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Associations Between Dispositional Humility and Social Relationship Quality

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ABSTRACT

Quality social relationships depend, in part, on deferring self-interest to another person or group. Being too arrogant or self-focused could negatively affect relationship quality. In two studies we examined possible connections between trait humility and social relationship quality (SRQ). Participants completed survey measures of each construct. Self and peer-reported humility correlated positively with SRQ, even when social desirability (Study 1) and other relevant personality dimensions (e.g., Big Five, agency, communion) were statistically controlled (Study 2). These findings indicate humility could be an important trait with regard to interpersonal relations. Implications are discussed for the cultivation of humility and its potential relevance in other social contexts.

KEYWORDS

Humility, Relationship Quality, Positive Psychology, Well-Being

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