

# Benefits of Long Distance Relationships in COVID-19

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## Theoretical Context

**Stress Spillover During COVID?** (Bolger et al, 1989)

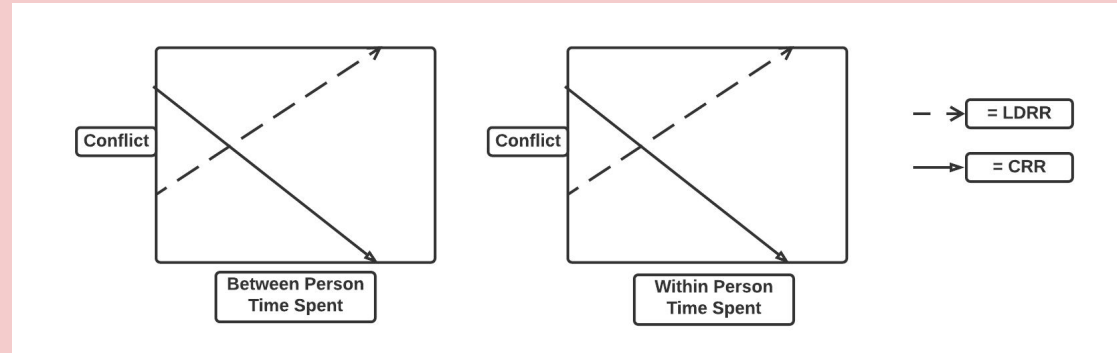
- ❖ External stress is linked with negative relationship outcomes
- ❖ COVID-19 emphasized external stressors, leading to lower levels of relationship satisfaction and commitment, but higher conflict
- ❖ Traumas like COVID-19 emphasize external stressors, leading to negative relationship behaviors

### Long Distance During COVID?

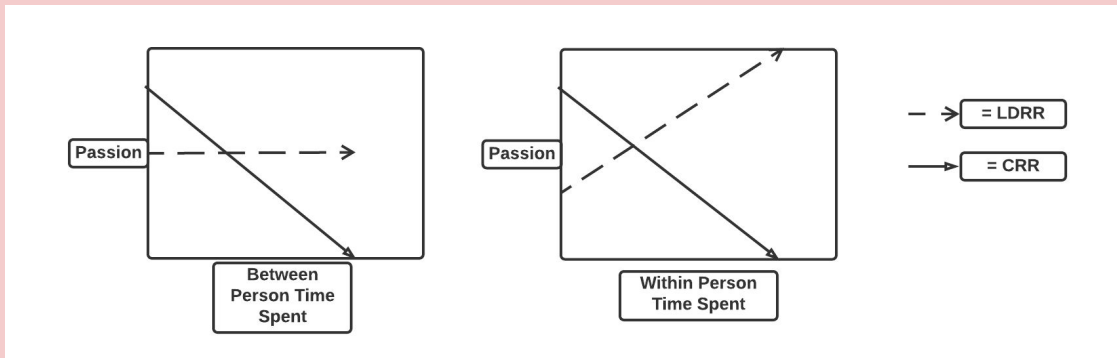
- ❖ Previous work has shown that CRRs and LDRRs are not very different-in fact there are various ways that physical distance can positively impact a relationship
- ❖ **Lower Conflict:** LDRRs are more likely to postpone conflict and use a greater variety of strategies. CRRs are more likely to fight in stressful situations and experience hedonic adaptation
- ❖ **Greater Passion:** LDRRs tend to make the most of their time together and experience heightened sexual anticipation before reunion (Borelli et al, 2015)

## Key Hypotheses

**1** Quarantining together will cause CRR's to experience higher conflict, but quarantined individuals in LDRRs will experience a decrease in conflict:



**2** More time spent together leads to hedonic adaptation in CRRs and therefore lower levels of passion. Within-person, LDRRs will not change, but between-person the opposite will happen for LDRRs:



## Variables

Obtained from Love in the Time of Covid Data Set  
**Filter/Subset**

- Relationship status = >6 months
- Both partners quarantined
- Independent Variables**
- Long Distance Y/N
- Living with partner Y/N
- Dependent Variables**
- Conflict (rated 1-7)
- Passion (rated 1-7)
- Covariates**
- Personal space
- Financial situation
- Prediction of COVID-19 ending

## Implications

- Our research will examine within-person variability between LDRRs and CRRs, highlighting methods of conflict and hedonic adaptation prevention.
- Using the context of COVID-19, we can better understand how LDRRs and CRRs navigate conflict and passion in times of great external stress.