"IF HE LOVES ME,

WHY DOESN'T HE POST ME MORE?"

AN EXAMINATION OF THE

PERCEPTIONS MEN AND WOMEN HAVE OF

INSTAGRAM'S INFLUENCE ON

ROMANTIC RELATIONSHIPS

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by

MADISON AXFORD

Dr. Monique L. R. Luisi, Thesis Supervisor

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PERCEPTIONS OF INSTAGRAM'S IMPACT ON RELATIONSHIPS

The undersigned, appointed by the dean of the Graduate School, have examined the thesis titled

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presented by Madison Axford,

a candidate for the degree of Master of Arts,

and hereby certify that, in their opinion, it is worthy of acceptance.

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TABLE OF CONTENTS

"IF HE LOVES ME,

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PERCEPTIONS MEN AND WOMEN HAVE OF

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Madison Axford

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ABSTRACT

Instagram has become a leader among social media platforms, garnering about 500 million users daily (Gotter, 2019; Pokrop, 2020). With this application being used frequently among users aged 18 to 29 (Pew Research Center, 2019), this study tackles how these individuals perceive Instagram to influence their romantic relationships. A qualitative approach, collecting data through 14 semi-structured interviews, allowed for recurring points of both romantic relationship satisfaction and contention to surface. Findings showed that most individuals find their current relationship satisfactory and use Instagram typically around 14 hours a week. Participants elaborated on their own perceptions and lived experiences with the application while being in a romantic relationship, explaining it brought positive and negative elements to their partnerships. Individual explanations ranged from sharing memes and videos with their partners to fights stemming from jealousy about whom their partner was following or viewing on the application. This study attempts to fill a literature gap due to most prior research being on Facebook's impact on romantic relationships, leaving this photo-sharing application out of consideration. This study focuses on individual perceptions of Instagram, to understand what kind of influence

it has on romantic relationships shared by two people, and how those lived experiences, behaviors and feelings differ between two genders.

Keywords: Instagram, romantic relationships, satisfaction, commitment

Chapter 1: Introduction

This thesis was inspired by events in my own life. I first became interested in this topic when I realized that Instagram was affecting my own relationship. After I posted a particular picture on the application, my partner called me, upset. I was frustrated by his expectation that I would take this photo down upon his request. I kept the photo up on the application, told him I was not changing it, nor would I change what I posted in the future, and that if he had a problem with it, he could leave the relationship. This photo was nothing out of the norm for me: a shot of myself in shorts and a crop top. Nor was it out of the norm for what millions of other women, or even people, post on Instagram (Ridgway & Clayton, 2016), so I saw and still see nothing wrong with my post. He had not exhibited behaviors like this prior, nor had he ever appeared insecure about our relationship. Therefore, it led me to question if this platform could affect the behaviors, emotions, feelings and opinions of men and women, especially those in romantic relationships. My personal experience served as a foundation for empirical inquiry into the examination of men's and women's perceptions of Instagram's influence on romantic relationships.

In October 2010, Instagram entered the social media world, and within two months had garnered around 1 million users. In less than a year, it had 10 million users (Protalinski, 2012). Being a similar social site to Facebook and Twitter, it attracts users by allowing them to connect with others, in a multitude of ways, while posting one's own, and viewing other users', photographs (Hudson, 2019). The application has since seen an increase of about 100 million new users each year since 2014 (Pokrop, 2020). As of 2020, Instagram, second only to Facebook, holds a top spot as one of the most used

daily social media platforms across all demographics of Americans (Pew Research, 2019). Social media and various forms of technology have intrinsically become a part of human life, including relationships. Social sites allow the public to see a person's friends, posts, messages to others, likes, follows, favorites, shares, interests, locations, videos and photos. Social media have become a force in dismantling online privacy by allowing individuals to know information about many people and situations (boyd & Ellison, 2007). In a relationship, the ability to gain knowledge about one's partner and their online behaviors can lead to suspicion and questioning by the other (Seidman, 2015). Being one of the largest social media sites, Instagram becomes an experience for its users (boyd & Ellison, 2007; Salomon, 2013). Instagram can affect people's body confidence, sleep habits, healthy or unhealthy life choices, social awareness, anxieties and depressions regarding their friends and self (Firestone, 2017; Chatzopoulou, Filieri & Dogruyol, 2020). Simultaneously, it has a role in real-world relationship development and growth (Firestone, 2017), both positively and negatively. With around 500 million daily users of the application worldwide (Gotter, 2019; Pokrop, 2020), 75% of those aged 18 to 24 years (located in the United States) use Instagram instinctively, showing that around three-fourths of young adults take part in this media phenomenon (Iqbal, 2020).

People can use Instagram for various activities, including posting the good and bad moments of their lives, photos of themselves, animals, kids, purchases, food, and relationships (Emery et al., 2015; Robards & Lincoln, 2016). People can connect with others publicly or privately, whatever their location or however big the distance. They can comment, like, share, follow, direct message and save others' posts for later viewing. In particular, college-aged users were found to use Instagram more for curating and

upkeeping their social image and reputation (feeling celebrity-like due to this attention), for passing the time in between their responsibilities like work and classes, and for posting selfies: images of themselves (Chen, 2017). Being used by about a third of all internet users (Pokrop, 2020), it is interesting to consider the experiences that Instagram can cause its users to have. This study looks at what influence Instagram can have on romantic relationships. In this examination, the research assesses if Instagram users perceive the application as something that improves or worsens the quality of their romantic relationships. While plenty of research has been done on Facebook and its direct link to the negative disruption of intimate relationships, little has been conducted on Instagram's connection to romantic relationships and whether it creates positive elements, negative elements, or both, observed within a relationship (Fox & Anderegg, 2014; Fox & Warber, 2014). Instagram having little to no impact on relationships seems unlikely, considering the application's profundity and inner workings into parts of our lives, just like Facebook started to do in 2008 (Fox & Anderegg, 2014; Fox & Warber, 2014) and continues to do as most users continue to use it (Chaffey, 2020). With Instagram being around for 10 years and showing no signs of letting up concerning everyday use by individuals (i.e., the statistics provided), research needed to be conducted to analyze and understand how this application contributes to a romantic couple's shared life, the positive and negative influences it possibly has on it, and if these influences tend to affect one gender more or differently than the other (Huang & Su, 2018; Chen, 2020).

The current issue regarding Instagram and perceptions individual users have regarding its influence on their romantic relationships was explored mainly through Caryl

Rusbult's Investment Model of Commitment (Rusbult, 1980; Fox & Warber, 2014) among other theories. This theory considers romantic relationships and the successes and failures that naturally come along with two-person partnerships. Rusbult's model supports the idea that relationships succeed when two partners maintain commitment and both are satisfied, when neither external people, nor external influences negatively affect the relationship, and when the partners are greatly invested in the relationship (Sparks, 2019). This study researched how and if Instagram ignites certain behaviors and feelings that affect overall interpersonal-relational quality and satisfaction in a positive and/or negative way, and if these elements differentiate between men and women. Data collected through 14 semi-structured interviews on Zoom, a video/audio-conferencing software, with coding and thematic analysis to follow, allowed for real thoughts and feelings from the perspectives of men and women, regarding Instagram and its connection to their romantic relationships, to be observed.

Chapter 2: Literature Review

Facebook, the largest social media platform, was used by about 2.4 billion of the world's nearly 7.8 billion people as of 2019 (Ortiz-Ospina, 2019). Instagram is used heavily by younger generations, making it the second-most-used social platform (Ortiz-Ospina, 2019) and securing its place as a media mammoth. When considering relationships, especially romantic relationships, we recognize they can be affected by external factors. These factors include external individuals, jobs, technology, cell phones and social media sites, to name a few (Harris, 2012; Lenhart & Duggan, 2014; Vogels & Anderson, 2020). This study seeks to understand individuals' perceptions of Instagram's connection to their romantic relationships and if the social media platform negatively or positively impacted the satisfaction these men and women felt in two-person partnerships.

Social Media Platforms

Social media are programs, applications, websites and platforms that allow quick, easily accessible, and visual connections and communications between individuals, as well as the sharing of things like words, pictures and videos (Dollarhide, 2020). An individual can see communicative interactions others have on social media sites, like Facebook, Twitter, Snapchat and Instagram (Bump, 2020). Facebook allows its users to post status updates, photos, videos and links to the public or specific individuals they have granted viewing access. They can set their individual privacy settings so only a few friends, all of their friends, friends of friends or any Facebook user can see their posts (Bonnington, 2013; Bump, 2020). Facebook also allows for private messaging between users, as does Twitter, Snapchat and Instagram (Bump, 2020). Facebook, Twitter and

Instagram all allow for live video-streaming content (Bump, 2020). Facebook, Snapchat and Instagram allow for stories to be posted, which are temporary posts, only public for 24 hours (Bump, 2020). As of November 2020, Twitter also implemented the stories feature onto the application, called "fleets" (Harris & Haveson, 2020). Instagram, Facebook, Twitter and Snapchat allow users to post photos and videos with captions to go along with each post (Bump, 2020). Apart from Snapchat, all of these social platforms allow for tagging, which is selecting certain words to lead to a larger discussion of other posts with the same tagged/selected words (Bump, 2020). Twitter allows for short, status-update-like posts, with the option to attach a short video or photo (Bump, 2020). All social platforms allow one to connect with others, no matter the distance (Bump, 2020).

Instagram and Its Role

With over a billion annual users (Alang, 2018; Gotter, 2019), Instagram has allowed its users to express themselves in a simple yet visually and aesthetically pleasing way, which is necessary for any application trying to compete with the social industry greats like Facebook, Twitter and Snapchat (Alang, 2018). Currently, the average Instagram user is on the application around 28 minutes a day, increasing by one minute each year since 2017 (Aslam, 2020). Instagram allows individuals to easily post photographs of their lives while selecting other photos and videos to last only 24 hours on the stories feature (Alang, 2018). Hashtags allow posts to reach a larger audience than one's followers. Instagram differs from Facebook and other social media applications, due to the fact that a photo or video has to be posted for every post, instead of just a status or words, like one can post on Facebook. Also, Instagram allows for a more diverse scope of public profiles of individuals for one to view and follow, whereas Facebook

typically allows for connections with smaller circles of known family, friends, classmates, coworkers, and acquaintances (Khillar, 2019). When someone is single, Instagram may not affect the various relationships a person has because the only person directly affected by the postings and the time spent browsing is oneself (Paramboukis, Skues & Wise, 2016). A person can post whatever they want and answer to only themselves about whom they interact and communicate with (Ridgway & Clayton, 2016). However, when one is in an intimate relationship, time spent on Instagram, and what one is involved with, can become something different. Instagram can be positive in ways like bringing people together, sharing memories and moments through images, and connecting those who are far away in proximity. Nevertheless, it can also cause adverse experiences for the individuals that use it.

Ridgway and Clayton (2016) conducted a study regarding Instagram, the reasons for posting selfies and whether those selfies initiated interpersonal problems, leading to conflict. There has been a large amount of research done on Facebook- and Twitter-related relationship conflict, so similar presumptions were made by the authors regarding conflict behaviors and Instagram. Certain conflict behaviors connected to Instagram use included too much posting, craving attention and likes, jealousy among partners (i.e., one being more successful), infidelity with other users, and attempted control over what their partner could and could not post. The authors' survey was completed by over 400 users of the application and concluded that Instagram conflicts occur linked to an individual's satisfaction over their body image. However, this study's limitation is that it only looked at one behavior and one reaction: feelings about body image and its effects on relationships. I planned to look at multiple feelings that come from the actions of

Instagram users and how this can impact their romantic relationship overall. It is important to view more than one feeling concerning application behaviors, and a qualitative approach better allowed me to decipher outlooks and tone instead of just deciphering numbers through a survey.

A consistent viewing of others' posts can lead to criticism of the self and whether one is good enough, attractive enough and garners enough likes to equate worth and popularity. Social media usage can weaken an individual's psychological state of well-being and overall satisfaction, affecting their relationships, according to Sherlock and Wagstaff (2018) who researched how much time people spent viewing others' photos on Instagram and whether that correlated with unhappiness when viewing themselves. They explained that constant viewing of others' Instagram profiles leads to higher depression and anxiety levels and lower overall self-esteem levels. This article was in reference to women's psychological disorders and the effects of viewing posts on Instagram, as well as the negative comparisons that many women make when viewing photos, including edited photos, of others. The results contributed to the hypothesis that people are affected by seeing others on social media. The authors supported the idea that negative experiences can come from something as simple as an Instagram post, affecting the individual and their relationship.

In 2009, Facebook created more positive and negative elements in romantic relationships (Hu et al., 2017; Boyd, 2019), and in 1996, no social media platform played any kind of role in intimate relationships (Elphinston & Noller, 2011; Hendricks, 2013). However, in 2020, couples are struggling, thriving, connecting, growing and ending through social media sites like Instagram (Andrus et al., 2020; Fejes-Vékássy & Ujhelyi,

2020; Vogels & Anderson, 2020). Instagram increased in users from 130 million users in 2013 to 1 billion users in 2018, to 36.1% of the total United States population using Instagram in 2020 (Mohsin, 2020; Pokrop, 2020). The impact Instagram has had thus far on the U.S. and is expected to continue to have on people and their intimate relationships' stability, overall satisfaction, and levels of commitment should be addressed.

Social Media and Relationships: Prior Research

Social media platforms can be used by individuals for "social interaction, information seeking, pass[ing] time, entertainment, relaxation, communicatory utility, convenience utility, expression of opinion, information sharing, and surveillance/knowledge about others" (Whiting & Williams, 2013; Aniss, 2016, p. 11). These typical uses can also occur when individuals become partners in a relationship, as they continue to use social media for things like passing the time and keeping up with others and/or their partner. However, a specific reason couples use social media in their relationships is to solidify the status of their partnership online for their friends and family to view and be a part of. Robards and Lincoln (2016) explained that couples approach social media by making their relationship known or not on these sites. Since people view others' profiles, a marking of being in a relationship (going from single to in a relationship) for a pair can be a big moment, or it can show an unreciprocated change, if made by only one partner. Their research supports the idea that some couples equally make their relationship known to the public (overt), some show that they are a couple but do it more modestly (implied), while others do not reciprocate showcasing their relationship, and others hide it all together (Robards & Lincoln, 2016). People can use healthy social media maintenance to maintain a strong romantic relationship (Robards &

Lincoln, 2016; Wilkerson, 2017). Using social media during a relationship can show to others that the relationship is real and that it is positive and thriving (if it is) through the posting of photos, videos and statuses/captions. Choosing to go Facebook official (Chatel, 2017) or official on any social media site can be an important part of a relationship because it appears that both individuals in the relationship want others to know of their intimacy. By both partners engaging in online behaviors that showcase their relationship, the relationship appears more equal and balanced, pushing the idea that social media can positively impact a romantic relationship. However, trouble can arise within romantic relationships when couples either do not communicate exactly what should or should not appear on social media (e.g., posts about the other) or how they should or should not behave on the application(s) (e.g., talking to other users, including previous partners).

Positive experiences in romantic relationships. Besides the healthy upkeep and positive management of relationships, sharing a relationship with one's followers can be a constructive thing as well. Sharing information on social media about one's relationship can positively affect the relationship, depending on how often posts are shared, what kind of information is being shared and with whom it is being shared (Steijn & Schouten, 2013). Steijn and Schouten theorized that it could be beneficial for a couple's friends to view what the couple is sharing about their relationship online because they can feel more connected to the pair by seeing intimate moments that they might not have otherwise been a part of. More people agreed that sharing one's relationship online for the public to view does more good than harm, especially in terms of relational development (Steijn & Schouten, 2013). One thing the authors failed to measure, however, was the different

types of posts that affect relationships. They only measured public posts. However, private posts through direct messaging were not measured, and these can be the most detrimental to the stability and fidelity of a relationship (Lyons, 2018). It is often the information that is communicated privately that causes relational problems (Lyons, 2018). Nevertheless, while there are positive elements in relationships stemming from social media, there are negative elements, too.

Negative experiences in romantic relationships. These negative experiences include feelings of jealousy, profile monitoring and surveilling, a lack of communication between partners, and wasted time on the application instead of spending it with their partner. Elphinston and Noller (2011) analyzed how heavy Facebook use related to the dissatisfaction felt within relationships, and if jealousy created from Facebook had a different effect on a relationship than jealousy created external to social media. The authors took a phenomenon such as gambling or alcohol addiction, which can negatively influence romantic relationships, and assumed the same thing about Facebook and its impact on romantic relationships. They predicted that time spent stalking friends or partners' profiles, among other social media activities, was just as damaging to relationships, in the forms of jealousy and distraction, as something like gambling could be. They argued that jealous partners in real life are jealous online. They found that when one partner spent time viewing their partner's page, it led to conflict in the relationship. Facebook and Instagram are similar in the ways and the reasons why people use them. Time spent on social media can lead to a distracted romance and jealousy or dissatisfaction (Christensen, 2018; Moore, 2020), so responses and commentary from

actual Instagram users and, thus, understandings of their individual perceptions of satisfaction became the backbones of my study.

Another negative that can occur due to social media use in a relationship is a lack of in-person communication due to virtual and visual communication that becomes easily accessible. Li, Chang and Chiou's (2017) research considered extreme social media use, which correlated with users having less of a desire to pursue offline social communication. Because social media provides limitless opportunities for people to connect and communicate with others around the world, it can, in turn, compromise our want or longing to pursue real-life communicative interactions (Li, Chang & Chiou, 2017). Especially frequent social media users tended to be less social. The authors connected a high usage of social media platforms like Instagram and Facebook to a more negative outlook on real life and real experiences. If individuals have an obsession with media and gaining likes and attention, they are devoting time to something completely digital, and as a result, may not be acknowledging their partner as much as they could, nor their partner's desire for in-person communication. This, among other behaviors on social media applications, leads to increased jealousy levels within the relationship.

Jealousy in Relationships

Jealousy, insecurity and similar emotions can develop in a person regardless of whether they are in a relationship. But jealousy in a relationship arises from knowledge or perceptions that an external person or thing is interfering with a two-person, exclusive partnership (Redlick, 2016). This insecurity can lead to an inability to fully commit to a relationship or partner due to underlying distractions and feelings of self-doubt, weakened self-worth, and/or external competition (Bolt, 2015). Problems within

partnerships can strain from feeling insecure about oneself, the relationship, a partner, money, commitment and/or equal inputs of energy, to name a few (Redlick, 2016). Whether real or misperceived, jealousy includes fears of infidelity, sneaky behaviors of a partner, lack of exclusivity, trust and miscommunication (Redlick, 2016). Relationships inevitably have struggles, especially when partners are not fully committed or attentive to making their partner feel better about possible worries.

Jealousy can impact a relationship's ability to last and the overall well-being of the partners in it. Jealousy and insecurity, for example, are linked to negative feelings and decreased overall relational satisfaction (Martínez-León et al., 2017). Although "not all … relationships are certain to fail as a result of jealousy … [it may lead to one feeling] insecure in the other's commitment to the relationship, the relationship's future, and/or the fidelity of the relationship" (Redlick, 2016, p. 506). While jealousy and insecurity are things many couples deal with, social media allows new ways for partners to become jealous and question commitment levels of their partner.

Romantic jealousy on social media. Instagram allows people to view millions of others' profiles, some of whom may be perceived as better or more attractive options than their current partner. If one's partner is engaging and/or interacting with a popular or visually appealing individual, and if it is done sneakily at that, it can affect the other partner's self-esteem and create jealousy and insecurity (Fox & Anderegg, 2014; Robards & Lincoln, 2016; Stapleton, Luiz & Chatwin, 2017). Because of the ability to view anyone's profile, communications, likings and interactions with others, it could lead to the other partner feeling as though they need to find out more about what their partner is doing and with whom they are communicating, leading to partner profile surveillance.

Profile surveillance is viewing a profile to find good or bad things about a relationship, possibly furthering belief of infidelity, commitment, distrust, investment disloyalty and/or satisfaction (Elphinston & Noller, 2011; Fox & Warber, 2014). Instagram can be used for surveillance of a partner's page and interactions to see what they are posting and possibly communicating with (Elphinston & Noller, 2011; Fox & Warber, 2014; Sheldon & Bryant, 2016). The combination of time being spent away from partner interaction, and instead toward Instagram interaction and viewing of others' profiles, may lead to a partner feeling as though they must engage in jealousy-driven partner surveillance to monitor their partner's behaviors, which can lead to undesirable impacts on relational quality and success (Tandoc, Ferrucci & Duffy, 2015; Sheldon & Bryant, 2016).

Destructive jealous and insecure behaviors can result from Instagram's stimulation, including the repetitive viewing of a partner's profile and their communication on the platform (Fox & Warber, 2014). Jealousy and insecurity might arise if an individual finds their partner interacting with another person's profile, commenting on or liking another person's posts (Ridgway & Clayton, 2016), messaging another person, or spending more time on Instagram than communicating in-person with them. Something as small as a partner liking a comment on another user's post can generate questioning of a relationship, depending on how stable the relationship is (Fox & Warber, 2014). These things occur because Instagram is a readily available social encyclopedia. Interacting with others on an application can cause jealousy and insecurity in relationships, even if the interactions have no malicious intent or attempts of infidelity behind them (Robards & Lincoln, 2016). Jealousy is a common feeling sometimes acted upon within relationships. However, it is not healthy nor positive, and it typically leads to

negative relational quality. The ways individuals in a relationship use Instagram can affect relational quality through jealousy and insecurity that is inevitably created (Aniss, 2016) and should be further studied.

Fox and Warber (2014) conducted a study that focused on why people monitor their romantic partners' social media pages, also known as social media stalking. The authors derived their survey from the Attachment Theory of Bartholomew and Horowitz (1991). Fox and Warber formed hypotheses around the attachment styles created by Bartholomew and Horowitz: "secure," "preoccupied," "dismissing" and "fearful," but in a context where romantic relationships are tied to social media. Preoccupied and fearful individuals are more self-conscious and anxiety-prone and tend to be more uncertain within their relationships, frequently going on their partner's social media pages to look for information to either erase their fears and make them feel better or validate their doubts. Behavior-monitoring on social media is an accessible way for people to figure out something they want to know about their partners. Because social media offer information through multiple channels, like text, photo, video and comment communication, people can garner information, as it is archived on social media and the internet with available access at any time, no matter the original posting date. All of these opportunities help partners secretly or overtly stalk the other, whether that is due to doubt or distrust. However, a constant desire to check a partner's profile for secrets, infidelity or distrust puts a sort of hostility in a relationship (Fox & Warber, 2014). It also creates an undesirable environment for a relationship to develop in because of the anxiety regarding relationship uncertainty from a partner, as well as the violations (e.g., reading into every ambiguous post, photo, like or direct message) of social media respect and

privacy. The reasoning behind an individual's monitoring can illuminate positive or negative feelings experienced in specific romantic relationships.

Gender and social media differences. Feelings of jealousy and insecurity can arise in relationships regardless of gender. Social media can influence the creation of jealousy and insecurity among genders, but it should also be noted that these feelings can arise innately, without being caused by a social application or site. Women typically communicate more about their emotions and relationships overall, leading to more satisfaction for them (Acitelli, 1992). At the same time, men not only cared less about whether their relationships and feelings were communicated about, but it also did not affect their personal satisfaction within the relationship (Acitelli, 1992).

Fox and Anderegg (2014) summarized how individuals' behaviors on Facebook and other social media differ at distinctive points of a romantic relationship. The authors explained the effect social media has on the creation and longevity of relationships. They discussed different ways to interact with someone, including the behaviors of "Facebook stalking," friending mutual friends/people and commenting/networking directly with a prospective interest. They found that women and men act and expect different things at different stages, as gender plays a huge role in what is deemed normal or appropriate at different stages. Women may appear clingier by adding their partner's family and friends as social media friends (i.e., friending them) earlier in the relationship than a man would feel comfortable with, for instance (Fox & Anderegg, 2014). Fox & Anderegg's research supported the idea that women tend to visually show their relationship more on social media, while men take longer to perceive these social media behaviors as socially acceptable. The research showed differences in how the genders use and feel about

Facebook (Fox & Anderegg, 2014), but the study did not support the same claim about Instagram. I planned to explore if these same claims about Facebook could be applied to Instagram.

It is noted that jealousy is a prevalent feeling in both men and women (Pines & Friedman, 1998). Men and women can feel jealousy, but they feel it in their relationships because of different things (Harris & Christenfeld, 1996). Women are more likely to feel jealous and insecure when they believe not enough time is spent with their partners and/or they are receiving a lack of attention (Wiederman & Allgeier, 1993; Fox & Anderegg, 2014). Men are more likely to feel jealous and insecure when there are direct and/or obvious threats to intimacy and sexual exclusivity (Wiederman & Allgeier, 1993; Buunk & Dijkstra, 2004; Sheldon & Bryant, 2016). There is a difference between how men and women react to potential alternative partners, jealousy levels, communication and relational satisfaction and dissatisfaction. That is something that has been researched before and what will be the driving force behind this study. What do men get jealous about on Instagram, if anything? What do women get jealous about on Instagram, if anything? Who is more affected by these feelings if they arise? And furthermore, how does all of that affect their shared relationship, if at all?

Caryl Rusbult's Investment Model of Commitment

When viewing if and how Instagram plays a role in romantic relationships and the satisfaction observed/reported between partners, applying Caryl Rusbult's (1980) Investment Model of Commitment helps explain its impact on the creation of jealous behaviors and the stability/instability in a two-partner relationship. The theory helps to curate explanations for relationship successes and failures. Rusbult's model hypothesizes

17

that relationships succeed when two partners retain commitment to each other, while maintaining satisfaction, allowing no other alternatives to play a role in what should be a two-person partnership, and being significantly invested in the current relationship (Baker, Petit & Brown, 2016). Since Rusbult's model can help evaluate relational quality, this study will research if and how Instagram can impact that, particularly through this theoretical lens.

The first assumption of the investment model deals with the satisfaction the two partners feel in their relationship. An example of this would be when comparing their current relationship with past ones or hypothetical scenarios with others, if their current relationship stands as the most attractive one – meaning the one they feel most fulfilled in – it leads to more enjoyment and positive relational quality (Baker, Petit & Brown, 2016).

The second assumption of the investment model deals with investment size, or how invested a person is in a relationship, meaning, how much the tangible and intangible resources matter/are important to the individuals in the relationship (Baker, Petit & Brown, 2016). Tangible resources include money spent on the relationship and items owned together (e.g., property) (Impett, Beals & Peplau, 2001). Intangible resources include time and effort exerted in the relationship, as well as the length of the relationship (Impett, Beals & Peplau, 2001). An example of this would be if someone were providing his or her partner with resources unmatched to anything or anyone else, they might be more likely to happily stay in the relationship because they are satisfied and committed to retaining the well-being of it. If one does not believe that they would be losing much by leaving their current partner, they might be more apt to break up and/or find alternatives elsewhere, because they are not fully invested in the current relationship.

The third assumption of the investment model considers the quality of alternatives. An example of this would be if one perceived their current relationship to be worse than a relationship with another person might be, they could put in less time, effort and work into the current relationship and explore elsewhere (Baker, Petit & Brown, 2016).

Rusbult, Johnson and Morrow wrote that Rusbult's model explains how "individuals should feel more satisfied with their relationships … that they provide high rewards (e.g., a bright or physically attractive partner…), involve low costs (e.g., infrequent arguments, physical proximity), and exceed their comparison level, or expectations regarding the quality of close relationships" (Rusbult, Johnson & Morrow, 1986, p. 82). In order for a relationship to be healthy and successful, the levels of commitment need to be equal from both parties. Both individuals need to be satisfied with the current state of their relationship and realize that their current relationship is the best option, intimately and emotionally, for both parties. When problems arise within a relationship, key components of a partnership begin to weaken, and jealousy is oftentimes the culprit, especially when it is due to external factors (Rusbult, Johnson & Morrow, 1986). External forces and people can impede a relationship, creating distractions and negative feelings between partners. With a platform like Instagram, these feelings and actions can arise even easier and quicker, causing dissatisfaction in a two-person partnership. It has been noted that social media platforms have a hand in the dismantling of romantic relationships. Things like posting photos with people other than one's partner, having the ability to notice more irregularities in the relationship as showcased on the application, feeling the need to surveil a partner's actions both online and offline,

feeling jealous about what one's partner is liking or communicating, and spending more time on social media (Muise et al., 2009) than with one's partner (Tokugnaga, 2010; Fox & Warber, 2014; Wilkerson, 2017) are all things that researchers have documented before as possible ways social media impedes a satisfactory relationship. An increase in jealousy and insecurity due to social media can impact two partners' satisfaction, especially if the jealousy and insecurity stem from a partner viewing alternatives or weighing how invested they truly are in the relationship. Communicating with others, liking photos of others, or posting photos of or with others on social media can also lead to an erosion of the satisfaction two partners need to feel to have a successful relationship, according to Rusbult. Spending more time on social media and less time with one's partner decreases satisfaction as jealousy increases (Muise et al., 2009).

   Rusbult's model applied to Instagram. Rusbult's investment model is a useful lens for the current study of Instagram's role within romantic relationships and if its influence differs between genders. The number of profiles a person looks at and whom he or she interacts with can be considered threatening to the investment size (can cause individuals to invest less time and effort into their real-life relationship) and quality of alternatives (provides more possible romantic interests). The amount of time someone spends on Instagram can strain the overall commitment in a relationship, causing jealousy. Rusbult explained that in order for a relationship to be successful, negative behaviors could not impede. That is why this study is focused on whether individuals believe Instagram affects their relationship, if it is positive or negative, what behaviors they engage in, how large these positive or negative impacts are, and if the impacts are large enough to dismantle their romantic relationships entirely.

Instagram provides opportunities to view and favor alternative options for a relationship (Rusbult, Agnew & Arriaga, 2011). It can also inadvertently display a partner's commitment level and how that level might be higher or lower than the other partner's (e.g., how much they post about their partner and relationship) (Baker, Petit & Brown 2016). Rusbult's (1980) model supports the idea that "… commitment is a fundamental component of relationships. However, commitment to a relationship may not guarantee its continuation if the committed individual behaves destructively. He/she may want the relationship to continue, but the other partner could still terminate the relationship if the committed individual's behavior is undesirable from their perspective" (Baker, Petit & Brown, 2016, p. 196).

A partner can become jealous of how their partner interacts with others on the application (Elphinston & Noller, 2011; Fox & Warber, 2014; Sheldon & Bryant, 2016). Their partner might be liking or commenting on another's post(s), causing their partner to feel insecure about themselves and the level of commitment the other person is showing in their relationship (Fox & Anderegg, 2014; Paramboukis et al., 2016; Ridgway & Clayton, 2016; Robards & Lincoln, 2016). Instagram allows people to see whom others follow, locations, posts/photos they are tagged in, as well as pages they interact with frequently (Huang & Su, 2018; Salomon, 2013). Constant profile monitoring can affect relational quality (Fox & Warber, 2014). If one partner spends what the other partner perceives to be too much time on the application, interacting with others outside their relationship, taking away time that could be shared by the partners, it can cause jealousy and insecurity about the relationship's worth and meaning in the other partner (Sherlock

& Wagstaff, 2018). Such behaviors would lead to one, or both, partner(s) becoming dissatisfied with the current state of their relationship.

Certain behaviors and feelings that result from Instagram could be deemed unwanted and undesirable, while other behaviors like Robards and Lincoln (2016) and Steijn and Schouten (2013) mention can positively impact romantic relationships. The influences Instagram has on individuals need to be recognized and analyzed to see how much of an effect they can have on a relationship's overall quality and whether they are perceived differently according to gender. Through the help of Rusbult's theory and my interviews, I analyzed what behaviors and feelings were caused by Instagram, where they fell under the three categories of the model and, therefore, whether they affected the overall satisfaction of a romantic relationship shared by two people. Based on the evidence in this literature review, my study was developed to address the following research questions:

Research Question 1: Within romantic relationships, what positive experiences are attributed to Instagram use?

Research Question 2: Within romantic relationships, what negative experiences are attributed to Instagram use?

Research Question 3: In romantic relationships, how do Instagram-related positive and negative experiences compare between men and women?

Chapter 3: Methods

There has been much research done examining the effects Facebook has on romantic relationships. However, the experiences individuals have with Instagram and their romantic relationships are not as well examined. Before pursuing quantitative research, a foundation of qualitative research is useful to provide a deep, rich analysis of the possible influence Instagram has on romantic relationships from Instagram users' perspectives.

When this thesis originated, I intended to approach it from a quantitative research lens, as I believed I, personally, work better thinking from a post-positivist standpoint. But once I did my research, it was clear to me that for the sake of this study, qualitative data would better help me conclude what I was truly searching for with my predetermined research questions. With this particular study, I was not aiming to find numerical data. Rather, I was looking to hear, understand and analyze people's individual experiences and perceptions on how this application plays into their interpersonal, romantic relationships. To do this, conducting qualitative research, specifically semi-structured interviews that flow as conversations, allowed people a comfortable environment to truly dive into their own psyche as I probed and searched for common statements to draw deductions from.

Qualitative research disallowed me to make overarching, evident claims but allowed me to focus on humans' words and lived occurrences. Since Instagram's relation to romantic relationships is a newer research topic, with most prior research concerning only Facebook and relationships, a qualitative, humanistic approach was the more plausible option for me (Pathak, Jena & Kalra, 2013). I wanted to focus solely on

Instagram and its impact on relationships, and qualitative data is the steppingstone that can provide responses that would promote future quantitative data gathering (OnePoll, 2017). I was not trying to receive one similar answer from everyone, but rather, I was trying to seek out any similarities in experience and understand opinions and how they differed or compared among two genders (OnePoll, 2017). And because I chose a qualitative approach, I, as the researcher, became a lot more involved with the conversation, leading the interviews through topics and questions that could not have been fully realized with just a survey or rating scales (OnePoll, 2017).

