

# Self-Monitoring and Relationship Commitment: Mediating Effects of Satisfaction, Investment, and Quality of Alternatives

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## Introduction

### Self-Monitoring

Low	High
Self-congruence	Social appropriateness
Attention to self	Attention to others

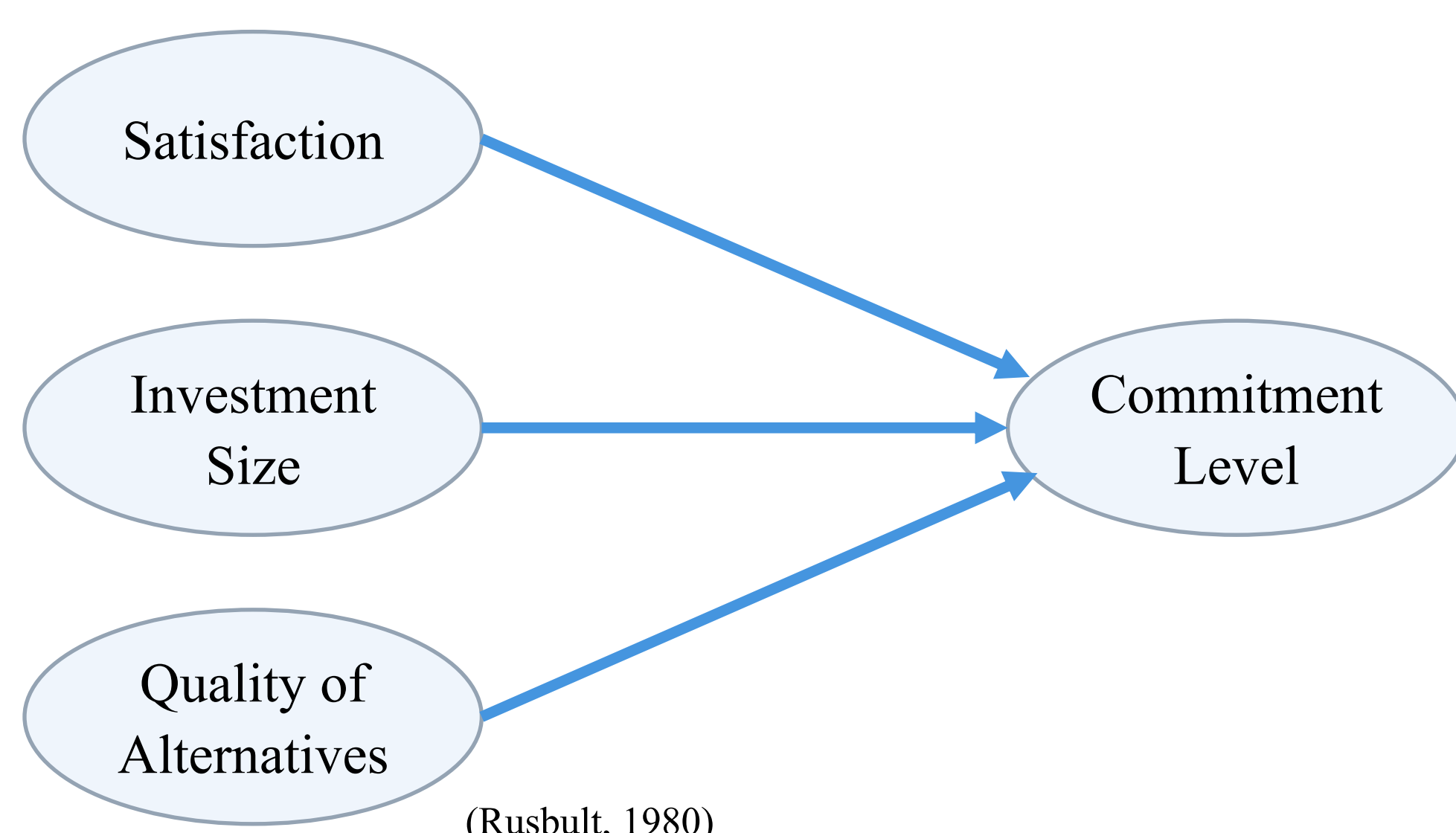
(Snyder, 1974)

### Self-Monitoring in Marriage

Low	High
Few divorces	Many divorces
Choose marriage	Choose cohabitation

(Leone & Hall, 2003; Leone & Hawkins, 2019)

### Investment Model



Self-Monitoring is related to commitment  
(Leone & Hall, 2003; Simpson, 1987)

### Hypotheses

- Low SM higher satisfaction = more committed
- Low SM higher investment = more committed
- Low SM less quality of alternatives = more committed

## Method

### Participants

$N = 50$  couples (50 husbands and 50 wives) from the Jacksonville Metropolitan area

### Procedure

#### Self-Monitoring

18 item Self-Monitoring Scale ( $\alpha = .78-.80$ )

