-

D) Religion

- ☐ 1. Muslim
- ☐ 2. Buddhist
- ☐ 3. Hindu
- ☐ 4. Christian
- ☐ 5. Others (please specify):
-

E) Employment status

- ☐ 1. Employed
- ☐ 2. Unemployed
- ☐ 3. Student
-

F) Relationship status

- ☐ 1. Single
 - ☐ 2. In a relationship
 - ☐ 3. Engaged
 - ☐ 4. Married
 - ☐ 5. Divorced
-

G) Current relationship type

- ☐ 1. Long-distance relationship
 - ☐ 2. Not a long-distance relationship
-

H) Duration of current relationship

- ☐ 1. Less than 6 months
- ☐ 2. 6 months to 1 year
- ☐ 3. 1-2 years
- ☐ 4. More than 3 years

End of Block: Demographic

Start of Block: Relationship Satisfaction

Instructions: Please read each of the following statements carefully. To complete the scale, rate each item using a five-point scale ranging from **1 (low satisfaction)** to **5 (high satisfaction)**.

Q1. How well does your partner meet your needs?

- ☐ Low (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ High (5)
-

Q2. In general, how satisfied are you with your relationship?

- ☐ Low (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ High (5)
-

Q3. How good is your relationship compared to most?

- ☐ Low (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ High (5)
-

Q4. How often do you wish you hadn't gotten into this relationship?

- ☐ Low (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ High (5)
-

Q5. To what extent has your relationship met your original expectations?

- ☐ Low (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ High (5)
-

Q6. How much do you love your partner?

- ☐ Low (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ High (5)
-

Q7. How many problems are there in your relationship?

- ☐ Low (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ High (5)

End of Block: Relationship Satisfaction

Start of Block: Intimacy Component

Instructions: Please read each of the following statements carefully. To complete the scale, rate your agreement with each of the items by using a nine-point scale in which **1** = “**Not at all**,” **5** = “**Moderately**,” and **9** = “**Extremely**.”

Q1. I am actively supportive of my partner's well-being.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

Q2. I have a warm relationship with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q3. I am able to count on my partner in times of need.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

Q4. My partner is able to count on me in times of need.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q5. I am willing to share myself and my possessions with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q6. I receive considerable emotional support from my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q7. I give considerable emotional support to my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q8. I communicate well with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q9. I value my partner greatly in my life.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6 (
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q10. I feel close to my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q11. I have a comfortable relationship with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q12. I feel that I really understand my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q13. I feel that my partner really understands me.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q14. I feel that I can really trust my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q15. I share deeply personal information about myself with my partner.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

End of Block: Intimacy Component

Start of Block: Passion Component

Q16. Just seeing my partner excites me.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q17. I find myself thinking about my partner frequently during the day.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q18. My relationship with my partner is romantic.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q19. I find my partner to be very personally attractive.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q20. I idealize my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7 (
 - ☐ 8
 - ☐ Extremely (9) (
-

Q21. I cannot imagine another person making me as happy as my partner does.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q22. I would rather be with my partner than with anyone else.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q23. There is nothing more important to me than my relationship with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q24. I especially like physical contact with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q25. There is something almost “magical” about my relationship with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q26. I adore my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q27. I cannot imagine life without my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q28. My relationship with my partner is passionate.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q29. When I see romantic movies and read romantic books, I think of my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q30. I fantasize about my partner.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

End of Block: Passion Component

Start of Block: Commitment Component

Q31. I know that I care about my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q32. I am committed to maintaining my relationship with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q33. Because of my commitment to my partner, I would not let other people come between us.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q34. I have confidence in the stability of my relationship with my partner.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

Q35. I could not let anything get in the way of my commitment to my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q36. I expect my love for my partner to last for the rest of my life.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

Q37. I will always feel a strong responsibility for my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q38. I view my commitment to my partner as a solid one.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

Q39. I cannot imagine ending my relationship with my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q40. I am certain of my love for my partner.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

Q41. I view my relationship with my partner as permanent.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q42. I view my relationship with my partner as a good decision.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q43. I feel a sense of responsibility toward my partner.

- ☐ Not at all (1)
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ Moderately (5)
 - ☐ 6
 - ☐ 7
 - ☐ 8
 - ☐ Extremely (9)
-

Q44. I plan to continue my relationship with my partner.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

Q45. Even when my partner is hard to deal with, I remain committed to our relationship.

