

## Extraversion Personality and Marital Satisfaction on Infidelity Tendency

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### ABSTRACT

Marital dissatisfaction due to poor communication and conflict, as well as extraversion personality, are the main factors for infidelity tendencies. This study aims to explore the relationship between extraversion personality and marital satisfaction on infidelity tendencies in early adult individuals. A quantitative approach was used with multiple linear regression analysis method. The research sample amounted to 270 early adult individuals aged 18-40 years old who were married and working, who were selected using non-probability sampling techniques. Data were collected through questionnaires measuring extraversion personality, marital satisfaction, and infidelity tendencies. The results of the analysis showed that extraversion personality had a significant positive influence on infidelity tendency (regression coefficient of 0.627,  $p = 0.000$ ). In contrast, marital satisfaction did not show a significant influence on the tendency (regression coefficient -0.163,  $p = 0.328$ ). Overall, the regression model was able to explain 18.3% of the variation in infidelity tendency, while 81.7% was influenced by other factors outside of this study.

**Keywords:** *Extraversion Personality, Marital Satisfaction, Infidelity Tendency, Early Adulthood. Infidelity, Early Adult.*

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## INTRODUCTION

Early adulthood is the first step of an individual making adjustments to new patterns of life and new social expectations. This period starts from the age of 18 years to the age of 40 years. individuals in early adulthood play new roles such as the role of husband and wife, parents and breadwinners (Hurlock, 2003). One of the typical developmental tasks in this challenging early adulthood is to form an important commitment or attraction relationship with the opposite sex through marriage (Papalia, Olds and Feldman, 2009). Johnson (in Rizky, 2021) said that in the first twenty years of marriage there will be many things that both partners need to adapt to. The changes that occur can strengthen and complement each other or even vice versa. Unhappy marriages are usually caused by conflicts that occur in marriage. Conflicts that occur can come from within or outside the marriage. Infidelity is one of the most common conflicts in marriage.

In Indonesia, the rate of infidelity is increasing from year to year, as stated in a

survey conducted by JustDating (2022) which shows that Indonesia is ranked second in Asia as the country with the highest infidelity cases, which is 40%. Infidelity cases occur mostly in the age range of 30 - 39 years (32%), followed by 19 - 29 years (28%), and 40 - 49 years (24%). This data shows that infidelity is mostly committed in the early adult age range of 19 - 39 years. Director General of the Religious Justice Agency (Badilag) of the Supreme Court Abdul Manaf in research conducted by Sinta (2018) also said that the family divorce rate in Indonesia shows an increase and occurs more in couples under 35 years of age who are classified as early adulthood.

Several studies and surveys show that cases of infidelity are increasing from year to year. The results of research by Whisman and Snyder (2007) revealed that approximately 20-40% of men and 20-25% of married women are involved in infidelity (Madathil & Sandhu, 2008). The phenomenon of infidelity is increasingly widespread because the number of men and women involved in infidelity is increasing compared to previous years. The fact that supports this statement is the revelation of infidelity committed by public figures, ranging from state officials, businessmen and artists. According to Pittman (1989), infidelity is an act that violates trust, destroys commitment in relationships, and violates agreements that have been made together (Syamsuri & Yitnamurti, 2017). The tendency to engage in infidelity (infidelity proneness) is a pattern of behavior that is difficult to measure objectively because it involves complex dimensions, including psychological, social, and relational aspects.

Brand et al (2007) suggest that the emotional dissatisfaction experienced by women makes individuals commit infidelity to find better and more caring partners so that from an emotional point of view they can be satisfied. Jeanfreau et al (2014) also revealed that the main factor that causes an individual to commit infidelity is dissatisfaction in marriage stemming from a lack of quality time, inability to resolve conflicts and lack of attention in the marriage relationship. Olson and Fowers (Jannah & Wulandari, 2022) explain that marital satisfaction is a personal feeling felt by a husband or wife regarding various aspects of marriage, such as a sense of happiness, satisfaction, and pleasant experiences with a partner. These feelings arise when they individually assess their overall married life.