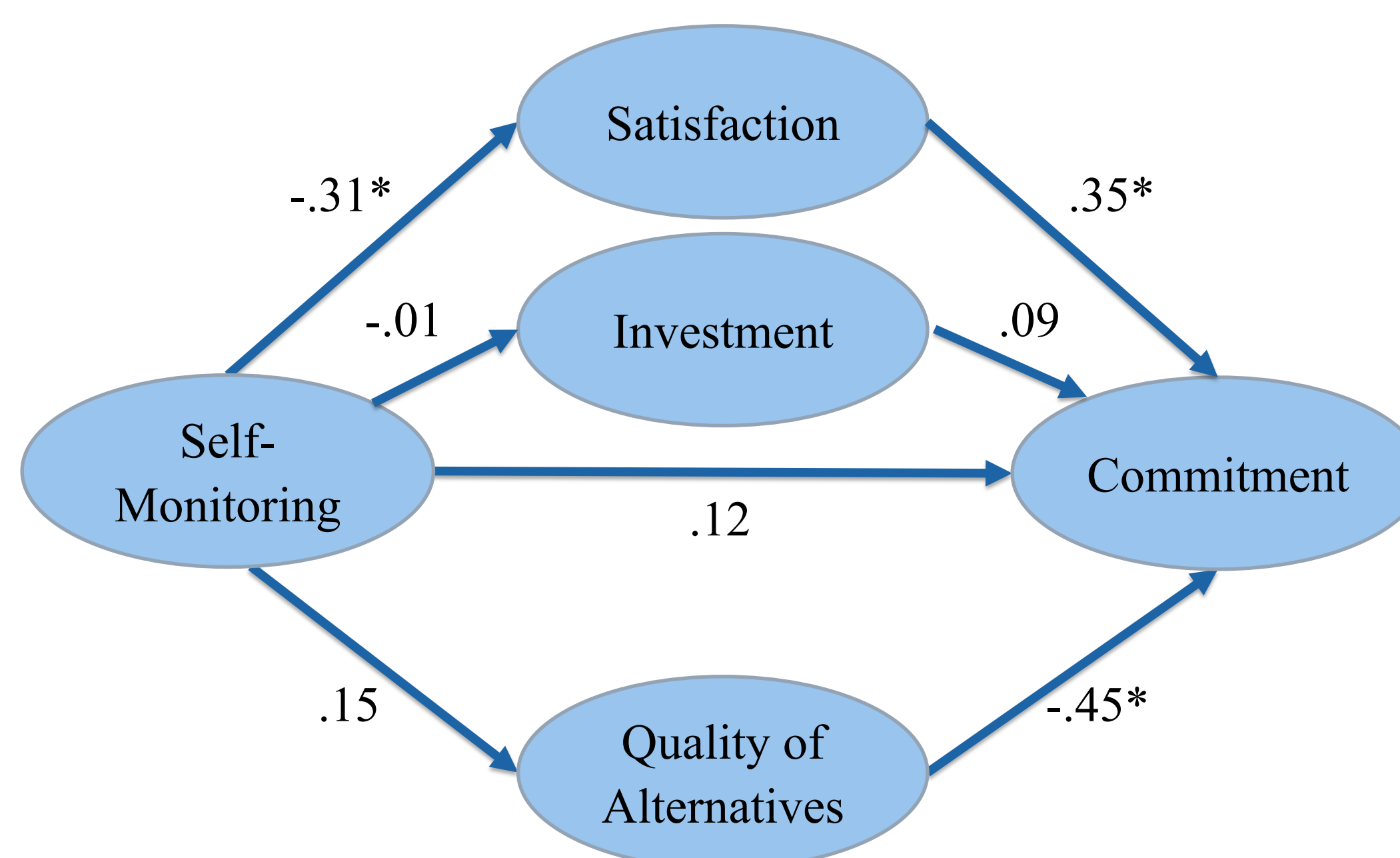
(Snyder & Gangestad, 1986)

“I find it hard to imitate the behavior of other people.” *T F*

“I would probably make a good actor.” *T F*

## Results

### Wives



Self-Monitoring	B	SE	LLCI	ULCI
Direct Effect	0.12	0.07	-0.03	0.27
Indirect Effect via Satisfaction	-0.11*	0.06	-0.27	-0.01
Indirect Effect via Investment	-0.01	0.01	-0.04	0.02
Indirect Effect via QoA	-0.07	0.06	-0.26	0.01

### Investment Model

#### Investment Model Scale

(Rusbult et al., 1998)

Satisfaction Subscale ( $\alpha = .82-.85$ )

“My relationship is close to ideal”

Investment Subscale

“I have put a great deal into our relationship that I would lose if the relationship were to end”