- ☐ Not at all (1)
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ Moderately (5)
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ Extremely (9)

End of Block: Commitment Component

Appendix F

Pilot Study-Reliability

Relationship Satisfaction

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.891	.902	7

Intimacy

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.955	.959	15

Passion

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.964	.967	15

Commitment

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.956	.961	15

Appendix G**Actual Study-Reliability****Relationship Satisfaction****Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.724	.785	7

Intimacy**Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.941	.943	15

Passion**Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.946	.948	15

Commitment**Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.955	.957	15

Appendix H

Demographic Statistics

	N	Mean	Std. Deviation
Age (Please put your age in numbers, e.g. 22)	83	22.31	1.448
Valid N (listwise)	83		

Age (Please put your age in numbers, e.g. 22)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 18	1	1.2	1.2	1.2
19	2	2.4	2.4	3.6
20	4	4.8	4.8	8.4
21	6	7.2	7.2	15.7
22	43	51.8	51.8	67.5
23	15	18.1	18.1	85.5
24	4	4.8	4.8	90.4
25	5	6.0	6.0	96.4
26	3	3.6	3.6	100.0
Total	83	100.0	100.0	

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1. Male	21	25.3	25.3	25.3
2. Female	62	74.7	74.7	100.0
Total	83	100.0	100.0	

Ethnicity - Selected Choice

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1. Malay	1	1.2	1.2	1.2
2. Chinese	82	98.8	98.8	100.0
Total	83	100.0	100.0	

Ethnicity - 4. Others (please specify): - Text

	Frequency	Percent	Valid Percent	Cumulative Percent
--	-----------	---------	---------------	--------------------

Valid	83	100.0	100.0	100.0
-------	----	-------	-------	-------

Religion - Selected Choice

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1. Muslim	1	1.2	1.2	1.2
2. Buddhist	72	86.7	86.7	88.0
4. Christian	8	9.6	9.6	97.6
5. Others (please specify):	2	2.4	2.4	100.0
Total	83	100.0	100.0	

Religion - 5. Others (please specify): - Text

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	81	97.6	97.6	97.6
Catholic	1	1.2	1.2	98.8
none	1	1.2	1.2	100.0
Total	83	100.0	100.0	

Employment status

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1. Employed	17	20.5	20.5	20.5
2. Unemployed	1	1.2	1.2	21.7
3. Student	65	78.3	78.3	100.0
Total	83	100.0	100.0	

Relationship status

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 2. In a relationship	82	98.8	98.8	98.8
4. Married	1	1.2	1.2	100.0
Total	83	100.0	100.0	

Current relationship type

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1. Long-distance relationship	27	32.5	32.5	32.5
2. Not a long-distance relationship	56	67.5	67.5	100.0

Total	83	100.0	100.0
-------	----	-------	-------

Duration of current relationship

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1. Less than 6 months	16	19.3	19.3	19.3
	2. 6 months to 1 year	15	18.1	18.1	37.3
	3. 1-2 years	27	32.5	32.5	69.9
	4. More than 3 years	25	30.1	30.1	100.0
	Total	83	100.0	100.0	

