

A Scale for Assessing Interpersonal Goal Conflict

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INTRODUCTION

- Goal conflict has a negative association with psychological well-being (Gray, Ozer, & Rosenthal, 2017)
- Romantic relationships can have a substantial self-regulatory component (Fitzsimons et al., 2015)
- The Interpersonal Goal Conflict Scale (IGCS) assesses the extent to which the goals of one partner hinder goal pursuit for the other partner

METHOD & PARTICIPANTS (Study One)

- 237 participants were recruited from Amazon's Mturk
- All participants were in a romantic relationship
- 18 original items were written to assess the extent to which goals conflict among romantic partners
- Principal axis factoring with oblique rotation was used to identify structure of the IGCS

RESULTS (Study One)

- A three factor solution to the IGCS was chosen
- Factors consisted of inherent conflict, resource conflict, and goal sacrifice
- Inherent and resource conflict have precedent in the goal conflict literature (Riediger & Freund, 2004)

METHOD & PARTICIPANTS (Study Two)

- 259 participants were recruited from Amazon's Mturk
- All participants were in a romantic relationship
- Items were rewritten for clarity and to allow sufficient items for all three IGCS factors
- A bifactor model was used to confirm the three factor solution from Study One as well as test for a potential general factor to the IGCS
- An alternative, previously used measure of interpersonal goal conflict (Gere & Schimmack, 2013) was included in the assessment battery.

RESULTS (Study Two)

Hierarchical Regression of Relationship and Life Satisfaction on IGCS and Personality Traits: Standardized Coefficients

	Relationship Satisfaction		Life Satisfaction	
	Step One	Step Two	Step One	Step Two
Agreeableness	.19**	.10	.08	.05
Extraversion	-.09	-.08	.24***	.24***
Neuroticism	-.20**	-.09	-.24***	-.20**
Openness	.13 [†]	.08	-.19**	-.21***
Conscientiousness	.14*	.10	.23***	.22***
IGCS	-	-.43***	-	-.14*
	R ² = .18***	ΔR ² = .14***	R ² = .29***	ΔR ² = .02*

Note. $N = 255$. [†] $p < .10$. * $p < .05$. ** $p < .01$. *** $p < .001$.

- The resulting bifactor model fit the data well, $\chi^2(65) = 83.65$, $p = .060$; $RMSEA = .041$ [.030, .058]
- This replicates the three factor structure from Study One, as well as indicating a general factor to the IGCS
- IGCS showed incremental validity in predicting relationship and life satisfaction, independent of the Big Five
- The general factor of the IGCS also correlated strongly with the previously used measure of interpersonal goal conflict ($r = .47$, $p < .0001$)

METHOD & PARTICIPANTS (Study Three)

- Undergraduates were recruited as part of a class requirement at UC-Riverside
- Their partners were then compensated \$15 for also participating in the study
- A total of 125 heterosexual couples were recruited
- The same 15 item IGCS was completed by both partners

CONTACT

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RESULTS (Study Three)

- The IGCS ratings were substantially correlated with couples ($r = .43$, $p < .001$)
- Ratings of interpersonal goal conflict were related to both one's own traits and the traits of one's partner
- Relationship satisfaction was related to self IGCS scores, but not partner IGCS scores

Predicting Male and Female Relationship Satisfaction from Self and Partner IGCS scores

	Male R.S.	Female R.S.
Male IGCS	-.30***	-.07
Female IGCS	-.16	-.49***

Note. Coefficients are standardized. $N = 125$. R.S. = Relationship Satisfaction

CONCLUSION

- The IGCS may provide advantages for assessing goal conflict between partners
- IGCS is short, easy to administer, and converges with other assessments of interpersonal goal conflict
- Interpersonal goal conflict is significantly correlated between two members of a romantic couples
- IGCS predicts relationship satisfaction independent of the Big Five

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