Podium

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## The Personality Challenges Associated with Handling Romantic Conflict

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According to the Cleveland Clinic (2022), approximately 9% of adults in the U.S. have some type of personality disorder and globally personality disorders affect 6% of the population. Personality disorders have been found to negatively impact romantic relationships, specifically increasing conflict between romantic partners (Chen et al., 2005). Further research has distinguished borderline symptoms to contribute to relational stress, conflict, and abuse (Daley et al., 2000). Although previous research has linked diagnosed personality disorders with relationship problems, little research has examined non-clinical personality difficulties. The purpose of our study was to investigate the association between personality difficulties and how people deal with relationship conflict. We expected that individuals with elevated personality difficulties would struggle with relationship conflict. Participants were 61 college students who completed an online survey as part of a larger study. The questionnaire included the inventory of personality difficulties (Kelly, 2023), which measures 10 sub-clinical personality disorders (e.g., rebelliousness, social inhibition, and emotionality). It also included the measure of relationship conflict (Zacchilli, 2007), whereby higher scores indicate more compromise during conflict. The data were analyzed with a correlational analysis to assess the relationship between romantic conflict and the 10 personality difficulties. Results yielded a negative correlation between partner compromise and grandiosity. Therefore, pretentious people tend to be less willing to compromise during conflict with their partner. Overall, our hypothesis was partially supported. We expected significant correlations with all personality difficulties, but only grandiosity was significant.