Interpersonal goal conflict and social behavior

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ABSTRACT
The newly developed Interpersonal Goal Conflict Scale (IGCS) assesses the perception that one's goals conflict with the goals of one's romantic partner. Participants (N=255) were recruited using Amazon’s MTurk software and completed the IGCS and measures of personality traits, relationship satisfaction, life satisfaction, and personal goals. Scores on the IGCS correlated with a detached interpersonal style on the Interpersonal Circumplex. Higher perceived interpersonal goal conflict was associated with reduced relationship satisfaction and reduced life satisfaction. Hierarchical regression demonstrated that the IGCS predicted relationship satisfaction independently of personality traits. Personal goals related to independence, interpersonal interactions, and resources showed the strongest and most consistent relationships with scores on the IGCS. The Interpersonal Goal Conflict Scale shows utility in predicting important relationship and life satisfaction outcomes.

INTRODUCTION
• Romantic relationships can have a substantial self-regulatory component (Fitzsimons et al., 2015)
• Goal conflict has negative implications for psychological well-being (Boudreaux & Ozer, 2013)
• The Interpersonal Goal Conflict Scale (IGCS) assesses the extent to which the goals of one partner hinder goal pursuit for the other partner
• The IGCS includes three group factors of Inherent goal conflict, Resource conflict, and Goal Sacrifice
• The association between personality traits and IGCS factors were assessed
• Incremental prediction of relationship and life satisfaction by the IGCS beyond the Big Five was assessed

METHOD & PARTICIPANTS
• 255 participants were recruited from Amazon’s MTurk
• All participants were in a romantic relationship
• 42.7% married, 11.0% engaged, 46.3% dating
• Mean relationship length was 7.4 years
• 60.8% female

MEASURES
• 15 item Interpersonal Goal Conflict Scale
• 64 item Interpersonal Adjectives Scale (Wiggins et al, 1988)
• 100 item Big Five Aspects Scale (DeYoung et al., 2007)
• 4 item “Satisfaction” subscale of Revised Dyadic Adjustment Scale (Busby et al, 1995)
• 5 item Satisfaction with Scale (Diener et al., 1985)

RESULTS
IGCS Scale Correlations with Interpersonal Circumplex Factors

<table>
<thead>
<tr>
<th>IPC Factor</th>
<th>Goal Sacrifice</th>
<th>Inherent Goal Conflict</th>
<th>Resource Conflict</th>
<th>IGCS General</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affiliation</td>
<td>-.24***</td>
<td>-.21**</td>
<td>-.02</td>
<td>-.21**</td>
</tr>
<tr>
<td>Dominance</td>
<td>-.11**</td>
<td>-.06</td>
<td>-.05</td>
<td>-.09</td>
</tr>
</tbody>
</table>

Note. N=255. **p < .01, ***p < .001.

IGCS Scale Correlations with Big Five Personality Traits

<table>
<thead>
<tr>
<th>Big Five Trait</th>
<th>Goal Sacrifice</th>
<th>Inherent Goal Conflict</th>
<th>Resource Conflict</th>
<th>IGCS General</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neuroticism</td>
<td>.31***</td>
<td>.29***</td>
<td>.27***</td>
<td>.37***</td>
</tr>
<tr>
<td>Agreeableness</td>
<td>-.39***</td>
<td>-.35***</td>
<td>-.06</td>
<td>-.35***</td>
</tr>
<tr>
<td>Conscientiousness</td>
<td>-.20**</td>
<td>-.28***</td>
<td>-.17**</td>
<td>-.28***</td>
</tr>
<tr>
<td>Extraversion</td>
<td>-.24**</td>
<td>-.19**</td>
<td>-.08</td>
<td>-.22***</td>
</tr>
<tr>
<td>Openness</td>
<td>-.32***</td>
<td>-.28***</td>
<td>-.04</td>
<td>-.28***</td>
</tr>
</tbody>
</table>

Note. N=255. **p < .01, ***p < .001.

RESULTS (cont.)
Hierarchical Regression of Relationship Satisfaction on IGCS and Big Five

<table>
<thead>
<tr>
<th>Variable</th>
<th>Step One Coefficient</th>
<th>Step Two Coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agreeableness</td>
<td>.19***</td>
<td>.10</td>
</tr>
<tr>
<td>Extraversion</td>
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<td>-.08</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>-.20**</td>
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</tr>
<tr>
<td>Openness</td>
<td>.13**</td>
<td>.08</td>
</tr>
<tr>
<td>Conscientiousness</td>
<td>.14*</td>
<td>.10</td>
</tr>
<tr>
<td>IGCS General Score</td>
<td>-.43***</td>
<td>-.43***</td>
</tr>
</tbody>
</table>

DV= Relationship Satisfaction $R^2=.18$  $\Delta R^2=.14$  **

Hierarchical Regression of Life Satisfaction on IGCS and Big Five

<table>
<thead>
<tr>
<th>Variable</th>
<th>Step One Coefficient</th>
<th>Step Two Coefficient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agreeableness</td>
<td>.08</td>
<td>.05</td>
</tr>
<tr>
<td>Extraversion</td>
<td>.24***</td>
<td>.24***</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>-.24***</td>
<td>-.20**</td>
</tr>
<tr>
<td>Openness</td>
<td>-.19**</td>
<td>-.21***</td>
</tr>
<tr>
<td>Conscientiousness</td>
<td>.23**</td>
<td>.23**</td>
</tr>
<tr>
<td>IGCS General Score</td>
<td>-.14*</td>
<td>-.14*</td>
</tr>
</tbody>
</table>

DV= Life Satisfaction $R^2=.29$  $\Delta R^2=.02$  *

CONCLUSION
• The IGCS is associated with a detached interpersonal style and high neuroticism
• Interpersonal goal conflict associated with lower levels of relationship and life satisfaction
• Resource conflict less strongly related to traits and relationship satisfaction
• Scores on the IGCS predict relationship and life satisfaction beyond the Big Five

REFERENCES

CONTACT
For more information please email Jacob Gray at jgray009@ucr.edu

METHOD & PARTICIPANTS
Nondistressed romantic couples: Construct hierarchy and multidimensional scales.

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