Looking on the Bright Side

Comparing Long-Distance Relationships and Geographically Close Relationships

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Introduction

- 30-40 percent of college students experience an LDR
- Sexual satisfaction is an important predictor of personal well-being
- LDR sexual satisfaction is understudied
- Research on LDR vs GCR can be inconsistent and contradictory

GCR vs LDR

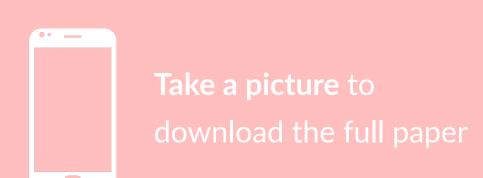
- LDR have higher stress
- LDR have higher health scores
- Relationship satisfaction comparable
- LDR report more stability
- 1/3 LDR end when they become GCR

Theory and Therapy

- Merolla's (2012) 9-factor model
- Attachment theory
- Common goals and plans.
- Skype therapy can be beneficial

Further research is needed on the sexual satisfaction of partners in long-distance relationships.







Created by Timo Schmid from Noun Project

Proposed Research

- Subcategories of LDRs
 (eg. met/committed before
 vs never met prior to LDR)
- 18-35 year olds, 200+km distance
- Together for 6+ months
- Plan participation around a visit

Proposed Methods

- Experience Sampling Methodology
- Measure sexual satisfaction and frequency before, during and after a visit while in LDR
- See how sexual frequency/satisfaction changes over the course of the separation-reunion cycle, if at all
- Compare these scores to sexual frequency/satisfaction of GCRs from other studies

Conclusion

Understanding more about sexuality in LDRs could help couples cope with and prepare for the unique challenges presented by this type of relationship (Dargie et al., 2015)