Due to the circumstances surrounding COVID-19, the interviews were online and without video, which I believe allowed the participants to answer with more confidence than they might have if these were in-person, with me sitting right across from them, as some of the questions produced vulnerable and/or possibly embarrassing information (e.g., admitting to stalking your partner on the application) (OnePoll, 2017). I also feel that studying this particular topic through a qualitative lens provided me with more valuable data for interpretation because of the more elaborate and lengthy explanations. Participants naturally spoke to me, and I could listen to the tones they used to speak about certain matters (Berkwits & Inui, 1998). I wanted the flexibility of the conversation to not only allow my questions to be answered but to allow other possible statements and feelings to arise, to help guide my interpretation and analysis intuitively (Poppulo, 2019). I no longer wanted to find out how many people were jealous or how many people were not (Gough, 2020), but instead wanted to know what behaviors Instagram users partook in, what feelings arose, how these differed between two genders, and how all of this affected their relationships if at all.

As Instagram is heavily used by those aged 18 to 29 years (Pew Research Center, 2019), this study aimed to understand better how those individuals perceived the following: 1) Within romantic relationships, what positive feelings are attributed to Instagram use, 2) Within romantic relationships, what negative feelings are attributed to Instagram use, and 3) How do Instagram-related positive and negative feelings about romantic relationships compare between men and women. This investigation was conducted through the process of qualitative, semi-structured interviews and thematic analysis. The following sections of this chapter outline the study's design, recruitment, inclusion criteria and data analysis of the interviews.

Recruitment and Participants

The Institutional Review Board of the University of Missouri approved the procedures used in this study. A purposive sample of participants was recruited for this research study. Purposive sampling is the recruitment of specific individuals, by the researcher, who match distinct criteria to help further the results of the research questions at hand (McCombes, 2020). In this case, I wanted to know more about the impact Instagram specifically had on individuals in relationships that use the application; thus, I sought out specific individuals who were already users of Instagram. I also wanted to make sure my selections were between the ages of 18 and 29 due to the high-frequency use of Instagram in this age group (Pew Research Center, 2019). I specifically chose the individuals, relying on one degree of separation, and reached out to them myself. Once I found individuals who used the application and fell within my particular age range, I sent them a direct message on Instagram explaining the research study, what specific criteria they needed to match (including that they must either be in a relationship currently or

have been in one within the past 12 months) and asking for their written consent in a direct message response back to me. Purposive sampling was the most appropriate for my study because it allowed for the "most effective use of limited resources" (Palinkas et al., 2016, p. 3). This sampling allowed me to decide how many interviews I wanted to conduct and what specific participants would be chosen to best answer the questions I had. I am aware that the perceptions and responses of the participants I interviewed cannot represent generalizable claims about an entire population; however, their responses can still help me better understand Instagram's positive and negative elements observed in relationships, as it lays the groundwork for future research (Lærd Dissertation, 2020).

Between the dates of Oct. 7 to Oct. 15, 2020, I contacted 15 people whom I knew would fit the criteria (i.e., Instagram users, 18-29, dating someone currently or recently) (Foley, 2018) to participate in my interviews. Fourteen out of 15 people agreed to partake in the process. The fifteenth person initially responded to my direct message that they were interested but never responded again after that, therefore not giving me consent to move forward with them. These potential participants were contacted through Instagram via the direct message feature, inviting them to participate in an individual interview (see Appendix B for Instagram Direct Message). The direct messaging feature allowed all conversations to remain private. Once a participant consented to be interviewed, the interview time was later scheduled. The chosen sample size was fourteen people because first, I wanted equal women and men participants (seven and seven) to compare their responses to one another, which would help answer research question No. 3. However, I also ended up with 14 interviews because the statements I received from the participants

began to repeat, proving that theoretical saturation was being hit within the answers I was recurrently receiving, with not much new evidence arising (Namey, 2017). While I did not set out with a specific set number of interviews to accomplish, once I had completed 10, I realized certain ideas were definitely being echoed (Namey, 2017). As I continued to complete four additional interviews, I recognized that regarding this study, 14 interviews would be sufficient to provide answers to the three research questions I had, as some experiences reported were obviously paralleling (Dworkin, 2012). As Emily Namey (2017) further explains, typically "80% to 92% of concepts were identified within the first 10 interviews" due to the researcher achieving theoretical saturation (Namey, 2017, p. 1). Out of the 14 people interviewed, seven were women, seven were men, five were 24 years old, five were students, only three were currently single, 11 were in relationships, and two of them specified that they were currently in a same-sex relationship.

Procedure

Participants were recruited to participate in semi-structured interviews. This method was most appropriate because I could properly prepare the same set of 20 questions for each participant, which I knew would yield answers that could further my research study (Fuel Cycle, 2019). I believe that allowing it to be semi-structured helped keep it on topic by allowing me to participate in and steer the conversation fully and also created a much more natural experience for both parties, yielding better results (Fuel Cycle, 2019). The semi-structured approach also allowed me to continue pushing forth the conversation, especially when questions were answered with very few words or input. I had my own follow-up probe questions, which would help the interviewees clarify their

answers more if need be (Austin & Sutton, 2014; Adams, 2015), as the follow-up

questions intended to dig deeper into their true meaning and feelings (Yeomans et al.,

2019).

Interviews took place between Oct. 11 and Oct. 19. Due to the COVID-19

pandemic (Canary, 2020) and safety protocols (World Health Organization, 2020), the

interviews were conducted virtually via Zoom to allow for social distancing. This

allowed participants to be easily recruited but remain safe in their respective locations

(Bernazanni, 2020). Before being interviewed, all participants gave their (virtually)

written consent through an Instagram message, and confirmed that they were between 18

and 29 years of age, use Instagram at least once a week, and are either currently in a

romantic relationship or have been in one within the past 12 months. Participants were

asked questions developed based on overall relational satisfaction both on and off the

app, positive and negative feelings surrounding Instagram, jealousy on the application,

profile monitoring, communicating with other users, including former partners, and

external threats to the relationships.

Only the audio component of Zoom was used during the interviews, as no video

camera was initiated in the process, nor used to record the interviews or interviewees. I

used the Zoom recorder to record audio, as well as the voice recorder on my iPhone 11

Pro, in case one of the interview recordings was faulty and/or lost, deleted, or improperly

recorded. By letting Zoom and my phone record the conversation, I did not have to worry

about taking notes during the conversational interviews, nor about possibly missing key

remarks made by the interviewees, as I gave each of them my full attention. All audio

files were stored on my computer, a 2020 MacBook Pro, and duplicated copies of all the

audio files were stored on an external hard drive, again for extra precaution in case of accidental deletion or corruption. My computer and hard drive are guarded by two different passwords that only I know, allowing only me to access these files. The interviewees were assured that the data in this study were to stay as anonymous as possible (Surmiak, 2018). To keep the anonymity of all participants, their first and last names were removed from the study, along with any personal identifiers in their interviews. Their identities were replaced with the first letter of each of their last names and the number interview they were (e.g., A7) (Saunders, J. Kitzinger & C. Kitzinger, 2015). All data have since only been seen by me and my committee members.

For their participation, an incentive of a $10 digital Amazon gift card was sent to each interviewee via their email, which I had them give me at the end of their interviews. Incentives are used to convince people to give quality information in qualitative research (Research & Marketing Strategies, Inc., 2011). Specifically, monetary incentives provide a larger increase in people willing to contribute data than incentives in any other form (Singer, 2012). As the interviews were expected to take approximately 15 to 30 minutes to complete, a higher incentive was expected due to the length (Stoltz, 2017).

Data Analysis

Once data collection was complete, I approached my research with thematic analysis, specifically with an inductive approach (Caulfield, 2019). I did not use data analysis software, but instead manually coded my data set myself. While I had internalized expectations for what codes might be repeated more than others, I did not curate predetermined themes that I attempted to find while reading through the interviews. Instead, my data readthroughs guided me to my dominant categories and

themes. A theme, in my research, is a summarized statement header that represents subheads (Turner, 2019). In other words, an overarching theme in my data is "Elements of Instagram Deemed Positive by Participants," and a subhead under that theme was "Sharing funny posts and memes," among others. My thematic analysis consisted of reading through to the interviews to find first-level codes that I could then find patterns from, reducing it to about 20 categories, then leading me to find around five themes that I included as sections in my findings (Caulfield, 2019). Some themes had individual subheads. I read through each of the 14 transcripts four times, twice going from the first interview to the fourteenth, and twice reading from the fourteenth interview to the first (Taylor-Powell & Renner, 2003). I wanted to read in different orders both times to avoid reader concentration fatigue and/or analysis errors. The analysis was intended to find any similar or contrasting statements from the 14 participants about Instagram and relationships, and also to delve into their personal grapples with the application (Nowell et al., 2017). Certain themes were conceptualized more than others, and conclusions about their perceptions could be interpreted (Roulston, 2019). The coded analysis was divided into word groups under larger thematic content umbrellas, located in the next chapter, "'… a category as a word or phrase describing some segment of your data … a theme is a phrase or sentence describing more subtle … processes'" (Saldana, 2009, p. 13). After four readthroughs of the 14 interviews, 56 codes were highlighted by me. These included some of the more popularly discussed codes like "satisfaction," "more fighting," "comparing relationships," "memes," "jealousy" and "communicates issues." Some of the less-discussed topics that I still originally coded included "explore page," "control over posts," "creates doubts" and "no privacy." The coding helped connect

participants' answers back to my research questions to provide more insight into the overall purpose of this study (Rosala, 2019). I also highlighted basic descriptive details in quantitative form, specifically to compare and contrast how many men and women said or experienced certain things. This was only to further supplement my qualitative findings.

Chapter 4: Results

The study's design was intended to see what sorts of positive and negative feelings arose among men and women in relationships who use Instagram, amidst also seeing how and why these individuals use the application and view the satisfaction of their own relationship.

Overall Relational Satisfaction

The interview opened with the first question asking how individuals would judge the relationship's satisfaction from their point of view. On average, interviewees said they are satisfied with the current state of their relationship, with some participants clarifying that while their relationship has had its ups and downs, they were content, nonetheless, after working on communication and balance with their partner. Later on, in the interview, the participants were asked more about the input of their relationships: between them and their partner, who did they believe put in more effort and time to the relationship? Almost all participants said the time and effort inputted was equal from both parties, further pushing the notion of overall satisfaction. However, six of the 14 participants either originally misinterpreted this question, asked for it to be repeated, asked a follow-up question before answering, or thought long about it before finally stumbling upon the answer that the commitment levels were, indeed, mutual. There were only two questions about actual relational satisfaction because this study's intent was not to learn how good or bad people's relationships currently are or recently were, but instead to see the satisfaction levels overall while the individuals in relationships used the application.

Instagram Application Use

After the first question regarding relational quality, the questions focused on the individual's Instagram use, frequency, reasoning for usage, and their partner's usage rates. Of all the participants, eight reported using the application for more hours a week than their partner. For instance, V14 said, "Oh, I'm on there all the time. … I spend way too much time on Instagram, it's kind of bad." W6 said, "I definitely use it a lot more frequently than she does, I will say that." The perceptions of usage rates only slightly varied among participants, with most people reporting they used Instagram around 14 hours a week, themselves, while reporting that their partners used the application for about seven hours a week. Out all of participants, 12 of 14 noted that they used Instagram mainly to view and keep up with what their friends were doing, while five reported using the application for inspiration on various things, including J4 stating she "get[s] inspiration in terms of like fashion, interior, stuff." Other uses of the app were for the viewing and sharing of memes, which V5 elaborated on: "I mean, sending each other memes is definitely something I look forward to," which many other participants mentioned at least once as well. When asked about when the participants used the application most, the most frequent answers were in between daily events and scrolling when bored or anxious, while seven people specified that they used it more at night than at any other time of day. For instance, J4 said, "Mostly when I'm trying to distract myself from other work or getting, like, a little anxious, I'll just kind of mindlessly scroll," while A1 said, "I honestly just kind of use it 'cause I'm bored a lot. So, I'll just go on it and aimlessly scroll through pictures and just see what people are doing." Other uses mentioned by fewer people, however, included visiting the explore page that provides content through an "algorithm," posting photos to showcase their romantic relationships

and posting photos of themselves that they liked ("selfies"). As P13 explained, "I mainly use my Instagram to … post pictures of myself whenever I feel like I am in a fun situation or have a great outfit on."

Elements of Instagram Deemed Positive by Participants

The rest of the interview questions mainly focused on asking participants about certain behaviors, feelings, emotions and experiences they may or may not have faced while using Instagram and being in a relationship. Most of the questions were open-ended, asked to understand better both the good and bad that could come from Instagram and how that played into their relationships. This approach allowed the individuals to open up about what they truly experienced, as more follow-up questions of mine probed deeper into what they meant by their responses. According to the participants, the following displays the most recurrent positive elements and feelings that came from using Instagram while in a romantic relationship.

Communication and conversations on the app. One of the more commonly mentioned positive elements that Instagram brought to the individuals' relationships was the availability to start or continue conversations and communication with their partners on yet another social medium. Participants reported that they could communicate about what they saw on the app to each other throughout their days as another way to connect. A1 stated that, "it was another outlet for us to kind of talk on … and then, like, talk about it in person, and just kind of gave us, like, stuff to talk about, like we'd find stuff on the app and be like, 'Oh my God, did you see this?'" A1 noted that it gave them both more things to talk about, whether digitally or in-person, as it was an app that allowed for constant scrolling and catching up of new posts. S7, reportedly six years older than A1,

felt similarly about the app, saying, "Instagram is kind of like a good conversation starter, so if I post something on my story, it's something that she will bring up, and we'll talk about." He elaborated on it further, explaining that if he and his partner were not able to spend much of the day together, Instagram gave them something to communicate about later, and/or she could keep up with him and what he was doing throughout the day by viewing his posts on the application.

Sharing funny posts and memes. One of the most recurrent statements by participants was about viewing and sharing memes on Instagram. Many noted that this was a way to communicate with their partner and connect on humorous levels that maybe only them two would connect on, understand and find funny. Sharing funny pictures, videos and memes with their partner via direct messaging was another way for couples to use the platform to bond with one another. According to some participants, Instagram provides more than just conversation starters. As P13 said, it also allows conversations originating on different media to move onto Instagram messaging. "I think that it allows us to connect on a different level than just text message, where you can share posts and share videos that kind of either remind you of the relationship or of the other person, so instead of just talking over text message, you can send each other funny, like, memes and such," P13 said.

One of the eight participants who brought up the impact sharing memes has on their relationship was M2, who explained, "I think it being a medium for kind of like seeing something and sending it, like something funny, and we'll laugh back and forth about it; it's kind of the same way as, like, a text or, like, sending messages on Twitter. …I see something funny and send it to her, or she does the same thing, and I'll like smile

when I see … that's the positive thing." Similarly, W6 mentioned how "if there's a video that both of us kind of know who, like a big account or like a very popular account that we kind of both follow, if she hasn't seen a picture, video, I'll show it to her, and we'll just laugh about it." Participants mentioned that sharing Instagram posts and memes privately to their significant other brought about humor and a continued connection to things they both enjoy.

Looking for inspiration. Another element that individuals frequently reported Instagram brought to their romantic relationship was a sense of inspiration and longing to do what they saw others doing with their partners in real life (through photos posted on the application). D10 mentioned how his comparisons are not always done out of jealousy, but usually through comparing what is done in one's relationship to what others are doing, and wanting to do more with your partner because of what you have seen on the app. D10 elaborates, "I think seeing what other people post just gives me inspiration for me and my boyfriend to just go out and be like, hey I want to do this, like I saw this great photoshoot. … It just gives me ideas of other things to do in the relationship that maybe me or both us haven't thought of before." Participants reported being inspired by many things, whether it be fashion, interior design, photoshoots, date ideas, vacations or just how a couple appeared to be, on the app. Another participant, H8, described how he uses the application as a type of vision board to create more original and creative date ideas for his partner, "The people that I follow are close friends or people who I like the activities they engage in. … Normally, if they post picture of dates, like, it's kind of a cuter date idea. … It gives me, like, a visual board."

Sharing relationship with family and friends. The last major positive element about Instagram brought up by participants was sharing their romantic relationship with their friends and family on the application. Seven participants mentioned that this was a way to show their loved ones their relationships, allowing them to be a part of them, and seeing the more intimate moments, no matter anyone's location. W12 said specifically, "it's a great way to capture memories and keep our friends updated … and it's a great way if you're not keeping up with certain people all the time, or I'm not sending videos of me with my partner, but she can see it on her Instagram page and give me a quick response. … I do like that aspect of it, of course." When asked about the positive elements of Instagram, H8 clarified that not only could the relationship be shared with others, but that it is like "a huge milestone that may not be as big to most people, but for me and in my relationships, I think that's bigger," explaining how posting about a significant other to your followers not only becomes this sort of incentive or reward to aim toward in the relationship as it progresses, but it also solidifies the relationship. V14 added that "it makes me happy to be able to share that with other people, especially, like, family members or close friends that maybe don't get to see it in person," whereas P3, while choosing to not post about his last partner on Instagram for personal reasons, admits that "it's a way to establish commitment … when you're posting a picture of someone, and that's a big step in the relationship, it feels like." The interviewees agreed that posting something about a significant other for the first time, for your followers to view, was a big deal and, typically, an exciting moment in the relationship.

Elements of Instagram Deemed Negative by Participants

According to the participants, the following displays the most recurrent negative elements and feelings that came from using Instagram while in a romantic relationship. There appeared to be more negative elements reported overall than positive elements.

Fights stemming from Instagram. Fights between partners regarding Instagram was a common discussion point among the participants, with at least seven of them specifically noting certain events that led up to fights between the two. It should be noted that 13 of the 14 participants said they either have already or would bring up any issues about Instagram that they had/have and communicate about it with their partner to avoid these internalized conflicts turning into bigger fights between the couple.

A1 recalled the time when an Instagram fight ultimately led to the demise of her romantic relationship, saying, "if you go on Instagram like 'DM' you can see when someone is active or not, and so we'd get into fights because I wouldn't respond to him but then he'd see that I was on Instagram, or vice versa. So, he'd be like … 'You can't respond to my texts, but you can look at memes on Instagram.' … Just kind of left a bad taste in both of our mouths … led to other petty arguments." Because Instagram allows you to see when anyone, including your partner, is on and using the application, as well as when they were last active, A1 described how her social media use lost a bit of privacy, as she began to worry about whether she had responded or communicated enough with her partner before she could freely and comfortably scroll the social media application.

J4 discussed how Instagram contributed to the "worst weekend of her life," stating, "they wanted a post when I wasn't going to because we had a shitty weekend, like an instance where I know that moment didn't deserve, it wasn't special, so I didn't

feel the need to document it, but they felt the need to make it a happy moment through Instagram. I think it kind of led to … creating this false sense of reality on how happy we could be in a relationship without really depicting the struggles … like the biggest fight that I've had because of Instagram was, like, the worst weekend of my life." Though the content of the fight was not completely clear in J4's explanation, the expectations her partner had regarding Instagram posts, especially during their "bad" weekend, led to more discomfort and conflict, she explained.

The topics of some fights mentioned by participants because of Instagram included fights about cheating, as L9 explained, "I would say that we fought over cheating and things like that, due to Instagram. … Sneaky behavior, kind of like messaging other girls. … You know once it happens once…the trust is not there anymore." Whereas, other fights dealt with such things as following others, talking to others, liking others' posts, direct messaging others and not tagging or posting one's partner enough. S11 elaborated, "If I post something about him, especially, and he'll be like, 'Oh, I didn't like how you worded that' or 'I didn't like how this picture looks,' or if I have something he wasn't expecting … with somebody he doesn't expect or something, he'll say something. … He kind of picks apart the things I do. … He'll, like, question things I post or things I say. … That's when negativity comes in."

Jealousy, insecurity, overthinking and a lack of trust. Many words came up in discussion with the interviewees about how they feel toward or about Instagram and how it makes them personally feel, react and respond. Many mentioned feeling jealous and insecure, with eight people mentioning jealousy, three mentioning insecurity, four mentioning overthinking the things they saw take place on the application, and five

39

mentioning a heightened lack of trust. L9 states that Instagram can cause a multitude of issues in any relationship, including new ones, especially if you have dealt with cheating or infidelity in the past. "I think if you've dealt with cheating in the past, not even just cheating, but jealousy issues or trust issues in a relationship … you can look too deep into what your partner is doing and maybe overthink it. … It can definitely cause some tension if you're not fully communicating … about the ways that you use Instagram." P13 said, "I think that no matter what level of trust is already there if there's any kind of small, weird move made, it can break that trust and start issues." Many participants discussed how they do not necessarily have to distrust their partner in real life to distrust what they are doing on the application. W12 stated that Instagram "causes insecurity … from what he's liking," while V14 said it "promotes a lot of overthinking … brings different elements into play that wouldn't normally come up if [Instagram] didn't exist." J4 described how Instagram can cause you to have these feelings, whether you have confidence or not, and whether you are in a relationship or not. "I think a lot of insecurity can be brought, it really doesn't matter who you are or how confident you are, yourself, your relationship. … It can also hurt self-image, which can in turn hurt a relationship. … Instagram can easily make people insecure, overthink and really have a lot of added pressure into their lives," J4 said.

  Comparing oneself to others and other relationships. One of the more common experiences represented through individuals' answers was a comparison of oneself to others on the application, and a comparison of one's relationship to other relationships, of both people they know and did not know. Out of all the participants, eight mentioned comparing their relationships to others in a negative way, while six individuals admitted

to comparing themselves to others negatively. These comparisons ranged from feeling jealous, insecure, angry and annoyed toward their partner for not acting how these other couples appeared. V5 explained how the comparisons affected her relationship: "I feel like it can be really easy to compare myself to what other relationships look like. … It might take a hit at times, if I see a picture that I find to be really inspiring … I might take it out on my partner for not living up to that kind of ideal I'm getting in my head at the moment." L9 discussed the jealousy she felt when viewing others: "There are times, though, that I do see other people who are together and have that envy of them, for sure. … Instagram can bring a lot of negativity … because you can be … comparing yourself to other people." S7 admitted to not considering different partners but comparing his significant other to the significant others of his friends, "I think it is very easy for me to compare just like on a very basic surface level my partner to others that I see on the app, whether it be my own friends or the significant others of my friends." This comparison that S7 made was not repeated as much by the other participants, as most comparisons were made either about oneself or one's whole relationship, not necessarily just one's partner. For instance, W12 compared her relationship to "better" ones she viewed, saying, "You know when you see a guy do something really sweet and amazing for his girlfriend, and you're not receiving that, that would bother me; that's happened in the past. … You see someone being treated so well, even though you don't know what their relationship's actually like." She discusses how she longed for her relationship to be like others' relationships but did not directly compare her boyfriend to the other boyfriend(s) in others' posts. V14 admitted that it was a learning process to stop comparing her relationship to those of others, saying, "I already have these heightened expectations of

what I think it should be like, and so it's just kind of letting go of that and letting your relationship be its own thing and not worrying about … well, these people post together every day … like just acknowledging that you are not those people." A1 discussed how she felt unsatisfied in her relationship, which led to not only comparing her relationship to other relationships but the consideration of moving on to new possible partners, saying, "I do think that Instagram kind of influences that decision where you can see like 'Oh look, they're having so much more fun, and they're together, like why can't me and my boyfriend do that?" However, she insisted that Instagram is not typically the application she would use to view and interact with other alternative romantic partners. Instagram is usually just the place where her comparisons to other couples happened, of which gave her insight into her own relational unhappiness.

Following others and considering alternatives. Seven people admitted to having a fight with their partner over whom one of them was following, while five people admitted to using the application to view and consider alternative partners to their current one, yet most said they would never act on these considerations and contemplations and risk their current relationship. External individuals on Instagram, to the relationship, appeared to be a recurring issue, but it was most commonly a concern aligned with people who also admitted to either already having jealous tendencies and/or feeling insecure because of the app, or their partner having these tendencies. M2 recounted when his partner got mad at him for following someone wearing a bikini, viewing it as a threat to their relationship, though he insisted it was just an old friend from high school. D10 contributed, "There were some people that I was following that he did not approve of. And if he was not tagging me … I would get very upset." P13 viewed the issue more at

large, claiming, "with even just who you follow … where people aren't necessarily trustworthy of the other person 100 percent. … Each little move is micro-analyzed by either party." But even participants who shared that they are completely satisfied in their relationship and felt that it was a happy partnership admitted to still having issues over whom their partner followed or vice versa. For instance, W12 said, "liking a picture or following someone that for me it makes me uncomfortable. … Honestly, it makes my gut, like, tighten." Many participants insisted that they would be less jealous and have less of a problem if their partner was following a beautiful model or celebrity because it would be unlikely that communication would arise in that sort of connection. However, many described how uncomfortable they would feel if their partner was following and interacting with someone geographically closer to them, or that they used to engage with, or if the act of following led to flirtatious messages between the two. Regarding the five individuals who admitted to viewing other possible partners on the app but not acting on it, responses included L9 stating, "I'm sure there have been times where I not necessarily seriously considered it, but just saw other boys;" W6 saying, "I would say it definitely happens. It won't happen, I'll say that. But it definitely can do that;" and S7 saying, "Yeah, I would say that I have looked. No, I wouldn't say it's ever made me want to change partners, but I do think that it's easy to look at other people on the app and then, like, think about being with that person." Other responses were similar to these, insisting that no actual infidelity would occur, as viewing others was an almost subconscious, lighthearted action, not being done with any serious intent to follow through.

Checking others' profiles. A sizable number of people admitted to checking the profiles of those that their partner interacted with, 12 of 14 to be exact. However, only six

of those people also admitted to recurrently stalking their own partner's profile, and only

two admitted to stalking the ex-partner of their current partner. There was not much

elaboration on why the individuals chose to view the profiles of those their partner

interacted with, as most participants answered the question in only a few words or with a

single "Yes." Participants noted that they were more likely to view others' profiles but

less likely to view their own partners' profiles. More detailed reasons people gave for

viewing others' profiles included V14 stating, "last year, that girl messaged him; I for

sure was stalking her profile, and I was like, who is this person;" M2 stating, "I don't

know if it was necessarily out of jealousy, but if she posts about someone or someone

comments, I'd be like 'Oh, who's that;'" and H8 saying, "I've looked at some of the

people that comment. Normally, if it's a newer partner, and I'm not familiar with their

friend group, [I will check profiles]." On the topic of checking the profiles of a partner's

ex, A1 described her experience, "As soon as my ex-boyfriend told me who his ex-

girlfriend's name was, I immediately followed her … so I could look at her profile."

When participants were asked to clarify why they viewed others' profiles, the short

answers typically had to do with seeing whom their partner was friends with or engaging

with to get to know their partner better.

Not sharing relationship enough. Some participants noted a sort of imbalance

with posting about one another in the relationship on Instagram. Five interviewees noted

that their significant other did not post about them either enough to meet their standards

or as much as they did about them. Three individuals specified that they have repeatedly

asked their partner to post about them more and show commitment and relational

balance, and one individual specified that he had been asked before to post more of his

partner at the time. S7 contributed, "If I post about her, but she doesn't post about me, then … there could be some jealousy there and some lack of trust, like why is one partner posting about the relationship and the other is not? Are they not as committed?" S7 felt that it might outwardly appear odd if one partner posted more than the other, and he wanted those who followed the couple to believe they felt the same about each other, proving that they are "on the same page." V5 stated that she asked her partner to post about their relationship more in the beginning, questioning why he was not and wondering if there was an underlying reason or motive for not showcasing their relationship to the public, but has since come to terms with the fact that he just does not use social media the same as her, and they have different expectations of postings. V14 explained, "I'm like, well, if he loves me, like, why doesn't he post more? … I don't need external validation to know that, but it's definitely been a growing process for sure." Participants mentioned having to come to terms with the fact that their partner was not going to post how they wanted them to, and they had to accept that for the relationship to continue to work.

Men vs. Women, Differences Among Feelings from Instagram

There were noticeable differences between how men and women answered questions about their Instagram use and their perceptions of their relationships. However, there were also some feelings and behaviors that were perceived similarly between genders. First, the largest difference was found regarding posting suggestive or sexy photos online. Five of seven women said they were OK with their partner posting sexual photos on their Instagram page, even if they were not included in the photos. A1 went as far as to say, "Honestly, I don't really care. … If they posted something 'cause they were

feeling themselves, and they thought they looked good, who am I to say take that down?"

The women participants reported that it would be funny to see their partner post such

photos, and while they would probably laugh at the sight, they would not feel too much

discomfort with the post. Since five women participants were fine with their partner

posting these kinds of photos, the results were then compared to the men's thoughts on

the same topic. Men participants, however, were less OK with these sexy, suggestive

posts. Six out of seven total men said they would not appreciate their partner posting

pictures like this, because it would make them feel uncomfortable and question their

partner's intentions with the photos being posted. P3 elaborated, "I'm not a big fan of it.

… I hope that she would have the confidence to know that she's beautiful no matter what

she's wearing." D10 contributed, "No, that is not OK and never will be. … if I'm dating

you, then why do you need to be posting sexy pictures of yourself on Instagram for

everybody else to see?" M2 recounted times when this sort of situation caused fights and

distress in his relationship: "My partner used to post, kind of, photos that showed a lot of

skin. … Earlier on in our relationship, I had a hard time with that. … It was just kind of

personal; like, I don't want everyone to be able to see that. … That's something I had

discomfort with. … It made me feel like it was unnecessary. … Like, someone trying to

show off, I guess, and I kinda felt like you already have me, so what are you showing

off?" A common theme that men presented was this questioning of their partners' intent

with the posts. Many commented that they did not understand why women feel the need

to show their bodies when they were already in a relationship, while other men said they

disapproved because they did not want anyone else to see what their girlfriend looked

like so scantily clad. S7 also added, "If my partner did that, I would feel a little

uncomfortable. … I would be wondering why she would be posting that, which filters into the next thing of I think there would be jealousy … who she was trying to attract with that post."

There were no key findings tied more to one gender than the other regarding keeping up photos of an ex-partner and continuing to follow them. It was split between three men and three women who said you should delete old photos with an ex and more or less cut ties with your ex-partner on social media altogether. While four other women and three other men said they would keep up pictures with an ex-partner because, though that relationship is now over, it was still a time in your life that can be showcased online. Some participants also clarified that while they would keep most photos up, photos that pertained directly to being in love or wishing the other a "Happy Birthday," for example, might be better removed, because of the context surrounding those photos. One male participant would not specify what he would do in this scenario, because he had no opinion on whether to keep or delete photos and followings of an ex.

Five women said they had posted a photo in the past to create jealousy within their partner, while only three men admitted to doing this. A few participants noted that this kind of post would typically be a picture they presumably looked good in. Only women (six total) reported comparing themselves to others on the application, while five women and three men admitted to comparing their relationships to other relationships. Four women reported checking their partners' profiles, while only two men admitted to doing this. It was even, with six women and six men (12 total participants) all admitting to checking the profiles of those with whom their partner interacts with and/or follows. Four women believed their partner did not post enough about their relationship on the

application, while only one man believed this. Three women and zero men reported questioning their partner's actions on the application. Jealousy was another theme reported that was equal between men and women, with four of each reporting they felt this while using the application in a relationship at some point. Two women and one man reported feeling insecure at some point while using the application, and four women reported overthinking their partner's application behaviors and actions. Similarly, four women and only one man reported a lack of trust stemming from Instagram use in their relationship. Pretty evenly, four women admitted to considering alternative partners to their own while using the application, and three men reported doing this. The only topic that men responded more negatively to than women was the posting of sexual photos.

Regarding the more positive elements and how they differed between two genders, women, overall, described more positive behaviors than men did, but the results were close and minute. Three women described how more communication came from the application, while only one man did. Five women explained how sharing memes with their significant other led to comedic relief and communication, while three men reported doing the same. Three men described using the application for inspiration for things like date ideas or future photoshoots, while two women reported the same. Lastly, four women reported being able to share their relationship more on the app as a positive thing, versus three men. The positive elements to come from Instagram had fewer differences in numbers when comparing between the two genders.

Chapter 5: Discussion

Findings

I carried out this research study because I wanted to understand if people thought the same way I did. I wanted to see if anyone else had lived through experiences of conflict stemming from a social media application. I wanted to know if people genuinely enjoyed using the app with their partner, and/or if jealousy and anxiety were ever felt surrounding such a platform. I wanted to hear people's stories, gain insight and better understand their perceptions of their experiences while using Instagram within their romantic relationships. The age group, 18- to 29-year-olds, was chosen specifically due to this age range being common users of Instagram (Pew Research Center, 2019). Therefore, frequent users of this application would be more able to relay their experiences of using the application while being in their romantic relationships, which is why this study was developed as such, to provide detail on the following research questions:

RQ1: Within romantic relationships, what positive experiences are attributed to Instagram use?

Those aged 18 to 29 in this study reported perceiving many positive elements concerning Instagram use within their romantic relationship. However, the positive elements were more behaviors than they were feelings. Being able to share their relationship with their followers, share funny pictures and memes with their partner, start more conversations with their partner, and search for inspiration were clearly the most discussed behaviors that both men and women engaged in.