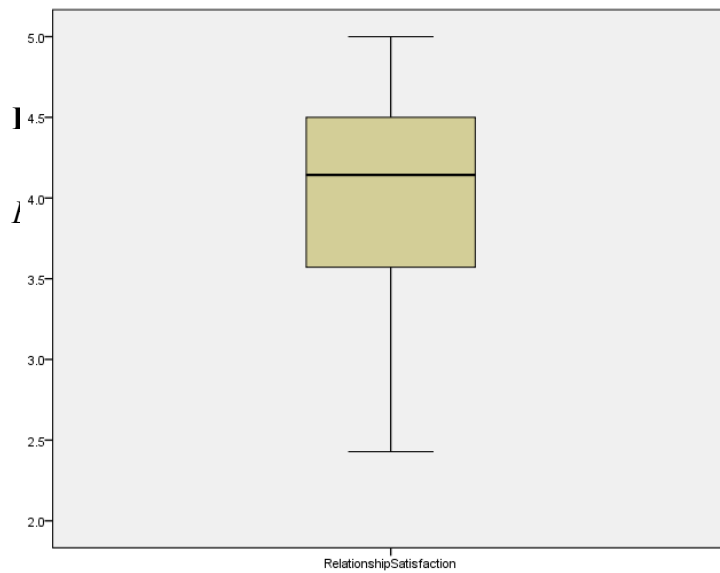
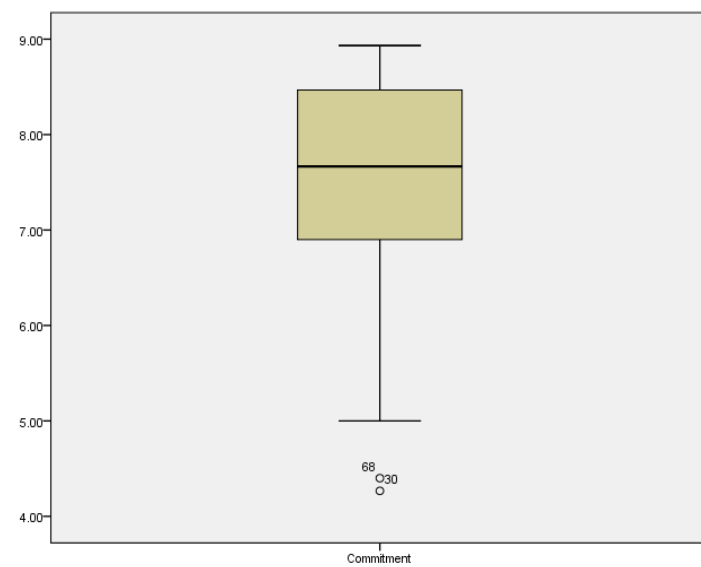
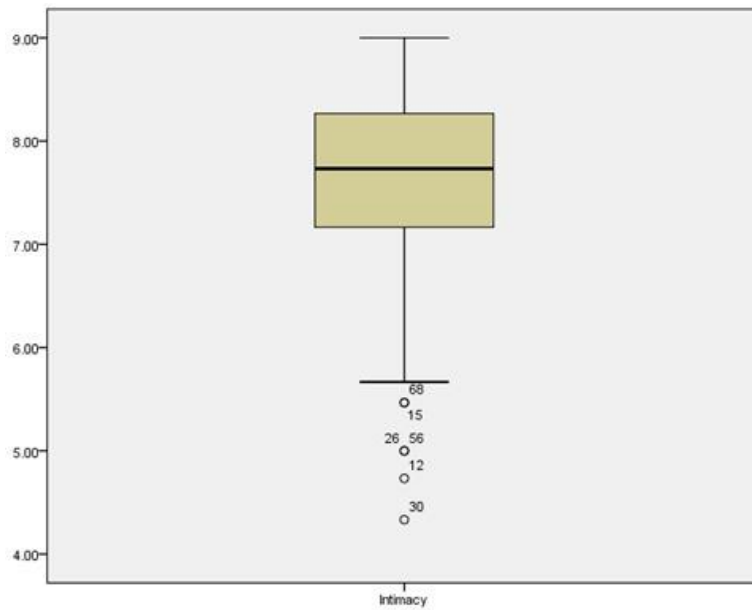
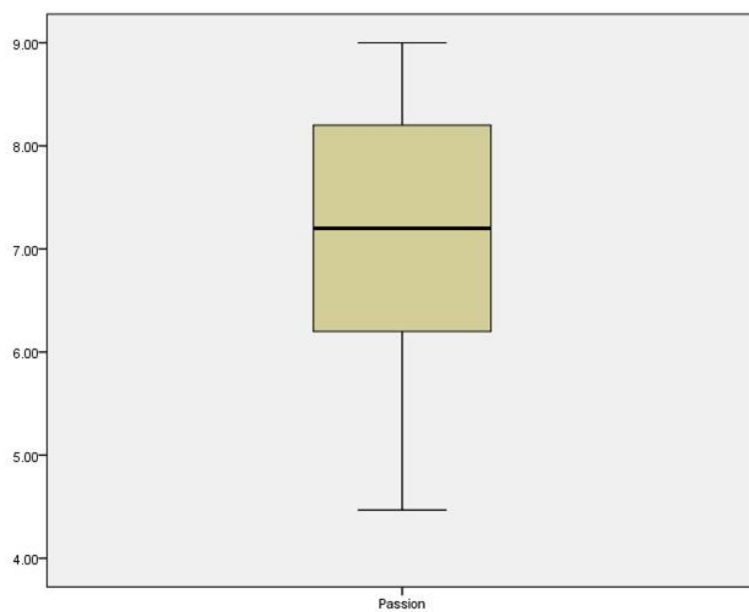
Appendix I**Boxplot****Figure A1***Boxplot of Relationship Satisfaction***Figure A2***Boxplot of Commitment*

