

# 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.



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## 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)