

CORRELATION BETWEEN SELF-ESTEEM AND ROMANTIC RELATIONSHIP SATISFACTION AMONG GENDERS OF HEALTHCARE WORKERS IN LATVIA

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Objectives. Health care workers (HCW) with higher depression and anxiety rates had lower self-esteem and higher dissatisfaction in romantic relationships. The aim of the study is to assess a correlation between self-esteem and romantic relationship satisfaction among genders of health care workers (HCW) in Latvia.

Materials and Methods. A quantitative cross-sectional study in the population of HCW in Latvia was made during April-June 2020. 844 HCW participated in the study. Self-esteem was assessed using the Rosenberg Self-Esteem Scale. Participants were asked about the family relationship status-married, unmarried with a partner, single-and feeling of satisfaction in it. Data was analysed using SPSS using Pearson's correlation coefficient.

Results. Out of 844 HCW, 710 (84.1%) were women. Age median for all participants - 40 (IQR 29-54). Rosenberg's self-esteem test median- 32 (IQR 28-36). No statistically significant correlation was found between self-esteem and relationship status among all participants ($p = 0.138$); among women ($p = 0.495$); among men ($p = 0.054$). Among all participants statistically significant, negative, very weak correlations were found between self-esteem and romantic relationship dissatisfaction ($RS = -0.196$; $p < 0.001$). Among women of married group, a statistically significant, negative, very weak correlation was found between self-esteem and marriage dissatisfaction ($RS = -0.138$; $p = 0.019$). Among women of unmarried group with a partner a statistically significant, negative, weak correlation was found between self-esteem and relationship dissatisfaction ($RS = -0.383$; $p < 0.001$). In single women participant group, a statistically significant, negative, very weak correlation was found between self-esteem and being single ($RS = -0.185$; $p = 0.022$). Among men, no statistically significant correlation was found between self-esteem and relationship dissatisfaction ($p = 0.420$; $p = 0.216$; $p = 0.830$).

Conclusions. Lower self-esteem correlates with higher dissatisfaction in romantic relationships among all participants. Difference between genders was found – women with lower self-esteem are more frequently dissatisfied in romantic relationships, however this was not found among men. Among men, there is tendency that self-esteem could be associated with relationship status, however that should be further studied in larger population.