

LONG-DISTANCE DATING RELATIONSHIPS AMONG COLLEGE STUDENTS:  
THE BENEFITS AND DRAWBACKS OF USING TECHNOLOGY

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ABSTRACT

As many as 75% of college students are or will eventually be in a long-distance dating relationship (LDDR), relying on various communication technologies to connect with their partner. This study seeks to explore the use, frequency, and satisfaction with technology among college students, and its impact on their relationship satisfaction. A sample of 463 college students completed a mixed-methods online survey about a current LDDR.

The results from frequency analyses revealed texting, phone calls, and video chats to be the most popular methods of communication among college students, the majority of which reported texting and calling their partner daily. In open-ended responses, participants' described several overlapping "pros and cons" of relying on technology to maintain an intimate relationship. Discussion and directions for future research are included.