Marital satisfaction is an important factor in a couple's relationship that can have a positive impact on personality development and mental health. When couples feel happy and satisfied with their relationship, this indicates that they are achieving satisfaction in marriage. Conversely, if there are problems in the relationship or unmet expectations, the couple will find it difficult to achieve this satisfaction (Samani et al. in Wijaya et al., 2020). The importance of marital satisfaction in couples is emphasized by research by Levenson, Cartensen, and Gottman (in Chandra & Nurmina, 2019), which shows that marital satisfaction affects physical and psychological health, where marital satisfaction is influenced by positive emotions such as affection, humor, interest, and pleasure, while dissatisfied couples often experience negative emotions such as anger, resentment, complaints, sadness, tension, self-defense, domination, fights, arguments, and ignoring. Good marital satisfaction also provides a positive outlook for women facing menopause.

Marital dissatisfaction in middle adulthood is often caused by age limitations, decreased income due to retirement, declining health, and general dissatisfaction with life and marriage (Afiatin, 2018).

Orzeck and Lung's (2005) research supports this by finding that unfaithful people have higher extraversion and openness to experience scores than faithful ones. According to Piedmont (Muhopilah et al., 2021), extraversion is a behavior characterized by being sociable, talkative, friendly, and often interacting with others. McCare and Costa (Muhopilah et al., 2021) explain that there are six aspects that make up extraversion personality. Based on these facts, this study was conducted to see the relationship between personality extraversion and marital satisfaction towards infidelity tendencies in early adulthood. In addition, this study will contribute to science, especially the field of clinical psychology regarding the relationship between personality extraversion and marital satisfaction towards infidelity tendencies in early adulthood and be able to provide new knowledge related to the factors that cause infidelity in early adulthood. The tendency of infidelity is an act that violates trust, destroys commitment in relationships, and violates agreements that have been made together, while extraversion personality is a relatively persistent pattern, trait, disposition or character in individuals that provides several consistent measures of behavior, and marital satisfaction is a personal feeling felt by a husband or wife regarding various aspects of marriage, such as a sense of happiness, satisfaction, and pleasant experiences with a partner.

## **METHOD**

The entire series of research was conducted based on quantitative research methods with multiple linear regression analysis methods. Based on the scope and depth of the research to examine the results of "The Relationship of Extraversion Personality and Marital Satisfaction to Infidelity Tendency". The population in this study were early adult men or women who were 18-40 years old in Palangkaraya City, married, and working or had worked. The sample used in this study amounted to 270 subjects in accordance with the reference to determining the Isaac and Michael population table with an error rate of 10% (Sugiyono, 2018). The scale in this study consists of the Infidelity Tendency scale, The criteria for research subjects are:

1. Male and Female
2. Age group 18 - 40 years
3. Married and have a partner
4. Have worked and are still actively working

Extraversion Personality Scale and Marriage Satisfaction Scale. The three scales were compiled by the researcher using a Likert scaling model that uses four alternative answer choices. The measuring instrument used is a questionnaire that is linguistically modified from the Infidelity Scale (IS) compiled by Drigoritas in 1999. This instrument is a questionnaire with 36 items consisting of 12 items measuring emotional infidelity and 12 items measuring physical infidelity. The IS also measures composite infidelity consisting of 12 items. In this study, the reliability test used was the Cronbach's Alpha test. Data analysis

in this study was conducted using multiple linear regression analysis, which aims to prove the research hypothesis. The multiple linear regression analysis technique was chosen because this thesis research involves two independent variables and one dependent variable, where all three have interval data. This analysis aims to test the correlation between each independent variable and the dependent variable.

## FINDING AND DISCUSSION

### RESEARCH RESULT

**Table 1: Coefficient of Determination of extraversion personality (X1), marital satisfaction (X2), on infidelity tendency (Y)**

Model Summary <sup>b</sup>				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,428 <sup>a</sup>	,183	,177	16,795

**Table 1: Multiple Linear Regression**

Coefficients <sup>a</sup>						
Model		Unstandardize d B	Coefficient s Std. Error	Standardize d Coefficients Beta	t	Sig
1	(Constant)	63.138	19,1830		3,18 4	,00 2
	Marital_satisfactio n	-,163	,166	-,054	-,979	,32 8
	Ekstraversi	,627	,081	,426	7,70 0	,00 0

The results of the coefficient of determination analysis on the regression model involving the variables of personality extraversion (X1) and marital satisfaction (X2) on the tendency of infidelity (Y) show an R Square value of 0.183. This means that as much as 18.3% of the variation in infidelity tendency (Y) can be explained by the combination of extraversion personality and marital satisfaction variables. The remaining 81.7% is influenced by other factors outside this research model. These results indicate that personality extraversion and marital satisfaction have a sufficient contribution to infidelity tendencies, although most of the variability in infidelity tendencies is still influenced by other factors not included in this study.