Figure A3*Boxplot of Intimacy***Figure A4***Boxplot of Passion*

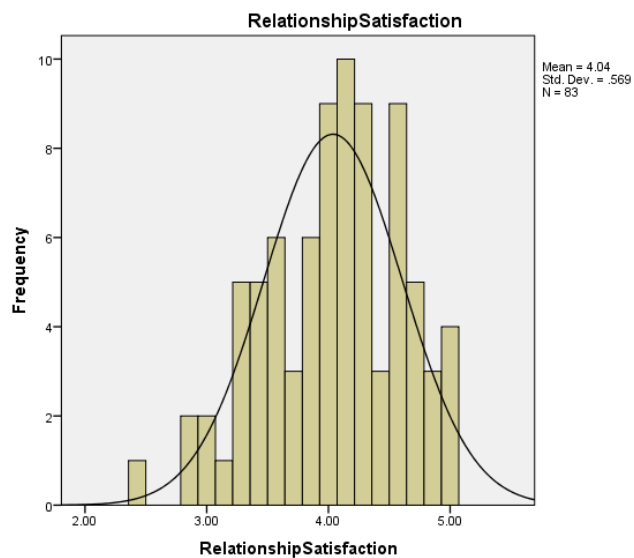
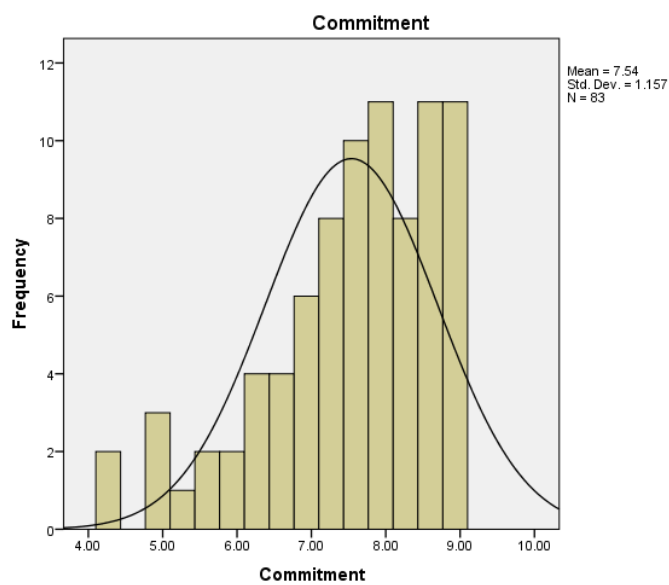
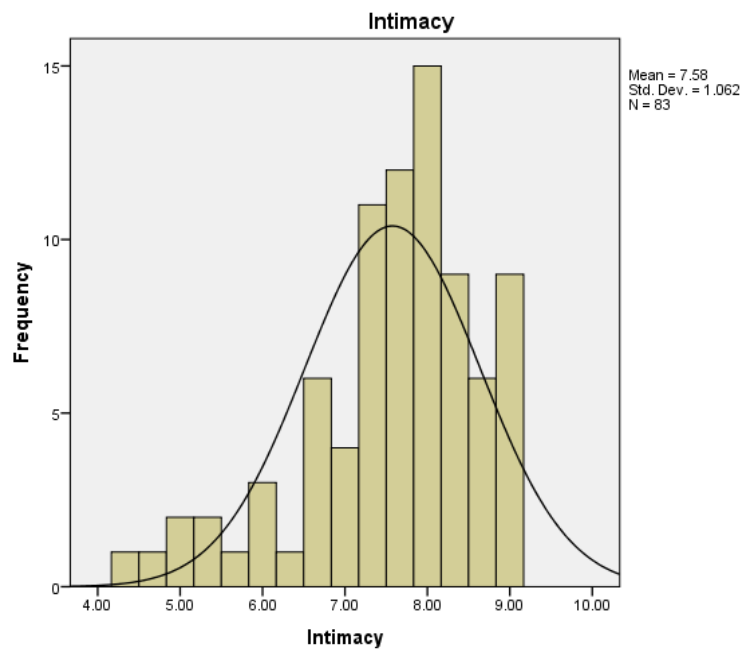
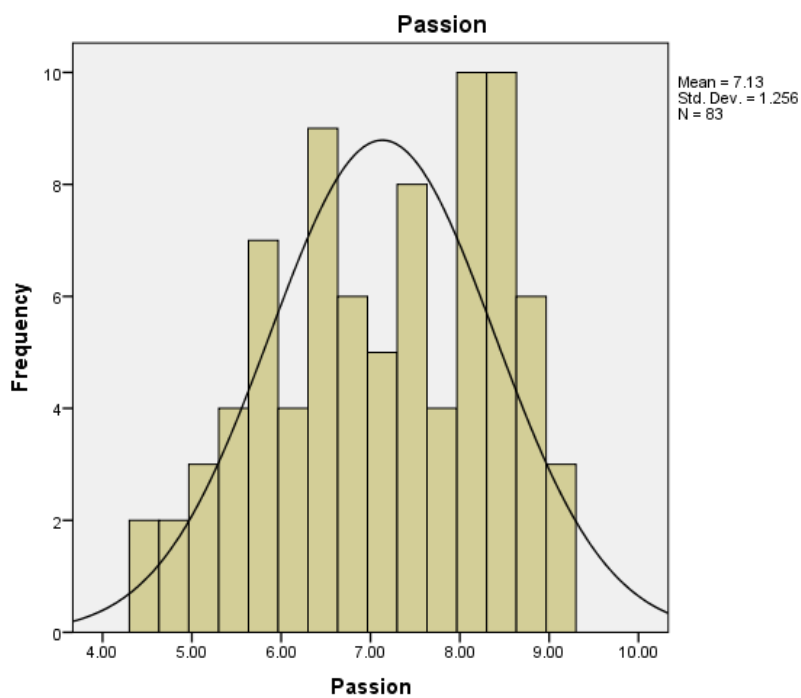
Appendix J**Histogram****Figure A1***Histogram of Relationship Satisfaction***Figure A2***Histogram of Commitment*