The participants reported that Instagram allows them to solidify and showcase their relationship publicly. Instagram also allows its users to see millions of other users, which people use to their advantage to gain ideas and inspiration in order to make their own relationships better, different and/or more exciting (i.e., new date ideas). Some individuals noted this inspired them to take action and make that change in their lives/relationship for the better. Instagram provides its over 1 billion monthly users (Iqbal, 2020) with the opportunity to post their own photos and videos, but it also caters to its users by using personal algorithms to provide the users with things they repeatedly like or view on an individualized "explore page." These allowances entertain the individuals, as they can easily and quickly find something funny and share it directly with their partner, starting new conversations and connecting through humor, appreciation and relatability.

RQ2: Within romantic relationships, what negative experiences are attributed to Instagram use?

There were many negative elements stemming from Instagram, mentioned by all participants in their interviews, with some individuals citing multiple negative elements. While negative elements included both negative behaviors and negative feelings, negative feelings were more commonly observed among individuals, especially among the women participants. With almost every participant commenting on some conflict or fight they have had with their partner or a past partner because of Instagram, it was interesting to see how common this was and hear them explain that they would bring up conflicts to their partner to avoid further relational distress.

Individuals frequently reported checking not only their partners' profiles, but specifically the profiles of the people their partner interacted with on the application, including but not limited to ex-partners and their partner's friends who commented on and engaged with their partner's posts. External individuals appeared to be threatening to relationships, even if those external people did not interact much with the people in the relationship, due to prior trust issues, jealousy and insecurity among participants. However, some people also suggested they would not be interested in changing their communication habits with people on the application to appease their partner and/or their partner's jealousy. Posting suggestive, sexual or scandalous pictures was heavily looked down upon by participants, with participants claiming they would feel uncomfortable and not want others to see their significant other's body. Participants reported that either their partner did not post about them enough, showing unequal balance and commitment to the public, or that they, themselves, had been asked by their partner to post more, again due to the uneven appearance of the relationship online. People, despite being in relationships, can still look at alternative, maybe better or more attractive, partners/people on the application, but that does not automatically mean that they will act on it and pursue flirtatious communications or behaviors with those external individuals. Lastly, there is a comparison of the self to others and other relationships, putting their own relationships down as they view visually appealing content from others, whom they either know or do not know. While similar to comparing one's relationship to others and getting positive inspiration from doing so, the experience of comparing oneself to others and other relationships was noted as a negative one, due to the fact that individuals were not

inspired to make individual changes, but instead sat with this jealousy and insecurity, and feeling bad about themselves through these comparisons.

RQ3: In romantic relationships, how do Instagram-related positive and negative experiences compare between men and women?

Instagram allows people to view what they want, whenever, and because of this, positive and negative elements arise and differ between two genders. Women were more likely to feel jealous, especially if their partner was interacting with other individuals on the application, specifically women, in close proximity to their partner or the couple. Women were more likely to feel insecure, question what their partner does on the app without them knowing and lack trust due to the use of the application. Women were more likely to compare themselves to the other people on the app than men, while both genders compared the stature of their current relationship with others. Men were more adamantly against their women partners posting sexy photos, feeling like they, themselves, should be good enough for their partner, expecting that women should have more "confidence and respect" for the relationship they are in. Women were less likely to care about this topic and actually found it funny if their partner was to post a suggestive photo. While men were more upset if their partners posted a sexy picture for their followers to see, women were more likely to get upset about their partner communicating with, liking or following other women on the application. Women were also more likely to try and make their partner jealous by posting photos, either during the relationship or after it ended.

The genders felt pretty similarly about the positivity that can come from the application, with a difference of only one or two people in the statistics (e.g., two women versus three men saying they get inspiration from the application).

Significance

Findings linked to prior literature. Throughout the literature review, a variety of past literature was examined, and the review explained how each prior study connected to something I was looking at in this study.

First, the literature review discussed how Ridgway and Clayton (2016) revealed that one partner tends to try and control what their partner posted. They surveyed around 400 participants to come to these conclusions. This study found the opposite, with data demonstrating that very few individuals set rules or had expectations for what their partner was and was not allowed/expected to post, meaning that if anyone did mention "rules," it was more in regard to having unannounced respect for the relationship (i.e., do not flirt with others through direct message) and not the setting of actual limits or guidelines for each other to follow. Thus, not many people admitted to controlling or trying to control what their partner posted. Only one participant mentioned that he used to be uncomfortable with what his partner posted but has since moved on from being upset by that, and said it no longer affects his relationship. Other individuals mentioned that they might jokingly suggest their partner should post more photos of them, but none ever claimed that they tried to control what their partner did on the application.

Next, the literature review discussed how Sherlock and Wagstaff (2018) revealed that constant viewing of others on social media could lead to depression and lower self-esteem, affecting a person's current relationship. This study supported this claim, with eight participants reporting feeling jealous, three reporting feeling insecure, six participants comparing themselves to others, and eight participants comparing their relationships. Few participants said they compared solely for inspiration for future dates

with their partner, while others admitted that they felt jealous, insecure or bad about themselves, their partner or current relationship after comparing and viewing others' profiles and posts.

The literature review discussed how Steijn and Schouten (2013) revealed that sharing your relationship on social media can benefit the relationship and help develop it. They described how it can be beneficial to include friends and family in special moments that they may not have otherwise been a part of. This current study supported this claim, but about Instagram instead of Facebook, with seven participants mentioning that Instagram was positive, allowing the sharing of their romantic relationships with friends and family. The authors explained how their 574 participants described Facebook as more of a positive element than a negative element to their relationships, as did many participants in this current study, believing Instagram brought about more good than harm.

Next, the literature review discussed how Elphinston and Noller (2011) revealed that heavy use of Facebook leads to relational dissatisfaction for various reasons. This current study neither supported nor rejected this claim, because while people had a great range of Instagram usage times, 12 still reported feeling very satisfied in their current or last relationship, despite how many hours a week they used the application. Thus, there is not enough data in this study to support the idea that heavy Instagram use causes more satisfaction or dissatisfaction.

Lastly, the literature review discussed how Fox and Anderegg (2014) revealed that men and women act differently regarding social media. For instance, women typically display the relationship sooner than men do on social media platforms. This

current study supports this claim, as shown in the differences between men and women in relation to positive and negative feelings straining from Instagram. Also, with more than half of the women saying they use Instagram to post about their relationships and less than half of the men saying the same, it can lead to assumptions that women tend to post about and show off their intimate relationships more. Yet, three women reported having to ask their partner to post about them more, while one man reported being asked before, by a woman partner, to post more.

Findings linked to theory. Using Caryl Rusbult's Investment Model of Commitment as my main viewpoint for examination, it helped me to not only construct my interview questions to hit on certain topics individuals may not have thought to speak upon, but it also allowed me to clearly see the things Rusbult's model categorizes as detrimental to a satisfactory relationship within the data I collected. The model implies that success in a relationship is found when the two people who share it are equally committed. This study found that most individuals aged 18 to 29 found their current relationship satisfactory and acknowledged that Instagram can bring about both positive elements, like sharing the relationship and showing commitment to one's partner, as well as negative elements, like viewing other alternatives on the application, comparing oneself to others and other relationships, and various fights because of what is seen or done on the application.

Viewing the model from its three pillars and comparing it to this study, satisfaction must be perceived in a relationship to be successful. This is when a partner views their current relationship as better than all others. Since most of the Instagram users in a relationship in this study said they were satisfied in their relationship, they

reported not wanting to leave or change relationships due to anything emerging from the application.

Next, the investment size of both the tangible and intangible resources must be greater in the current relationship, preventing the partner from withdrawing their investment to the relationship and looking for other romantic options. Since most of the participants reported not wanting to leave their current relationship, even if they viewed other better/attractive users or relationships on the application, their investment in and commitment to their current relationship was recognized. Certain resources positively mentioned, like communication between the two partners on the application and feelings of commitment received through posting about the other partner, proved that most participants were satisfied in their current situations.

Lastly, the quality of alternatives (i.e., possible threatening individuals external to the relationship) must not appear as a better option to one partner when comparing their current partner to the others they see on Instagram. Any participant who mentioned they did view other alternative partners/people on the application insisted that they would never act on it, nor was it a serious consideration. Instead, it was more surface-level comparisons of attractiveness levels, not attempts to pursue infidelity or escape from their current partner and relationship.

Though not originally chosen as the main theory to analyze my findings around, the uses and gratifications theory provides a unique explanation for individuals' uses of Instagram. It can be noted that the individuals make choices based on the gratifications they hope to attain (Communication Theory, 2016). In other words, they chose to use and delve into Instagram content in order to achieve positive experiences like sharing their

relationship with others, sharing funny posts and memes with their partner, communicating with their partner and finding inspiration from others. The participants reported using Instagram at certain times and for certain reasons, due to different underlying gratifications they wished to achieve (Communication Theory, 2016). Whether it was to make their relationship better by getting inspiration from others' photos or solidifying their relationship by posting about it publicly, the users chose to use the application to satisfy particular needs accordingly (Communication Theory, 2016). Individuals reported actively participating in Instagram (through posts or communication) or seeking out certain posts (for inspiration or humor), which allowed for positive experiences in their relationships. Similar to having a motive, it could be argued that the interviewees chose to partake in Instagram media to bring about positivity in their relationships (Communication Theory, 2016).

Another plausible theory in regard to this study, that arose post-interviews, was the social comparison theory. This theory serves as an explanation for why individuals choose to negatively compare themselves and their relationship(s) to others and other relationships that appear more attractive, happier, better, than their current situations (American Psychological Association, 2020). Interviewees reported having negative feelings like jealousy and insecurity arise when using Instagram, due to this evaluation of self against others on the application, putting an impediment on both their "self-image and well-being" (American Psychological Association, 2020). With negative feelings about the comparisons being reported during the interviews, it can be concluded that most of the individuals were partaking in upward social comparison, as they felt discouraged and upset about their current self or current state of their relationship post-viewing others

(American Psychological Association, 2020). They did not comment on being inspired to change their current unhappiness with their self or their relationship, but instead simply reported negative feelings stemming from the Instagram use. Interviewees admitted to comparing themselves, others, and their relationships to other users, which all correlate with Rusbult's Investment Model of Commitment. With Rubsult's model, comparing one's current partner to other alternatives can lead to a loss of satisfaction, and a loss of investment and commitment to the current relationship. Though individuals in my interviews reported they would not pursue alternatives they saw on Instagram while in a relationship, the comparison still brought negativity into the relationship due to the external threats and jealous feelings emerging among partners. Along with Rusbult's model, both the uses and gratifications theory and the social comparison theory help to inform the participants' experiences reported in the interviews.

    Research significance. My research in this study contributes to the field of journalism by furthering the research of prior scholars, students and researchers. It focuses on an issue of interpersonal (romantic) relationships and how strategic and social communication platforms can contribute to both the positive and negative elements perceived by the individuals who use them. There was a gap in data regarding Instagram use, relational satisfaction and individuals' perceptions of their experiences and feelings on how the two subjects intertwine. After reviewing prior materials and research done on similar topics (usually about Facebook) and seeing that a large majority of research was either conducted through surveys or focus groups, I believed that semi-structured interviews with Instagram users, in relationships, were needed. That is why this study exists, as it serves to explain questions and provide elaborate reasonings about the

relation between a growing mammoth of a social media application and a romantic relationship a person shares with another.

Implications. Though not a quantitative study that can make generalizable claims, I still believe this qualitative study offers enough insight into people's recurring and similar opinions and perceptions that it warrants notice and applicability. This study allows others to see how Instagram is perceived by those in relationships, in order for people to compare and contrast how they feel and are impacted. In turn, people can recognize the impacts Instagram behaviors can have on a person's feelings, thoughts and relational satisfaction. Data revealed that couples use Instagram to be inspired, share and solidify their romantic relationships, share funny memes and videos, and communicate with their partner through another medium. Data also revealed that most individuals are satisfied in their current relationships, and if issues were to arise about Instagram in the future, they would discuss them with their partner to avoid future internalized conflict. However, the data also revealed that individuals did have various fights or discussions about Instagram with their partner. The data showed there was also an increase in jealous feelings and behaviors, an increase in comparisons of themselves and their relationship to others, an increase in considering alternative partners, as well as checking others' profiles, and possibly not posting as much about their relationship as their partner does/did. These positive and negative elements represent a wide variety of feelings perceived by people aged 18 to 29 who use Instagram weekly while in a relationship. The data does not suggest that individuals should use the application more or less while in a relationship, but it does hint at bettering communication between the partners. For instance, participants commented on feeling things like jealousy, insecurity and a lack of

trust, and said they wanted to bring it up to their partner, but only a few explained how their relationship changed or was affected by these communication efforts (after a dispute was brought up and communicated about). With very few participants stating that they and their partner discussed rules, boundaries, guidelines or expectations regarding Instagram use, the data points to that lack of communication possibly being a contributor to the negative feelings and behaviors perceived and acted upon by users. If there were more comfortable and frequent conversations about use of social media, including Instagram, people might become more aware of what positively and negatively affects their partner.

I believe the information this data set brings forward is fascinating to those in this age group who use Instagram, especially while in romantic relationships, because it can allude to feelings they may not know they or their partner felt, while uncovering what they personally see as positive and negative elements stemming from Instagram use and any noticeable impact those elements may have on the pair. The themes within this data set can show individuals how best to navigate Instagram while in a relationship and how best to maintain the relational satisfaction needed for a relationship to be successful long-term.

Limitations

It should be noted that one study cannot provide the answer to these research questions, nor can this small sample. Especially since the findings were gathered through qualitative data, I understand that there are no concrete statistics to prove or disprove my research questions at hand. However, that was not the intent of this study; this study still offered information on individuals' perceptions in ways that had not been studied before.

There are limitations in the research. First, in the future, research regarding this topic would need a more diverse set, including different races, more variety of ages and different sexualities. Race was not a matter of concern for criteria to partake in my study, nor was sexuality. While most participants were Caucasian and straight, except for one Indian participant and two participants in same-sex relationships, a more diverse set would allow future researchers to see more of whether these issues change with different types of relationships or between races (see Participant Demographics in Appendix A). Also, most participants were between the ages of 23 to 25, so more 18- to 21-year-olds, as well as more 26- to 29-year-olds, would be preferable for a more complete, accurate set of data. That is the biggest flaw that I found within my research.

       The other downside was that there is no specific numerical data because this was conducted through interviews instead of a quantitative approach. Therefore, a wider sample will be needed in future studies to achieve broader and larger conclusions regarding this topic. It also should be noted that I looked at two genders, therefore excluding transgender participants from my data, which was a choice solely made to compare two genders against each other in discussion easily. I believe transgender individuals should be included in future research concerning Instagram and relationships, however.

       Another thing that should be noted is that only people in two-person partnerships were considered due to Rusbult's model only viewing satisfaction in two-person relationships. This meant anyone who dated multiple partners casually, partook in polygamy or was in a three-person partnership, also known as a "throuple," was excluded

from my research gathering (Siclait, 2020). I was conscious of the limited scope of the study and chose these criteria based on my research questions and theory.

The recruitment efforts were limited due to COVID-19. While I still was able to contact individuals who I knew would match my criteria and conduct and record all interviews online, safely at home, I had to rely on only one degree of separation with whom I chose to participate. Therefore, I did not recruit and interview people I was friends or acquaintances with because I wanted to avoid skewed data. However, a friend of a friend, or someone I was familiar with (e.g., knew if they were dating someone, knew their age, etc.) and followed on the application, were the individuals I contacted and who participated, which could imply researcher bias within the data (Lærd Dissertation, 2020). It should also be noted that I did not member check post-interviews.

Lastly, I found that certain questions that asked fundamental things like, "Have you ever looked at your partner's profile," were answered oddly. With many participants saying they did not ever look at their partner's Instagram profile and answering similarly (e.g., in terse responses, with little detail or explanation) to other questions of comparable topics in the interview as well, it raised red flags to me as a researcher, that possibly the whole truth was not being disclosed. This may just be me inferring too much, but I definitely noticed some avoidance regarding answers to certain questions from the participants. I do not know if this was because of the no-video, Zoom-interview format, or because of the subject matter, but some answers appeared to either not be elaborated on. In other words, they seemed to be fabricated, "socially correct" answers. Therefore, I believe social desirability bias occurred within some participants' answers, due to some sounding as though they were more like socially appropriate crafted responses than the

participants' true feelings, to make their actions on Instagram appear more acceptable (Lavrakas, 2008). However, it should be noted that due to the phrasing of this question, among others, it warranted only yes/no answers and that may have been another reason for the short answers received from the participants. There were also slight contradictions among some participants' answers. For instance, V14 mentioned stalking people that her partner communicated/interacted with on Instagram but also mentioned that she tries not to do that anymore, and that making that change has been a learning process for her. V5 similarly mentioned that she expected her partner to post more about their relationship, but also that she does not expect this anymore, again citing a learning process. P13 mentioned that she likes posting Instagram photos she personally looks good in but has an issue with her partner posting suggestive photos of themselves. P3 said that he would not change his social interaction with women, even if his partner brought it up as a concern but would prefer that his partner recognize his values and not post suggestive photos. L9, W6, and S7 mentioned they have viewed other alternatives on the application but were quick to clarify they would never act upon their viewings. While these answers may be true, the contradictions lead to queries about if socially desirable answers were being used during the interviews, and if transparency was actually fully present.

Directions for Future Research

Findings that arose in the research that were not addressed in this particular study include the time individuals spent on Instagram, with some reporting double-digit hours per week. High Instagram use was expected of this particular age group, and this study supported that statistic. However, I would be interested to see how that affects the relationship, and if high usage affects it more or less, and more positively or negatively,

than those who use the application less. Did spending more time on Instagram lead to more fights (negative) or more healthy application communication (positive), more opportunities to look at alternative partners (negative), or more time to find funny memes to share with one's partner (positive)? I would be interested to see if higher Instagram usage has more of an impact on relational quality and satisfaction, which could be looked at easier if done quantitatively.

I also believe that Snapchat should be studied, both qualitatively and quantitatively, specifically with younger users, between the ages of 15 to 25, who make up about 50% of all Snapchat users (Clement, 2020), to see its positive or negative impact, if any, on those who use the application while in romantic relationships. One participant brought up how Snapchat would more likely be used to search for alternative partners than Instagram. Snapchat allows for much more private, quick and hidden communication, and this frequented application would likely have some impact on individuals in relationships (Hembree, 2016).

Future research should include more responses from different races, ethnicities and genders, including African Americans, Native Americans, Asians and Latinos, as well as transgender participants. This will allow for a wider scope in the data set, providing more understandings, viewpoints and perceptions that might ring parallel to prior findings but also might bring about differences due to different lived experiences. Future research should also use the data from this study to create more probing questions which could help alleviate yes/no questions in future interviews/qualitative resesarch.

Conclusion

Though this singular research study cannot define for certain what positive and negative elements can affect relationships, my research can plant a seed for future studies. The participants approached their answers with confidence and understanding that this topic was not only pertinent to the age of social media, but plays an important role in our interpersonal relationships, whether we choose to recognize it or not. With Instagram being used frequently by its more than 1 billion users (Iqbal, 2020), I wanted to fill the gap of what kind of impact it could have on romantic relationships and how this differs among genders, since most prior data did not solely focus on Instagram and the experiences with it, but rather other social media platforms and those experiences.

I see this study as relevant to this day and age, because in 2020, especially with the usage of the internet and data increasing by nearly 50% during the era of COVID-19 (Cohen, 2020), media is becoming that much more used in our lives, thus impacting our relationships. Instagram, specifically, has increased by at least 40% since COVID-19 began (Loren, 2020), proving the time spent on this application by its users is inevitably always increasing.

From this research, impacts that Instagram has on individuals and their romantic relationships were discovered. Of course, nothing can be solidified or deemed universal for everyone who uses the application, but the perceptions from these 14 individuals need to be noted, especially with certain topics that quickly reached theoretical saturation, proving a common theme among these individuals, aged 18 to 29. Instagram allows the creation of positive and negative elements in relationships, and different individuals view some things more important and/or more beneficial or detrimental to their relationships,

especially depending on gender. As Instagram continues to update, change and morph to fit its users' needs or wants better, it will be interesting to see how these adaptations continue to impact relationships, maybe more positively than negatively, or vice versa, as much-needed research and examination, hopefully, continue to follow the suit of this study.

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Appendix A

Participant Demographics

Participant	Gender	Age	Occupation	Relationship Status
A1	Woman	18	Student	Single
M2	Man	24	Student	In a relationship
P3	Man	23	Market Researcher	Single
J4	Woman	23	Student	In a relationship
V5	Woman	24	Teacher	In a relationship
W6	Man	22	Real Estate	In a relationship
S7	Man	24	Student	In a relationship
H8	Man	25	Engineer	In a relationship
L9	Woman	25	Digital Marketing	In a relationship
D10	Man	22	Student	In a relationship
S11	Man	23	Door Dash	In a relationship
W12	Woman	24	Financial Analyst	In a relationship
P13	Woman	23	Business Consultant	Single
V14	Woman	24	Communications	In a relationship

Appendix B

Instagram Direct Message to All Participants

Instagram Direct Message for Recruitment and Consent form

Hello, it's Madison Axford. I am inviting you to participate in a research study, titled: An Examination of the Perceptions Men and Women Have of Instagram's Influence on Romantic Relationships.

The purpose of this study is to examine the perceptions that individuals have on how much of an impact Instagram has on intimate relationships, how levels of jealousy and satisfaction are affected because of the application, and if these differ between men and women.

Your participation in this interview is voluntary and you are asked to do your best to answer questions regarding yourself, your partner, your social media/Instagram habits, your relational quality and levels of jealousy you do or do not feel.

I will not record your name with your responses at any time. You will only and always be represented by the first initial of your last name and the number interview you are (i.e. A2). Your personal information, including name, email, gender, age and relationship status will not be given out or sold to any third-party.

Your participation will benefit others by allowing the analysis of how levels of satisfaction in intimate relationships could be affected or changed by Instagram.

Your name and age will be withheld from the data, making anything you say unidentifiable to you and retaining confidentiality. If you are willing to participate, you can, at any time, ask to be removed from the interview and study, if you wish to no longer partake. If you complete the interview you will be compensated with a $10 digital Amazon gift card, sent to you via email, for your participation.

If you are willing to participate, I will be contacting you at a later time to set up a time to complete our Zoom interview (without video). If you have questions about this interview, you can email me at mtawxc@mail.missouri.edu.

If you want to talk privately about your rights or any issues related to your participation in this study, you can contact University of Missouri Research Participant Advocacy by calling 888-280-5002 (a free call) or emailing MUResearchRPA@missouri.edu.

If you are between the ages of 18 and 29, have been in a relationship within the past 12 months or are currently in one, and use Instagram weekly, please respond to this direct message with either a: Yes, I am willing to consent and participate in a Zoom call where my audio is recorded, or No, I am not interested and/or do not match the criteria at this time.

Appendix C

Pre-Interview and Post-Interview Guides

Pre-Interview

"I want you to know beforehand that you are free to say anything, as all information will be kept confidential. I am currently studying the connection between Instagram and romantic relationships. This interview should last approximately 15 minutes. You can ask to be removed from this current interview at any time. If you complete the interview you will be compensated with a $10 digital Amazon gift card, sent to you via email, that I will get at the end of the interview. Some of these questions may be very personal to you, and if at any time you wish to not respond, you can respond with "next question, please." First, can you introduce yourself? Remember all personal and identifiable information will be extracted from the final data to retain your confidentiality. This question is only to get to know you better and make this experience more comfortable for all parties involved."

Post-Interview

"Great that concludes our interview today. Thank you so much for your effort, time and responses that will help shape my data. Lastly, may I have your email address in order to digitally send you your compensation of a $10 Amazon gift card."

Appendix D

Interview Questions

1. How would you describe your current or last relationship in terms of satisfaction?
2. How many hours would you estimate your partner is on Instagram a week?
    a. How does that compare to the time you spend on Instagram?
3. How would you describe your Instagram use, like what is it used for mainly?
4. When do you find yourself going on the application the most?
5. Have you and your partner ever fought from anything pertaining to Instagram, whether that be posts, not posting about the other, direct messages, likes, people you follow, etcetera?
6. Does Instagram influence your feelings about your relationship?
7. Does Instagram ever make you consider alternative partners?
8. How do you feel about direct messaging someone you think or know would make your partner jealous or insecure? Have you ever done this?
9. Do you ever question what your partner is doing on the application?
10. How would you feel if your partner followed or communicated with someone you could be jealous of?
11. Have you and your partner ever discussed rules or boundaries with Instagram use?
12. How likely are you to monitor your partner's Instagram profile?
13. Have you ever investigated Instagram profiles of people your partner followed/interacted with?
14. Have you or your partner ever tried to limit or control what each other is allowed to post on your own accounts?
15. Have you ever posted something with the intent to make your partner jealous?
16. Have you ever followed someone with the intent to make your partner jealous?
17. Do you feel you or your partner invests more time and effort into your relationship?
18. What is your opinion on keeping connections and pictures of your ex-partner on Instagram?
19. What is your opinion on your partner posting sexy or suggestive photos on their Instagram profile?
20. Explain how Instagram brings positivity into your relationship. What about the negativity? Does it bring more positivity or negativity?

Appendix E

Interview Transcriptions

A1

Madison: Hi.

A1:   Hello.

Madison: How are you doing?

A1:   Good, how are you?

Madison: Good, thanks. Uh, thank you for doing this interview today. Um, I will be leading this interview. I want you to know beforehand that you are free to say anything that you want during the interview, uh, as all information will be kept confidential. So, I am currently studying the connection between Instagram and romantic relationships, as you know. This interview should last approximately 30 minutes. Uh, you can ask to be removed from the current interview and study at any time if you feel uncomfortable or want to do so. Um, if you complete the interview you will be compensated with a $10 digital Amazon gift card, sent to you via email, that I will ask you for at the end. Um, some of these questions may be very personal to you, and if any time you wish to not respond, you can respond with "next question, please," and we'll move on from there. Um-

A1:   Okay

Madison: So, first, can you just introduce yourself? Remember all personal and identifiable information will be extracted from the final data to retain your confidentiality. This question is only to get to know you better and make this experience more comfortable for both parties involved.

A1:   Okay. Um, my name is A1, um, I go to [redacted university]. I am a freshman. I am 18, and I have like every social media account, wait, Instagram, wait-

Madison: Yeah-

A1:   Sorry.

Madison: No, great. Most of us at this age do have every account. So, what are the other accounts that you have?

A1:   Um, Twitter, um, Snapchat, Tik Tok-

Madison: Right.

A1:   Yeah.

Madison: Great. Okay, so we're gonna hop right in, if that's okay. Are you ready?

A1:   Yes.

Madison: Great. First, how would you describe your current or last relationship, that ended within the past 12 months, in terms of satisfaction?

A1:   Um…it was okay. It was kind of like…um…hmm…it was like, like I'm like satisfied like now, like, like it was…the actual relationship itself was like n-, like not good, but like it was fine like before and after, like, like we're friends now, we were friends before, like it's like not awkward or anything like that. But-

Madison: Mh-hm.

A1:   The relationship was like kind of like weird.

Madison: Right, okay. So, how many hours would you estimate that your past partner was on Instagram a week? You might not know this, but if you could sort of guess some number.

A1:   Umm…like 15, maybe…

Madison: Okay, and how would that compare to the time you spent on Instagram a week?

A1:   Um, I definitely spent a lot more. I spend like, like 30 [laughs]

Madison: Um, how would you describe your Instagram use and what it's used for mainly, like why you find yourself going on the app?

A1:   Um, I honestly just kind of use it like 'cause I'm bored a lot. So, I'll just like go on it and just kind of like aimlessly scroll through pictures and just see what people are doing. And I like to see like what my friends are up to and like, um, just other people. I mean I like looking at like celebrities' accounts as well, and just like-

Madison: Mh-hm.

A1:   Um, just doing that, just kind of getting like, or I don't, I don't know, I just like, it's good for like catching up on like pop culture stuff and it's good

for like, so you can like see what celebrities are doing but then you can also see what your friends are doing. So, I like that.

Madison: Mh-hm, exactly. So, when do you find yourself going on the application most, like throughout the day or the week, is there specific times or reasons?

A1:   Um…probably like in the day, just 'cause I feel like I get really bored during the day and so like usually nighttime is like when I would like, is like when I hang out with people, so I'm not usually on Instagram at all then, but like during the day when I get like really bored, it's kind of like that in between, but it's like after classes and before you hang out with people, you don't really know what to do between like two and like five p.m., so I just go on Instagram a lot then.

Madison: Right. Um, so, did you and your partner ever fight from anything pertaining to Instagram, whether that be posts, not posting about the other, direct messages, likes, people you follow, etcetera?

A1:   Um, not really about like posts, but like if you go on Instagram like "DM" you can see when someone is active or not, and so like we'd get in fights because like I wouldn't respond to him but then I'd be…he'd see that I was on Instagram, or vice versa. So, like he'd be like okay like why didn't…like you can't like respond to like my texts but you can like look at like memes or something on Instagram, you know like that?

Madison: Right.

A1:   So, like we'd get into fights like that way…wasn't necessarily like much about posting, 'cause he doesn't…didn't ever like post that much, and I don't really post that much, unless it's like…like I look good. So, it's like I don't…I don't know, like we didn't really take a lot of pictures, so it wasn't really like fights like wow, like you're not posting me? It was more just like, like I can see that you're active on Instagram and you like aren't talking to me.

Madison: Did you find that your relationship was similar or different to other people in your age group with the posting thing, like do you feel like people you know, whether it be friends or whomever, expect their partners and themselves to post more of the relationship, and you were just more of pri-, like a private kind of couple, or is that how everyone is at your age, do you think?

A1:   No, I feel like if you're in a relationship a lot of people like take pictures and post, but we literally like never took pictures and it was kind of annoying, 'cause like I wanted pictures, but like we never did, and like, so

like, I don't know, like definitely people like my age like post more pictures like with their other, like with their, like partner but like we just never like took pictures 'cause we didn't…I don't, I don't know, it's just like, never really happens, I don't really like know why like we didn't, but like, umm, definitely like you see more like of like people that are like my age like have a lot of pictures like with their like, like boyfriend girlfriend, you know?

Madison: Mh-hm.

A1:   And um, so I'd say that we're different not similar.

Madison: Right. So, do you feel that Instagram influenced your feelings whether negatively or positively about your relationship at all, like was that ever a thought, like "Oh, I feel this way about my relationship because of something Instagram caused?"

A1:   Um, I mean kind of, 'cause like that like there was like, like the time I like explained, like or like just like talked about was like one of like a like a bigger fight that we had, 'cause we didn't really fight that much but then like that was like a really big fight that we had, because he just like was like so mad that like I was like on Instagram and like I didn't call him 'cause like I think that's li- he wanted to like talk and like stuff and like Facetime and then I was like "Oh, I can't right now, I'm busy" and then I was like on Instagram, and that's like- he got like so pissed about that and like that's what one of the main reasons why I was like kind of like, I don't know, like standoffish and kind of like, I don't really want to be in this anymore, just 'cause it was like such a big blowout over nothing. And like, it's just like a big fight and it's like why are we even fighting, you know, it's like wh- this is just pointless arguing?

Madison: Because it's just like social media?

A1:   Yeah… just like calm down, you know?

Madison: Do you think that that what you said "big fight" was, led to it possibly ending?

A1:   Umm, yeah, just 'cause it like kind of left a bad taste in I think like both of our mouths, it's just kind of like…

Madison: The-

A1:   It kind of like led to more like other just pointless fights about nothing, yo-

Madison: Right.

A1:   You know? 'Cause then it like…after that then like I'd see him on a-
           active on Instagram and like not respond to my messages and I'd like rub
           it in his face, and then he'd get like mad and be like "Okay" like, like
           "Stop doing that," and I'd be like y-yeah. It's just like led to other like
           petty arguments.

Madison: And the thing with like Twitter or something is usually people don't know
           when you're on that, so you can kind of enjoy your time alone, scrolling
           the app without people finding out, you know, you're doing this instead of
           talking to me or hanging out with me or doing what- whatever…

A1:   Yeah!

Madison: …with me. But with Facebook and Instagram, Instagram being newer
           now, alerting the people of when last you were on, you were active…

A1:   Yeah!

Madison: …and that can kind of put an idea into people's minds and spark
           something that might have not been a controversy if Instagram hadn't
           allowed that.

A1:   Yeah!

Madison: Um…

A1:   'Cause then I had to be like careful, like I was like-

Madison: Right!

A1:   I would make sure that I like would respond to his texts before I would go
           on Instagram, I like would l- like not go on Instagram before I would
           respond to it because I'd be like okay, in case that happens again like I
           don't want that to happen, so like-

Madison: Something as simple as…

A1:   [inaudible noise]

Madison: Something as simple as checking an app now has to be this whole like
           matrix, I have to do this before I can do this before I do this.

A1:   Yeah, exactly.

Madison: When it should be something you could go on, freely.

A1:   Yeah.

Madison: Do you think that, um, Instagram ever made you, or currently makes you, consider alternative partners, like do you see people, uh, that you either go to school with or that are in close contact with you, that you think, "Oh maybe they're a better alternative than what I have or had in the past," and like allow you to, to talk to people more in a romantic way?

A1:   Umm…I don't really understand the question, wait, sorry…

Madison: No, you're fine. So, when you're scrolling the app you obviously, I'm assuming, follow both males and females…

A1:   Yeah!

Madison: So when you see males that either go to your school or live nearby or you know you could hang out with them if you reached out…

A1:   Mh-hm.

Madison: Does, does Instagram, like, make you do that more? Like does Instagram make you feel like "Oh, I have better options than maybe my current boyfriend, or my, my past boyfriend…like I could hang out with any of these people."

A1:   Umm…

Madison: Or did you find you, you like when you were in your last relationship, being like "Oh I could be with this person if I just DM'ed them, instead of my current partner."