Then, in the results of multiple linear regression analysis, it is known that the coefficient of the marital satisfaction variable ( $\beta = -0.163$ ) indicates that every one unit increase in marital satisfaction will reduce the value of infidelity by 0.163, assuming the extraversion variable remains constant. However, the significance value (Sig = 0.328)

indicates that the effect of this variable is not significant on infidelity because Sig is greater than 0.05. Then, the coefficient of the extraversion variable ( $\beta = 0.627$ ) shows that every one unit increase in extraversion will increase the value of infidelity by 0.627, assuming the marriage satisfaction variable remains constant. The significance value (Sig = 0.000) indicates that the effect of this variable is significant on infidelity because Sig is smaller than 0.05.

Based on the results of regression analysis, it can be concluded that extraversion has a significant influence on infidelity with a positive direction, which means that the higher the level of extraversion, the higher the tendency of infidelity. Meanwhile, marital satisfaction does not have a significant influence on infidelity. This model shows the importance of personality factors in predicting infidelity tendencies compared to marital satisfaction. This result is also in line with previous findings, namely in Barelds' research (Sari et al., 2012) regarding the relationship between the five-factor personality and marital satisfaction found that extraversion has a positive relationship with marital quality. This study illustrates that extraversion personality is one of the important factors that contribute to marital satisfaction (Sari et al., 2012).

## **DISCUSSION**

The results of the analysis show that the majority of respondents have a low extraversion personality. Out of a total of 270 respondents, 147 respondents (54.4%) were in the low category, signaling their tendency to interact less socially and prefer to spend time alone or in small groups. They tend not to seek attention in public and may feel uncomfortable in crowded social situations. Meanwhile, 123 respondents (45.6%) were in the medium category, indicating that they have a balance between extraversion and introversion. They can interact with others and enjoy social activities, but also value alone time and personal reflection. No respondents were identified in the high or very high categories, indicating that none of the individuals in this group exhibited very strong extraversion characteristics, such as liking public speaking, high energy in social interactions, and a desire to get along with many people.

Infidelity has a significant impact contributing to increased divorce rates, violent acts such as homicide, as well as various mental health problems and adjustment difficulties. The consequences of this behavior are not only felt by the partners involved but also by the children in the family. These disorders can affect children's personal and social development, both now and in the future, resulting in long-term impacts on their overall well-being (Mustiyah & Savira, 2022).

On the other hand, marital satisfaction, which is defined as a couple's subjective feelings of happiness and satisfaction in marriage (Jannatuna'im & Fikrie, 2022), did not show a significant relationship with infidelity tendencies in this study. This may be due to various factors, including poor communication and unresolved emotional dissatisfaction in the relationship. This finding is consistent with previous research conducted on white respondents, where no relationship was found between sexual infidelity and marital happiness, sexual relationship quality, or physical sexual satisfaction. In addition,

psychologist Glass (1991-2000), through her observations during her professional practice, found that more than half of men and one-third of women who had affairs were happy in their marriages. This finding indicates that infidelity is not always driven by marital dissatisfaction, but can occur due to other factors such as opportunity, emotional drive, or the search for new experiences (Amalia, 2017).

This finding appears to be different from previous studies such as Amalia's (2017) study which showed a high correlation between satisfaction in the marital relationship and infidelity behavior. However, this difference can be explained by considering the context or other factors that may have influenced the results of the study, such as cultural differences, respondents' level of openness, or other moderator variables. For example, in previous studies, individuals with low marital satisfaction tend to engage in infidelity more easily because they seek emotional or physical compensation outside their relationship. Meanwhile, in this study, the significant disconnect may indicate that other factors, such as personal values, social norms, or situational factors, play a greater role in influencing infidelity tendencies.