Figure A3*Histogram of Intimacy***Figure A4***Histogram of Passion*

Appendix K

Q-Q Plot

Figure A1

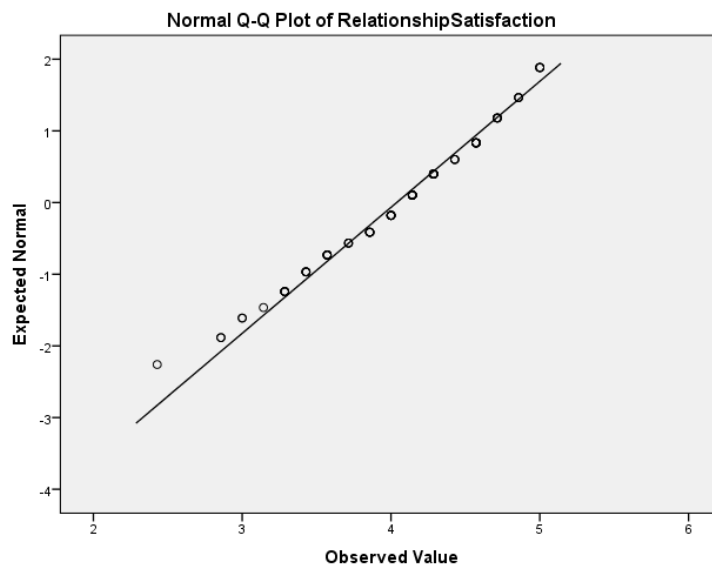
Relationship Satisfaction

Figure A2

