

# 30<sup>th</sup> World Summit on Positive Psychology, Mindfulness, Psychotherapy and Philosophy

March 18-19, 2019 | Chicago, USA

ACCEPTED ABSTRACTS

CLINICAL AND EXPERIMENTAL PSYCHOLOGY 2019, VOLUME 5 | DOI: 10.4172/2471-2701-C1-003

## The Resentment Rating Scale for Couples (RRS-C): Development and psychometric properties of a novel scale for measuring resentment

Franco Ceasar M Agbalog and Shintaro Yukawa  
University of Tsukuba, Japan

### Statement of the Problem:

Resentment is the persistent feeling that you're being treated unfairly- not getting due respect, appreciation, affection, help, apology, consideration, praise, or reward (Stosny, 2011). It is a negative emotional state that combines annoyance, anger, dislike or hatred, and other negative feelings that interferes with a person's ability to relate to another person or situation. To date, there is no published resentment scale available in academic databases. We believe that developing a resentment scale

and evaluating its psychometric properties are essential steps that must be taken to enrich our understanding of the dynamics of resentment in intimate relationships.

### Methodology & Theoretical

**Orientation:** Three studies involving a total of 844 individuals were conducted to develop and validate the Resentment Rating Scale for Couples, a new measure assessing resentment that may exist in a relationship. The studies examined the dimensionality, internal consistency, and construct validity of the new scale. Participants were all in a long-term relationship, either married, cohabiting or boyfriend-girlfriend status.

**Findings:** The final instrument comprised 13 items which had adequate internal consistency. Convergent validity of the new measure was indicated by its

significant relationships with Dorman Resentment Rating Scale, the frequency of conflict, and overall satisfaction and happiness in a relationship. The scale also discriminated from anger, anxiety, and jealousy.

**Conclusion & Significance:** The RRS-C seems to hold adequate evidence of reliability and validity. Nonetheless, it should be viewed in the light of several limitations such as the limited variability of the samples and the reliance on self-report measures. Notwithstanding these limitations, the development of RRS-C demonstrates a significant step in developing a resentment scale that provides a better assessment on the status of a relationship, especially of those having issues in their marriage and long-term romantic relationships.

*francoceasar16@gmail.com*