Jeanfreau et al. (2014) stated that dissatisfaction in marriage is often caused by a lack of quality time, inability to resolve conflict, and lack of attention in the relationship. These factors are the main triggers for individuals to commit infidelity. In addition, low levels of closeness or intimacy also play a significant role. When intimacy in the relationship decreases, individuals tend to seek fulfillment from partners outside the relationship.

The theory proposed by Olson and Fowers emphasizes the importance of communication and problem solving in achieving marital satisfaction (Meiyuntariningsih & Aristawati, 2023). When couples cannot communicate well or resolve conflicts, they may feel dissatisfied, but this dissatisfaction does not always lead to infidelity. Ineffective conflict handling can have a negative impact on the quality of the relationship, potentially undermining harmony and creating dissatisfaction between partners. When conflicts are not handled well, negative emotions such as frustration, anger, or disappointment tend to build up, which can worsen communication and widen emotional distance. If allowed to drag on, this condition can create unhealthy patterns of interaction, such as blaming each other or avoiding important conversations, which further weakens the bonds of the relationship (Fauzi, 2024).

Furthermore, the results of this study indicate that although there is a positive relationship between extraversion personality and infidelity tendencies, marital satisfaction does not serve as a significant barrier to such behavior. This indicates that individuals with extraversion personality may seek emotional and social satisfaction outside of their marriage, regardless of the level of satisfaction they feel in their relationship. Thus, it is important to understand that personality and relationship dynamics have a complex role in influencing infidelity behavior, and that other factors, such as social context and individual experiences, may also contribute to this tendency.

The results of previous research indicate a positive relationship between extraversion and marital satisfaction; the higher one's level of extraversion, the higher the perceived marital satisfaction. The contribution of extraversion personality to marital

satisfaction is nine point five percent, while the rest is influenced by other factors. Barelds' research (Sari et al., 2012) on the relationship between the five-factor personality and marital satisfaction found that extraversion has a positive relationship with marital quality. This quality is seen in couples where one individual has a high level of extraversion, while the other has low extraversion. In addition, individuals with high extraversion tend to feel greater marital satisfaction than their partners. Extraversion, openness and emotional stability are the three main predictors that influence marital satisfaction, both from the perspective of individuals and couples. This research illustrates that personality extraversion is one of the important factors that contribute to marital satisfaction (Sari et al., 2012).

Individuals who tend to have affairs are often caused by dissatisfaction in the marriage, such as significant personality differences and lack of intention to introspect. Ineffective communication with a partner can cause distance in the relationship. Dissatisfaction in one's sexual life may drive one to seek satisfaction outside the relationship. A partner's inability or unwillingness to make an effort to resolve existing problems can lead to persistent conflict, making it difficult to resolve these problems (Saputri & Pertiwi, 2024).

These results suggest that personality characteristics, such as extraversion, have an important role in explaining infidelity behavior, which may be related to individuals' need to seek new social experiences or more dynamic relationships. On the other hand, although marital satisfaction has a theoretical influence in suppressing infidelity, this influence is not strong enough to produce a statistically significant relationship.

## **CONCLUSION**

Based on the results of the study, it can be concluded that extraversion personality has a significant positive influence on infidelity tendencies in early adult individuals, while marital satisfaction does not show a significant influence on these tendencies. The analysis shows that the combination of personality extraversion and marital satisfaction can only explain 18.3% of the variation in infidelity tendency, while the other 81.7% of the variation is influenced by other factors not included in this study, such as social environment, past experiences, or other aspects of personality. This finding is in line with the theory that individuals with extraversion personality tend to be more open and active in social relationships, thus increasing the chances of engaging in infidelity. Meanwhile, marital satisfaction is not always a determining factor, because infidelity behavior can be influenced by various other factors such as opportunity, emotional drive, or the search for new experiences. This study concludes that extraversion personality has a dominant role in predicting infidelity tendencies compared to marital satisfaction. In addition, this study opens room for further exploration of other factors that influence infidelity, as well as highlighting the importance of communication and problem solving in marital relationships to prevent infidelity. Future research is recommended to explore other factors, such as the influence of social environment, past experiences, cultural aspects, or situational factors that may have a significant contribution.

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