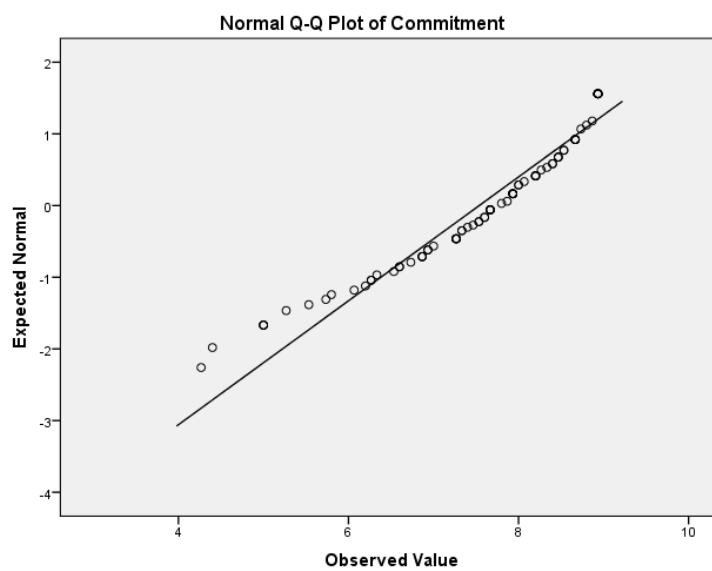
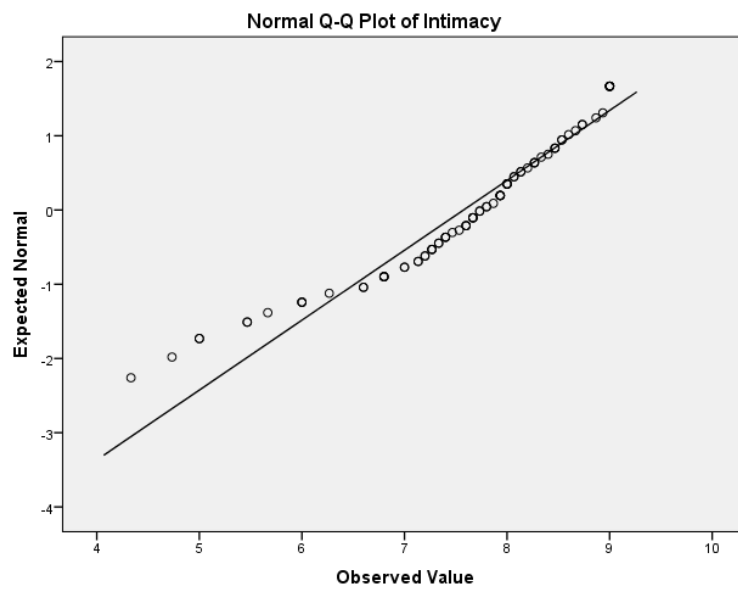
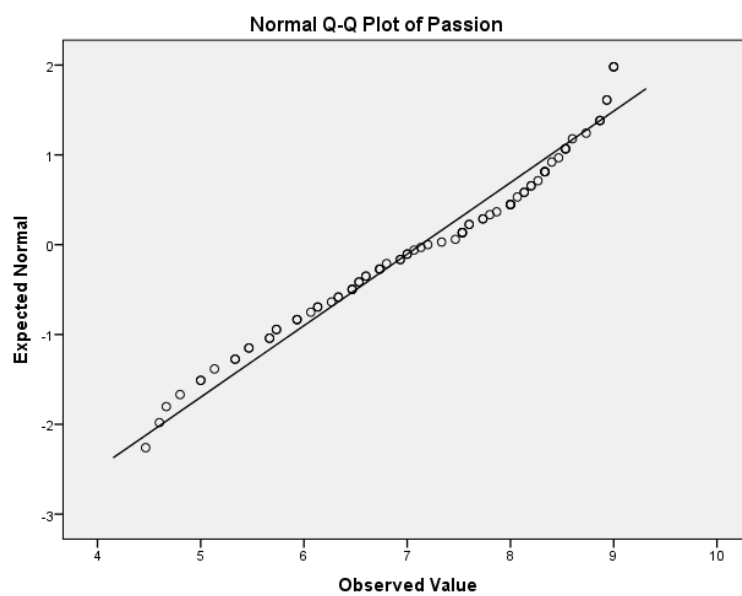
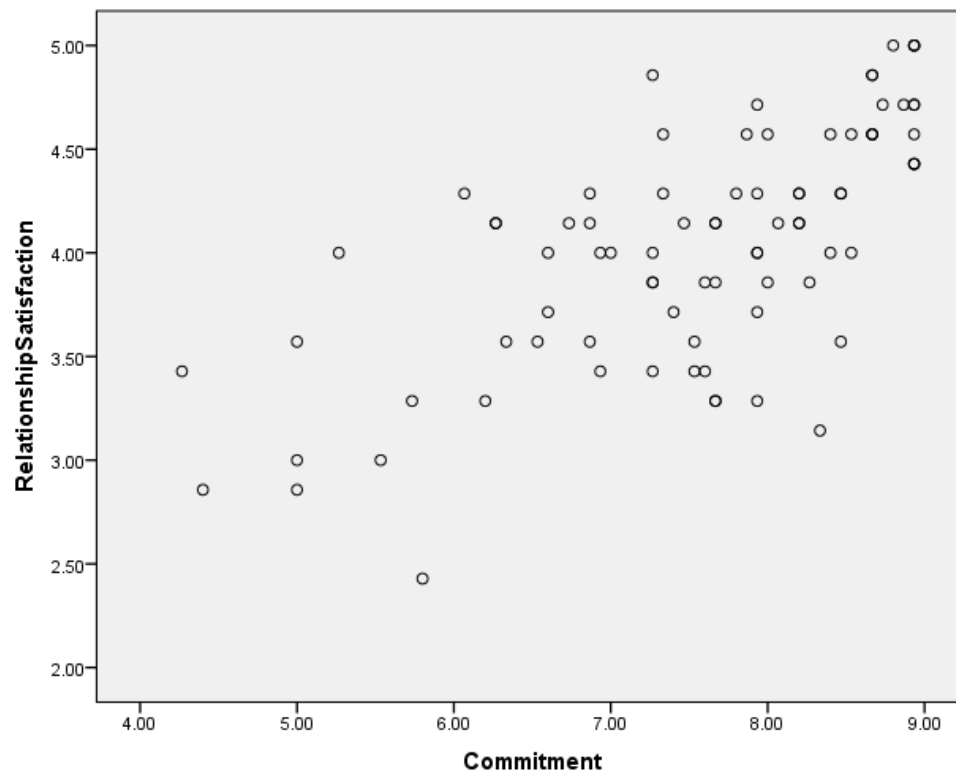
Commitment

