

Exploring the relationship between individuals' levels of extroversion and the number of intimate partners they have had during the past three years of their life

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Abstract

Acknowledging the personality differences among individuals is necessary to provide for the development of their social interaction. Personality refers to the thought patterns and behaviours that distinguish one individual from another. Thereby, it is evident that individual personality characteristics influence their method of interaction with their environment and their involvement in relationships. Existing literature does not provide satisfactory evidence for the association between personality traits and relationships in the Sri Lankan context. Therefore, the present study assessed whether there is a relationship between the individual's extroversion level and the number of intimate partners they have had during the past three years. Sample consisted of 51 participants which included 19 males (n=19) and 32 females (n=32). The convenience sampling method was used to select participants, and data was collected through an online survey. In this respect, two questionnaires were administered: a general information questionnaire and an extroversion questionnaire (Eysenck's personality inventory). Results suggested a weak positive but significant correlation ($r = 0.302$, $p < 0.05$) between the level of extroversion and the number of past intimate partners. Limitations such as selection bias, sample size, and response bias are identified in the study. However, even though studies suggest that individuals with higher extroversion levels tend to have more intimate partners on an ethical and cultural basis, it is better to have self-control over their emotions and focus on maintaining relationships than changing partners.

Keywords: *Personality, Levels of extroversion, Intimate partners*