

RAPPORT’S IMPACT ON NEED SATISFACTION FOR LONELY INDIVIDUALS

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INTRODUCTION

Self-Determination Theory, specifies 3 basic psychological needs [1]:

- **Autonomy** – the need to feel like one chooses one’s own path in life.
- **Competence** – the need to feel like one is pursuing and meeting optimal challenges.
- **Relatedness** – the need to be connected with others. Satisfaction of these needs are important for daily functioning and well-being [2].
- Colloquially, rapport is the emotional experience of high-quality interactions. Previous research on **rapport** has defined rapport as being comprised of 3 primary components: **positive affect**, **mutual attention**, and **coordination** between interactants [3].
- Previous research has shown the rapport predicts psychological need satisfaction [4].
- **Loneliness** is a negative psychological state stemming from a divergence of one’s desired and actual social relationships [5].

HYPOTHESIS

For those high in loneliness, rapport will predict satisfaction of each of the three psychological needs individually to a greater degree than those low in loneliness.

METHOD

Participants

- 82 interactions recorded amongst 7 participants

Procedure

- Surveys given 3 times a day for one week

Measures

Baseline:

- 20-item UCLA Loneliness Scale – Version 3 on a 4-pt Likert scale [6] (e.g., “how often do you feel that you lack companionship”).