A1:   Honestly, I feel like my generation doesn't really use Instagram for that, that's more, we use like Snapchat for that, so I feel like…

Madison: Okay.

A1:   …you would, if you found someone you like would maybe wanna talk to you would definitely like ask for their Snapchat rather than their Instagram. But I do think that Instagram kind of influences that decision where you can see like, "Oh look like they're having like so much more like fun and they're like together, like why can't like…"

Madison: Right, okay.

A1:   …me and my boyfriend do that." But like I don't think I would use it to like, unless I didn't know their Snapchat or like… [inaudible noise]

Madison: Right.

A1:   …if I truly like only knew them on Instagram, then I would DM them, be like "Oh hey like what's up," 'cause like I have had that before like…

Madison: Right.

A1:   Umm…just like in a friendly way kind of, be like "Oh like I like, I heard you went to [redacted university]," you know, things like that but…

Madison: Sure. So, you find that you're less looking for alternative dates on the app, but rather comparing your relationship to others? So, you're not like-

A1:   Yeah!

Madison: … "Oh look what I could have," it's just like, like…"why can't this be like this..."

A1:   Yeah!

Madison: "Someone else is having more fun, someone else is happier." Yeah, okay, gotcha…Umm, so how do you feel about direct messaging someone you…think might make your partner jealous or insecure? Like have you ever done this, was there any thought in your mind, did you ever feel bad for talking to like you know, the opposite sex when you were in a relationship with…

A1:   Umm

Madison: [inaudible noise]

A1:   Yeah, kind of because like there was this person that like I would umm, like we would like send like funny stuff to each other, and it just like, it kind of, it was definitely kind of like in a flirty kind of manner…

Madison: Uh-huh.

A1:   But it like, I didn't mean it to be like that, but it just kind of like came off like that, I feel like…

Madison: Mh-hm, sure.

A1:   So, yeah.

Madison: Umm…did you ever question what your partner was doing on the application, like did you ever wonder or worry or did you not care?

A1:   Umm…I mean-

Madison: Like-

A1:   Yeah, I wondered, but I didn't wanna be like too nosy, and be like "Uh like what are you looking at," I didn't really think that like…umm…umm…wait sorry, I need to think [laughs]

Madison: Like you didn't, like you weren't worried about them cheating maybe?

A1:   Honestly, the person that I was with didn't have any posts on their Instagram, so it's like they didn't have like a, like a picture, so I feel like I wasn't worried like "Oh, he might be like DM-ing someone else, it was more just like me like wondering like what he used Instagram for, just 'cause like-

Madison: Okay.

A1:   Yeah.

Madison: Gotcha…So, how did you feel, or would you feel in, like, future relationships, if your partner followed or communicated with someone that you could possibly be jealous of?

A1:   Umm…I would just…umm…

Madison: Like would that effect you at all? Would you wanna know, would you try to find out? Or is it just not even on your radar?

A1:   I feel like the less I know the better, but if I did find out I would like probably like ask like what they're doing or like what they were like trying to find out, or like…

Madison: Right.

A1:   …what they're trying to accomplish, I guess.

Madison: Right, okay. Did you and your partner ever discuss like rules or boundaries with Instagram use, like what you can and cannot post?

A1:   Umm, no because like, he said like he never had any posts, like he didn't like…

Madison: Mh-hm.

A1:   …post anything, and like we never took any pictures, so there really wasn't even need to have that talk.

Madison: Was there anything discussed about who you can DM or like what you should be saying?

A1:   Umm…umm…

Madison: It's fine if there isn't, I just know like, you know, some people are like "I expect you not to be communicating with tha-, them, them and th-, you know, like certain people."

A1:   Yeah. Honestly, not really.

Madison: Mm-kay.

A1:   I mean, I kind of expect them not to talk to like who they like used to date.

Madison: Right.

A1:   But…um…yeah.

Madison: Okay. So, how likely were you, or are you, to monitor your partner's Instagram profile? So, like you said, your ex didn't use it very much or post anything in the past, so if you were to date someone right now how likely would you personally be to monitor what they were doing, or what they were liking, or who they were following? Like, would that bother you at all?

A1:   Umm…I guess it would bother me if it was like a person that they like used to either like have a thing with or date, if they were like still like liking their posts and stuff like that…

Madison: Mh-hm.

A1:   That might be like kind of sketch. And be like…I um, I wouldn't be like mad or like…

Madison: Do you feel like-

A1:   …umm-

Madison: …you would-

A1:   …like confront them about it. But I feel like internally I'd be like "are they still have feelings for that person, do they still like…"

Madison: Right.

A1:   Are they like gonna like that like, do they wanna like date them again, you know? So, like I feel like I'd have like doubts in my head, but I don't think I'd have like the balls to like confront about it and be like I need [inaudible noise]…to know what you're doing, you know?

Madison: Right. Do you feel like you would, because your-you're keeping it internally and not necessarily confronting them, do you think that would…make you go on their an- an- and the people their communicating withs profiles more, to like…

A1:   Yeah, definitely.

Madison: …like stalk or see what they're doing? Or try to figure something out on your own, so you don't have to have-

A1:   Yeah

Madison: …that conversation?

A1:   …for- yeah definitely.

Madison: Okay, so umm…have you at this point ever investigated Instagram profiles of people your partner followed or interacted with?

A1:   Umm yeah, for sure. I mean like you, like with my…umm, as soon as like my like ex-boyfriend told me who like his ex-girlfriend's name was, I like I immediately like followed her, you know like I tried to find her and then I followed her, so I could like look at her profile, you know?

Madison: Right, right.

A1:   [inaudible noise] Yeah

Madison: Did you think that would be weird or she would think that was weird, or know who you were?

A1:   Um, I think she might…well I don't, she definitely didn't know who I was, just 'cause like they didn't talk-

Madison: Okay.

A1:   But umm…if she did know then I think she would find it weird.

Madison: Gotcha. Umm…have you or your partner ever tried to limit or control what each other was allowed to post on your own accounts? Did anything that was ever posted make the other mad or upset, or were there conversations about like "You shouldn't post this in the future?"

A1:   Umm…I mean they, mmm…trying to think…well, umm…uh [laughs]… not really.

Madison: Mh-hm.

A1:   I mean 'cause I never really, I only really posted if it was like a cute picture with my friends, you know? I didn't really post like selfies where it's like, or like pictures of myself like where I was like maybe dressed like umm…with like a lot of stuff showing that…to like make him like be like "Wow, you shouldn't be posting that." I usually just post like…I rarely post a picture of myself…you know so it's like [inaudible noise]

Madison: Right-

A1:   …like or just me. So not, we didn't really have to like talk about that, because it was like…there was nothing for him to even have like the basis to like go off of.

Madison: Mm-kay. Umm, so have you ever posted anything with the intent to make your partner jealous, even if it was just with friends and just the fact that you were out…like did you ever post something with like…

A1:   Um yeah…I think of like, definitely like that just like show that I was like out and like doing stuff and then also like even like when we like broke up just to like show like "Oh like, this is what I look like now," you know?

Madison: Right, exactly. Have you ever followed someone with the intent to make your partner jealous like maybe a guy or a girl that they didn't want you following before?

A1:   Umm…yeah.

Madison: Yeah? Okay. Do you feel um that you or your partner invested more time and effort into your last relationship to make it work?

A1:   Umm…that's a good question actually uh…honestly, I think it was pretty equal, honestly.

Madison: Okay, and like what made you come to that conclusion? Like is there anything, like did you both reach out to each other a lot, did you hang out a lot and it was like both of you…

A1:   Because I feel like we just both made like different kind of like compromises or like sacrifices to like hang out with each other and like we-

Madison: Okay-

A1:   … both kind of like, we like, it was like a quid pro quo kind of thing, where it's like you do this, now like you gotta do this, you know, so…

Madison: Okay-

A1:   …it wasn't like I was like going out or like he wasn't like we lived like a while away so I mean…I guess he put in a little bit more than I did just 'cause he would drive out here all the time and like and I would never drive out there, so I mean maybe he did that, but I, but I would be kind of the one to like carry the conversation, like you know, I don't know, you know what I mean?

Madison: Yeah.

A1:   'Cause I mean he like definitely kind of made more effort to like see me than I ma- made to see him, but like I made more effort to like talk to him.

Madison: Gotcha. So, what is your opinion on keeping connections and pictures of your ex-boyfriend up on Instagram?

A1:   Umm, honestly like yeah-

Madison: Or girl [inaudible noise]

A1:   Yeah [inaudible noise] I would [inaudible noise] just keep them just 'cause it's like, I don't know honestly like I just don't see the point in deleting it, like it's like a fun time of your life and like you just like wanna like show, show it, I wo-, I just, I don't think I would ever like, if I, if we did post a picture with him like I wouldn't have deleted it, I just think it's like um there's no point really, I don't know I mean like unless you're like trying to like see someone else, and the last picture on your profile is a picture of him-

Madison: Right.

A1:   …then it's like they might think "Oh they're still together" when you're not-

Madison: Right.

A1:   …so maybe I'd do that, but I wouldn't like, if it was like, we broke up like a month ago I wouldn't go back and like go delete all of those, because it's just like, like…

Madison: Okay.

A1:   …what's the point of that. I think it's just like…um, I don't know it's just, it's just-

Madison: Not as, not as important to delete it?

A1:   It's not as important, no.

Madison: So, what would you think if you started to like or date someone new and their last like all photos were with their ex-partner?

A1:   Umm…

Madison: Like would it bother you that they haven't taken it down, like would it seem like they hadn't moved on or anything?

A1:   I don't think it would bother me that they hadn't taken it down just 'cause I feel like I would do the same, but I'd be like, I feel like I would definitely just like follow that person, definitely like stalk their like every social media that they have like-

Madison: Right.

A1:   …you know?

Madison: Right.

A1:   Like go to like different lengths to like see what they're like and like just see like "Oh, like what do they look like, like what do they-"

Madison: Mh-hm

A1:   Like you know or are they like mean in any sense where it's just kind of like you know like that-

Madison: Right.

A1:   So, I think it would, I think it would, I don't know if it would really bother me per se, but just like it would 'cause me to like do outlandish things I feel like.

Madison: Right. Okay, so we're almost done. So, what is your opinion on your partner posting sexy or suggestive photos on their Instagram pr- uh…profile?

A1:   Honestly, I don't really care. I don't, I would not have any, I mean I know it's easy to say just 'cause it's like I'm not in a relationship right now, but just like I- I- I mean, if they posted something 'cause they like were feeling themselves and like they thought they looked good I- who am I to say like take that down, you know? So, I don't-

Madison: Right.

A1:   I wouldn't care, really.

Madison: Okay, and lastly um, explain how Instagram brings positivity into your last relationship?

A1:   Umm, I mean it was another outlet for us to like kind of talk on, we would like send funny pictures to each other, like oh-, and then like talk about it in person, and just kind of like-

Madison: Mh-hm.

A1:   …gave us like stuff to like talk about, like we'd like would find stuff on the app and be like "Oh my God, did you see this," and then like, you know?

Madison: Right.

A1:   Whether it be in the app or in person, it was just like, it brought more like of a sense of humor, I guess, to the relationship. It didn't really do any like harm, or I mean it didn't really do that much else good, really like it wasn't like "Oh wow, I'm so glad that we had Instagram," 'cause like we didn't even like meet on Instagram, you know, so it wasn't like-

Madison: Right.

A1:   [inaudible noise] …that, it was just kind of like, gave us more things to like talk about, I guess.

Madison: And then, how did Instagram bring negativity to your relationship, if you would sum it up in like a sentence?

A1:   Umm, just because you could, like I said earlier, you can see if the person is like avoiding you or not, and so it's like, it just like it made you have like su- like superstitious or like doubtful like why won't they talk to me and anything like that so it's just like, in that sense it was bad, I guess.

Madison: Great. Um, that concludes our interview for today, so thank you so much for your effort and your time and these responses, um 'cause it'll really help shape all of my data. So lastly, I'm just gonna ask for your email address, so I can send you your compensation of the $10 gift card-

A1:   Okay.

Madison: So, if you could just read that off to me.

A1:   Do you want me to put it in the chat or just read it.

Madison: Um, if you could just read it that would be preferable.

A1:   Okay. [redacted email]

Madison: Okay, eh- that's all I need, so thank you so much.

A1:   All right, cool, thank you.

Madison: Uh-huh. Bye.

A1:   Bye.

M2

Madison: Hi.

M2:   Hi, how's it going?

Madison: Good, how are you?

M2:   I'm good.

Madison: Great. Um, so I will be leading this interview today. I want you to know beforehand that you are free to say anything as all information will be kept confidential. I'm currently studying the connection between Instagram and romantic relationships, as you know. This interview should last approximately 30 minutes. And you can ask to be removed from the current interview at any time, uh if you feel uncomfortable or whatever. If

you complete the interview you will be compensated with a $10 digital Amazon gift card, sent to you via email, that I will get at the end of the interview. Some of these questions may be very personal to you, and so if any time you wish to not respond, you can respond with "next question, please," and we'll move on from there. So, first, can you just introduce yourself? Um, all personal and identifiable information will be extracted from the final data to ret- retain your confidentiality, but uh this question is only to get to know you better and make this experience more comfortable for all parties involved.

M2:   Yeah sure, um I'm M2, um I guess I mean I'm 24, I'm in grad school…uh I guess, I am in a relationship of more than three years, I guess that's pertinent for…this. And I use Instagram…pretty frequently, um you know, probably a couple times a day, uh I don't post on it all that much, but I look at it some.

Madison: Great, thank you. Um, how would you describe your current or last relationship in terms of satisfaction?

M2:   Uh, I am satisfied in my relationship, um it's, I'm long-distance, so it's a little tough at times, umm but overall, it's the person I'm with makes me happy and um yeah, it's…good…satisfied [laughs].

Madison: Great. Um, how many hours would you estimate your partner is on Instagram a week?

M2:   Uh that's tough, um… [laughs] I'm not really sure…I'm gonna say like 25…maybe?

Madison: Okay, and how does that compare to the time you spend on Instagram a week?

M2:   I think mine's probably more like, sh- I, she's probably like 20, mine are probably more like 10, I would say, if that, I don't know, I think I spend less time on there, but I also don't know, like I'm not like watching her the whole time seeing exactly how much she's on Instagram so I don't really know, I just know she looks at it more than I do.

Madison: Gotcha. Um, so how would you describe your Instagram use, like what it's used for mainly?

M2:   Yeah pretty much just umm looking at people's posts and stories and stuff. Um, or I'll like see something like send it to a friend or my girlfriend and it's funny, uhh I post occasionally if it's like a holiday, or something, not like a holiday, but like an anniversary or like you know something like that

umm with my girlfriend but other than that I don't really post um very, very often.

Madison: Why is it that you feel you don't really choose to post?

M2:   Umm…I don't know, I just, I think I just did it more when I was in like high school, I don't really…it's just not…

Madison: Okay.

M2:   …really my go-to social media app anymore.

Madison: Gotcha. Um, when do you find yourself going on it the most?

M2:   I don't know if there's like a certain time, I think in the morning when I first wake up 'cause everything's new, there's like new stories and whatnot, and then-

Madison: Right.

M2:   …just, yeah throughout the day when I'm like bored or have like kind of down time, I guess.

Madison: Okay. Um, have you and your partner ever fought from anything pertaining to Instagram, whether that be posts, or not posting about the other, umm direct messages, likes, people you follow, or they follow, etcetera?

M2:   Yeah, umm that has happened, I, you say it kind of like, I don't know if jealous is the right word, um because it's not like I was like worried that I was gonna get cheated on or something, but umm my partner used to post kind of like photos that you know showed kind of a lot of skin or something and earlier on in our relationship I had a hard time umm…sh…I don't know, with that, I'm not really sure why to this day, um 'cause again like I didn't think it was like- she was trying to show off for some random guy or like cheating on me or something, but it was just kind of like a personal like I don't want everyone to be able to see that…thing. Um and I think I've mostly gotten over that now. And then there was also one time where like I had followed someone who had a picture of like there like, I don't know, like a bikini picture or something it's like someone I knew from high school and then…she got mad at me for that umm…and yeah I think that's all, there's probably other things I'm not thinking of, but that's uh what comes to my mind.

Madison: Okay, gotcha. So, does Instagram influence your feelings at all about your relationship, like does it have any kind of impact on it?

M2:   No, I don't think so. Umm…sh…

Madison: Do you feel like you said earlier on when the fights did happen, did it have more control over it then or was it-

M2:   Yeah!

Madison: …still kind of irrelevant?

M2:   Yeah, that was uh yeah I mean that definitely had an impact on the relationship, right, 'cause it would, I would like get mad about something and like she could tell I was mad about it and then it would be like a whole fight and…yeah, but I- I- that's about it, I think I never really had like any of the umm like I know that some relationships, you know, people are like worried about like who their partner is like messaging or something, I don't think I've ever had that…experience.

Madison: Um, does Instagram ever in this relationship or, or past ones, make you consider alternative partners, so because there are different options of males and females on the app, um, you're inevitab- inevitably going to see them, um, so does that make you wonder what it would be like to er- be in a relationship with others?

M2:   No, um I mean there are like people [inaudible noises] you will see and be like "Oh, like she's attractive," or whatever but it's never, I- I- I don't really wonder what it's like to be with somebody based off just like a look, if that makes sense, like it's, I just, I- like, my p- my partner is like someone who I know really well, so it's that's something that I really love, um more than just the like "Oh! She's hot" like type thing.

Madison: K. Um so how do you feel about direct messaging someone you think would make your partner feel uh jealous or insecure, and have you ever done this?

M2:   Uhh…I don't think I have, no. Um, I just, you know, I- I d- I'm don't think like, I'm not like messaging someone randomly to be like "Oh my, damn, like you look good," or something so it's like if I message someone on Instagram that's like a friend or like something for like work or like you know something like that so I don't know, I don't think there's ever been any jealousy issues there, 'cause I don't think there's been reason to have th- [inaudible noises]

Madison: And is that just because of the person you are or is it because you're worried of what it could 'cause with your partner?

M2:   I think just the person that I am, um I- I wouldn't, that's like the same thing as cheating to me, I guess, not like as severe I guess but like it's something that morally just wouldn't sit right with me, if I was just like messaging someone else, I don't know, so it's not, and I'm really not the kind of person who likes to like keep secrets like [laughs] [inaudible noises] I don't know it just feels like sleazy. I'd rather just be honest about everything and if I feel the need to like go talk to other random girls, I wouldn't be in the relationship I'm in, I don't think 'cause like why bother?

Madison: Mh-kay. Umm, do you ever question what your partner is doing on the application that you don't know about?

M2:   No, um I don't, I- I think a lot of people probably would because I don't know, certain people have like trust issues and stuff um based on their past bad experiences and I've been lucky enough to not really have, like I've never been like cheated on or anything like that, so it's, I'm I'm kind of more like a, an I'll trust whoever until they give me a reason not to. An- and I, my partner hasn't given me a reason not to trust her so I…do.

Madison: How do you think you would feel if your partner followed or communicated with someone you could be jealous of?

M2:   Umm…followed, I don't think I would really notice or like, I don't know, wonder about, but like communicating, it depends on the nature of the texts and stuff but I could see myself being jealous for sure if it was like um kind of flirtatious talking or like just kind of random talking, not like about anything in particular.

Madison: Right. Um have you and your partner ever discussed certain rules or boundaries expected of each other's Instagram use, like what you should or shouldn't do, or can or cannot do?

M2:   Um, I don't think so off the top of my head, kind, I mean kind of, I guess like um, she will want post something for like, you know, birthday, anniversary, whatever or like…and I usually do too but like if we take a photoshoot together or um [inaudible noises] been kind of made clear to me that that's like an expectation that I should like post something too so it's not like she's the one posting about me and it looks bad 'cause I'm like never posting about her. Um, so it's not really like a formal like, you know, sit down and talk about the rules we have, but I think it's mostly just kind of a mutual understanding.

Madison: Okay. Um, how likely are you to monitor your partner's Instagram profile and what they're posting and trying to see who they're communicating with?

M2:   I don't, I wouldn't say likely. Um, I like will you know like watch her I-Instagram stories to see what she posts, or if she posts a new picture I'll know, but not like looking at her messages or like um…who she's following or anything so…I don't know.

Madison: Have you ever investigated Instagram profiles of people your partner followed or interacted with?

M2:   Umm, probably. I don't know if it was necessarily out of jealousy, it's just like, but if she like-

Madison: Mh-hm.

M2:   …posts about someone or like someone comments I'd be like "Oh, who's that," or just like curiosity I guess…not like a deep dive investigation or anything, just-

Madison: Right.

M2:   …oh it's that…like someone from her school or whatever.

Madison: Got it, yeah. Have you or your partner ever tried to like limit or control what each other is allowed to post on your own accounts?

M2:   I mean I kind of did, like I said earlier, um just with the whole uh like too much skin showing or like-

Madison: And what do you, how do you see that that affected the relationship you were in?

M2:   I mean, I think it was hard, it took a toll um just 'cause it was like I was being like the jealous guy or whatever and then she was getting pissed because I was like being restrictive um so it led to a lot of fighting and, you know, until we kind of figured it out. I think it did, you know, the, the relationship quality definitely suffered.

Madison: Got it. Um, have you ever posted something with the intent to make your partner jealous?

M2:   No.

Madison: Okay, have you ever followed someone or interacted with them with the intent to make your partner jealous?

M2:   No.

Madison: Do you feel that you or your partner invests more time and effort into the relationship?

M2:   Overall? Umm…

Madison: Yes.

M2:   I think it's pretty even [laughs] sorry that's like a boring answer, um-

Madison: No, it's fine, a lot of people say that. But um on what basis are you judging the evenness?

M2:   Um I think we both just like, well like I said it's a long-distance relationship so there's kind of a lot to put into it um, I think we both [inaudible noises] good about like trying to see each other or trying to keep communicating with each other or umm…make sure that we're in a good place, I guess, like we're both happy with it. I think that we, yeah it's I- I would feel weird not like communicating a lot, I guess, just because it with not being together all the time it's kind of hard, umm so I always kind of wanna stay in touch, I think we both do that.

Madison: So, what is your opinion on keeping connections with and pictures of your ex up on your Instagram page?

M2:   Uhm…I don't know, I deleted most of my pictures with my ex-girlfriend like a little while after we broke up, just mainly like I don't know, I was like, it was like the…[inaudible noises]…relationship and I noticed that she had deleted the ones that she posted of us, so I was like "Oh I guess I should probably do that too," um I left up like I think one, maybe two, that I like liked of myself a lot or was like, you know, not like a "Oh my God, three years with this girl" or something, but it was like, you know, like I was in like Paris I think, or something, it was like uh or Rome, I might have deleted that since actually, I can't remember. But initially that one was it was like one up [inaudible noises]-

Madison: Right. And so, what's your opinion if your current partner or like say an, a future partner or something, um you start talking to them and you see that they have the majority of their old photos are with an ex, like what-

M2:   Mh-hm.

Madison: …feelings does that bring to you, if any?

M2:   Uh I think it would be a little weird, and it's just like I said I'm someone who likes to like communicate, so I think I would just ask her about it and

be like uh [inaudible noises] makes me uncomfortable like why are these still up like it's kind of odd, umm-

Madison: Right and so if you said that you would instinctively only…responded to taking your photos down because your ex did, why do you feel that it would make you uncomfortable in a future relationship, what are the-

M2:   Umm…

Madison: …like feelings that would…

M2:   She-

Madison: …make you uncomfortable? Like why they're still up, or what?

M2:   Yeah, I guess, I don't know like insecurity maybe like just about the relationship, it's like why are these pictures still up with like this other guy uh I guess, I don't know and it's like if she like told me like "Oh, I just like this li- I like this one picture of me a lot so I kinda just wanna keep it up," I think I would be understanding about that, but it's more I'm thinking more of a situation where like they're all up, then that's like [laughs] oh like "Ha- Happy birthday" like stuff like that I, I think that's, that would be weird and make me kind of uncomfortable.

Madison: And what do you think about still like following or keeping connection with your ex on Instagram?

M2:   I think that's fine. Um, I don't have, like I don't, there's a difference between following and like communicating in my opinion, right? And like if, you know-

Madison: K.

M2:   …[inaudible noises] be like friends with their exes and I think that's fine, do you, again unless I have a reason to mistrust somebody I usually am not going to, um so I think it's fine, it's probably a little weird, and it would be like an adjustment I would have to make um but I don't think like following your ex on social media like see what they're doing or whatever is like a weird thing, to me, 'cause it's like that's somebody you know, you knew really well, or whatever, had a bond with, I think just like wanted to know like how their life is, is pretty normal.

Madison: Gotcha um so what is your opinion on your partner posting suggestive photos on their Instagram profile?

M2:   Umm…suggestive like…

Madison: like sexual

M2:   Right uh like I said that's something that I had like um discomfort with, I guess, just it made me feel like it was unnecessary um like why it felt like someone like trying to show off I guess and then I kinda felt like you already have like me so what are you showing off but I think it's more of like a feeling good about myself type of thing and I just didn't see that at first.

Madison: Mm-kay. Umm, so, we're almost done but I just need you to do a li- um, a few last things. Um, which is first explain how Instagram brings positivity into your relationship?

M2:   Um, I think just it being a medium for kind of like seeing something and sending it, like something funny um and we'll like laugh back and forth about it, uh it's kind of the same way as like a text or like sending messages on Twitter or some other social media app, um…I just think it's like, you know, I see something funny and send it to her or she does the same thing and I'll like smile when I see like her [inaudible noises] I don't know, so that's the positive thing.

Madison: Great, and then how does it bring negativity into your relationship, if you could sum it up?

M2:   Umm…I guess just the p- the suggestive posting thing, uh is the only thing really that I've had an issue with as far as Instagram goes, um I guess it can 'cause like fr- like uh, there were times where like I posted like an Instagram for something and like she didn't think my caption was good enough or something so that gave me like stress, 'cause it's like I- I wanna talk the way that I wanna talk, and not say like I don't know be try to be someone I'm not or like post something that I think's gonna be like cringey, um so that uh gave me like kind of headaches in the past of like trying to balance out like this is how I would normally post but it's not what you expect, um so how do I balance that, so that's I guess I- it's brought me stress.

Madison: So, would you say that it brings more positivity or negativity in the end?

M2:   I think in my past, negativity, but currently, positivity, because we've kind of, you know we had the issues, we kind of worked through them for the most part and now it's just kind of like a little like you know it's fun to see her like post something about me or post something in general that I think is funny um so I think it's overall positive thing at this point.

Madison: Great, okay well that concludes our interview today. Um, so I thank you for your effort and your time and your responses, 'cause they will help to

shape my data. Um lastly, I just need your email address in order to digitally send you your compensation of the gift card, so if you could just read that off to me now.

M2:   Yeah, it's [redacted email].

Madison: Okay, great thank you so much for your time today.

M2:   No problem.

Madison: Bye.

M2:   Bye.

P3

Madison: Hi.

P3:   Hello. What's up?

Madison: How are you?

P3:   I am good, how are you?

Madison: I'm great, thank you. Um, so let me go through a few things. I'm gonna be leading this interview for us today. Um, I want you to know beforehand that you're free to say anything, it's all gonna be be kept confidential. Um, I'm currently studying the connection between Instagram and romantic relationships, as you know. This-

P3:   Mh-hm.

Madison: …interview should last between 20 to 30 minutes, um depending on how much you talk. So you can ask to be removed from this current interview at any time, if you feel uncomfortable or wish to do so. If you complete the interview you will be compensated with a $10 digital Amazon gift card, sent to you via email, that I will collect from you at the end. Um, some of these questions may be very personal to you, so if any time, um, you wish to not respond, you can respond with "next question, please," and we'll move on from there. So-

P3:   Okay.

Madison: …first, um I just want you to introduce yourself a little. Again, all information will be tak- like taken out and extracted from the data that pertains to you. This question's just to get to know you a little better currently and make this experience more comfortable for both parties involved.

P3:   Okay…Uh it so, wh- what do you want me to say about myself?

Madison: Um, I guess just like your age, what you're currently doing, um occupation-wise-

P3:   Cool.

Madison: …and your current relationship status.

P3:   Yeah, so uh I am 23 years old, uh I work as a uh market researcher uh account management firm market research company in [redacted town]. Um, and uh I am single.

Madison: Okay. Um, great thank you. How would you describe your last relationship in terms of satisfaction?

P3:   Um…I would say that it was uh…it was nice, it wasn't anything particularly special uh…it nothing negative really to report about it, it was just uh not something that I, that I want to, to continue, it was like uh in March or April or something.

Madison: Mh-hm.

P3:   Uhh, lasted for two months, and uh it just wasn't with someone that eh, I knew it wasn't with someone I wanted to spend uh the rest of my life with, so I ended it, but it it n- nothing was particularly negative about it.

Madison: Ok sure. Um, how many hours would you estimate that your partner was on Instagram a week?

P3:   [laughs] She, uh she was a, um sh- I, I mean on Instagram, I'm not totally sure, I know she's got a, she had a big Twitter account with a lot of followers and uh-

Madison: Mh-hm.

P3:   She had a lot of followers on Instagram…uh a week? I don't know…more, more than 10 hours I would estimate but I, I I really have, I have no idea.

Madison: Ok, sure. [laughs] Um, and how would that compare to the time you spend on Instagram a week?

P3:   Umm…I'd probably sp-, I would probably spend half of that or, or less than half of that.

Madison: Mm-kay. Um, how would you describe your personal Instagram use, and what it's used for mainly?

P3:   Um, it- it's mainly used for uh keeping up with people um in, in high school or in college just um friends around my network of people, um I'm actually trying to cut back on my Instagram usage and uh-

Madison: Okay.

P3:   I'm…uh…li- like just social media in general there's a lot of research coming out, out about…

Madison: Right.

P3:   …um…how damaging it can be to your opinion and uh to your social interactions so I- I'm trying to shift more to in-person in- interaction, I'm moving in with three guys next weekend and uh…I- I really wanna invest in them and invest in the relationships around me, so-

Madison: Right.

P3:   I-, I'd say my current usage is at four to five hours and I hope to drop that um in, in another half, so it'll like two or three hours here in uh, in the coming months.

Madison: Okay, great. Um, when do you find yourself choosing to go on the application the most?

P3:   Umm…eh at night before I go to bed…

Madison: Mh-hm.

P3:   …um or when I'm, I'm just passing time um like when I, when I'm waiting for someone or um in between a meeting where you just need a mental break and I, and I think that's a good indication of, of li- like that there's just better ways to take mental breaks it's not something you can really uh you feel relaxed and rejuvenated from after you do it, but um-

Madison: Right.

P3:   I-, I would say for a mental break, mostly.

Madison: Mm-kay. Um, had you and your partner ever fought from anything pertaining to Instagram, whether that be posts, or not posting about the other, or DMs, or likes, or whatever?

P3:   Had we ever, have we ever fought about it?

Madison: Yeah, was there any negat-

P3:   No.

Madison: -ive interactions?

P3:   No, we-

Madison: Okay.

P3:   …we, never, we never fought over uh anything on, on social media.

Madison: Okay, great. Um, did Instagram influence your feelings about your relationship at all?

P3:   Uh absolutely, yeah. And I, I don't think that um, I don't think that that would typically be the case but with this particu- particular individual um the f-, the following was just uh pretty substantial and so it's hard not to have that be a part of-

Madison: Right.

P3:   …um, of someone's life uh for better or for worse. I, I'd say there's, there were aspects that um were, were fun about that and there were aspects that um that were harmful about that.

Madison: Got it. Um, did or does Instagram ever make you consider alternative partners to what you currently had or, or used to have?

P3:   Um…uh…like does it, does it make me…

Madison: Right, so you're following like however many people, and you-

P3:   Mh-hm.

Madison: …see um different people, oh, I could be in a relationship with her or her if I mes- reached out or messaged her, like does that thought ever come to you or is it a very like platonic kind of app?

P3:   Um, that's a good question…I, I, I think I see what you're saying, I think while I'm in a relationship I'd like to think that um, in fact, I, I know um that it would not be used for that, um-

Madison: Mm-kay.

P3:   … I'm gonna be committed to that individual um…but I, I think outside of a relationship, when I'm single, I think I see it like that at times.

Madison: Okay, gotcha. Um, how do you feel about communicating with or direct messaging someone you think could possibly make your partner jealous, and have you ever done this?

P3:   Uh…no, I've, I don't think I've ever done that. Like purposely messaging someone-

Madison: Not-

P3:   …like purely to, to make-

Madison: …not with the intent to make them jealous but oh, they could be jealous of this person because of looks or how, where they're at in life, but I wanna talk to them anyway for, for different reasons, not necessarily a flirting, malicious kind of communic- ah -cation.

P3:   Huh. So like ju- just someone that um they could be threatened by?

Madison: Right.

P3:   Um. An- and doing it a- so my- I guess the way I'll answer that question is if I'm with someone um I would hope that they have the confidence and the trust in me to know that I can um talk with someone with a, with a friend and know that it's not going to threaten or harm them-

Madison: Right.

P3:   Um, so I, I would not…I would not be likely to change my social like interaction with other women-

Madison: Mh-hm.

P3:   …um based upon a, a girl or an individual, I think if, if that, that person feels like they need to control who I'm talking to then it's probably not the person for me.