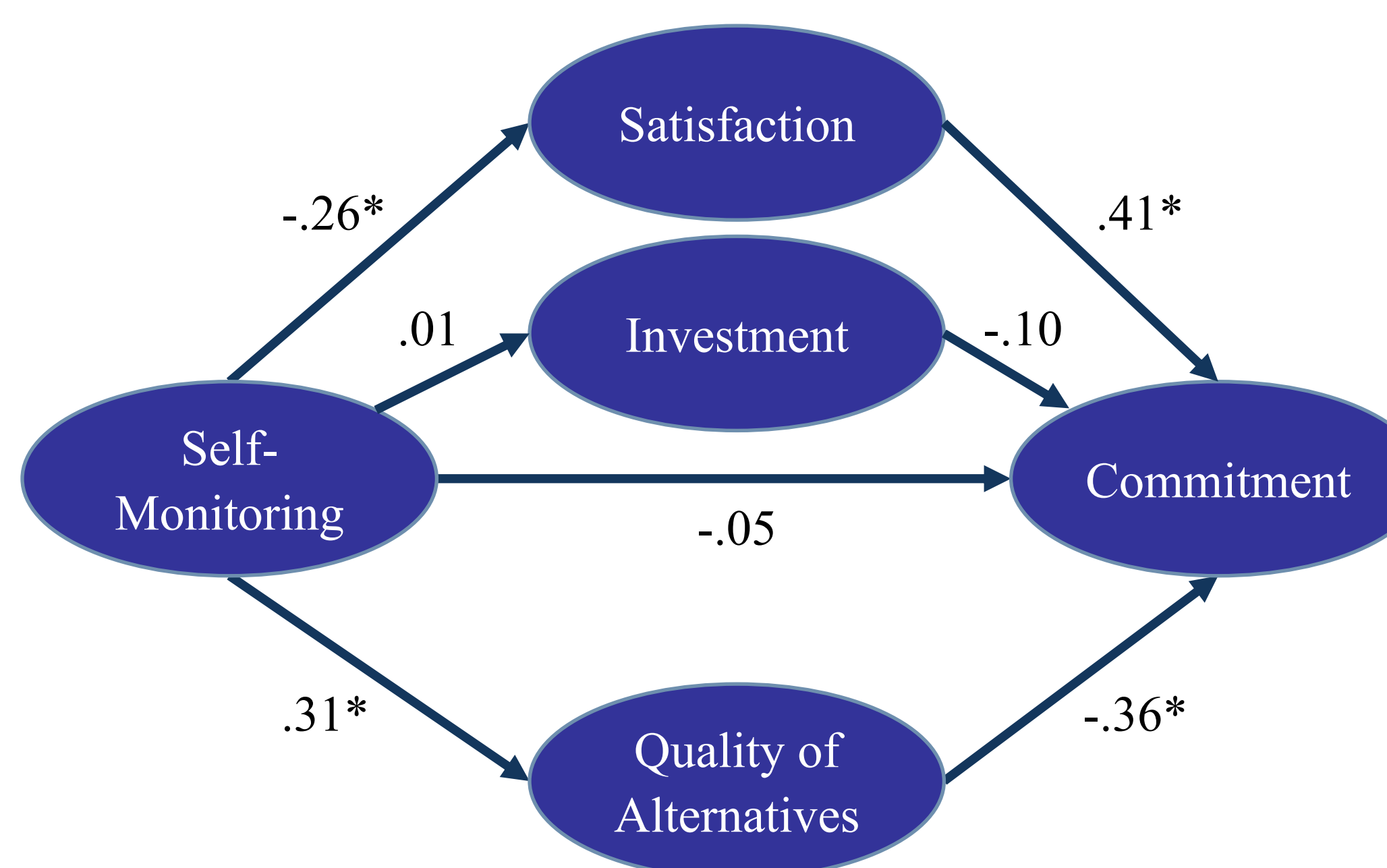
Quality of Alternatives Subscale ( $\alpha = .84-.87$ )

“My needs for intimacy could be fulfilled in alternative relationships”

Commitment Subscale ( $\alpha = .73-.84$ )

“I want our relationship to last for a very long time”

### Husbands



Self-Monitoring	B	SE	LLCI	ULCI
Direct Effect	-0.05	0.11	-0.28	0.18
Indirect Effect via Satisfaction	-0.11*	0.07	-0.32	-0.02
Indirect Effect via Investment	-0.01	0.01	-0.04	0.02
Indirect Effect via QoA	-.11*	0.11	-0.46	-0.01

## Conclusion

### Discussion

Wives		Husbands	
Direct Effect	No	Direct Effect	No
Indirect Effect via Satisfaction	Yes	Indirect Effect via Satisfaction	Yes
Indirect Effect via Investment	No	Indirect Effect via Investment	No
Indirect Effect via QoA	No	Indirect Effect via QoA	Yes

### Implications

- Extend understanding of self-monitoring differences in commitment
- Examines SM effects of commitment moderated by gender

### Limitations

- Self-report survey
- Correlational
- No dyadic analysis

### Future Directions

- Replication in LGBT relationships
- Assessing protective versus acquisitive self-monitoring
- Examining at a dyadic level

