

Spring 5-1-2024

A Content Analysis of Common Relationship Challenges Among People Who Practice Polyamory

Kalyn Su

Chapman University, kalsu@chapman.edu

Sophie Camilleri

Chapman University, camilleri@chapman.edu

Follow this and additional works at: https://digitalcommons.chapman.edu/cusrd_abstracts



Part of the [Gender and Sexuality Commons](#), [Other Psychology Commons](#), and the [Personality and Social Contexts Commons](#)

Recommended Citation

Su, Kalyn and Camilleri, Sophie, "A Content Analysis of Common Relationship Challenges Among People Who Practice Polyamory" (2024). *Student Scholar Symposium Abstracts and Posters*. 656.
https://digitalcommons.chapman.edu/cusrd_abstracts/656

This Poster is brought to you for free and open access by the Center for Undergraduate Excellence at Chapman University Digital Commons. It has been accepted for inclusion in Student Scholar Symposium Abstracts and Posters by an authorized administrator of Chapman University Digital Commons. For more information, please contact laughtin@chapman.edu.

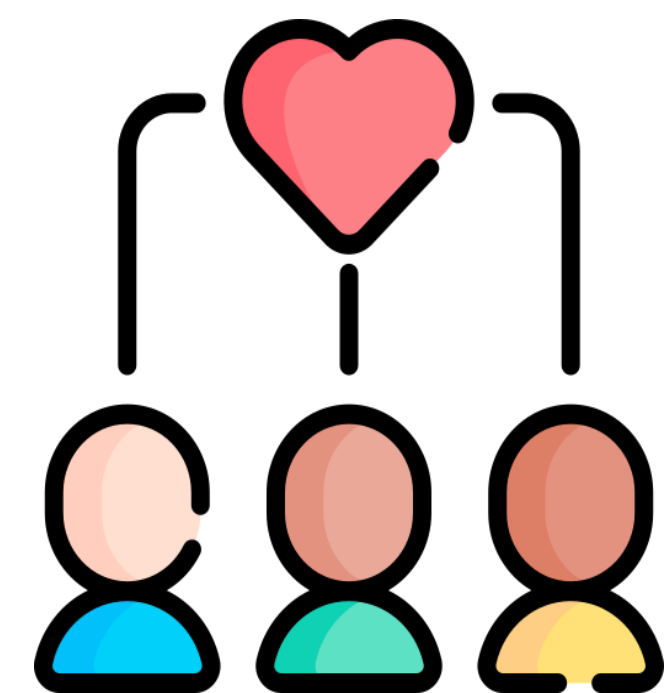
A content analysis of common relationship challenges among people who practice polyamory

Kalyn Su, Sophie Camilleri, Dr. Amy Moors, Dr. Patrick Boudreau-Alguire



Introduction

- **1 out of 9 people in the U.S. have engaged in polyamory** (Moors et al., 2021), a relationship type in which all involved agree to have multiple romantic and/or sexual partners.
- There are many assumptions about the disadvantages of polyamory. However, research has **yet to examine common challenges** that people engaged in polyamory endure.
- **The goal of the present qualitative study** was to identify the disadvantages and stressors of polyamory in order to shed light on the unique experiences of people in these relationships.