Madison:	Okay, yeah. Um did you ever question what your partner was doing on the application that you didn't really know?
P3:	Uh…no, not really. I, I mean I in I think that, that previous comment should go both ways. I, I feel like-
Madison:	Right.
P3:	…if I uh, if I feel like she should trust me then I should be able to trust her, and so um, I, I had no um I had no issues or lack of trust in what she was doing online.
Madison:	Okay. So then if you flip it in turn, how would you feel if your partner followed or communicated with someone you were jealous of?
P3:	I, I would hope I'm not too jealous of someone um and I would hope that I, that that scenario would never happen uh that I would um like have the confidence in, in whoever I'm with that whoever they're um communicating with I- is not going to impact me um, does that answer your question?
Madison:	Mh-hm, yeah, thank you. Um, have you and your, or did you and your partner ever discuss certain rules or boundaries expected with your Instagram use?
P3:	No. Uh ah actual- I- I mean I guess like I guess she, she asked my permission to post a picture of me-
Madison:	Okay.
P3:	…um, the, the first time it happened, a- and I said it was fine but th- that's the only time that we would have talked about that.
Madison:	Okay. Um how likely were or are you to monitor your partner's Instagram profile?
P3:	Uh…zero, zero percent chance. No interest in that whatsoever.
Madison:	[laughs] Okay, um have you ever investigated Instagram profiles of people your partner followed or interacted with?
P3:	No.
Madison:	K. Um, have you or your partner ever tried to limit or control what each other was allowed to post?

P3:   No. I- I mean, I, I think that um…uh I, I mean, again I think this is a really unique situation 'cause this person had a large following um-

Madison: Mh-hm.

P3:   …but I was like in the, within the first week or two of us talking I was careful and not post anything, and, and, I , I uh, I, I intentionally um never posted a picture of her because I um I didn't want uh, uh I was very conscientious of not valuing her or being influenced or, or allowing myself or other people to be influenced by the following that she had-

Madison: Okay.

P3:   …um…and so I, I did not post something of her because um I mean again we only dated for two months, I, I think if we had continued to date for longer I would have, but I was just very conscientious to not try and use anything about her social media presence for my gain and so that's why I didn't post about her and I was also very um like as- for the first like couple weeks I was very vocal with her about um about not…a- about not va- valuing her for that and so not wanting to um have a post about us because of anything that I may or may not gain from that situation, does that make sense?

Madison: Yeah. Do you think she was, was it like a mutual understanding, she was completely okay, or do you think there was a part of her, as like a woman, who was like "Oh, I want my partner to post me?"

P3:   Um, I, I, I think it was mutual, I mean I- a- again this was only for like the first-

Madison: Okay.

P3:   …week or two, um she posted something like a month in and I was, I was totally fine with it. Um, in fact, she, she um she sent, like she tweeted, she sent a tweet about our relationship like a week or so in um and I gave her permission to do that I- so I, I never told her she couldn't post anything it was just something that we, we talked about briefly and then um didn't discuss anymore.

Madison: Gotcha. Um, have you ever posted something with the intent to make your partner jealous?

P3:   Uhh…no. Not like, not while you're together and I don't even think while I'm, while we've been broken up either.

Madison: Right. Okay, um had you ever followed someone with the intent to make your partner jealous?

P3:   No.

Madison: K. Do you feel that you or your partner invested more time and effort into the relationship in total?

P3:   Umm…which one of us invested more time?

Madison: Yeah.

P3:   Definitely, uh my partner.

Madison: Okay…um, what is your opinion on keeping connections and communication efforts and pictures up of your ex-partner on your profile?

P3:   Um…I think it, it depends on, on the relationship, um, hm…I think that it's uh it's up to the individual I don't think it's, it's right or wrong to keep uh an ex's pictures up on, on your social media-

Madison: Mh-hm.

P3:   Um I think for, for guys who post a lot of like pictures on their social media of girls or of attractive girls, it's kind of um "douche-y"

Madison: Okay.

P3:   Um…it's just like I mean we get it you can get an attractive girl to take a picture of you, or take a picture with you but-

Madison: Right.

P3:   As far as um like whether you should keep up or delete pictures of exes, I don't have any strong opinions.

Madison: Got it. Um, so we're almost done but what is your opinion on your partner posting sexual or suggestive photos on their Instagram profile?

P3:   Uh I'm not a, I'm not a big fan of it. Uh in fact I would say that, that that would be um…like I, I would, I would hope that, like similarly to the confidence that a, that a girl has, um with um…similar to the confidence that a girl has with, with me like talking to other people or um discussing-

Madison: Mh-hm

P3:   …uh like relationships, I hope that she would have the confidence to like know that she's beautiful no matter what she's wearing-

Madison: Mh-hm

P3:   Um, I would prefer just [inaudible noises] indicative of confidence um within herself that uh like the, there aren't any like sexually suggestive pictures on the Instagram page um but that's not a uh a, a hard uh I think there's obviously with the way people use social media, um wiggle room in, into what that, that is defined as.

Madison: Okay, so do you think if she were to continue to do it and adamantly be against maybe something you suggested to her that would be an ongoing issue in the relationship?

P3:   Um…

Madison: Or is it not that important 'cause it's just-

P3:   Yeah! I like, I, I think so yeah [inaudible noises] if we were together and that continued to happen um then I think that would, I, I could see [inaudible noises]…it was something that I, I, it was, it was really strange and I, and I can't really confirm this, but she was uh, she was a model during the beginning of, of our relationship-

Madison: Mh-hm

P3:   …uh and she had a bunch of um pictures posted on her social media and then when we started talking um the, those like swimsuit pictures or those model pictures were kind of weeded off of her social media um, and the only reason why I noticed that was because a, a friend commen- like commented to me about what she was posting and I, and I looked it up and, and those pictures weren't there, and so she was clearly like manipulating her social media a lot um based upon our relationship when we were together and then when we broke up the pictures like reappeared again, so, so it felt like even without me saying anything she was kind of tailoring-

Madison: Mh-hm

P3:   …her social media to fit my preferences even though we never specifically talked about it um but I, I, I think she probably sensed that just based upon the values um that I hold.

Madison: Right. Okay, so explain how Instagram brings positivity into your relationship.

116

P3:   My relationship with my significant other?

Madison: Uh-huh.

P3:   Uh…I don't, I don't think it, I don't think it really brought much positivity at all or, or negativity.

Madison: Okay.

P3:   Um…I, I think, I-, if I were to, if I were to say a positive I would say that like notified people, li-, li-, like it's a, it's a way to eh-a, it, it's strange, like in our, our culture I-, I feel like it's a way to establish commitment.

Madison: Right.

P3:   Like when you're posting a picture with someone um and that's a big step in the, in the relationship it feels like um and so I think I- making those steps um is…it is a positive I think there's ways to do that without social media, but if, if I were to say a positive that would be what I would um, that would be what I would say.

Madison: Sure, and then do you have like an overarching negative that you see?

P3:   Um…no, not really. Eh I think that I, I mean obviously yo- you brought up a lot of questions on stalking people through social media, or judging people or bringing that up and if, if my partner had those issues particularly if she's, if she's stalking what I'm doing or if she's um like not trusting me with, with my social media usage then that's gonna be a, a serious problem in the relationship for a lot of reasons, but, but um social media in the face of it doesn't have any major negatives.

Madison: Great, okay, thank you. So that concludes the interview today um I just need your email address so if you could read that off to me right now.

P3:   Yeah, uh the email address to send the coupon to?

Madison: Yeah, the gift card.

P3:   Uh, yeah [redacted email].

Madison: Great, okay so thank you so much for your effort and the time and responses and everything today, and for helping me shape this thesis together. Um but that's it-

P3:   Yeah, no problem.

Madison: You're good to go.

P3:   Yeah, no problem, Madison uh glad I could help you out.

Madison: Yeah, thank you, bye.

P3:   Have a good day.

Madison: You too.

J4

Madison: Hi.

J4:   Hi [inaudible noises]. How are you?

Madison: Good, how are you doing?

J4:   I'm good, I'm f*cking tired, but such is life when you're a grad student, right?

Madison: Right. Um, thank you for doing this today, first off…

J4:   [inaudible noises] Uh, sorry what was that?

Madison: Um, I just said thanks for doing this today, first off.

J4:   Oh, yeah.

Madison: Um, so a few things before we get started. Um, I want you to know that you're free to say anything, as all information, like I said before, will be kept confidential. Um so I'm studying the relation between Instagram and romantic relationships, as we know. This interview shouldn't go on longer than like 20 minutes, um and you can be asked to be removed at any time if you feel uncomfortable or don't wish to answer. Um if you complete the interview you will be compensated with a $10 gift card that will be sent to you via email, that I'll get from you at the end of the interview. Um-

J4:   Okay.

Madison: Some of these questions may be very personal to you, so if at any time you wish to not respond, just respond with "next question, please," and we'll move on from there. Um, so first I just want you to introduce yourself a little, this is just to get demographic information to make sure that

everything aligns um but again identifiable information will be extracted from the final data set.

J4: Right, so like uh I'm J4, uh I am a 23-year-old female, um that is currently a grad student studying law…um yeah any-

Madison: Cool.

J4: …other-

Madison: Great.

J4: …information I should include?

Madison: No, that's good, thank you. Okay, so how would you describe your current or last relationship in terms of satisfaction?

J4: Um like a…seven. There's some issues with communication but um overall, pretty happy.

Madison: Great. Um how many hours would you estimate your partner is or was on Instagram a week?

J4: Probably like…two hours.

Madison: Mm-kay, and then how does that compare to the time you spend a week?

J4: I…hm, I don't know I'm, feel like I, I'm definitely more, but I feel like in terms of hours um probably like, er- no I, I would say, yeah I- eh I, maybe three and a half hours a week.

Madison: Mm-kay.

J4: Four, depending.

Madison How would you describe your Instagram use and what you use it for mainly?

J4: Um connect with friends, get inspiration in terms of like fashion, interior, stuff, um I would say mainly for fashion and interiors, inspiration.

Madison: When do you find yourself going on the application the most?

J4: Um mostly when I'm trying to distract myself um from other work or getting like a little anxious, I'll just kind of mindlessly scroll.

Madison:	Right. Um have you and your partner ever fought from anything pertaining to Instagram?
J4:	Um no, not currently, but in past I have.
Madison:	And did that seem to, to be more about posts or not posting the other or direct messages or people you follow or…
J4:	Um, what I wouldn't post and who I followed.
Madison:	Okay.
J4:	[inaudible noises] …or like who liked my pictures.
Madison:	Sure. Does Instagram influence your feelings about your relationship?
J4:	Um…yeah, definitely. It's like I think if it's like a segue into a question about like why I think it facilitates feeling insecure physically and where their attention is at too.
Madison:	Mh-hm. Um does, or did Instagram ever make you consider alternative partners to the one you were currently with, because you are able to view anyone?
J4:	Um, not in a serious way, but definitely other just kind of far off ways.
Madison:	How do you feel about direct messaging someone or communicating with someone you think might make your partner jealous, but not doing it in a malicious way?
J4:	Um…it's not okay.
Madison:	Okay.
J4:	I think there's a, there's a boundary even though it's easy to message someone on Instagram and there is ways to react to a story or something that aren't malicious, I think it's still kind of crossing a line.
Madison:	Mm-kay. Um do you ever question what your partner is doing on the application that you don't know about?
J4:	Um, not really, um obviously jealousy or insecurity can set in but it's nothing that they do specifically…it's more like second-hand.
Madison:	And do you think it's like a case by case basis personal thing or do you think that everyone's gonna sorta have those feelings creep in?

J4:   I think everyone can have those feelings creep in no matter who you are um obviously you can be really secure in your relationship but with something so easily and so accessible where you can see anyone, that can alter their face or make themselves look like an automatic "10" or post bikini pictures, I think it's very, very easy-

Madison: Right.

J4:   …no matter if, how confident you are in yourself, or how confident you are in your relationship, to still feel some kind of way.

Madison: Got it, how would you feel if your partner followed or communicated with someone you could be jealous of?

J4:   Um, follow, it, I think it d- definitely depends on um how many like followers they have, if it's an Instagram model…I don't really care because I know that they're not gonna be, they have much better things to do. But if it's someone that they can easily communicate back and forth with um I, I would definitely be a little qu- I would question it a bit, so it definitely depends kind of like what, what they use Instagram for and why they're using Instagram to message versus other platforms, because you know that if they're not friends then he just finds them attractive on like a superficial level.

Madison: Right, have you and your partner ever discussed rules or boundaries with Instagram use?

J4:   Um, to a certain extent. I think there's definitely been um conversations about why we still follow people um that we don't really need to follow anymore or why we would accept people to follow us when it, we don't really know them. Um so if there are ulterior motives why we kind of give in to that or why we kind of why we shouldn't respond, just kind of like out of niceness or something.

Madison: Right. So how likely are you to monitor your partner's Instagram profile and what they're doing?

J4:   Um, I would say maybe like a 2 out of 10.

Madison: Mh-hm, and have you ever uh investigated Instagram profiles of people that your partner was interacting with or following?

J4:   Um, occasionally, not really though.

Madison: K. Um, have you or your partner ever tried to limit or control what each other was allowed to post on your own accounts?

J4:   Yes, a partner has…with me.

Madison: And who you could post with? Or what you could post of?

J4:   What I could post of.

Madison: And…yeah-

J4:   And like that I should post them more often and, or like that they wanted a post when I wasn't going to because we had a shitty weekend like an instance like that where like I know that that moment didn't deserve um it wasn't special, so I wasn't, didn't feel the need to document it but they felt the need to make it a happy moment through Instagram.

Madison: And did this lead to greater conflict in the relationship or was it just kind of like a minute fight?

J4:   I think it, it was, it kind of led to something bigger because I think with Instagram a lot of it is creating this false sense of reality-

Madison: Mh-hm.

J4:   …on how happy we could be in a relationship, um without really depicting the struggles like I know the one biggest thing I've had with it is, or like the biggest fight that I've had because of Instagram was like um like the worst weekend of my life, and I was still being forced to post a picture where we're smiling and it's happy and how I had so much fun that weekend, and I didn't feel the need to kind of give it that moment um but I think if relationships continue to, if yo- like one is in a struggling relationship and they can continue to kind of create this false sense of happiness and false reality on Instagram it just leads to a bigger issue and like, I don't know, people perceiving that it's a lot better than it actually is in real life.

Madison: Right, exactly. Um, have you ever posted something with the intent to make your partner jealous?

J4:   For sure.

Madison: And have you ever followed anyone with the intent to make your partner see it or be jealous?

J4:   Um, not a partner I think the times I've done it is when we separate and I know that me following that person during the relationship was a problem so afterwards I followed them again, um in hopes that my ex-partner would notice and…

Madison: Right.

J4:   …kind of as a petty move.

Madison: Right, [laughs] no yeah. Um, do you feel that you or your partner in- invested more time and effort into your relationship?

J4:   I'm sorry what was that again?

Madison: Um, do you feel that you or your partner invested more time and effort into the relationship?

J4:   Um, I think it was kind of a lost 'cause at that point.

Madison: Okay.

J4:   The, the biggest fight, but I mean sometimes it just takes, if something irks me than I'm just gonna like say it-

Madison: Sure.

J4:   Um and then it's easy to get past but sometimes I just can't let things like boil over for that long, um like I did pr-, like I did previously.

Madison: Right. So, what is your opinion on keeping connections and communication efforts and pictures up of your ex-partner on your Instagram?

J4:   Personally, I think there's different levels to it. I think it's a very complex kind of thing and it depends on, you know, people's relationship styles-

Madison: Right

J4:   …personally, I, I haven't gotten into too many serious, official boyfriend girlfriend relationships, a lot of them have been just kind of like a friendship or a situation-ship, um where kind of at the end of the day we were friends even though there was that romantic element, um so once that romantic, emotional connection was gone I think it just kind of remained as friends, so it's this weird b- blurry line I guess, if you will, um of whether you should still follow them because you know that you still view them as a friend and even though there was something in the past you don't feel that, that for them anymore um but I know partners can take that in the wrong way, um obviously if it's, it's serious ex-boyfriend, ex- girlfriend, I, I wouldn't mess with that, like I don't, I personally have them blocked so-

123

Madison: Okay, right.

J4:   ...I think there's varying levels to it on, you know, how things ended if it's mutual, if you know, you decided to just be friends um so I think it definitely depends on what the situation was.

Madison: If you had some pictures of a serious relationship and some not and you kept them up for whatever reason and you had a partner that was very maybe insecure or just didn't like it do you think that would be an issue going forward if it was brought to your attention because it was inflicting on what you could post or is it you wanna wa- do whatever to make him happy, so delete it?

J4:   Yeah, I…I personally have deleted all pictures I ever posted with someone else um just because either they were very recent and if like I didn't want that to reflect and make pe- especially if you don't post often, didn't want people to think that like we were still together, um so that definitely took a lot of like recent ones out. I don't have any up um I know like right now in like my situation um so- like the guy, partner um was in like a very, very long-term relationship, and so while like he's deleted some there's still pictures that are up um, so it definitely makes you feel insecure because you start like comparing yourself um but yeah so I, I think also if it's a long, long relationship it's harder to, you know, go back and delete all of those-

Madison: Right.

J4:   …um so I know some people keep like the oldest ones up, or like best ones, or-

Madison: Mh-hm.

J4:   …I don't know, their very selective though, um I think it's a touchy subject, I personally wouldn't love that, you know, my current partner has both me and his ex still up on his page.

Madison: Right. Um, what is your opinion on your partner posting like suggestive or thirst-trap-like photos on their Instagram profile, while in a relationship?

J4:   Um, I don't mind it personally, I know I would, I think there's obviously a line um that you can cross, but I think a lot of like thirst-traps now that girls, that peo-, others view as thirst-traps hit- like the definition has gotten so vague, like people wanna call a picture of a girl in a tight dress as a thirst-trap, which it's not, it's literally just whatever she wants to wear. Um, so I think there's definitely like an extent, obviously like maybe don't post something in like a thong and like no shirt or something, um that like

124

clearly, mostly, only your boyfriend would see, so I think there's a line but I think for the most part it, it's okay. Um, because like at the end of the day you know who you're committed to, um so I don't really find it a problem.

Madison: Okay, so last couple questions. Um, explain how Instagram brings positivity into your relationship.

J4:   Um…uh…I don't think there's like too much obviously you can like document moments together and share it, you know-

Madison: Right.

J4:   …your happiness or your moments together, but…I think honestly just like sharing memes with each other [inaudible noises]-

Madison: Right.

J4:   …the most, that's how I would find the most use out of it.

Madison: Yeah. And then, in turn, how does it bring negativity?

J4:   I think a lot of insecurity can be brought like I said it, it really doesn't matter who you are or how confident you are, [inaudible noises] yourself, your relationship, there's always someone on Instagram, there's hundreds of millions, if not billions, of users on Instagram, there's bound to be one person that can make you insecure or make you think in some negative way, whether it has to do with your relationship or not. It can also hurt self-image, which can in turn hurt a relationship. So I think a lot of insecurity can be brought by it, um, a lot of like overthinking um because obviously like if you post something you'd want them to see it or like it and if they don't then what does that mean or you know the whole Instagram-relationship thing, so I think there's a lot of things about Instagram and making things so public, and the pressure of that-

Madison: Mh-hm.

J4:   …um the keeping up that image, I think there's a lot of ways in which Instagram can easily make people insecure, overthink, um and really have a lot of added pressure into their lives, whether they intend to or l- and whether they intend to let it happen or not.

Madison: Right.

J4:   Yeah.

Madison: Great. Okay, well thank you. Th- so that includes the interview today. Um I just need to get your email address so I can send you your card [inaudible noises]

J4:   [inaudible noises] Yeah um it's [redacted email]

Madison: Great, well that's it. So, thank you so much for, for the responses 'cause they're really lengthy and good and it'll really help to shape my data, so I appreciate that a lot, but you're good to go.

J4:   Of course, well thank you so much for including me in this.

Madison: Yeah, thank you. Have a good day.

V5

V5:   Hello?

Madison: Hi, how are you?

V5:   Hey! I'm good, how are you doing?

Madison: I'm good, thanks. Is everything okay?

V5:   Yeah, sorry I was like-

Madison: No, you're fine.

V5:   [redacted personal statement]

Madison: No, you're fine. Okay great, so, I want you to know beforehand that you're free to say anything today; all information will be kept confidential. Um I'm currently studying the connection between Instagram and romantic relationships, as we know. Um, this interview should last like 15 to 20, probably 15. You can ask to be removed from the current interview at any time. If you complete the interview you will be compensated with a gift card at the end, that I'll get um to you via email. Some of these questions may be very personal to you, so if, if at any time you wish to not respond, you can just respond with "next question, please," and we'll move on from there. So, first, can you just introduce yourself a little? All personal information, again, will be extracted from the final data set, but this is just to make it um, to get to know you better. So, like your age, what you're currently doing, and like a relationship status.

V5:   Yeah, so, I am 24. I graduated from college about two years ago, and I have a master's degree in education. I am now currently a fifth-grade

teacher in the [redacted school district] where I teach math and science. Um I live in [redacted city] with my significant other and we are engaged, and we've been together for six years, and that's what comes off the top of my head.

Madison: Yeah, great. Um how would you describe your current relationship in terms of overall satisfaction?

V5:   It's a very satisfying relationship. Um I would say that we have really worked to become a good balance for one another over the past several years, and it's, I mean, it's a roller coaster like any relationship is, but um we, we've found a lot of good balance.

Madison: Right, great. How many hours would you estimate your partner is on Instagram a week?

V5:   Ooh, I would say maybe like an hour a day, so about 7 hours a week?

Madison: Okay, and how does that compare to the time you spend on it?

V5:   I spend probably double that.

Madison: Mm-kay, so how would you describe your Instagram use, like what is it used for mainly?

V5:   I use Instagram to keep up with friends um I follow like a few brands that I like and just to um I feel like I get on Instagram when I wanna like see something beautiful or be inspired or see what's going on in other people's lives, um, and, and just to stay connected and share what I'm doing in my life too.

Madison: Right. When do you find yourself going on the application the most throughout the day?

V5:   Um definitely at the end of the day, like before bed, or right after I wake up, just kind of like those transition times during the day.

Madison: Mh-hm. Um have you and your partner ever fought from anything pertaining to Instagram?

V5:   Hmm…I don't think so. I, I'll think on that for a second, but…

Madison: Sure, some things are like about posts or not posting the other enough, direct messages, likes, people you follow, things like that can be triggering.

V5:   Yeah, I don't think we've ever had a fight about it. I poke fun at him for not posting um very often but um but never like a, an actual argument or anything like that.

Madison: Great, gotcha. Does Instagram influence your own feelings about your own relationship at all?

V5:   Yeah, sometimes. I feel like it can be really easy to compare myself to um what other relationships look like um just through the images that you see on Instagram.

Madison: And do you think that your relationship at all takes a hit from that or is it just more of a personal uh kind of observation?

V5:   Hmm…it might take a hit at times, like if I see a picture that I find to be really inspiring or like wow they look so good together like, like look what, what all they're doing, I might take it out on my partner for not, you know, living up to that, whatev- whatever kind of ideal I'm getting in my head that moment, so-

Madison: Right.

V5:   …yeah, I would say that would happen sometimes.

Madison: So, you're engaged now, but before, say when you were just starting out, did Instagram ever make you consider or view alternative partners, like were you ever viewing others and be like oh I could be with this person eh- 'cause they're reachable or they might provide me with something else or did that never happen?

V5:   Um, I don't think that ever happened, not that I can remember.

Madison: Yeah. Okay, how do you feel about communicating with, like direct messaging someone you think might make your partner jealous or insecure?

V5:   Uh, what do you mean?

Madison: So like yo- you're not necessarily flirting or doing anything malicious, but if you were to talk to someone who would make your partner feel maybe jealous or insecure how would, how do you feel about that, like is it wrong, is it fine? Have you communicated with your partner about that? Are there boundaries set?

V5:   Um, yeah I feel like um if I were ever to be messaging somebody that like my partner didn't know or something like that, I feel like I would probably

share that with him or, or be like fine with it if he were like "Who are you talking to," like it's not something I would ever actively hide, but um I might not like, I don't know, I might not like go out of my way to talk about it. I don't know, I don-, I don't know if I answered your question.

Madison: No, yeah that's good. Um do you ever question what your partner is doing on the application that you don't know about?

V5:   Hmm…sometimes I wonder about it-

Madison: Yeah

V5:   …he doesn't make a lot of posts [laughs] um and he uses his account mainly for like sending memes and just like viewing silly-

Madison: Right.

V5:   …stuff on the internet and so I always wonder like, "Oh I wonder if there's like anything in the DMs," but I mean not, I'm not like seriously like worried about that.

Madison: Mh-hm, how would you feel if your partner was, chose to follow or communicated with someone you could be jealous of?

V5:   Um, I mean I would probably confront him about it an- um I mean I would, I would be a little bit suspicious I guess, but um I w-, I mean I'd wanna hear him out for like whatever would be going on before I jump to any conclusions.

Madison: Sure, yeah, um have you and your partner ever discussed certain rules, boundaries or expectations with each other's Instagram use?

V5:   Um…I don't think so, like, like who to follow or who you can't talk to, I don't think so.

Madison: Okay, are there certain expectations that he should post more if you're in a committed relationship or is that just not an important aspect to you, 'cause you know that he loves you like interpersonally?

V5:   Yeah, at first I like took it kind of personally, like when we first started dating, because I used Instagram a lot and he like u- he didn't have an account before we met, um and so I took it kind of personally that he didn't share anything like about us uh I'm just like, you know like "What are you trying to hide?" But then I realized that that's just like not like his personality, he doesn't like, he doesn't view social media in the same way that I do.

Madison: Sure, how likely are you to monitor your partner's Instagram profile and like actions on the app?

V5:   Um…like, like seeing like what he's liking or sending, and stuff like from his acc-, his view or like what do you mean?

Madison: Uh, yeah, like to "surveil" his um like profile or to try and see oh did he follow anyone new, is he messaging anyone, did he like this person's photo, like how likely are you to do those kind of almost "stalking"-like behaviors?

V5:   Yeah! Um, I mean I've probably done that every once in a while, um-

Madison: Sure.

V5:   …I mean you know it's not something like I do on a regular basis though, so [inaudible noises].

Madison: Um, have you ever investigated certain profiles that your partner interacted with?

V5:   I don't think so.

Madison: Gotcha. Have you or your partner ever tried to limit or control what each other was allowed to post on your own accounts?

V5:   Um, I've never. I, I have like when we first started dating I asked him like I asked him why he didn't post pictures and I kind of encouraged him to in the beginning, but like in the past four or five years I haven't asked him to post anything or do anything. And then I don't think he's ever asked me to post or not post anything.

Madison: Mm-kay, yeah. Have you ever posted anything with the intent to make a partner jealous?

V5:   No.

Madison: Have you ever followed anyone with the intent to make a partner jealous?

V5:   Nope.

Madison: K. Do you feel that the time and effort in your relationship is equally balanced among both partners?

V5:   Yes, for sure.

Madison: Great, um so what is your opinion on keeping connections, follows, and um pictures up of your ex-partner on Instagram?

V5:   Um, I, like in general or for myself, or what do you mean-

Madison: Um either.

V5:   Yeah, I mean-

Madison: [inaudible noises]

V5:   Yeah…I, I don't know I feel like it's, it can be important to like remove those things if they're like painful to see or you know causing drama, but at the same time they're also things that happened in someone's life, so it's not like yo- just you don't have to pretend they didn't happen, so I don't know, I don't have strong feelings about it either way.

Madison: Okay, sure. So, like if you had just met your current partner or you have a new partner like whatever an old partner, if you can refer back to that, and they like most of their most recent photos were with an ex, like would that perturb you at all, would you look into it, would you communicate about it, or would you just be frustrated by yourself with it, or would it just not bother you at all?

V5:   Um I would probably ask about it and ask like if those were important to my partner to have there, or like how they felt about taking them down, I, I mean, I would probably question it if they were like refusing to take it down-

Madison: Right.

V5:   …if I wanted it, but um I personally don't feel super strongly about it but I don't, I can't, I can't say for sure since I haven't been in that situation.

Madison: Gotcha. So, what is your opinion on your partner posting like sexy or suggestive "thirst-trap"-type photos on their Instagram profile?

V5:   [laughs] I wo-, I mean, I, that would make me laugh more than anything, um-

Madison: [laughs]

V5:   Uh…[laughs] I, I can't imagine that, that would be, that would make me laugh and I think that would be really funny, um but I, I don't, I, I would have a hard time taking that seriously and um, um [laughs] I do-, I don't know-

Madison: [laughs] Okay.

V5:   I, I, I wou-, I wouldn't be all that worried about it I would just be-

Madison: Sure.

V5:   …like what?

Madison: [laughs] Ok, um, so this last question, we're almost done, explain first how Instagram brings positivity to your relationship.

V5:   Um I mean sending each other memes is definitely like-

Madison: Mh-hm.

V5:   …something I look forward to. Um we work opposite schedules which can be kind of frustrating at times, but it's nice to you know head to bed when I know that he's at work, and I can scroll through the things that he's sent me. Um-

Madison: Right.

V5:   …know, know that he's thinking about me. Um and I feel like it adds something to our relationship that we can you know share with friends and family like what's going on in our lives and our relationships. But, yeah.

Madison: Yeah, sure. And then do you think there's any negativity brought into your relationship because of Instagram?

V5:   Hm…I mean we might spend a little too much time on it like when we could be like having a conversation, we're just sitting there scrolling. But-

Madison: Right.

V5:   …I wouldn't say that it causes like, like jealousy or any like drama in that sense.

Madison: And do you think it would have like in the first few years of your relationship, or did it, is it just because you've like matured and grown together and respect each other's boundaries and know each other, or is that just a thing you two like have always had?

V5:   Um I think that since, like his, his usage of Instagram has always been like really different from mine and he doesn't-

Madison: Right.

V5:	…really care for it much. Um and so like I think that if, if our relationship had started in a way where he was super active on there it might have been a different story, but for the most part it's, it's all been pretty like low-key.
Madison:	Got it. Great, okay, well that concludes the interview today. So, thank you so much for your responses um 'cause I think they will really help shape my data. But I just need to get your email address lastly in order to send you your compensation, so if you wanna read that off to me.
V5:	Sure [redacted email].
Madison:	Okay well you are good to go, thank you so much for your help in this, and for answering and your time.
V5:	Absolutely, I'm happy to help you.
Madison:	Great, but um that's it thank you.
V5:	Cool.

W6

Madison:	Hi.
W6:	Hello.
Madison:	How are you?
W6:	Good, ho- how are you doing, okay I'm sorry I had to set up all that-
Madison:	Oh no, you're fine, I assumed that was what happened, I was like "Oh no." [laughs]
W6:	[laughs] Okay cool, awesome.
Madison:	Okay, um so I just want you to know beforehand you're free to say anything that you want; all information's gonna be kept confidential. So, I am studying the connection between Instagram and romantic relationships, as we know.
W6:	Mh-hm.
Madison:	So, this interview should last like 15 minutes, probably. You can-
W6:	Okay.

Madison: …ask to be removed from the current interview at any time if you feel uncomfortable or what not. Um if you complete the interview you will be compensated at the end, which I'll send to you via email, so I'll get that at the end. Um, some of these questions may be very personal to you, and so if at any time you wish to not respond, you can just answer with "next question, please," and we'll move on. Um-

W6:   Great.

Madison: …so, first, can you just introduce yourself briefly, so like age, relationship status, and like current occupation or whatever. Um, again, all identifiable information will be extracted from the final data set, but I just want to get to know you better for the sake of this study.

W6:   Yeah, absolutely. Should I go into like specifics about-

Madison: Sure! Yeah, everything's gonna be like blo- blocked out

W6:   Okay. So, my name is W6, I don't ev-, I know that's gonna be blocked out so. Um I'm currently 22-years-old, um I live in [redacted city], I am in a relationship with my girlfriend. We are coming up on two years in November. So, um just graduated college, so um decently young, started working for a large commercial real estate company and um yeah-

Madison: Yeah.

W6   …that's about it.

Madison: Thank you. Um so, how would you describe your current relationship in terms of overall satisfaction?

W6:   I'd say on a l- a scale from one to 10, I'd say, let's go with a nine, just 'cause you can never-

Madison: Sure.

W6:   I, I guess you could go with a 10, but I mean-

Madison: Okay.

W6:   …you n-, you never know.

Madison: Sure, so how many hours would you estimate your partner is on Instagram a week?

W6:   Um, good question. She actually started like recently um like deleting it for like a couple days, and like redownloading it, but I mean-

Madison: Okay.

W6:   …when she is on it, I mean, maybe like an hour or two maybe a day, I, I don't know.

Madison: Okay but working to decrease her time.

W6:   Mh-hm, absolutely.

Madison: And how does that compare to the time you would spend on the app?

W6:   Um, I definitely use it a lot more frequently than she does, I will say that.

Madison: Okay.

W6:   …that.

Madison: Um how would you describe your Instagram use, like what is it used for mainly?

W6:   Um…I guess just keeping up with what other people are doing, um I guess I don't really use it for any news situation, um I use other social media platforms for that, but I guess just entertainment, just random videos or pictures, whatever is just kind of on my feed, I'll just kind of go through.

Madison: Mh-hm. When do you find yourself going on the app the most?

W6:   Um primarily I'd say mostly, mainly at night um I mean it is here and there, throughout the day, but I mean since I'm working throughout the day, I try to avoid hopping on my phone for any reason um and some in the morning too, like probably when I get up.

Madison: Sure, yeah. So, have you and your partner ever fought from anything pertaining to Instagram, whether that be posts, or not posting about the other, uh DMs, likes, people you follow, and so on?

W6:   Um, I wanna say no, I mean there could have been like some joking here and there about maybe liking someone else's picture, but no there hasn't been any serious conflicts from it.