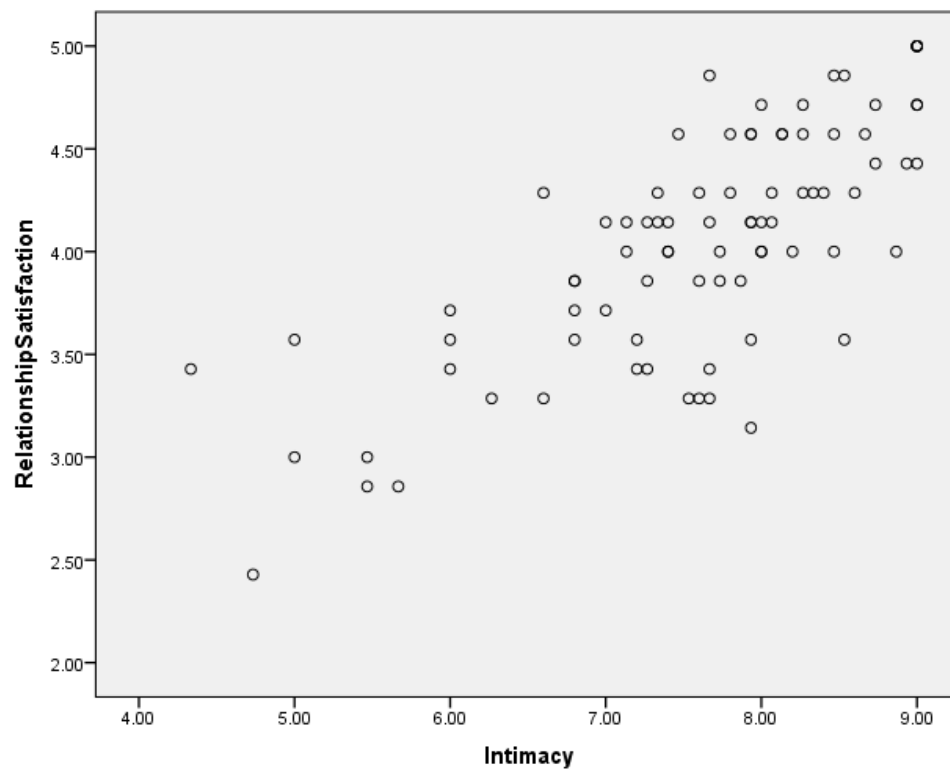
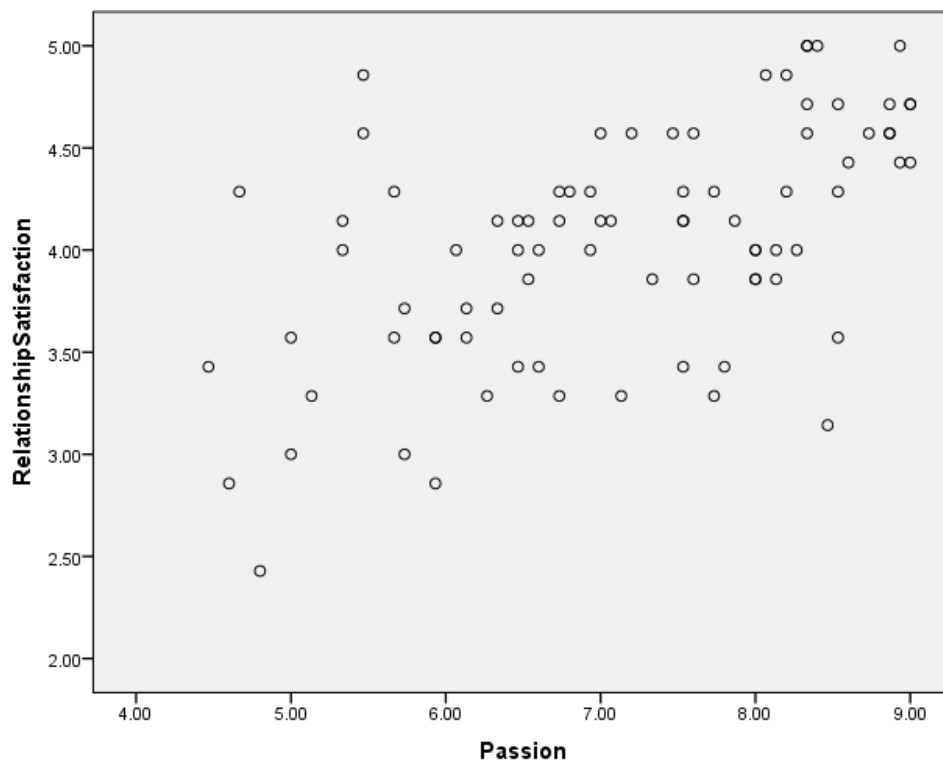
Figure A3*Intimacy***Figure A4***Passion*