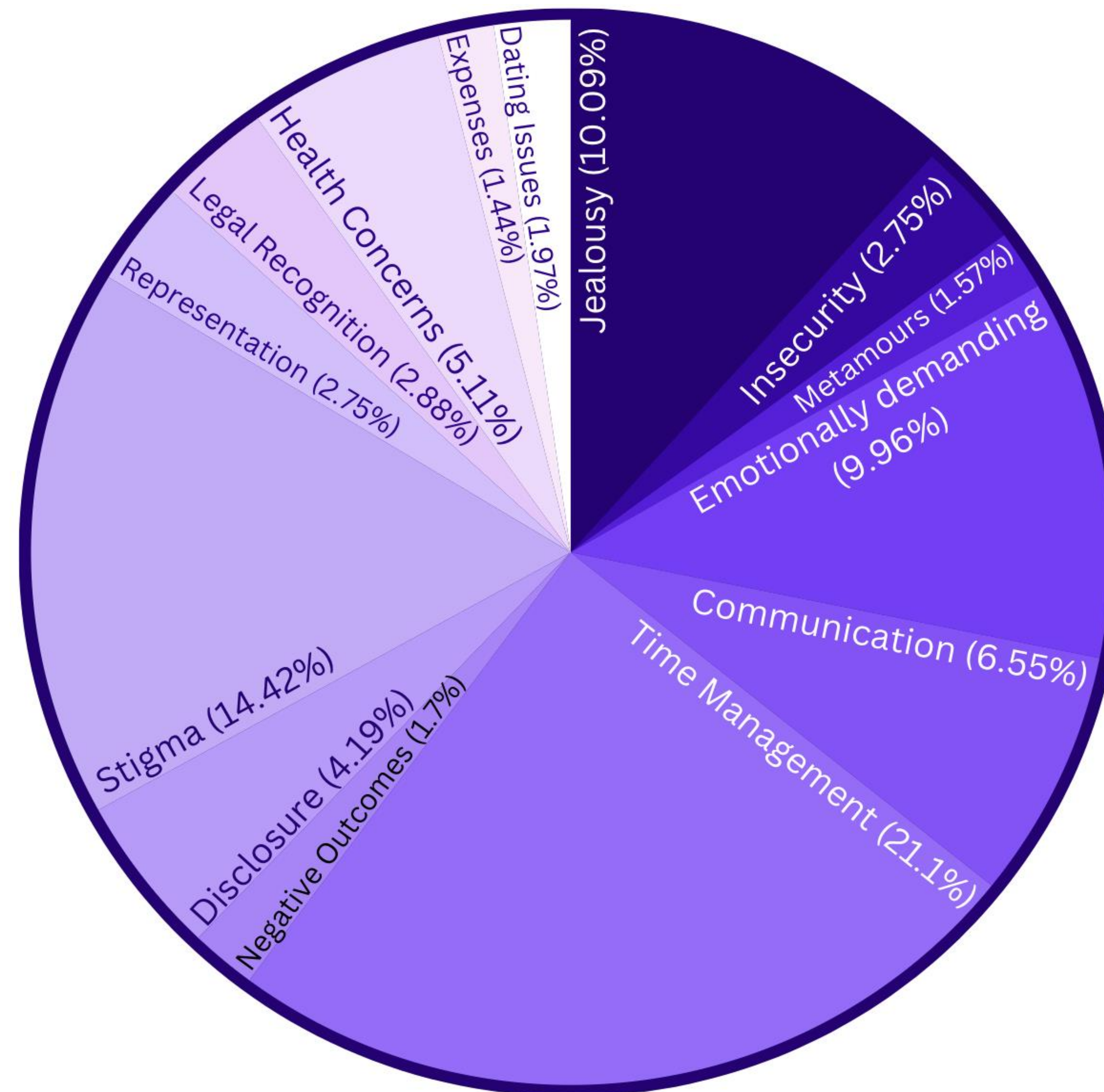
Methods

1. 219 adults who were currently in a polyamorous relationship were recruited from online polyamory groups (via Facebook, Reddit) to take part in a survey about their relationship challenges.
2. The study team developed a codebook of 14 identified themes (e.g., jealousy, emotionally demanding type of relationship, stigma and negative evaluations, and health concerns). See pie chart for all codes.
3. Two independent coders conducted a content analysis of 763 responses (inter-rater reliability = 78%).

Research Question

What are the disadvantages of being in a polyamorous relationship?

Results



“

Time restraints: “Love is infinite, but time isn’t – availability of one’s partner can become an issue” – 33-year-old bisexual agender person

Stigma: “mistaken for swinger or slut” “social ostracism” – 34-year-old bisexual woman

Jealousy: “Jealousy can be difficult to process and can come up in unexpected ways.” – 47-year-old heterosexual man

Emotionally demanding: “more emotional energy needs to be invested” – 29-year-old man

”

Discussion

- This research helps us understand common challenges from a group that is often excluded from research and discussions.
- Results can be helpful for therapists who intend to help clients navigating diverse relationships.
- Results can help non-monogamous individuals understand their own experiences and community.

IRB #1802020235 (Purdue University, data collected at Dr. Moors’s previous institution)