Madison: Right. Um, do you think that Instagram influences your feelings about your own relationship, like seeing others?

W6:   Um…I'd say very "miniscule-y."

Madison: K.

W6:   But I mean there is probably some effects from just like seeing just um people, I guess you could say in their happiest quote on quote moments, so I guess it kind of does have an effect on everyone I would like to say, but I-

Madison: Right.

W6:   …eh, I'm pretty just straight about it, I mean like it doesn't really destroy me or anything. I don't get too

Madison: Right.

W6:   …emotional from it or anything.

Madison: Does Instagram ever make you or allow you to consider alternative partners?

W6:   Um…

Madison: Like not necessarily that you're gonna seek out-

W6:   Mh-hm.

Madison: …but that you compare to your relationship to, oh what would it be like with someone else, or oh there's this person that's easily reachable. Does that happen?

W6:   I wo-, I would say it definitely happens. It won't happen, I'll say that. But it- it, it definitely can do that, yeah.

Madison: Like, innately it'll occur?

W6:   Mh-hm, exactly.

Madison: So how do you feel about direct messaging someone you think maybe would make your partner jealous? Like you're not doing it necessarily in a flirtatious way, but you know if she were to see it might offend her or make her insecure-feeling or something. How does, how do you feel about that?

W6:   Um, I mean there's really no reason for me to like DM someone like random, but I mean if she did notice me DMing um someone that is like

attractive, I mean everyone can kind of tell who's attractive and what not but-

Madison: Mh-hm.

W6:   Obviously, like anyone would kind of get jealous from that. So, but I mean she's um understanding so she knows that it would be nothing like flirtatious.

Madison: Sure. Um do you ever question what your partner is doing on the application that you don't know?

W6:   No. [laughs]

Madison: [laughs] How would you feel if your partner followed, or communicated or private messaged someone that you could be jealous of?

W6:   Um, I probably wouldn't get too hurt about it, but I'd probably just like ask her about it, I mean it's not gonna offend me unless if she's actually like…trying to [laughs] lik- um, um-

Madison: Sure.

W6:   …just like break off and-

Madison: Mh-hm.

W6:   …do some new relationship, relationship, obviously I don- want, wouldn't really like that but.

Madison: Right, um have you and your partner ever discussed certain rules or boundaries or expectations with each other's Instagram use?

W6:   Hmm…no, just free, free soul.

Madison: Yeah, gotcha. How likely are you to monitor your partner's Instagram page and what she is doing or who she's interacting with?

W6:   Um very rarely, I mean both of us kind of know when we're gonna post something, if I mean most recently like our posts have been probably with each other, but I mean I ha-, mainly I use Instagram just…that sounds kind of stalker, but I mean I just kind of just go on it, just scroll through my feed, I don't really keep up with my own posts or anything I just kind of do it, unless I get like a pretty solid picture then I'll throw it on there but-

Madison: Mh-hm.

W6:   …I'm not gonna [inaudible noises] have it on…

Madison: Have you ever investigated Instagram profiles of people your partner followed or interacted with, that maybe you didn't know so you looked, or did that, has that never happened?

W6:   Umm…it probably has just if I was curious, I mean it's not like a jealousy type of thing, but I mean-

Madison: Mh-hm.

W6:   …if I didn't know someone, I wo-…probably click on it, I mean I feel like that happens a lot, I would do that for pretty much anyone.

Madison: Sure, yeah. Have your or your partner ever tried to limit or control what each other was allowed to post on your own accounts?

W6:   No.

Madison: K. Have you ever posted something with the intent to make your partner jealous?

W6:   No. [laughs]

Madison: Okay. [laughs]

W6:   Not yet, [laughs] no I'm kidding.

Madison: Have you ever followed someone with the intent to catch their attention or make them jealous?

W6:   N…no.

Madison: Okay. Do you feel that you or your partner invests more time and effort into your relationship?

W6:   Can you say that again?

Madison: Okay, um do you feel that you or your partner tends to invest more time and effort into the relationship overall?

W6:   Um…say it's pretty mutual.

Madison: Okay. Um what is your opinion on keeping connections, follows, and pictures up of your ex-partners on Instagram?

W6:   Um I don't really have any exes, so [laughs] it's not really pertains to me [inaudible noises] …

Madison: Okay, sure. So, if like, say hypothetically if this were to end would you keep the photos up, would you expect her-

W6:   Oh

Madison: …to-

W6:   Um…

Madison: If you moved on would you remove them, would you keep them up 'cause like you think you look good or you liked that moment in time, or… [inaudible noises]

W6:   Um another good question, I would say what the picture…really pertains to, I do have a picture on there that is like in front of a sign that says "I love you" so I mean maybe that one would come down, but-

Madison: Okay yeah-

W6:   I don't think I would-

Madison: Gotcha-

W6:   …completely purge my whole Instagram-

Madison: Right.

W6:   …just of her.

Madison: Mm-kay. What is your opinion on your partner posting like sexy or suggestive photos on their Instagram profile that don't include you?

W6:   Mh-hm. Um it doesn't happen in my relationship just 'cause she, we both never really do it, but I mean from an outsider's perspective if like figur- or hypothetically if she were to be-

Madison: Right.

W6:   …doing that um I probably wouldn't feel too good about it just 'cause I mean other people are looking at that stuff, and probably-

Madison: Right and so would that be an internalized conflict, or would you bring it up to her because it's like that big of a disagreement?

139

W6:   I'd probably say something, um depending how like scandalous or suggestive it really is, but um I'm…not gonna run into that scenario, I highly doubt that's ever gonna happen, so.

Madison: Okay, okay.

W6:   But I mean if she was like showing some very scandalous photos then I'd probably say something, but I wouldn't really care.

Madison: Mm-kay. So, we're almost done, just explain how Instagram brings positivity into your relationship?

W6:   Um…I'd say probably just funny content, I mean if there's a video that both of us kind of know who, like a big, um like account or like a very big, popular account that we kind of both follow, if she hasn't seen like a picture, video, I'll show it to her and we'll just laugh about it.

Madison: Right.

W6:   Obviously it can um…what's [inaudible noises] I'm going with this…I had a thought on my head, sorry…

Madison: No, you're fine.

W6:   Um…it can inspire I guess, like if you're like trying to make a like a trip somewhere and you see like an ad or sponsor or someone else like at a sp- particular location it can, you can talk about it and maybe just like have a spontaneous vacation somewhere, som-, som-

Madison: Yeah, for sure, inspiration, yeah. Um what do you th-, like how do you think it brings negativity into the relationship?

W6:   Umm…my specific re- relationship?

Madison: Yeah or if you've you know seen it.

W6:   Yeah.

Madison: [inaudible noises]

W6:   Yeah. Uh I have seen it other places where um the male or female in the relationship has liked someone else's photo or-

Madison: Right.

W6:   …just what they post, obviously, there is a lot of jealousy that happens on that app but um I wouldn't say it ever really has brought negativity into my specific relationship, but like I said earlier I've seen it happen-

Madison: Sure.

W6:   …plenty of times

Madison: And do you think with your own relationship it's because maybe you both just don't use it that much or don't rely on that for entertainment as much or is it just you as individuals working well together, you just don't… [inaudible noises]

W6:   Yeah for sure, I'd say it's both us being very understanding with each other, she's not um…very just li-, what's the word I'm looking for…do you write this stuff down or you like submit the recordings for this?

Madison: Um uh the recordings aren't submitted though, no. If you-

W6:   Oh.

Madison: …like need me to block anything out I-

W6:   Oh no, no, no, no, you're fine I'm just, just t- just like time that I'm taking to think um-

Madison: Oh no you're fine, it's like it's turned in as like a transcript form so-

W6:   Oh, okay.

Madison: Yeah so, your pauses aren't gonna be recorded.

W6:   Okay cool. Um okay-

Madison: Do you mean like she's not like a jealous or controlling type or something?

W6:   Can you say the question again? Sorry I got off…topic.

Madison: I, I think it was more like you didn't, you've seen negativity influence a lot of relationships external to your own. And I wanted to know-

W6:   Mh-hm.

Madison: …why you haven't seen it in your relationship? Like is it because you as-

W6:   Oh yeah, yeah.

Madison: …as two people are just very "go with the flow," chill, not dramatic about a lot of things, or do you not use the app enough to have it even impact.

W6:   Yeah, I'd say it's mainly just us as people just being very understanding and just not really having, allowing um Instagram or any social media like to affect our relationship in a negative way, but, um I'd say I still use the app pretty frequently, but I mean n-no problems ever really arise from me using it, same with her, so I think we're both okay doing, using it whenever we want to.

Madison: Sure, okay great. Well, that's pretty much it. That concludes the interview, so I really thank you for your time and effort and responses, 'cause it'll, it'll help shape all my data. But I just need to get your email address so I can send you your compensation.

W6:   Nice.

Madison: So, if you could read that off to me.

W6:   It was uh an Amazon gift card, right?

Madison: Uh-huh.

W6:   Nice. That was actually kind of a cool interview, it was kind of interesting questions.

Madison: Oh, thank you, good.

W6:   [redacted email]

S7

Madison: Hi.

S7:   Hello?

Madison: Hi, are you good?

S7:   Hi, yes, hello.

Madison: Hi, how are you?

S7:   I'm doing well, how are you?

Madison: Good, thank you. Um, okay cool, I want you to know beforehand that you're free to say really anything, as all information will be kept confidential. So, I'm studying the connection between Instagram and romantic relationships, like we know. This interview-

S7: Okay.

Madison: …should last 15 to 20 minutes, depending on how long you talk. So, you can ask to be removed from the current study um at any time if you feel uncomfortable or wish to do so. If you complete the interview you will be compensated at the end with a $10 gift card from Amazon sent to you via email, that I'll collect at the end of the interview. Some of the questions may be very personal to you, and if at any time you wish to not respond, you can respond with just "next question, please," and we'll move on. So, first-

S7: Okay.

Madison: …um I'd like you to like introduce yourself, basically just relationship status, age, occupation, stuff like that. Um this question, all identiful-identifiable information will be extracted, but I just wanna be able to get to know you better within this study.

S7: Okay, sounds good. Uh my name is S7, I am a communications student. I'm 24, um graduating from [redacted university] here in December, um hoping to do marketing or human resources. Uh relationship status, um in a relationship within the last month, and um that's me in a nutshell.

Madison: Great, yeah, thank you. Um how would you describe your current relationship in terms of overall satisfaction?

S7: Um do you want me to like rank it or just like explain-

Madison: Uh, whatever way, yeah, whatever way you want [laughs].

S7: Yeah, um I would say good, um definitely because it is a new relationship, I think that might kind of you know tend to like really see the good in the person at the beginning, but um I would say it's um a s- satisfying relationship on both ends right now.

Madison: Great um, how many hours would you estimate your partner is on Instagram a week?

S7: Hmm…I would guess…maybe 10 hours a week?

Madison: Sure, and how does that compare to the time you spend on Instagram?

S7:   I spend a lot more. I probably spend at least 14 to 16 hours a week on Instagram.

Madison: Okay, how would you describe your Instagram use, like what is it used for mainly?

S7:   Um for me it's mostly to see what others are doing. I do post occasionally, maybe po- like a post maybe um once every two weeks, and then maybe post on my story maybe every other day. Um but I primarily use it just for entertainment, um just to scroll through and see what my friends are up to.

Madison: Right. When do you find yourself going on the application the most?

S7:   Um I find myself going on it throughout the day, but um I'd say that I'm on it the most probably in the mid-afternoon, so from like noon to maybe three o'clock, when I don't really have class, I'm on there quite a bit.

Madison: Okay, gotcha. Have you and either a past or your current partner ever fought from anything pertaining to Instagram, whether that be posts, not posting about each other, DMs, likes, people you follow, so on.

S7:   Um I would say no.

Madison: Okay. Does Instagram influence your feelings about your own relationship?

S7:   Um I would say no, just because my partner does not post on Instagram very often, um it's something, it's a more one-sided thing, so I use it regularly whereas she does not, do li- does not use it as much.

Madison: Sure, but do you think that seeing other people, other singles or other couples influences your own perceptions about yo- the relationship you're in at all?

S7:   Mm, I would say a little bit, I think it is very easy for me to compare just like on a very basic surface level compare my partner to others that I see on the app, um whether it be my own friends or m- um…the significant others of my friends, I think yes there is a bit of comparison of like what is similar and what is different about my partner versus my friends' partners.

Madison: Right. Does Instagram ever make you, or made you in the past, consider alternative partners? So maybe better or different options that were um easy for you to reach or connect with that you thought may be more uh-

S7:   Um…

Madison: …suitable for a relationship?

S7:   Yeah, um I would say that I have like looked. No, I wouldn't say it's ever made me want to like change partners, but I do think that there are, it's easy to look at other people on the app and then, yes, like, like think about being with that person, but never to the point of wanting to leave the relationship.

Madison: Right. Okay, how do you feel about direct messaging someone you think might make your partner feel jealous or insecure? So no-, you're not necessarily doing it in a flirtatious way, but-

S7:   Mh-hm.

Madison: …do you think there's some sort of boundaries that should be set in place, or an expectation that should be matched, or do you think you should have the freedom to communicate with whomever?

S7:   I believe you should have the, the communication to or the option to communicate with whoever, I think any boundaries that you set should be personal ones and not ones that your partner sets for you.

Madison: Okay. Do you ever question what your partner is doing on the application that you don't know about?

S7:   Um no.

Madison: Mm-kay. How would you feel if your partner followed or communicated with someone you could be jealous of?

S7:   Um that would probably be hard for me. I think that especially if it were someone, if she were communicating with someone that I knew she had been involved with in the past or had liked in the past that would be hard on me.

Madison: And do you think you would hold it as a kind of an internal conflict, or would you bring it up and make sure that it was known?

S7:   Probably an internal conflict.

Madison: Okay and do you think that by you not communicating about it, it could have an effect on the relationship's well-being.

S7:   Absolutely. Um I think it's probably best to bring it up, uh I'm just a passive person-

Madison: Sure.

S7:   …but I think definitely over time that would be an issue.

Madison: Have you and your partner ever discussed certain rules or boundaries or
             expectations with like posts and for Instagram use?

S7:   We have not, no.

Madison: Could you see that in the future, like "I expect you not to really talk to
             these kind of people or ex-partners, or you should post with me on an
             anniversary" or something or is that just not very important to you and
             your relationship?

S7:   Um, I could, I think that it in the, down the line, within the next few weeks
             or months, I could see us talking about wanting to post something with the
             other person and discussing that, um I don't think it would be like uh an
             issue of conflict necessarily, but I think it would be a conversation that we
             would have, like definitely something we would talk about.

Madison: Right. Um how likely are you to monitor your partner's Instagram profile
             and what they are doing on the app?

S7:   Mm very unlikely to do that.

Madison: And have you ever investigated certain profiles of people that your partner
             followed or interacted with?

S7:   Yes.

Madison: Is that just to get to know her better or to see who she hangs around with
             or is it an insecure thing or what is the root of that action?

S7:   Um I think it was a curiosity thing to see like who her partners have been
             in the past.

Madison: Sure.

S7:   Um maybe subconsciously that's linked to um, to jealousy, but I think at
             this level it's just out of curiosity.

Madison: Mm-kay, yeah. Do you think in the future that either you or your partner
             would ever try to limit or control what each other was allowed to post on
             your own accounts?

S7:   No.

Madison: No? Okay. Have you ever posted something with the intent to make either this partner or a past partner jealous?

S7:   Um I have posted in the past-

Madison: Sure.

S7:   …uh things that have, that yes, I've wanted to make someone jealous by posting that but I, I would not say in this relationship that I've done that.

Madison: Right. Have you ever followed someone with the intent to make someone else jealous?

S7:   Followed? No.

Madison: K. Do you feel that at this point and going forward you or your partner invests more time and effort into the current relationship?

S7:   Sorry could you repeat that one more time?

Madison: Yeah, uh do you feel that you or your partner at the current time invests more time and effort into your relationship?

S7:   Yes.

Madison: No do you feel you or your partner?

S7:   Oh, I feel that…um, uh…I would say if I had to pick one…my partner.

Madison: Mm-kay. What is your opinion on keeping connections, communication efforts, and pictures up of your ex uh partners or ex-things on Instagram?

S7:   Do I think it's wrong, is that what you're saying?

Madison: N- not, you might not, but what is, yeah what is your opinion on it? It could be good or bad.

S7:   Oh. Oh, um I don't think there's any issue with leaving up old posts that have your ex in it. I feel like that's a part of your past and it doesn't necessarily need to be removed.

Madison: Sure, and so if you flip it, and say you met a new person, your new relationship-

S7:   Mh-hm

Madison: …currently, and

S7:   Yeah

Madison: …the last like five photos on her page were all with an ex-guy, would that bother you, would it be a conversation starter? Would it worry you, or would you just not think about it 'cause of your answer?

S7:   Mh-hm. Um it would definitely be a conversation starter and something that I would bring up, but more out of curiosity and less out of worry-

Madison: Okay.

S7:   Because again, if I think it's okay to leave up photos then I-

Madison: Sure.

S7:   I'm okay with my partner doing the same.

Madison: What is your opinion on your partner posting suggestive photos on their Instagram profile, without you in them?

S7:   Um, if my partner did that, I would feel a little uncomfortable.

Madison: Mm-kay. And do you think that's a personal issue that you have with it, or is it out of respect for the relationship, or what exactly do you think that, that stems from?

S7:   Um I would say both. I would say out of respect for the relationship, just because I would kind of be wondering why-

Madison: Okay.

S7:   …she would be posting that, and which fi- filters into the next thing of I think there would be a bit of jealousy because I would be wondering wh- why she felt the need to post that and who she was trying to attract with that post.

Madison: Right…gotcha. So, we're almost done. I just need you to explain briefly how, first, Instagram brings positivity into your relationship.

S7:   Um Instagram is kind of like a good conversation starter, so if I post something on my story, it's something that she will bring up and we'll talk about, so maybe if we haven't been together for the day what I post on Instagram is a way for her to see what I've been up to so we can talk about it later.

Madison:	Mh-hm, gotcha. And how does it bring negativity into the relationship?
S7:	Um…I think the only thing is there is a, if I feel like I post about her but she doesn't post about me, then I could s- see how that like there could be some jealousy there and some like lack of trust, like why um why is one partner posting about the relationship and the other is not, are they not as committed, that is-
Madison:	Right.
S7:	…an issue that I could see happening.
Madison:	And do you feel that you would bring that issue up more out of, again, personable, like personal irritability to the issue, or you're worried about how the public will perceive the relationship?
S7:	Both, mostly personal, um worried, but also there is a part of me that would want the public-
Madison:	Right.
S7:	…to feel like, like we're on the same page. So, I would say both.
Madison:	Great, okay. Well that is it, that concludes the interview today. So, I thank you for your effort and time and the responses 'cause it'll really help to shape my data. Uh I just need to get your email address from you so I can send you your compensation. If you wanna read that off.
S7:	Yeah, of course, so it's [redacted email].
Madison:	Okay, great, thank you so much.
S7:	Yeah, of course, thank you. Good luck with everything.
Madison:	Thank you, bye.
S7:	Bye.

H8

Madison:	Hi. Are you here?
H8:	Uh yeah, I think so-
Madison:	Oh okay, there you are. Cool. How are you?

H8:   I'm doing pretty good, not as tired at 10 o'clock as I thought I was.

Madison: Good, good. Um okay so we can hop right in. A few things before, um I
           want you to know you're free to say anything that you want. All
           information will be kept confidential. So, I am studying the connection
           between romantic relationships and Instagram, as we know. This
           interview-

H8:   Mh-hm.

Madison: …should only take about 15 minutes. So, you can ask to be removed from
           the interview if at any time you feel uncomfortable or wish to do so. If you
           complete the interview though, you will be compensated at the end, and
           I'll get it to you via email. Um…

H8:   Okay.

Madison: Some of these questions may be very personal to you, and so if at any time
           you wish to not respond, you can just say "next question, please," and
           we'll move on from there. So, first, um if you could just introduce
           yourself, um remember all identifiable information will be extracted from
           the final set of data, I just wanna know like age, current relationship status,
           um occupation and stuff like that, so that we kind of understand you better
           within the realm of this study.

H8:   Okay. Um…so kind of just go over like-

Madison: Mh-hm the basics of-

H8:   Uh-

Madison: …like-

H8:   …okay. Uh H8, 25, uh [redacted university] graduate in engineering. Um
           er [redacted university] bachelor's in sciences in engineering. Um…
           [redacted city and state] native.

Madison: Mm-kay-

H8:   Uh…

Madison: …and your-

H8:   You need anything else?

Madison: Your relationship status right now?

150

H8:   Uh…like…early dating?

Madison: Okay, great. Um, cool. How would you describe either a current or past relationship in terms of overall satisfaction? So, if this one isn't, hasn't been long enough for you to perceive satisfaction, if you have a more recent one, you can go with that, or just the state of kind of happiness and content-ness you feel overall right now.

H8:   Um I'm pretty content uh with most of my relationships. Um if they did end it wasn't necessarily an issue with the relationship but just with um…the environmental factors of like people moving away, I mean it's like college age so like-

Madison: Sure.

H8:   …people move away or have to focus on school, or-

Madison: Yeah

H8:   …other life factors um outside of the relationship.

Madison: Got it. So how many hours would you estimate your partner is on Instagram a week, like a wild guess?

H8:   Th- my partner is?

Madison: Your "early dating person."

H8:   Oh, [laughs] okay. Um…I would say pretty minimal, probably-

Madison: Mm-kay.

H8:   …maybe a couple hours a week?

Madison: Sure, and then how does that compare to the time you spend on Instagram a week?

H8:   It's about the same. Um I'll normally like check it once a day, um just briefly see like if anyone's posted anything, um…and then I'll go to the explore a little bit um most of it's video game-related.

Madison: Mh-hm.

H8:   Um but yeah, I normally don't spend more than, I wouldn't say like half an hour on that a day.

Madison: Sure, so you kinda already answered this, but how would you describe what you mainly use Instagram for? Is it to get updates on things that, you know, spark your entertainment levels, or is it like you said to, to see people's new posts? Or what exactly?

H8:   Yeah, um I'll briefly go through uh the new posts um just for some of the people like closer um also as well as like some of the artsier people-

Madison: Mh-hm

H8:   …from um like high school, college, just because I'm more interested in those posts um if I'm not interested in the person or like what their um their style is, I guess, I wouldn't have followed em.

Madison: Right.

H8:   Um and then as far as like the uh extra time, most of the, eh, I feel like is kind of adhered to my interest uh like the explore tab I feel like goes into like my interest more-

Madison: Mh-hm

H8:   …um it's probably some uh algorithm that shows me a bunch of video game stuff um, pretty often.

Madison: When do you-

H8:   As well as other random memes.

Madison: Other memes?

H8:   Yeah.

Madison: Yeah, that's a common-

H8:   Memes are popular.

Madison: …common thing across-

H8:   [laughs]

Madison: …our age group. Um when do you find yourself going on the app the most?

H8:   Um normally it's when I don't have uh a lot of time to do something, so it's like in between uh tasks so it's like um if I am like kind of like getting

152

ready, um or if I am waiting for someone else to get ready, uh if I'm going to meet someone um or hang out with someone virtually or uh "IRL"-

Madison: Yeah.

H8:   …um…and they say "Hey, give me 15 minutes" or I just can't have any-, I don't have anything else planned and I don't really wanna play anything at the moment or watch anything, um so it's normally like when I'm, I'm not doing anything else important. I'm never…normally if I- I'm like at work or [inaudible noises] I don't check it um-

Madison: Sure.

H8:   …yeah, it's normally when there's nothing else going on um but there's nothing else that's like, I don't have enough time to do something bigger like a personal project or anything.

Madison: Right, exactly. Um have you and a partner, not necessarily this one, ever fought from anything pertaining to Instagram, whether that be like posts, or not posting the other enough, or direct messaging other people, certain likes, people you follow, etcetera?

H8:   Um I've never had that issue. Uh too much, I think most of the people that I engage with uh from a relationship standpoint, kind of know that going into it that I'm not a huge-

Madison: Right

H8:   …um social media person um checking and posting myself.

Madison: Mm-kay.

H8:   Um but yeah, but I don't think that I've ever had a conversation um about social media in general, other than them pointing out like you really don't post anything-

Madison: Right, okay.

H8:   Yeah, I've just been um…p- people will like ask like or like suggested that I post like a picture of oursel- of ourselves or like they'll tag me in it and like be sure to like it, so it's like I didn't just tag someone random.

Madison: [laughs]

H8:   [inaudible noises]

Madison: Someone like you're in a relationship with kind of thing? Will post a-

H8:   Yeah.

Madison: And do you have, is there like a verbal or nonverbal kind of expectation that you would reciprocate that because you're in the partnership or do they just know you're that guy who doesn't?

H8:   Um I think it's more of like if I were to be tagged in something 'cause like I-, I uh, I know like Facebook like I have it set to like you have to like have permission to tag me-

Madison: Yeah

H8:   Um like I basically would have to like review the photo and then I'd accept it.

Madison: Mh-hm

H8:   So, like normally because I don't check it that often, it would be, they'd basically like "Hey, I posted a picture make sure that you like accept it so that people can see it." [laughs]

Madison: Right.

H8:   Th- normally it's, it's that, it's not that I'm necessarily like uh I wouldn't do it out of like disapproval of the picture or that person, it's more of I just genuinely wouldn't-

Madison: Do it naturally…

H8:   [inaudible noises] Yeah, yeah.

Madison: So, if your girlfriend was like expecting you like, saying like I want you to post this picture, would that be like a conflict or would you say okay, no problem?

H8:   Uh yeah, I don't think that'd be like an issue um-

Madison: Got it.

H8:   …I don't really don't post on there any, like normally, I think it would be um if they did ask, I think I would have had to like been very uh involved…

Madison: Sure.

154

H8:   Uh, I think if it was very early on-

Madison: Right.

H8:   …I don't think, I think that'd be a little weird um…but certainly if I was uh involved and interested with that person, um I wouldn't have any issues with that.

Madison: Gotcha. Um does Instagram influence your feelings about your own standing in your relationship, like seeing others, either single people or couples, like does that influence how you feel about your current relationship?

H8:   Um not particularly. Um if anything like it just gives me ideas of stuff that we could do…together, um like-

Madison: Okay.

H8:   …it gives me ideas for activities uh that-

Madison: Okay.

H8:   …we could share, um you'll se-, I'll just see something like "Aw that's really cute" or "Aw that'd be a really fun time."

Madison: Right.

H8:   Um but I-, it's not like uh-

Madison: So, it's more of an inspiration, not like a jealousy?

H8:   Sure, yeah.

Madison: Okay. [laughs] Um does Instagram either in this current relationship or past ones, or ever, uh make you consider alternative partners, because you are viewing a bunch of people, you know, all throughout the day-

H8:   Mh-hm sure, sure.

Madison: …does that make you ever think, "Oh, maybe a relationship with her would be better," or "She's more approachable or reachable, or I might like that better," etcetera?

H8:   Um, no. I, for me personally, I think a lot of the stuff that I see, as far as like um…as far as other people, a lot of it is very like surface level-

Madison: Mh-hm

H8:   If I'm on like, if you're going to like explore tab, I think a lot of it is very like surface level stuff, like you're not like learning a lot about that person. And me, as a relationship, I really have to click with the person themselves-

Madison: Right.

H8:   …um…less so than like immediate physical attraction, not to say that like that doesn't spark like the desire to like start that conversa-, that first conversation but-

Madison: Sure.

H8:   …um I don't think that it really drives me to, to want to seek out other opportunities-

Madison: Okay.

H8:   …as far as like different relationships or anything.

Madison: How do you feel about direct messaging someone you think might make your partner feel jealous or insecure, not necessarily in a flirtatious way but if it was known that she didn't like that, do you think you would take it as an attack to your freedom of what you are able to do, or just respect this kind of uh interpersonal conflict you're now dealing with?

H8:   Um I think I would see it more as uh…assuming it wasn't a non- like a non-flirtatious way, if it was I would definitely understand like hey, that's not cool, um on, on my part, that wouldn't be cool for me um but if, if they were asking like say I, it was a friend or-

Madison: Mh-hm

H8:   …or um some other relationship, I think that I would see it more as a…like their self-image and self-esteem had an issue um and try and relate to that and talk through that rather than immediately like stop being friends with someone um-

Madison: Okay.

H8:   …and, and me- I- it depends on the relationship that I have-

Madison: Right

H8:   …with that other individual…

Madison: Mh-hm

H8:   Um, and if it was important enough to, to, I guess, are you or um like hurt the feelings of my significant other but…

Madison: Right, so…

H8:   I think in-

Madison: [inaudible noises] Mh.

H8:   I think in general it would just depend on the, the relationship between my significant other um and my relationship with the other individual I was talking to.

Madison: Right, for sure, 'cause some could be like life-long things and so-

H8:   Mh-hm, sure.

Madison: [inaudible noises] …like temporary or is it long-lasting, and will that impede on a long-term friendship, and what's more important? It's a lot to weigh-

H8:   Mh-hm

Madison: …circumstantially, but okay, cool. Do you ever question what a past, or present partner is doing on the application that you don't know about?

H8:   Um no, for the most part I trust people um just all individuals, uh pretty much immediately um-

Madison: Mm-kay.

H8:   …without [laughs] um and especially with, with people I'm involved with-

Madison: Yeah.

H8:   …um, but I'm also very much like, if you give me a reason to not trust you um I'll weigh heavily, but I'm also very logical in my, my approach of like what c- like how [inaudible noises] quote on quote like "strike" um…like I, I normally will go through like okay what are the other like possible things that this could have been, not immediately jump to conclusions um-

Madison: Mh-hm

H8:   …so if there is something that I think, would, is like concerning, I'll try and like rationalize my way through it, um before talking to that person.

Madison: Okay.

H8:   And um, but I, I've never had an issue with people talking to, to others, I mean-

Madison: Right.

H8:   …I think th-, that personally I think that there's room to talk to anyone, you're not necessarily uh interested in that person if you're talking to that person.

Madison: Sure. Um…how would you feel if your partner followed or communicated with someone that you could be jealous of?

H8:   Um I think, I don't think I'd be too bad, if they were just, I mean, I-, the thing that comes to mind is like they're following like a celebrity or, or something um and with that I don't think that would be an issue at all, um like I can accept that people are, are attractive like, not necessarily I'm attracted to them, but I can understand like people are attractive or people are um alluring for certain r- aspects um…

Madison: Mh-hm

H8:   It's a, it's a human thing to, to be like walking down the sidewalk and you see someone like "Ooh the person looks, that person looks fun, that person looks interesting, that person looks good."

Madison: Uh-huh

H8:   Um but I think it's just a very human thing so I don't think that I would have too much issue of my significant other-

Madison: So, with-

H8:   …doing that basically virtually, I think that'd be fine.

Madison: With a celebrity, because they're physically unattainable, even distance-wise-

H8:   Mh-hm

Madison: …knowledge-wise, they don't know each-

H8:   Mh-hm

Madison: …other, but if it's someone maybe not in your mutual circle, but someone
           you know she could come into close contact with, if she reached out, is
           that a different story? Or is it still well she can just be allured- to who like
           or um you know attracted to whomever, and I don't really have a right to
           speak on that, I'm not jealous? Or is there kind of a, because Instagram
           allows for connections to anyone so easily, this is kind of eh iffy now?

H8:   I don't think that I would have a reason to be jealous unless like they
           actually acted on-

Madison: Talking.

H8:   That.

Madison: Okay.

H8:   Yeah.

Madison: So not just a follow, not just talking, but if there was like, external to the
           app, interaction?

H8:   Um yeah especially that. I think but if it was like a flirtatious conversation
           on the app, I think I would have an issue with that.

Madison: Sure. Um have you and your partners, past or present, ever discussed
           certain rules, boundaries or like expectations with each other's Instagram
           use?

H8:   Um outside of the "When I post a photo, be sure to like it, and accept it,"
           other than that uh I can't think of…any.

Madison: Mh-hm.

H8:   Um…

Madison: There were never like aforementioned rules or like "I need you to do this"
           or "Don't talk to this person" or…whatever it may be?

H8:   Nnnn…

Madison: Like [inaudible noises]

H8:   …no.

Madison: [inaudible noises] …kind of things?

H8:   Mm-mh (no).

Madison: Okay. Um how likely are you to monitor or check up on your partner's Instagram profile?

H8:   Um normally I don't follow that many people so normally if they do post something um I'll see it in my like, my daily, so I would say daily if they post that often.

Madison: Mm-kay.

H8:   Or, are you saying like-

Madison: [inaudible noises] not…

H8:   [inaudible noises] …their actual…

Madison: Yeah…

H8:   account-

Madison: I guess it's kind of more of a "surveilling," so it's not necessarily-

H8:   Oh, okay.

Madison: …oh, I stumbled upon the post naturally that she posted for the public, but I went-

H8:   Mh-hm.

Madison: …to her page looked at who, if she followed anyone else, looked at her stories, looked at who liked her photos, who commented, more kind of almost stalker-ish behavior.

H8:   Okay.

Madison: How like, 'cause it is natural for humans to do that, how likely are you-

H8:   Mh-hm

Madison: …to do that to like a new partner's profile?

H8:   Um, I wouldn't say much at all.

Madison: Mm-kay, have you ever investigated profiles of people that your partner was following or interacting with, that you didn't really know?

H8:   Um…I've looked at like some of the people that comment um-

Madison: Right.

H8:   Normally, if it's a newer partner, and I'm not familiar with their, their friend group-

Madison: Mh-hm

H8:   …um normally, just because I'm, it's more out of like an interest, not out of like a, "How dare this person" [laughs], it's more of like "Oh, who is this, like sh- is this someone I should like…meet?"