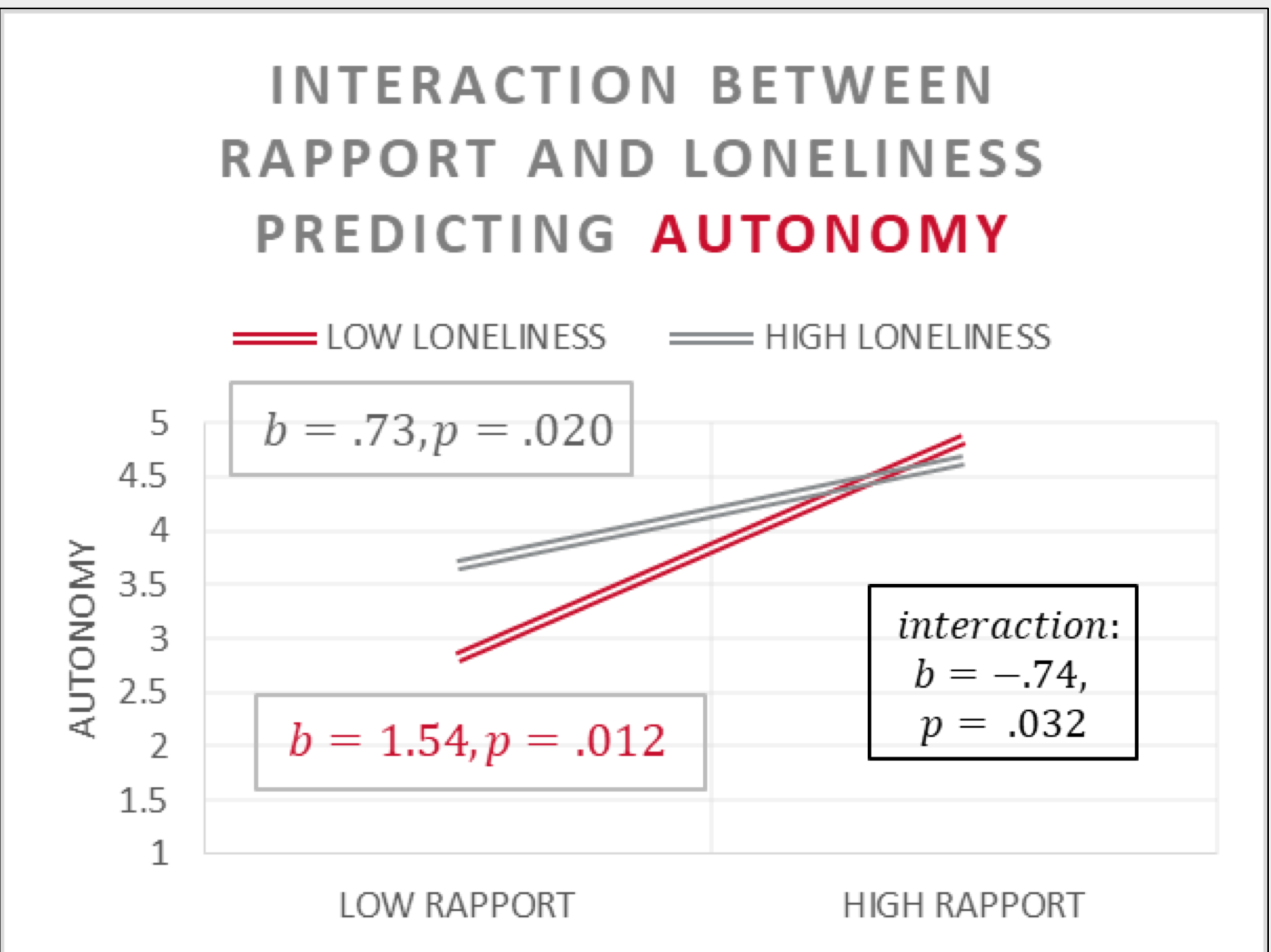
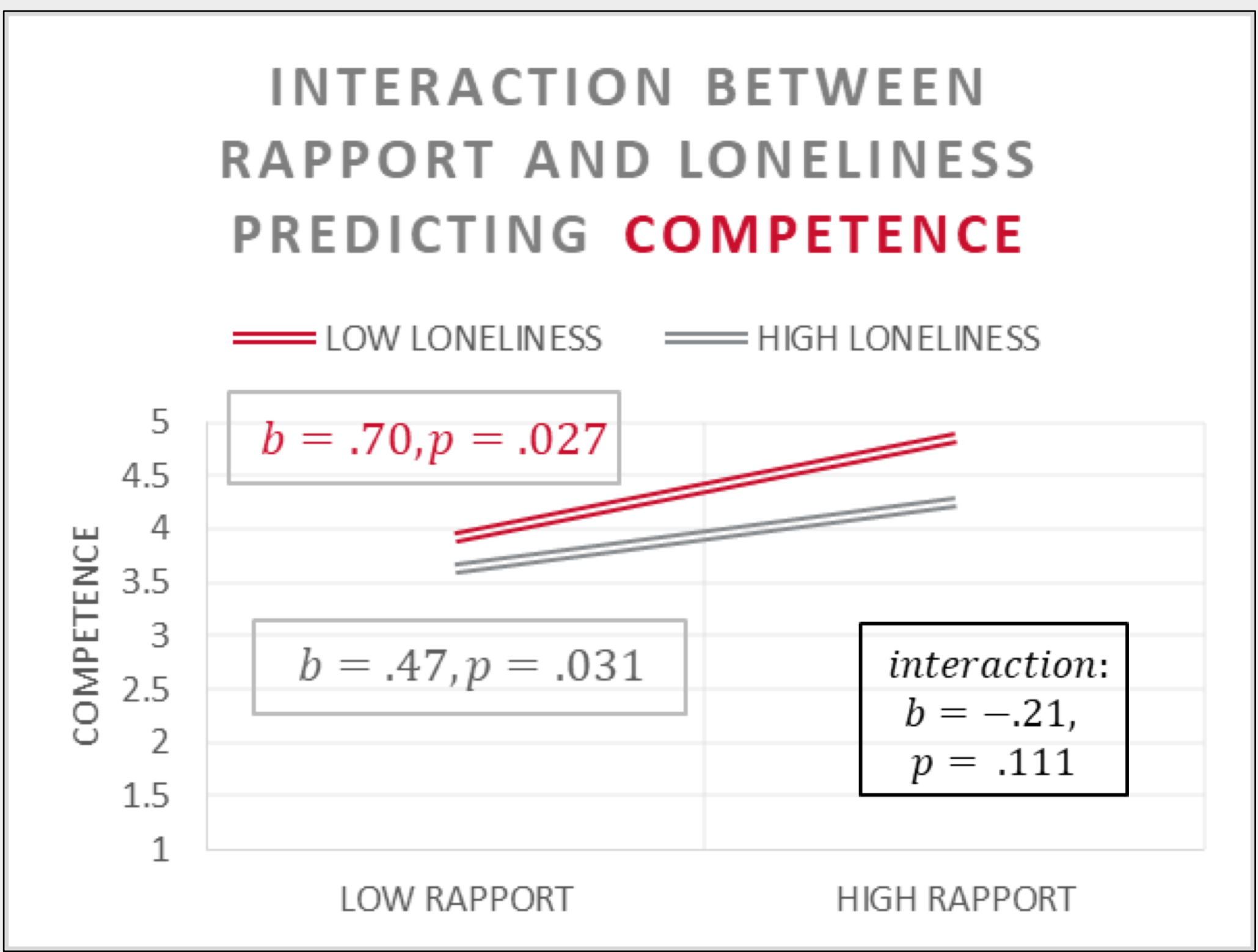
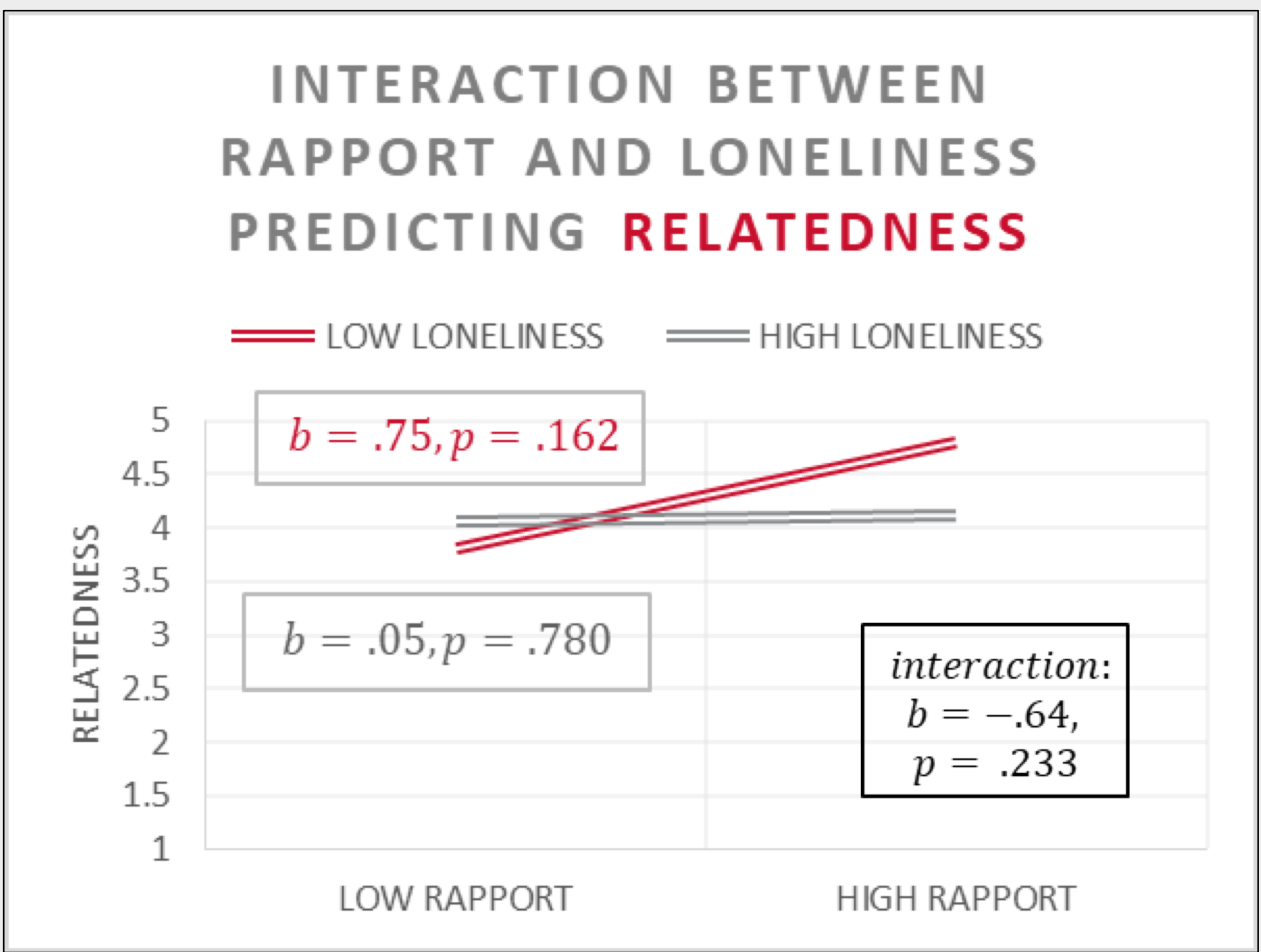
Interaction:

- 3-item Rapport measurement that matches each of the 3 components of rapport [3]

Follow-Up:

- 24-item Basic Psychological Need Satisfaction and Frustration Scale (BPNSFS) on a 5-pt Likert scale [7] (e.g., “I feel I can successfully complete difficult tasks”).

RESULTS



DISCUSSION

- Lonely people tend to feel less connected with others, less capable of accomplishing goals, and less in control of their actions than non-lonely individuals following high quality interactions. While we don’t have enough data collected to draw strong conclusions, this piloting data still might have implications for understanding loneliness further.
- This result was counter to our hypothesis as we believed these high quality interactions would provide greater need satisfaction for this group of people as they might be more receptive to satisfying their needs, especially the need for relatedness.

FUTURE DIRECTIONS

- The interactions predicting relatedness and competence were not significant due to a low number of participants. We plan to continue collecting data in the fall to amend this problem and to further explore the relationship between loneliness, rapport, and need satisfaction.
- Is there an interaction between social anxiety and rapport?

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