

Emerging Adults Experiences with Frustration in Dating

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BACKGROUND

- Dating is used when people want to find and form romantic relationships, as **gratifying romantic relationships contribute to increased contentment in life** (Londero-Santos et al., 2021).
- Romantic relationships play a **significant role in individuals' well-being** (Gómez-López et al., 2019).
- Many people are **expressing difficulty understanding how to get where they want in a relationship** and feeling **frustration** and **burnout** in both the online and in-person dating process, described with terms such as "Tinder fatigue" (Beck, 2016) and "dating burnout" (Blair, 2017).

INTRODUCTION

- We want to explore how to better **support this population** through **developing a scale** to measure frustration in dating.
- The overarching goal of this research is to **enhance our understanding of dating experiences** by examining demographic differences and **developing a psychometric tool** to measure dating frustration.

PURPOSE OF THE STUDY

- (1) **Develop a reliable and valid scale to measure frustration in dating experiences.**
- (2) **Test the differences in dating behaviors between sexual majority and sexual minority groups.**
- (3) **Test differences in types of dating based on gender.**

Creating a Scale to Measure Frustration in Dating

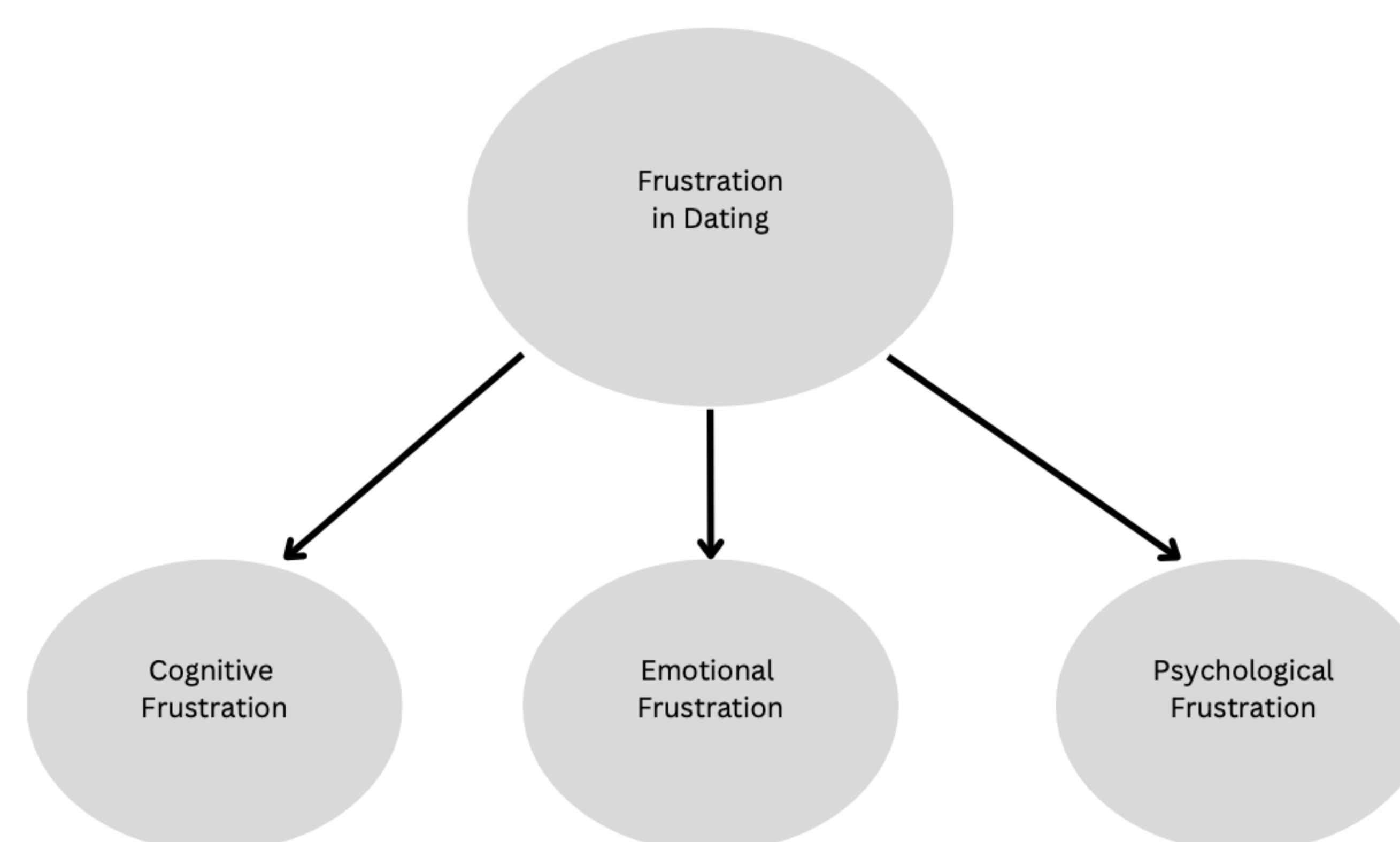


Figure 1 Conceptual model for study.

REFERENCES:



SAMPLE AND PROCEDURE

- Participants will qualify for the study if they are adults (age 18 years and older).
- Participants will be asked about their status as dating using the follow definition: **dating is defined as a stage of romantic relationships in which two individuals engage in activities together, to determine if they will make a suitable partner in a future intimate relationship.**
- After obtaining Institutional Review Board (IRB) approval, participants were recruited through a combination of digital and physical advertisements.
- Completed the survey at two time points to tests for test-retest reliability.

METHOD

- UCLA Loneliness Scale (**R-UCLA**), the Rejection Sensitivity Questionnaire Adult version (**A-RSQ**), and the Basic Psychological Need Satisfaction and Frustration Scale (**BPNSNF**).
- To test the model, correlation analysis for each dimension will be completed. Pearson's correlation will be used.
- We will use **exploratory and confirmatory factor analysis** (EFA and CFA) using the Full Information Maximum Likelihood (FIML).

IMPLICATIONS

- The current literature highlights the importance of supporting individuals in the relationship-forming stage (Braithwaite & Holt-Lunstad, 2017).
- Therefore, finding out how to better understand and support this population is important.