Madison: Right.

H8:   "Is this someone that like I should be aware of that's important to my partner?" Um…

Madison: Right. Um-

H8:   Normally that's, uh typically.

Madison: [laughs] Sorry, have you-

H8:   Go for it.

Madison: …or your partner um ever tried to limit or control what each other was allowed to post on their own pages?

H8:   Um I've not um I don't think that I've had a, a partner tell me that either, um other than like they'll wanna post a picture and then we'll go through like the pictures together, so it's like-

Madison: Yeah.

H8:   …we each have a say in like "Oh, I look cute in this one," "Oh no, this is the, a terrible picture of me, don't post this," other than that-

Madison: Right.

H8:   …uh no.

Madison: Mm-kay. Have you ever posted something with the intent to make someone else jealous?

H8:   Um other than like the slight brags of like "I'm here on vacation."

Madison: Yeah

H8:   Um, there's that, but not necessarily an individual uh in mind.

Madison: Sure. Um have you ever followed someone with the intent to make your partner jealous?

H8:   No.

Madison: Mm-kay. Do you feel that currently you or your partner is investing more time and effort into the relationship?

H8:   Uh no I do not. I think we're putting in pretty equal effort.

Madison: It's equal?

H8:   Um, mh-hm.

Madison: Yeah? Okay, great.

H8:   Yeah.

Madison: Um…so what is your opinion on keeping connections and follows and pictures up of your ex-partner on Instagram?

H8:   Um I know it's, it's definitely a, a common thing to get rid of them.

Madison: Right.

H8:   Um, and I get that to an extent, I- it's more of a way to like, for me when I see it, I think it's more of a way to um just kind of like let the world know like "Oh man" like they're no longer together. I, I think it's more of like give the world a clear indicator like this I- this happens. Um-

Madison: So, do you support the notion of doing it or are you opposed to it?

H8:   Um…

Madison: Like you do it 'cause you wanna you know kind of let the world know, here you go, if you check now the pictures are gone.

H8:   Yeah

Madison: But, but why is that choice being made, to you?

H8:   Um, I think for me, I probably would just to follow suit, I think it's more of like you don't want to see them yourself like-

Madison: Okay.

H8:   …you kind of like, if, you're doing it for like self-preservation as well.

Madison: Okay.

H8:   Um not necessarily to say that it didn't mean anything, it's more of like I think most of the time when it's done, it's done like immediately, to avoid you like seeing that person as much as possible um…

Madison: Right.

H8:   You're just, you're just kind of doing it similar to a Band-Aid, you don't wanna like have to go back and reminisce when you're trying to deal with the, the effects of it um

Madison: Do you think if your, this partner or an old partner or like a future partner or something, um you met her and their page was like the last 10 photos were all of their ex, would that be concerning enough to you to bring up or is it, wo- would you just hold that as an internal conflict?

H8:   Assuming these are like recent photos?

Madison: Not necessarily, but just the fact that they're not gone, and they're not gonna be.

H8:   I don't think that'd be an issue, um if anything I see it almost as a mature quality because it's like

Madison: Okay.

H8:   You're, you're not afraid to like admit like "Hey, I did have this relationship with that person," um rather than immediately like doing a rash decision of deleting everything um I would see it almost as a mature quality of like you can accept like it's no longer a thing but you also like um you accept that like you did spend time with that person, you did-

Madison: Right.

H8:   …devote hours of your life to this person um…

Madison: What is your opinion on your partner posting sexy or suggestive photos on their Instagram profile without you in them?

H8:   Without me in them?

Madison: Yeah, you're not there.

H8:   Okay. Um…I think it's a little…I feel like if I wasn't aware of it before, I think it'd be-

Madison: Before you started dating?

H8:   No, like so if, if she wasn't like um posting these beforehand-

Madison: Okay.

H8:   …and then we start dating and then afterwards, without my knowledge, um just ac- like just posted it, I'd find it a little out of character um but not necessarily like concerning, but I definitely would like have a discussion.

Madison: And-

H8:   Not necessarily like be upset, it'd just be like "Why the, why the change in attitude all of the sudden?"

Madison: Okay but what if she always-

H8:   Um

Madison: …did this?

H8:   So, did this before we were e- engage-, like together?

Madison: Engaged…yeah.

H8:   Um

Madison: Like, like, like what if she just posted those kind of suggestive photos, you knew-

H8:   Mh-hm

Madison: …but you-

H8:   Mh-hm

Madison: …weren't dating at the time so whatever, but now you are dating, do you ask her to change, does it bother you that much, do you accept it, do you have a-

H8:   No.

Madison: …conversation about it?

H8:   If, if, if I saw that and still decided to date, I wouldn't have her, I wouldn't ask her to, to change what she posts or what her uh personality is, I thi- I wouldn't-

Madison: Are those-

H8:   …ask her that.

Madison: …posts in themselves enough to not date someone?

H8:   No.

Madison: Okay, so I- it could be looked past.

H8:   Yeah.

Madison: Sure, okay. So, we're almost done, um but explain how you perceive Instagram to bring positivity into your current relationship.

H8:   Um I kind of touched on this before-

Madison: Uh-huh.

H8:   …um but like normally if I'm on there, um the people that I follow are close friends or people who I like the activities they engage in um their…normally if they posts pictures of dates like it's, it's kind of like a cuter date idea, so if anything it kind of gives me like a, a nice little um, uh what's it called visual board? I think, that's the term. Um-

Madison: Oh…like a, like a-

H8:   Idea board?

Madison: Yeah, I don't know, like a Pinterest [inaudible noises]-

H8:   Yeah, sure, sure-

Madison: Like it gives you inspiration to do or use with your partner moving forward.

H8:   Yeah, yeah, yeah, um but outside of that like normally, um I think it almost it's like a milestone as well um-

Madison: Sure.

H8:   Because I don't post-

Madison: Right.

H8:   …that often. I think if you get me to post a picture with you, like I feel like that's almost like a huge like milestone um-

Madison: Yeah, yeah.

H8:   …as far as, you're [laughs], you're my once in a every two years like, that's how much like I want the, everyone to know like that you're with me, like that's like I feel like that's a, a bigger thing-

Madison: Right.

H8:   …um that may be not be as big to most people, but for me eh and in my relationships I think that's a bigger um milestone slash reward, incentive, whatever you want to call it um…but…yeah I, I don't think that I would ever have it be too negative of a, of a thing like and if they wanted to post pictures with me in there um to their accounts I think, I wouldn't have any issues with that, I'd d- be, I'd much rather, uh or I'd much easier going to be posted in pictures than posting them myself.

Madison: Is it just a lack of not really caring about social media or is it because you feel like since it's such a rarity, it's such an announcement for like the people that follow you?

H8:   Um it's yeah, it's more of I'm, I'm not really engaged in social media. Um I'd much rather hang and talk and discuss stuff uh in real life, um face to face, than just doing again like very, what I would perceive as like, very like uh surface level um kind of digestible content.

Madison: Yeah, so how do you perceive Instagram to bring negativity to a relationship, your current relationship?

H8:   Um I mean I guess it does give like another window of meeting people, um and it's more [inaudible noises] expect my partners to, to know like the

166

ramifications of uh flirting and doing stuff, whether in real life or through a digital medium.

Madison: Mh-hm

H8:   Um but for the most part I don't know of many negative outcomes other than like just being another avenue for shitty behavior. Um but if they're gonna have shitty behavior I can't really blame Instagram for that, rather than just being a medium for that to…just another way for that to kind of progress, I guess.

Madison: Right.

H8:   Um so I don't think that if something happened on Instagram, it necessarily is like if it wasn't for Instagram the relationship-

Madison: Uh-huh

H8:   …um

Madison: Would have…

H8:   …would have lasted.

Madison: Yeah

H8:   You know? Um normally I, I would as- ttribute a lot of that stuff to the person, um not necessarily because of an app.

Madison: Mm-kay

H8:   Like if they have that behavior on the app, I would assume that that extends out um to their personal, everyday life.

Madison: Gotcha. Great, okay well that concludes the interview. So, I thank you for these l- good answers, and your effort and your time and stuff. Um, thank you for getting on here tonight. So, lastly-

H8:   Mh-hm

Madison: …I just need to get your email address from you, so I can give you your compensation, if you'll just read that off to me.

H8:   [redacted email]

Madison: Cool, thank you.

H8:	Mh-hm.

L9

Madison:	Hi.
L9:	Hi. Can you hear me?
Madison:	Yes, I can.
L9:	Okay perfect. How are you?
Madison:	Good, how are you doing?
L9:	I'm good, I'm good.
Madison:	Great, okay well first off, I wanna thank you for the time here today, doing this, um-
L9:	No problem!
Madison:	I want you to know beforehand that you're free to say anything that you want, all information will be kept confidential. So, I am studying the connection between Instagram and romantic relationships, as we know. This-
L9:	Mh-hm.
Madison:	… should last about 15 minutes, depending on how long you talk.
L9:	Okay.
Madison:	You can ask to be removed at any time from the study if you feel uncomfortable or wish to do so. If you complete the interview, you'll be compensated with a gift card, that I'll get um your email from you at the end, but actually I already have it, so I don't need to do that for you.
L9:	[laughs]
Madison:	That works. Some of these questions may be very personal to you, so if at any time you wou- you don't wanna answer, just respond with "next question, please," and we can move on from there.
L9:	Okay, sounds good to me.

Madison:	Great. First, I just want you to introduce yourself a little bit, so just name, age, like occupation and relationship status. Again, all personal id- uh information will be extracted, but this is to get to know you a little better and how you fit into this uh current study.
L9:	Yeah, gotcha okay. So, my name is L9, I am 25 years old, [redacted hometown], and I am a digital marketing specialist for a fashion company, and I am currently um dating someone.
Madison:	Great. Um how would you describe either your current or last relationships in terms of satisfaction? You could compare them or you could just pick one, or how you feel overall.
L9:	Um, I would say the relationship I'm in right now is better in a lot of ways compared to my last relationship. Um it's more healthy and there is just a better sense of connection and communication.
Madison:	Great. How many hours would you estimate your partner is on Instagram a week?
L9:	Um I would say my partner is probably on Instagram for m- one to two hours a week, in total.
Madison:	Sure, and then how does that compare to the time you would spend on the app?
L9:	So for me it would probably be more like six to 10 hours a week, because it's my job, but then outside of my job, um you know if you add, if you include the hours I spend on it for my job then it's probably more like 10 to 15 hours a week.
Madison:	Sure, how would you describe your personal Instagram use and what you use it for mainly?
L9:	Um I would say that my personal Instagram is something I use uh to further my side hobby, or my side gig, which is just my um I guess I call it an influencer, but essentially to promote my own um YouTube channel and other social media platforms and I would say I use my personal one like probably around 10 hours a week.
Madison:	Great. When do you find yourself going on the application the most?
L9:	Um definitely at nighttime, when I'm, you know, going to bed, um or just in my free time in general.

Madison: Sure. Have you and any partner you've had ever fought from anything pertaining to Instagram?

L9:   Um, probably my ex-boyfriend yeah, I would say that we fought over um you know cheating and things like that, due to Instagram.

Madison: Right, and do yo- did you feel like it was more about, I mean that's like a very big topic, like someone cheated but it was it-

L9:   Yeah.

Madison: …more fights about like posts or not posting the other enough or direct messages or sneaky behaviors on the app or liking or people they followed or what do you think it-

L9:   Yeah

Madison: …surrounded?

L9:   I would say more of like the sneaky behavior kind of like messaging other girls and things like that-

Madison: Right.

L9:   Um and then with my current boyfriend actually, you know, I probably, maybe in the past have been like "Oh, can you post more of us," and-

Madison: Right.

L9:   …I'll send him pictures of us, I won't say post more of us, but I'll send him pics and see what he does with them.

Madison: For sure, yeah. Does Instagram influence your own feelings about your current relationship?

L9:   Um I would say not too much, um there are times though that I do like see other people who are together, and you know have that envy of them, for sure.

Madison: Right. Does um Instagram, or did it, ever make you consider alternative partners, like would you ever compare your current partner at the time to other more maybe su- more suitable or better partners, in your opinion?

L9:   Um I would say probably, yeah there has been a time, the last three years of my relationship, I'm sure there have been times where I, not necessarily seriously considered it, but just-

Madison: Right-

L9:   …you know saw other you know boys um or just people in relationships and kind of thought oh, you know, compared it in some ways, for sure.

Madison: Mh-hm. How do you feel about direct messaging someone you think might make your partner jealous or insecure, so not necessarily done in a flirtatious way, but has there ever been a sort of conversation about that or do you feel that you should have like your right and your freedom to talk to whomever or are there some boundaries that have been set in place?

L9:   Uh personally I think it just eh it varies you know relationship to relationship, so personally because my partner is not um you know someone who has a lot of control or uh you know in general he doesn't have trust issues with me, and I think he trusts me, I would not feel like I have to disclose if I talk to someone in a, not necessarily a flirty way, but just in general. I feel like there can be those situations though where girls are in relationships and um, they have to say you know I've talked to this boy and they have to be open about it.

Madison: Right. Do you ever question what your partner is doing on the app that you don't know about?

L9:   Yes, definitely.

Madison: And does that come from do you think more past experiences or something that you are-

L9:   Um

Madison: …dealing with currently?

L9:   It would say, I, definitely past experiences, and I, I think that's just gonna continue on in life, you know once it happens once, you're just like [laughs] the trust is not there anymore, so.

Madison: How would you feel if your partner was following or communicating with someone that you could be jealous of?

L9:   It would feel bad, but I'm the kind of person who would want to know the full context and um just because he's talking to another girl doesn't mean he's cheating.

Madison: Exactly. Um have you and your partner ever discussed rules or boundaries with Instagram use or expectations of like posts?

L9:   Um, nope, never.

Madison: Gotcha. How likely are you to monitor your partner's Instagram profile and what they're doing and who they're talking to?

L9:   Um, not likely, not often at all, probably, but I will um sometimes I'll go on there and like just see what he's posted, but he doesn't use it very often at all, so.

Madison: Mh-hm. Have you ever investigated Instagram profiles of people your partner was following or interacting with?

L9:   Yes.

Madison: And um have you or your partner ever tried to like limit or control what each other was allowed to post on your own personal accounts?

L9:   No, we have not.

Madison: Have you ever posted something with the intent to make any of your partners jealous?

L9:   Uh, possibly like ex-boyfriends, maybe, but no, not current.

Madison: Have you ever followed anyone with the intent to make a partner jealous?

L9:   No.

Madison: Do you feel um that currently you or your partner invests more overall time and effort into your relationship, or is it an even playing field?

L9:   I would say it's an even playing field, we both invest a good amount right now.

Madison: Great. What is your opinion on keeping connections with and pictures up of your ex-partner on your Instagram page?

L9:   Um, well I believe it's okay to do because that was someone that you went through a time with, it does depend on how it ended, but for me I utilized editing captions and I kept most of the photos on there and edited the captions of my ex-boyfriend and kind of used it in a little bit of a mean way to get revenge.

Madison: Sure, right. And do you think that when you met your, your p-, your current partner or if there was like a future one or something, like hypothetically, and their most recent photos were of their exes and they

hadn't removed them would that be an issue, would that be a conflict you hold internally or would you bring it to light?

L9:   Um I don't think it would be an issue as long as they're not, you know, necessarily still dating that person and they're pretty clear about how it's over with them, I think it's okay, 'cause I'm a big believer in using your platform to document your life and if you wanna use it as your s- personal documentation it's okay to keep those photos up.

Madison: Okay, yeah. What is your opinion on your partner posting suggestive photos on their Instagram profile without you in them?

L9:   Um, I would, I've never experienced that before with anyone I've dated, but I think that I would be a supporter of it if they wanted to do that, if maybe it was part of their like profession or just something they wanted to do that helps them better with their confidence, I would be supportive of it.

Madison: Great, okay so we're almost done. Um, explain quickly though how Instagram brings positivity into your relationship?

L9:   I think um as you were saying a little bit earlier, just whenever they do post a photo, you know, of us together or if [redacted name], uh boyfriend, decides to post a photo of us and that makes me feel happier, it makes me realize like that he um still has, you know, I guess a commitment to the relationship, it's kind of a silly reason to think that, but-

Madison: No!

L9:   …the captions he comes up with, the creativity behind just doing that on his own free will, um and I think it's also fun in the sense that you can use the app to document your relationship, you know, I post stories with him, tag him, and we'll send each other memes via DMs and, and things like that, so I think it definitely can have a positive effect on the relationship um if you're actively posting each other or even if you're not.

Madison: Mh-hm. And how do you think it brings negativity into a relationship?

L9:   I think if you've dealt with um cheating in the past, not even just cheating specifically, but just jealousy issues or trust issues in a relationship, social media and Instagram you know can bring a lot of negativity to it because you can be either comparing yourself to other people, you can look too deep into what your partner is doing and maybe overthink it, um and it does vary per relationship, but it can definitely cause um some tension if you're not fully communicating with your partner about um about the ways that you use Instagram.

Madison: Great, right, exactly. Okay, well that's it, very well-spoken, thank you. That concludes the interview today. And… [inaudible noises] I thank you for the, the time and the effort in these responses 'cause they'll really help to shape my data, overall. So, I do already have your email address, so I'll send that um gift card over right after we hang up but thank you so much for getting on here today.

L9:   Thank you, girlie, I hope you have a um good rest of your day and good luck on your assignment.

Madison: Thank you so much.

L9:   All right, bye.

Madison: Bye.

D10

Madison: Hi.

D10:   Hello.

Madison: How are you?

D10:   Good, how are you?

Madison: I'm good, thanks. Thank you for doing this.

D10:   No, you're welcome, anytime.

Madison: Great, I'm excited, okay. I want you to know before I start that you are free to say anything all information will be kept confidential. So, I am studying the connection between Instagram and romantic relationships, as we know. This interview should last like 15 minutes, depending on how much you talk. You can ask to be removed from the study at any time if you feel uncomfortable or don't wish to be in it anymore. And if you complete the interview you will be compensated with a gift card, at, that I'll get your um email at the end of the survey for.

D10:   Okay.

Madison: Some of these questions may be very personal to you, so if at any time you wish to not respond, you can just respond with "next question, please," and we'll move on without question. So, first, I just need you to introduce yourself a little bit. So just like your age, current occupation, um and

relationship status, just so we see um how you fit into this study, but again it will all be removed in the end from the data set.

D10:   Okay. I'm 22, I'm a psychology major, I'm a junior and I'm in a gay relationship.

Madison: Great. How would you describe your current relationship in terms of overall satisfaction?

D10:   It's really good, it's probably a ten out of ten. I'm very satisfied with it.

Madison: Great. How many hours would you estimate that your partner is on Instagram a week?

D10:   In a week? Ehh…probably about 30 minutes to an hour every week.

Madison: Okay, and how does that compare to the time you spend on the app?

D10:   Umm, I'm on it maybe 45 to like an hour and a half, so I'm on it a little bit more.

Madison: Okay, how would you describe what your Instagram is used for mainly?

D10:   Mine is used for just friends to see what they're up to and I think I have maybe two famous people on there.

Madison: Right. When do you find yourself going on the app the most?

D10:   I usually get on like a lot in the evenings and at bedtime.

Madison: Sure. Have you and your partner ever fought from anything pertaining to Instagram, whether it be posts, or not posting about the other enough, or direct messages, likes, people you follow, so on.

D10:   Yes.

Madison: Is there anything specific that you can remember?

D10:   Um, there were some people that I was following that he did not approve of.

Madison: Sure.

D10:   And if he was not tagging me in a status, I would get very upset or be like "Why wasn't I tagged in this? Why wasn't I mentioned in the comments?"

Madison: Right. And you brought it up and mentioned it to him or did you keep it internally?

D10:   No, I brought it up and mentioned it to him.

Madison: Right. Do you think Instagram influences your feelings about your own relationship at all, like is there any kind of comparison or any positive or negative feelings, that-

D10:   Yeah.

Madison: Yeah?

D10:   Yeah, there is somewhat, depends on, depending on what people post I'm like "Oh, well I should do this" or "Why don't we do this, why don't we take pictures like this, why don't we go out and do this and then post it."

Madison: Exactly, right. Do you um believe Instagram ever makes you consider alternative partners?

D10:   No.

Madison: Yeah. Um, how do you feel about direct messaging or engaging with someone you think might make your partner jealous, even if it's not done in a flirtatious way?

D10:   I thi-, I think it's okay, I mean you should always get permission or at least if they ask to see the messages show them the messages, so they don't, like you're proving them that your messages are safe and you're not doing anything wrong.

Madison: Right, sure. Do you ever question what your partner is doing on the app that you don't know about?

D10:   No, not on Instagram.

Madison: Mm-kay. How would you feel if your partner was following c- or communicating with someone that you might be jealous of?

D10:   Uh I would just ask to see their messages and just ask him to tell me anytime that he was messaging them or what they were talking about and why they were communicating.

Madison: Sure, so just having that open conversation to avoid any like future conflict?

D10:   Yes.

Madison: Yeah, have you and your partner ever discussed like rules or boundaries with Instagram use or um expectations of posts?

D10:   No, we have not.

Madison: Mm-kay. How likely are you to monitor what your partner is doing on the app or their profile?

D10:   Not very likely because I see what all he posts and he's not on it as much as I am.

Madison: Sure, have you ever investigated profiles of people that your partner was following or interacting with?

D10:   Once or twice, yes.

Madison: Mm-kay. Have you or your partner ever tried to limit or control what each other was allowed to post on your own accounts?

D10:   I wouldn't say limit…

Madison: Uh-huh.

D10:   There was just something th- like there weren't any limitations, there were just like hey, I think you should post this tonight, or you need to post this within the next three days.

Madison: Mh-hm. Have you ever posted something with the intent to make someone jealous?

D10:   Yes.

Madison: Have you ever followed or engaged with anyone with the intent to make someone jealous?

D10:   No, never.

Madison: Do you feel that you or your partner invests more time and effort into the current relationship, or is it an even playing field?

D10:   Eh, it's an even playing field, I believe.

Madison: Okay, what is your opinion on keeping connections with, following and keepings pictures up of your ex-partners on Instagram?

D10:   Oh no, I don't care about that, if they're up they're up, once I post
            something, I don't take it down, it, it just stays on my Instagram page.

Madison: Sure, so when you first started dating your partner, hypothetically say, if
            he had a bunch of recent photos of just with his ex would that have
            bothered you or no?

D10:   It wouldn't have bothered me, I would have just made sure that he posted
            just as many as me.

Madison: Okay, sure. What is your opinion on your partner posting like sexy or
            suggestive photos on their Instagram profile that don't include you in
            them?

D10:   No, that, that is not okay and never will be.

Madison: Okay [laughs] and would you, would you bring that up to, to him?

D10:   Oh yes, of course.

Madison: Has it been a conversation before, or have you not had to deal with it?

D10:   No, I haven't had to deal with it.

Madison: But why do you think it would be kind of an issue for you?

D10:   'Cause that's li- like that's not okay like if I'm dating you then why do you
            need to be posting sexy pictures of yourself-

Madison: Uh-huh.

D10:   … on Instagram for everybody else to see?

Madison: Right, great. Um so explain how Instagram brings positivity into your
            relationship.

D10:   I think it, I- get, seeing what other people post just gives me inspiration to,
            for me and my boyfriend to just go out and be like hey like I want to do
            this like I saw this great photoshoot-

Madison: Yeah

D10:   …we need to go do this, like this is a cute picture, and it just, it just gives
            me ideas of other things to do in the relationship that maybe me or both of
            us haven't thought of before.

Madison: For sure, yeah, and then ho- what do you think about negativity in your relationship, how does Instagram create that?

D10:   There's not really that much negativity, just as some people may go more places, or may post more pictures, and I'm just like hey like why don't we post more of each other, like we don't post each other enough.

Madison: Right, so you feel like the trust that you share within your relationship is strong enough so it's never negativity surrounding jealousy or you- you're confused about what he's doing, it's more or less just let's ha-, let's have more inspiration and do more stuff?

D10:   Yes, exactly.

Madison: Okay, great. So, would you say overall, it's more of a positive experience, you both being on the app than anything else?

D10:   Oh yeah, yeah most definitely.

Madison: Great, okay. Well that's it, that concludes the interview.

D10:   [laughs]

Madison: So, you just blew through that perfectly thank you, those were really good um-

D10:   You're welcome.

Madison: …answers. So thank you for your time and your effort and I just need to get your email address so I can digitally send you your compensation, if you wanna read that off to me.

D10:   Yeah, so it's [redacted email].

Madison: [redacted question about his last name spelling] Okay, great, thank you so much for uh for this interview [redacted personal identifier].

S11

Madison: Hi.

S11:   Hello. How are you?

Madison: I'm good. How are you doing?

S11:   Good.

Madison: [redacted personal identifier]

S11:   [redacted personal identifier]

Madison: [redacted personal identifier] Ok let me get through this, and then I'm gonna talk for like a second. Um-

S11:   [laughs]

Madison: [laughs] I want you to know um that you're free to say anything; all information will be kept confidential. So, I'm studying the connection between Instagram and romantic relationships. This-

S11:   Cool.

Madison: …interview should last like 10 to 15 minutes, depending on how much you talk. You can ask to be removed from this study at any time, if you feel uncomfortable or wish to do so. If you complete the interview you will be compensated at the end, I'll get a email from you so I can send you your gift card. Um, some of these questions may be very personal to you, so if at any time you don't wanna respond, you can just say "next question, please," and we'll move on and no questions asked. So, first, I just need you to introduce yourself a little. So, your age, relationship status and current occupation. Again, all identifiable information will be extracted from the final data, but I wanna get to know you, kind of in the realm of this study and how you pertain to it.

S11:   All right. Um, I'm S11, I'm 23. Uh and I do Door Dash right now.

Madison: Great. How would you describe your current relationship in terms of satisfaction overall?

S11:   Very good.

Madison: Great. How many hours would you estimate your partner is on Instagram a week?

S11:   Umm…like two?

Madison: Okay, and how does that compare to the time you spend on the app?

S11:   I probably spend a little more but not too much more.

Madison: Okay, how would you describe your Instagram use and what it's mainly used for?

S11: Um, so mine's weird I have the daily Instagram, so I make a post uh every single day basically like my journal, just to keep track of what I do.

Madison: Mh-hm. And when do you find yourself going on the app the most?

S11: Usually at night, like nine or 10. [laughs]

Madison: Sure. Have you and your partner ever fought from anything pertaining to Instagram, whether it be posts, or not posting about the other enough, or DMs, likes, people you follow, so on.

S11: Uh...a little bit. My partner doesn't…sometimes he'll like bring up I don't post enough-

Madison: Mh-hm.

S11: …about us or about him or we've had like in the beginning we had a little dispute about who like each of us follow, but since then not really.

Madison: Sure. Does Instagram influence, do you think, your feelings about your own relationship?

S11: Not really, no.

Madison: Is there any comparison that ever happens, viewing the app and others?

S11: Uh, not for me. I'm not-

Madison: Yeah.

S11: …sure about [redacted name]. But…

Madison: Yeah. Does Instagram ever make you consider alternative partners when you're viewing others?

S11: No.

Madison: How do you feel about direct messaging someone you think might make your partner feel jealous or insecure, even if it's not done in a flirtatious way?

S11: Um…I don't really direct message too many people, so if I had any kind of suspicion that it would make him jealous, I wouldn't.

Madison: Okay, yeah. Um do you ever question what your partner is doing on the app that you don't know about?

S11:   No, not really. I'm pretty trusting.

Madison: Mh-hm. How would you feel if your partner followed or communicated with someone you could be jealous of?

S11:   Um…probably feel jealous. Um…

Madison: Yeah, would you take initiative to do something or would you kind of hold it as a more internal conflict?

S11:   It depends on how serious it is, so if I'm like really jealous then I would probably talk to him about it. If it was just like a little bit of jealousy, I'd probably just blow it off and say it's probably fine.

Madison: Right, sure. Um, have you and your partner ever discussed any kind of rules or boundaries that you should follow with Instagram use or uh expectations of what you should post?

S11:   Um I think more in general, just like with all the apps on our phone, we kind of have expectations but nothing specific to Instagram.

Madison: Mh-hm. Um how likely are you to monitor your partner's Instagram page?

S11:   Um, I have alerts set so every time he posts I get an alert, so I can see, so…

Madison: Mh-hm. Does it go beyond like the, the natural seeing what he posts like on a weekly [inaudible noises] whatever?

S11:   Not really, I don't like go through and see who he follows or if he's liking things or anything, I just kind of watch what he posts and sometimes if he's like looking through Instagram I'll look and see like what kind of posts are on there.

Madison: Sure, yeah. Have you ever investigated Instagram profiles of people your partner follows or interacts with?

S11:   Um in the beginning I did, just to see like who he was friends with and who he-

Madison: Right.

S11:   …was following but not recently.

Madison: Have you or your partner ever tried to limit or control what each other was allowed to post on your own accounts?

S11:   Uhh…[redacted name] has, I don't think I have for [redacted name] um-

Madison: Uh-huh.

S11:   …but yeah.

Madison: Wh- was there like a specific thing or with a certain person or what was the, the discussion about-

S11:   Umm-

Madison: …without too much detail, like you don't need to tell me everything.

S11:   Yeah, it's happened a couple times, so like if I'll post something, if I post something about him especially and he'll be like "Oh, I didn't like how you worded that" or-

Madison: Right.

S11:   …"I didn't like how this picture looks…"

Madison: Mh-hm.

S11:   …um or if I have like something he wasn't expecting, I guess, from like with somebody he doesn't expect or something he'll say something.

Madison: Sure. Have you ever posted something with the intent to make your partner jealous?

S11:   No.

Madison: Have you ever followed anyone with the intent to make your partner jealous?

S11:   No.

Madison: Do you feel that you or your partner invests more time and effort into the current relationship or is it pretty even?

S11:   Umm…I think it's pretty even.

Madison: Mm-kay. What is your opinion on keeping connections and follows with and pictures up of ex-partners on Instagram?

S11:   Um…I don't have too much of an opinion 'cause neither of us really have any of that on there um-

Madison: Mh-hm.

S11:   …but if we did I think, I don't know, it would depend on like what terms they are, I generally would say don't, unless you like have like a weird thing where you're friends with them and you know there's no jealousy or anything.

Madison: Right. Um what is your opinion on your partner posting sexy or suggestive photos on their Instagram profile without you in them?

S11:   Umm…[laughs] uh…I don't think I worry too much about that like if he wants to wear a speedo and put it on Instagram, then more power to him.

Madison: Okay. And explain how you think Instagram brings positivity into your relationship.

S11:   Um, well I think the way I use it with like the journaling it kind of helps um just keep up tune with what I do, I think-

Madison: Right.

S11:   …it um it's like a good summary for the day and if we do something together especially that kind of documents what we did that day and there's a lot of posts where I can go back on and uh like…make different collages and stuff of things we, just fun things we've done.

Madison: Right, for sure. And how do you think it brings negativity to your relationship?

S11:   Um, I think it can be negative when he kind of like picks apart the things I do, so when the jealousy, when there are tinges of jealousy in it and he'll like question things I post or things I say, then I think that's when negativity comes in.

Madison: For sure. So, would you overall rate it more positive or a negative experience for you both?

S11:   I would say more positive.

Madison: Great, okay, well that concludes the interview today. So, thank you for your effort and your answers and time, um 'cause they'll really-

S11:   Yeah.

Madison: …help to shape my data, but if you just wanna give me your email address so I can send over the gift card.

S11:   Yeah, it's [redacted email].

Madison: Great, okay, well thank you so much!

S11:   Yeah, thank you.

W12

Madison: Hi.

W12:   [inaudible noises] That scared me. Hey girl!

Madison: [laughs] How are you?

W12:   I'm good, how are you?

Madison: Good, thank you. Thank you for doing this today, I won't take up too much of your time.

W12:   Oh yeah, it's no problem, I'm literally just eating sushi in bed, so-

Madison: Okay [laughs].

W12:   …it's not like I'm doing anything important.

Madison: Cool. Um so let's get started, I want you to know beforehand that you're free to say anything, as all information will be kept confidential from you um and from everyone else that's gonna be reading this or seeing this. So, I am currently studying the connection between Instagram and relationships, as we know. Um this interview should take about 15 minutes, depending on how long you talk. Um you can ask to be removed at any point from this interview if you feel uncomfortable or don't wish to answer anymore. And if you complete the interview you will be compensated with a gift card at the end that I'll get um your email for. So, um some of these questions may be very personal to you, and if at any time you wish to not respond, you can just say "next question, please," and we'll move on from there, no questions asked. So, first, if you could just introduce yourself a little. Like your um age, current occupation, and relationship status, just to see how you fit into the scope of this study.

W12:   Yeah, sure thing. Um wait do I say my name, or no?

Madison: Um either way, it's gonna be blocked out.

W12:   Oh, okay. Well I'm 23, er actually I just turned 24 last week [laughs]. Um I work at [redacted company]. Um I'm an analyst there, in their finan-

finance de- department. I am in a relationship as of a month and a half ago, so very new.

Madison: Great. Um how would you describe either your current or the last relationship that you had in terms of satisfaction; you can do either?

W12:   Um this one I am very happy, um he's great, he treats me really well. However, I should say, I've had a lot of really bad relationships that have caused a lot of issues like with trust, in the past, so it makes the newer ones more difficult.

Madison: Mh-hm, for sure. How many hours would you estimate your partner is on Instagram a week?

W12:   Geez, um, God, he…say maybe like seven?

