

The Personal Project Analysis Schedule for Couples (PPA-C)

First data for a new assessment tool



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Background

- Goals, broadly defined as internal representations of desired end states (Austin & Vancouver, 1996; Karoly, 1993), are integral parts of human functioning.
- There is a paucity of empirical research with regard to positive aspects of individual and relationship functioning that directly involves both partners (dyadic assessment), especially when longitudinal design is concerned.
- When goals or personal projects are studied in the context of a committed relationship, partner support is the most often studied factor.
- However, several other processes may be significant when the goals and projects of an individual are set and pursued in the context of a committed relationship.
- For example, support may be given in several forms (e.g., for autonomy or competence), while at the same time control efforts of the partner may be also present.

Personal Project Analysis Schedule for Couples

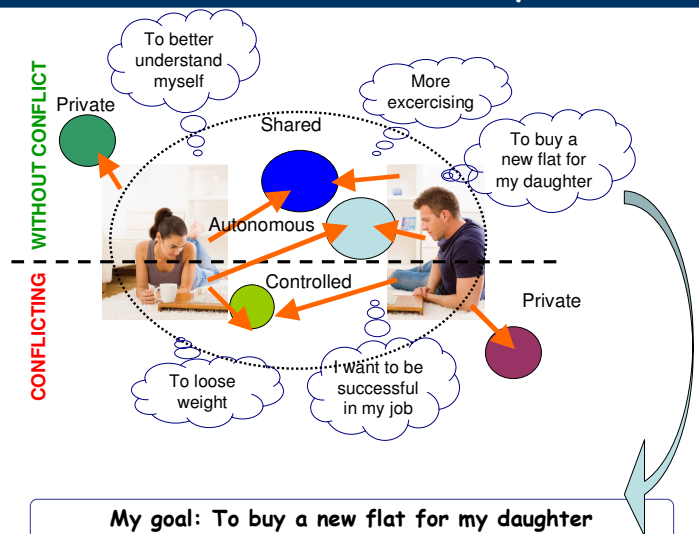
Procedure in 3 steps

- Individual project elicitation
„make a list of the goals you are currently working on“
- Project selection
„select the 4 most important projects“
- Appraisal/scoring of these projects
„on predefined **RELATIONAL** aspects of goal striving“

examples

(adapted from Little & Gee, 2007, Sheldon, 2002)

Goals in the relationship



My goal: To buy a new flat for my daughter

THIS goal, you and your relationship:

- How much **energy** do you invest into this goal?
- How much do you **own** this goal?
- How much **energy** does your **partner** invest into this goal?
- How much does your **partner** **own** this goal?
- How frequently do you **cooperate** on this goal with your partner?
- How frequently do you have **conflicts** on this goal with your partner?
- How much **autonomy** do you experience **from your partner** in this goal?
- How much **emotional closeness** do you experience **with your partner** in this goal?

1	2	3	4	5	6	7
1	2	3	4	5	6	7
1	2	3	4	5	6	7
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1	2	3	4	5	6	7

Method and results of a questionnaire study

First wave of a longitudinal assessment
Hungarian adults (age range from 25 to 65 years)
Living in heterosexual relationship (>1 year)

Participants: 215 couples

Measure:

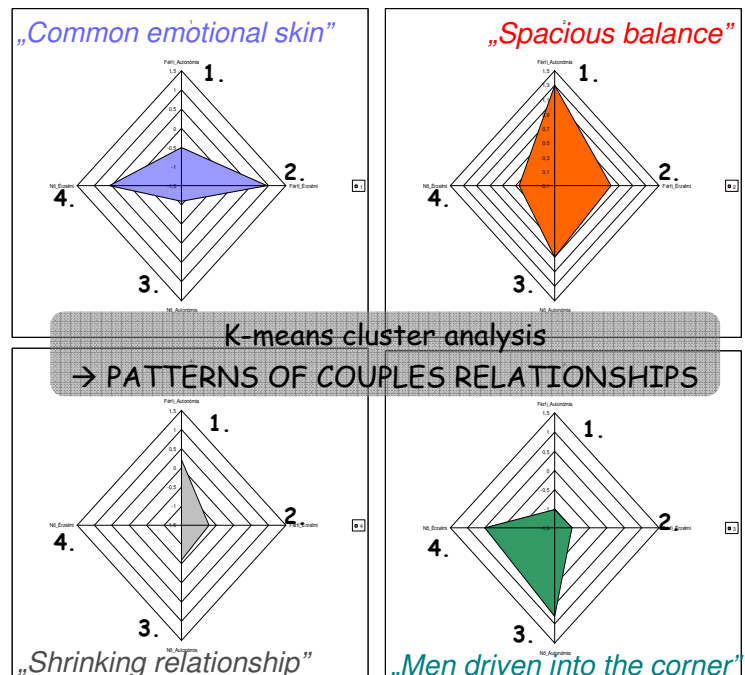
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Data processing:

Couples as units of the statistical analysis

Four variables:

1. Felt autonomy support in important personal projects	3. Felt autonomy support in important personal projects
2. Felt emotional closeness in important personal projects	4. Felt emotional closeness in important personal projects
HUSBAND'S EXPERIENCES	WIFE'S EXPERIENCES



Conclusions

- An important potential of the results is their future application in professional praxis.
- The newly developed PPAS-C questionnaire may be applied in couple counseling and therapy as a diagnostic and intervention tool,
- It may shed light on how a certain couple's relationship has impact on their individual goals, and, in turn, how these characteristics may have an impact on the quality of the relationship.

References

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