Appendix L**Kolmogorov-Smirnov Test****Tests of Normality**

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
RelationshipSatisfaction	.100	83	.039	.973	83	.083
Intimacy	.111	83	.013	.921	83	.000
Passion	.105	83	.025	.956	83	.007
Commitment	.118	83	.006	.917	83	.000

a. Lilliefors Significance Correction

Appendix M**Scatterplot***Commitment and Relationship Satisfaction*

Intimacy and Relationship Satisfaction*Passion and Relationship Satisfaction*

Appendix N

Pearson's Correlation Among Variables

Commitment and Relationship Satisfaction

Correlations			
		Commitment	RelationshipSatisfaction
Commitment	Pearson Correlation	1	.676**
	Sig. (2-tailed)		.000
	N	83	83
RelationshipSatisfaction	Pearson Correlation	.676**	1
	Sig. (2-tailed)	.000	
	N	83	83

** . Correlation is significant at the 0.01 level (2-tailed).

Intimacy and Relationship Satisfaction

Correlations			
		Intimacy	RelationshipSatisfaction
Intimacy	Pearson Correlation	1	.747**
	Sig. (2-tailed)		.000
	N	83	83
RelationshipSatisfaction	Pearson Correlation	.747**	1
	Sig. (2-tailed)	.000	
	N	83	83

** . Correlation is significant at the 0.01 level (2-tailed).

Passion and Relationship Satisfaction

Correlations		Passion	RelationshipSatisfaction
Passion	Pearson Correlation	1	.558**
	Sig. (2-tailed)		.000
	N	83	83
RelationshipSatisfaction	Pearson Correlation	.558**	1
	Sig. (2-tailed)	.000	
	N	83	83

** . Correlation is significant at the 0.01 level (2-tailed).