Madison: [inaudible noises] Yeah.

W12:   Seven to 14.

Madison: Mm-kay, and how would that compare to the time you spend on the app?

W12:   Um I would say I probably spend around the same, maybe less uh I'm pretty insecure so I don't like to look at [laughs] Instagram.

Madison: Okay sure aw, um how would you describe your Instagram use and what you personally use it for mainly?

W12:   I use it mostly to keep up with friends and like old classmates and things like that, to see what they're up to and um my friends in other cities ca- to see what they're doing, and you know obviously I'll post a cute selfie here and there too [laughs].

Madison: Right. When do you find yourself going on the app the most throughout the day?

W12:   Probably in the mornings, on lunch break at work, and then when I'm having a glass of wine during the evening [laughs].

Madison: Yeah, mm-kay. Um have you and any partner before ever fought from anything pertaining to Instagram, so whether that be posts, or not posting enough about the other, or direct messages, likes, people you followed, etcetera.

W12:   Oh, absolutely. Uh usually, you know, liking a picture or following someone that for me it makes me uncomfortable for that kind of follow,

usually not like, you know, uh a pretty girl that he doesn't know or like a model-

Madison: Right.

W12:   …but like an ex-girlfriend.

Madison: Mh-hm. And is that something that is an internal conflict, or would you bring that up and vocalize it and would it cause future issues from there?

W12:   I would vocalize it, um I usually internalize it for a good 20 minutes, which isn't very healthy, 'cause then it just makes me more upset, but I always say something.

Madison: For sure, yeah. Do you think Instagram influences your feelings about your own relationship, like possibly through comparisons or viewing others?

W12:   Um, yes um more so like you know when you see a guy do something really sweet and amazing for his girlfriend, and you're not receiving that-

Madison: Right.

W12:   …that would bother me, that's happened in the past, it hasn't happened in this current relationship. But that's happened a lot, yes, and it would affect that, 'cause obviously you see someone being treated so well, even though you don't know what their relationship's actually like-

Madison: For sure.

W12:   …versus, you know, you're not getting anything from that partner.

Madison: Right, um does or has Instagram, maybe in the past since you're in a new relationship that's good now, but in the past, ever made you consider alternative partners, since you are able to view anyone that is close in proximity?

W12:   Um I wouldn't say like any-, a different partner as in "Oh, that guy's hot, I'm interested."

Madison: Uh-huh

W12:   Um more like, I want something that looks more like what these two people have together.

Madison: Sure.

W12:   If that makes sense.

Madison: Yeah, mh-hm. How do you feel about the act of direct messaging someone you think might make your partner jealous or insecure, even if you don't do it in a flirtatious or malicious type of way? Um do you think that you should have the freedom to do that or does there need to be communication and guidelines set? Or what's your opinion on that?

W12:   I think it varies couple to couple. I personally wouldn't do it because I wouldn't like that my partner did it to me, but I think every couple has to set, you know, their rules about that. I do think it's something that needs to be discussed between the two.

Madison: Yeah, mh-hm. Do you ever question what your partner is doing on the app that you don't know about?

W12:   Yeah, uh of course

Madison: Mh-hm

W12:   Absolutely.

Madison: Sure [laughs], and do you um make effort to try and find out or is that a thing again you just hold inside?

W12:   I think that one is more like I know I'm just being paranoid because of my past.

Madison: Sure.

W12:   Um so and I don't really believe in going through someone's phone, but I know if I asked him what he was doing, he would show me.

Madison: Ok, yeah.

W12:   Which is good, you know, the open communication about that.

Madison: Right, mh-hm. How would you feel is your partner was following or communicating with someone you could be jealous of, even if it wasn't a romantic way?

W12:   Honestly, it makes my gut like tighten.

Madison: Right.

W12:   And I know it's just like past insecurity, but honestly, I feel like Instagram, kind of, just going on it, can make you feel insecure, so if I sa-, you know my partner's liking some gorgeous model, who would probably never talk to him, her pictures and she has all these things that I don't have, it will definitely make me question my self-worth and how he views me, you know.

Madison: For sure, and do you weigh the two differently like an Instagram model, that maybe is famous that is completely unapproachable, versus someone in the same town as you two?

W12:   One hundred percent, because the other woman, she's not the threat, that's not how I'm trying to say this but-

Madison: Mh-hm

W12:   …someone that lives close by if he you know wants to talk to her, he can, it's plausible.

Madison: Right, exactly.

W12:   …for him to talk to her, you know?

Madison: Have you and, and your partner ever discussed rules or boundaries with Instagram use or expectations of like posts and when to post?

W12:   No, um I, we are, no, like he won't tell me what to post or and I won't tell him what to post, nothing about posting anything, it's really just more like don't follow your ex, your exes, kind of thing.

Madison: Sure, yeah. How likely are you to keep up and monitor your partner's Instagram profile and what they're doing and who they're communicating with?

W12:   I have never done that.

Madison: Okay, how likely are you to investigate Instagram profiles of people your partner is following or interacting with?

W12:   Um, eh…pretty likely.

Madison: Mh-hm. Have you or your partner ever tried to limit or control what each other was allowed to post on your own accounts, and maybe this is a past partner if your current one hasn't?

W12: Um my current one hasn't, no. My previou-, I guess he's my ex from last year, but my last boyfriend before him, um he would want me to post certain things of like, I don't know, that would make him look better, if that makes sense.

Madison: Ok, sure, mh-hm. Have you ever posted something with the intent to make a partner jealous?

W12: Yes, but they're usually just like a selfie I think I look really good in or like a kind of manipulative t-, not manipulative, what's the word, like a Tik Tok that shows how I'm feeling. I don't know.

Madison: Sure, yeah, yeah, yeah, yeah, yeah. Have you ever followed someone with the intent to make your partner jealous?

W12: No.

Madison: Mm-kay. Do you feel that, let's say in your last relationship, you or your partner invested more time and effort into the relationship?

W12: Oh yeah, I think in the beginning it was him, and in the end it was me, so.

Madison: Mm-kay. What is your opinion on keeping connections with and communication efforts with and pictures up of your ex-partner on Instagram?

W12: Um I do not think you should keep any communication with your ex if you are in a new relationship. Any commutio-, any communication whatsoever, so I don't want them following them, n- talking to them, none of that.

Madison: Right.

W12: Pictures are one thing, I can kind of understand sometimes, but I personally don't keep pictures of my ex up un-, I think I have like one Halloween one, but that's because a famous like YouTuber liked it, so.

Madison: Sure yeah. [laughs] Um what is your opinion on your partner posting sexy or suggestive photos on their Instagram profile without you in them?

W12: Um…I wouldn't mi- like if that was something that he had been doing in the past, and that's just kind of like who he is on Instagram it wouldn't really bother me.

Madison: And how would you feel if, in turn, they tried to prevent you from posting what you wanted to post?

W12:   I think that's wrong, you should, you know, you should have the freedom to do what you want, you know picture-wise, it's your body, you know.

Madison: Exactly, sure. Um so we're almost done, just explain how Instagram brings positivity to your relationship currently.

W12:   Um it's great, it's a great way to like you know capture memories, and have, keep our friends updated, you know I think, I love like posting like videos of him and I together like those sweet things he does for me, I know it's like kind of, to me it feels like this is my way of just saying like thank you, I want other people to know that I'm proud of you and I'm happy to be with you, and I feel that way, vice versa, when he posts similar things, you know.

Madison: For sure and-

W12:   So, I think it, it can bring positive things for sure.

Madison: Right and especially people that maybe know you well or something and like have grown up with you or something can see now the-

W12:   Yeah!

Madison: …the translation to a good, like solid relationship and be happy for you, even if they're not a part of the relationship, obviously, they can kind of take part in it by seeing a story or a post and support that along the way.

W12:   Exactly, and it's a great way if you're like not keeping up with certain people all the time or I'm not, you know, sending my sister videos of me, me with [redacted partner's name] but she's can see it, you know, on her Instagram page and just-

Madison: Right.

W12:   …give me a quick little respond, you know. So, it's good. I like, I, I do like that aspect of it, of course.

Madison: For sure. And then how do you think negativity is brought into your relationship from Instagram, jus- if you wanna sum it up in like a sentence?

W12:   Honestly, I just think it causes um insecurity. It can cause insecurity from what he's liking.

Madison: Yeah, exactly. Okay, so that really, that concludes the interview today. Um, so I thank you for your time, effort and, and your responses 'cause I

really think they'll help to shape my data, perfectly. So, I just need your email address-

W12:   [inaudible noises]

Madison: …lastly, so I can give you your gift card, if you wanna read that off to me.

W12:   Yes, it's [redacted email].

Madison: Okay great, well thank you so much.

P13

P13:   Hello?

Madison: Hi, how are you?

P13:   Good, how are you?

Madison: I'm good, thank you. Okay, so I want you to know beforehand that you're free to say anything, as all information will be kept confidential. I'm currently studying the connection between Instagram and romantic relationships, as we know. So, this interview should last approximately 10 to 15 minutes, depending on how long you talk.

P13:   Okay.

Madison: You can ask to be removed from the current study at any time if you feel uncomfortable or wish to do so. Um but if you complete this interview you will be compensated with a gift card, that I'll get your email for at the end. Some of these questions may be very personal to you, so if at any time you don't wanna respond, you can respond with "next question, please," and we'll move on from there. So, first, um I just need you to introduce yourself a little bit. So basically, your age, current relationship status, and occupation. Again, all in- uh identifiable information will be extracted from the final data set, but this question is get t-, to get to know you better um in the realm of this study and how you fit into the scope.

P13:   Okay. My name is P13, I am currently 23 years old. I am single and I am a consultant.

Madison: Great. How would you describe your last relationship in terms of overall satisfaction?

P13:   Um…I would say that it was, like am I supposed to rate it or just describe it?

192

Madison:	Either way. How happy or not happy you felt, or if you wanna put it on a scale.
P13:	Um I would say that it was not very satisfying, I was pretty dissatisfied with it.
Madison:	Sure, um how many hours would you estimate your partner was on Instagram a week?
P13:	Um probably a lot, so like eight hours a day, so that's…like fi- li- about 50 hours a week.
Madison:	Okay sure, and how does that compare to the time you spend on the app?
P13:	Um I don't spend much time on the app, probably, maybe two to three hours a day, so about 12 hours a week.
Madison:	Sure. How would you describe your Instagram use and what it's used for mainly?
P13:	I mainly use my Instagram to either keep up with others or post pictures of myself whenever I feel like I have uh am in a fun situation or have a great outfit on.
Madison:	Mh-hm, right. When do you find yourself going on the application the most?
P13:	Mostly when I have downtimes in the day, so if I don't have, if I'm slow at work, or if I'm at home over the weekend, and don't have much going on, I'll just kind of scroll through.
Madison:	Right. Had you and your partner ever fought from anything pertaining to Instagram, whether that be posts, or not posting about the other enough, or direct messages, likes, people you follow, etcetera?
P13:	Um no, I don't think that I've ever had a fight with anyone over what I've, anything pertaining to Instagram.
Madison:	Sure. Does Instagram influence your own feelings about your past relationships, like do you ever compare or anything like that?
P13:	Um I definitely do see people's uh relationships on Instagram and kind of think about like kind of missing out or when I'm single like it would be cool to have relationship, but I don't ever try to live up to someone else's relationship or think that like if someone is doing something I must do it as well.

Madison: Mh-hm. Does or did Instagram ever make you consider alternative partners when you were in a relationship?

P13:   No.

Madison: How do you feel about direct messaging someone you think might have made your partner jealous or insecure, not necessarily done in a malicious or flirtatious way, but do you think that like there needed to be boundaries set up or were there not, did you have the freedom to talk to whomever?

P13:   Yeah, I think as long as, one of the biggest things that's like important in a relationship is trust, so if I am taking the liberty to talk to someone, if I'm in a relationship, then I should be able to because I know that I will be staying within my bounds, and if my partner's doing that, as long as I know what their intentions are then I'm also okay with them messaging whomever, but if it crosses a line, then that's when I think people need to intervene and kind of talk about who they're talking to.

Madison: And for you is the line certain things they would say on the app or is it taking actual initiative to meet them in person?

P13:   Um I think it would be kind of what they say on the app, so if it goes beyond like a friendship like if they're so-, if, if they're talking to someone they've known for a while and it's just like a girl, and they're talking, it's fine, but if you're talking to a stranger and you're kind of taking it to a flirtatious level, then that's when I would kind of become uncomfortable with that.

Madison: Mh-hm. Did you ever question what your partner was doing on the app that you didn't know about?

P13:   Uh no.

Madison: And so, you kind of answered this already, but how would you feel if your partner was communicating or following someone you could be jealous of?

P13:   Um I would probably confront them-

Madison: Yeah

P13:   …and I think it would take me a second to do so, whereas like I'd be like "Oh, am I being, uh, oh-

Madison: Right.

P13: …am I overreacting" but at the end of the day, if it really made me uncomfortable or jealous, then I would just be like "Hey, this is the case" and if that person was uncomfortable with that, then I think I would have to like kind of re-evaluate my like relationship.

Madison: Sure, have you and your partner ever discussed certain rules or boundaries to follow or expectations of posts with Instagram use?

P13: Um not really, but one of, one kind of relationship I was in, the person wanted to like get my pictures before I posted them on Instagram and then have a say in which one that I should post and that kind of didn't sit well with me, especially because it is my Instagram and I can post whatever I want, so I didn't like that I had to kind of get like approval or an opinion before I chose what to post.

Madison: Do you feel that he was doing that to try to connect with you and talk like "Oh, this one's better" or like to connect with you on like an aesthetic level, or do you think it was to like see exactly what you were gonna post and if that was okay to him before you did it.

P13: I think it was kind of a mix of both. I think that he wanted to connect with me and kind of have a s-, be able to have a say in what I posted, and I think that it's really my decision, but I just shared them because I thought it made him happy but at the end of the day I think it was just to be able to be like "Oh, I chose that," or it was me who she sen- or it was me whose opinion she wanted in order to post that picture.

Madison: Right. How likely are you or were you to monitor your partner's Instagram profile, and what they're doing and who they're talking to?

P13: Um, I am not very likely at all. I think that, unless there's a reason I see something, like if it's a notification on their phone or some like event that occurs for me to do so I would, but on a regular day to day basis, I think it would, I would just leave it privately up to them.

Madison: Sure, and then have you ever investigated profiles of people that your partner was following or interacting with, that you didn't know?

P13: Yes.

Madison: And was that out of curiosity or was there a worry or a jealous thing?

P13: I think it was just out of curiosity really, because once someone mentions a name more than a couple of times, it's just interesting to see who they're talking to and what kind of past they've had with that person. So, I just kind of did it to do some research on the person, I guess.

195

Madison: Yeah, have you or your partner ever tried to limit or control what each other was allowed to post on your own accounts, besides what you said he wanted to contribute what he thought was better?

P13:   Uh no.

Madison: Have you ever posted something with the intent to make a partner jealous?

P13:   Yes.

Madison: Have you ever followed someone with the intent to make your partner jealous?

P13:   No.

Madison: Okay. Do you feel that in your last relationship you or your partner invested more time and effort into it?

P13:   Umm…yes and it, it was just about who wanted to talk to the other person more, since it was um mainly over like text message.

Madison: So, which one do you think put in more time and effort?

P13:   Uh definitely me.

Madison: Sure. Um…do you feel that that was just the type of person you were over the type of person he was, or do you think that social media pr- like got in the way of-

P13:   I think it was-

Madison: [inaudible noises]

P13:   I think it was just that um it's very hard to just talk to someone over text message and eventually it kind of gets hard to just live your life on a screen, and so whether it was talking through Instagram or talking over text message, one person is always going to lose interest, and when that happens it's, it's kind of someone's prerogative to make it work, and I think that it was me each one of those times.

Madison: Sure. What is your opinion on keeping connections with and following and um pictures up of your ex-partner on Instagram?

P13:   I think that you can keep pictures up of your ex-partner if you really want to, 'cause it kind of just depends on your level of usage. So, if there's someone who's really, who really keeps up with their Instagram then, yeah

maybe it is inappropriate to leave those up, but if there's someone who just doesn't post once in a while, uses their account to just look around, I don't think that it's that big of a deal to keep those up, but I do think that um following and kind of watching their every move is a little weird, so they should definitely unfollow that person.

Madison: Right and d- would you expect like if a partner in the future, if you started following them and saw that most of their old pictures were with their ex and they were still up, would that be a conversation that you brought up or does it not bother you enough?

P13: Um I don't think that that would bother me enough, because that person was a part of um that person's life, so if they had posted in the past, I don't think that they have to take those down, 'cause those memories will be there forever whether they're on Instagram or not.

Madison: Sure. So, what is your opinion on your partner posting sexy or suggestive photos on their Instagram profile, without you in them?

P13: Um I don't think that I would really like that. I think I would probably have a conversation with them just depending on what it is, 'cause since I am female it would be a male posting them, and sometimes it just depends like with the male what their intentions are, is it to get other girls' attention, or is it like fitness pictures, or what the reason that the picture is suggestive for.

Madison: Sure. So, you think you would definitely bring it up to communicate it before it became like a larger issue at hand?

P13: Yes.

Madison: Great, yeah. And um, explain how Instagram brings positivity into your relationship?

P13: I think that it allows us to connect on a different level than just text message, where you can share posts and share videos that kind of either remind you of the relationship or-

Madison: Mh-hm

P13: …uh remind you of the other person, so instead of just talking over text message, you can send each other, other things that are kind of like funny, like memes and such.

Madison: Right, and then how do you think it brings negativity into your relationship?

P13:   I think that it definitely brings like a level of jealousy-

Madison: Right.

P13:   …um with what you post, with whose post you like, with even just who you follow, all different kinds of things, where people aren't necessarily trustworthy of the other person uh a hundred percent, and so each little move is kind of micro-analyzed by either party.

Madison: And do you think it depends on how much trust is already in the relationship or do you think that no matter what, this platform can kind of instigate that?

P13:   I think that no matter what level of trust is already there if there's any kind of small, weird move made, it can break that trust and start issues.

Madison: Right, for sure. Great, okay well that concludes the interview today. So, I thank you for your answers and your effort and the time um that you spent here, 'cause it'll really help to shape my data. So lastly, I just need to get your email from you, if you wanna read that off.

P13:   Okay, it is uh [redacted email].

Madison: Okay, great, thank you so much!

P13:   Thank you.

Madison: Bye.

P13:   Bye.

V14

Madison: Hello?

V14:   Hey! Sorry, I couldn't tell if my audio was working or not.

Madison: No same, you're good. Hi, how are you?

V14:   I'm good, how are you doing?

Madison: Great, thank you so much for doing this. I know this was kind of random. Um obviously [redacted personal statement], and I was like not necessarily, but if you have someone in mind. And then she was like "I do!" And I was like- [inaudible noises]

V14:   [inaudible noises] I'm, I'm like such a big research person, so [redacted personal statement].

Madison: Right and like what you said like our um backgrounds are kind of similar too, so that's like really cool that you've actually been out in the world doing it, so I'm like wow, good for you um-

V14:   Thank you.

Madison: [redacted personal statement]

V14:   Yeah, I'm, I'm in a lot of her Instagram posts I'm sure.

Madison: For sure, no definitely. So, um yeah thank you so much for coming on here. I know it was kind of random, you're probably like who is this random person but-

V14:   [laughs] No.

Madison: Good, thank you. Um, so le- let's just get started. I want you to know beforehand that uh you're free to say anything, all information will be kept confidential. So, I am studying the connection between Instagram and romantic relationships, as we know. So, this interview should last like 10 to 15 minutes, depending on how long you talk, could be more, could be less.

V14:   Okay.

Madison: You can ask to be removed from the study at any time if you feel uncomfortable or don't wish to answer anymore. Uh but if you complete the interview you will be compensated with a gift card, that I'll get your email for at the end of the interview, um-

V14:   Awesome.

Madison: Some of these questions may be very personal to you, so if at any time you don't wanna respond, just say ple- uh "next question, please," and we'll just move on from there.

V14:   Okay, cool.

Madison: So, first, I just want you to introduce yourself a little bit. It's just your age, like occupation, and relationship status currently. This question's only to get to know you better in the realm of this scope and all, again, identifiable information will be extracted from the final data set.

V14:   Sure. So, I am 24 years old. I'm currently working as a communications manager for a non-profit and I am in a relationship with my boyfriend. We've been together for almost three years now.

Madison: Great. How would you describe your current relationship in terms of overall satisfaction?

V14:   Overall, I mean I would say I'm very satisfied with our relationship like as with most relationships, you know, there are your ups and downs every once in a while, but definitely on the more positive side for sure. I mean, yeah that's how I would say.

Madison: Great. How many hours would you estimate your partner is on Instagram a week?

V14:   Hmm…I would say not many for him.

Madison: Mh-hm

V14:   He's probably, he's probably more around like I would say max like an hour a day, so maybe seven hours total, but I would say probably way less than that. [laughs]

Madison: Okay, sure.

V14:   Sorry, I don't know exactly. [laughs]

Madison: No, yeah, yeah, yeah, um, and how does that then compare to the time you spend on the app?

V14:   Oh I'm, I'm on there all the time. [laughs] I, I spend way too much time on Instagram, it's kind of bad. Um uh I would say uh I don't know, rough estimate, I would say maybe a couple hours a day-

Madison: Sure.

V14:   …like when I get on there like 20 times. [laugh]

Madison: Right yeah, no same. Um how would you describe your Instagram use and what it's used for mainly?

V14:   Um well my use has kind of changed. I feel like when I first started, obviously the app was very different, I started back in like 2014, when it was mainly just you know keeping up with my friends, which I still use it for that a lot.

Madison: Mh-hm

V14:   Um and like looking to see what people are up to, especially people from like college that are now like all over the place in the country and whatnot.

Madison: Right.

V14:   Um but I'm also on the explore feed a lot, which like I used to kind of like never really be there, but now, now I'm on there all the time. I think it's because you know their algorithm is set up to like learn from what you like and so now it's just like all these like memes and stuff.

Madison: Right, for sure.

V14:   [laughs]

Madison: Yeah

V14:   [inaudible noises]

Madison: Um, when do you find yourself going on the app the most throughout the day?

V14:   Um probably after work, I would say. I mean, obviously, like I'm working from home right now, so I'll go on there every once in a while, to just like get a break from work, but definitely the bulk of it is after work when I'm just kind of like vegging out, trying to decompress from work-

Madison: Uh-huh

V14:   [inaudible noises] I need something that's like mindless, so I'll go on Instagram.

Madison: For sure. Um have you and your partner ever fought from anything pertaining to Instagram?

V14:   Um…

Madison: So that could be posts, or not posting about the other enough, direct messages, likes, people-

V14:   Yes! Oh okay, yeah, yeah, yeah. So…um I was trying to think if for like Instagram specifically, and yes, there was one time we were on vacation last year, and he mentioned that he like got this direct message from this girl that like he didn't even date, he had like talked to on Tinder, like very

briefly or whatever, and like she like sent him a message like being like "Hey" like "what, why did we never date?" like and I got so mad-

Madison: Oh, I bet.

V14:   'Cause I was like who is this girl?

Madison: Exactly.

V14:   She knows you're in a relationship. So, I got mad about that. And then I've also for sure mentioned to him, just 'cause he's like more of a private person, than I am, and-

Madison: Sure.

V14:   …he's not, he's older than me so I think that influences it to, like I was very much grew up in the like, I got Facebook, I got Instagram-

Madison: Right.

V14:   …I got you know everything, and whereas he I think, he was more in the Myspace generation and like less into-

Madison: Mm-kay, right.

V14:   [inaudible noises] …type of stuff so he just posts a lot less than I do. So, and also like because he doesn't post as much as I do, obviously that means like there's not as many posts of like us-

Madison: Exactly. [inaudible noises]

V14:   …for example, on my account. So, I've like definitely brought it up to him a couple of times. But I think I'm kind of learning to like know that it's just like, that's just kind of how he is, it's not like he doesn't want to specifically post me, he just like doesn't really post at all.

Madison: Sure, right, and, and with the DM is that something that was brought up and was a open, healthy conversation or was it you, you know, by chance saw it happening or caught it?

V14:   So, it was brought up. Like it, it was very, 'cause I have never like looked at his Instagram DMs or like-

Madison: Sure.

V14:   …found out about it in any other way, so it was a very like open way. He was like "Hey," like he kind of brought it up jokingly, like "Hey, I got this message from this girl," and I was like what is even going on?

Madison: Exactly.

V14:   But, but overall like we were able to like resolve it, and it was like still very good but like it definitely did 'cause a little bit of tension because-

Madison: Uh-huh

V14:   …there was this random girl that was just able to access him through there.

Madison: Right. Do you think that Instagram influences your f- your own feelings about your relationship, whether that's seeing others and comparing, or just, like you said, like not seeing enough posts or comparing?

V14:   I definitely think it has an impact and I think I'm starting to get a lot better about like not taking it so much into consideration-

Madison: Mh-hm

V14:   …I think also different because this is literally my first long-term relationship ever, so I already have these like heightened expectations of what I think it should be like-

Madison: Right.

V14:   …and so it's just kind of like letting go of that and like letting your relationship be its own thing and not kind of worrying about like oh, well these people they post together every day, they're on each other's stories all the time, and like just acknowledging that like you are not those people like-

Madison: Right.

V14:   …and as long as you're happy in your relationship like it shouldn't really matter, I mean I've had to say this to myself multiple times, 'cause I'm like ugh like well if he loves me like why doesn't he post like more, you know, type of thing-

Madison: Sure.

203

V14:   …but like we're happy and like I don't need like that like external validation to like know that, but it's definitely been a growing process for sure.

Madison: No definitely, do you think it's a individual growth, like you said 'cause this is like the first like real long-term relationship, or was it a relational growth, where you just understood each other better?

V14:   I would say both, I mean, as someone, for, for a communications professional I have had-

Madison: Right.

V14:   …somewhat of a difficult time like really being open, and really clearly communicating and expressing like here are my expectations, like here are my needs, like stuff like that. So, I think that just came with being more comfortable in the relationship, and being willing to say like hey, like this is, this is what I'm expecting, this is what I want, or like being, willing to be like hey, well, why do you do it this way, like let me understand you, let me understand how you're approaching it, just so like it can make me feel better too. So, I think it's definitely both. I think it was-

Madison: Right.

V14:   …a relational growth, and I think it was just like an individual thing on my part 'cause I've definitely like, especially recently, have kind of gone through and like content that like makes me feel bad about myself or like content creators that make me feel bad, I just go, I've gone through and I've just like unfollowed it and it has made like such a big difference, so-

Madison: For sure, yeah

V14:   …not that, like there's still some stuff that like I'll see and I'll just be like oh man, like, that's super cute, like sometimes I-

Madison: Right.

V14:   …wish he did something like that, but I feel like I'm in a really good place right now with like-

Madison: Right.

V14:   …being, being okay with that. So that was a long answer, but… [laughs]

Madison: No, it was perfect though, thank you. Um does Instagram, or did it maybe in the beginning of the relationship or before or in a different short-term

relationship or something, ever make you consider alternative partners, since you can view anyone you want on the app?

V14:   Um…no, I mean I think obviously it's gonna depend on the person, but for me like I always kind of knew that like my boyfriend was like the guy for me and I mean-

Madison: Mh-hm

V14:   …I never, it was honestly the, most of the people that I follow that I didn't already know were like girls, like female influencers and that-

Madison: Mh-hm

V14:   … type of stuff, so honestly, I feel like I wasn't really even seeing like-

Madison: Sure.

V14:   …guys that like I wasn't already friends with or like at least vaguely knew, and so yeah, I n-, I never really like looked at other people like that.

Madison: Yeah. How do you feel about direct messaging someone you think might make your partner jealous? So, even if it's not done in a malicious or a flirtatious way, um do you think that there er should be certain boundaries if they could be jealous, or do you think that you should really have the freedom to talk to whomever?

V14:   That's always a hard one, um-

Madison: Yeah.

V14:   It's…uh…so, I mean on the one hand, 'cause you have to kind of look at it from both perspectives, like what would I want as an individual like but how would they feel and like if they were doing that like how would I feel type of thing. Um and I mean I think it really just depends which is so, it's like such a fuzzy gray area answer, but it just depends on I think the content of the message and like-

Madison: Yeah

V14:   …the frequency of how much you're messaging them, like-

Madison: Mh-hm

V14:   …I know like even though it's still like this is not like an Instagram DM type thing, but like my uh boyfriend will still like send "Happy Birthday"

205

	to his ex, and like at first that like just like really bothered me, even though it's like just literally just "Happy Birthday." [laughs]
Madison:	No but, sure yeah.
V14:	[inaudible noises] …stuff like that, where it's like that I'm like I'm fine with, it's nothing like-
Madison:	Okay
V14:	…it's not a back and forth or like it's not like either ranting about the relationship or like having that like emotional bond with that-
Madison:	Right.
V14:	…person like that I feel like goes like a little far, but it's really hard to put a limit on like well you just shouldn't talk to them, because it's, it's kind of-
Madison:	Right.
V14:	…unrealistic, so I, I don't know if that answered it really, but…
Madison:	No, yeah, yeah. Do you ever question what your partner is doing on the app that you don't know about?
V14:	Um…sometimes, I mean sometime-, like I think I don't know may-, I say this is human nature, but maybe this is just me being an overthinker but [laughs] um sometimes I am just like well, he does still follow people, like from like Tinder in the past or like his exes and stuff like that, where I'm just like oh, well I wonder if he's like looking at their profile and like, like, or looking at their stories and like seeing what they're-
Madison:	Right.
V14:	…up to and like thinking about them that way, but honestly that's not something that I think about very frequently, it'll just kind of be like one of those things where like if I see like he's on the app, like I glance over and see he's there, I'm just like I wonder what he's looking at but then it's, it's mostly like a passing thing I would say.
Madison:	Okay, for sure. How would you feel if your partner followed or communicated with someone you could be jealous of, again, even if it wasn't done in a flirtatious way, it was still communicating with them?
V14:	Um, so followed I'm, I'm fine with um…

Madison: K.

V14:   …commu-, I say that though, but I, I like-

Madison: Right.

V14:   …for example, and again it all depends on context 'cause like, like I said the, we talked about the girl that had like messaged him out of the blue when we were on vacation last year, like basically like trying to like slide into his DMs like-

Madison: Right.

V14:   …when she knew that he had a girlfriend, so like in that instance we talked it out and he did end up unfollowing her because I was like this really makes me uncomfortable, that like she-

Madison: Right.

V14:   …is doing this and saying this, even though like he totally like didn't say anything back to her at all, so it was fine, but I was just like I just don't even want that, th-, that was kind of like one of those things where like okay, I'm drawing a hard line there, but if there hasn't been anything like that slash if like I said he's not like constantly communicating with this person or like talking about like more personal things, it's more just like superficial like every once in a while like "Hey, what are you doing" like-

Madison: Mh-hm

V14:   … "what's up in your life," um I'm fine with it I'd say.

Madison: Mm-kay. Have you and your partner ever discussed certain rules or boundaries or expectations of posting with Instagram use?

V14:   No, we never have. So, I mean I, like I said, I have come up with like, I've come up to him with some like, you know, oh like "Hey," like "look at this like look at this cute post that they have," like-

Madison: Yeah

V14:   …"don't you wanna post a cute picture of us" or like-

Madison: Right.

V14:   …but like I said I've kind of learned that that's just kind of the way he is and it's his social media account in the end, you know-

Madison: Sure.

V14:   …so, it's like, I can do whatever I want on mine, so I do, like I'll post us, I'll like tag him in stuff and whatnot, but I'm like I just have learned to accept that he-

Madison: Right.

V14:   …can use it however way that he wants, and he has like, he has posted like a, a couple of stuff with us together, that so I think to like kind of, you know, make me feel a little better stuff like that, but no we haven't really set up like hard and fast rules or anything.

Madison: Right. How likely are you to monitor your partner's Instagram profile and what they're doing?

V14:   Um honestly, I don't really monitor it at all because he like very, rarely posts.

Madison: Mh-hm

V14:   I will say, so they took off this feature, which was probably a good thing, but you used to be able to see the posts that people liked, you know?

Madison: Right, right.

V14:   And I was, I was the biggest stalker on that part, I'd be like what is he liking?

Madison: Same.

V14:   [inaudible noises] [laughs] …which is like not good, it's not good for anyone, and it's just, it's yeah. So, I did used to do that, but now I don't really, like he doesn't post on his stories very much, he doesn't like post posts, so like and basically I know when he does 'cause he'll be like "Hey, can you help me edit this photo for me"-

Madison: For sure. Right.

V14:   [laughs] …or like "What should I caption this" so that it's like I'll go and like it when he posts it-

Madison: Right.

V14:   …but other than that, I hardly ever. [laughs]

Madison: Yeah. Have you ever investigated Instagram profiles of people your partner followed or interacted with that maybe you didn't know?

V14:   Yes [laughs].

Madison: Right.

V14:   Let me tell you! Last year I, last year that girl that messaged him I for sure was stalking her-

Madison: Right.

V14:   …her profile, and I was like who is this person, and then of course like other people like, I have tried to look at his exes' profiles but they're all on private, so [laughs]-

Madison: Yeah, no right.

V14:   …but there, there was an attempt there, so I have to be honest about that.

Madison: Mh-hm. [laughs] Um have you or your partner ever tried to limit or control what each other was allowed to post on your own accounts? Was there ever any conflict with the content you were posting?

V14:   Um, no, definitely not on his part, I'm trying to think if there's anything that I've posted, I don't know, like he literally just kind of like jokes about the stuff that I post, there's never been any yeah limited at all.

Madison: Have you ever posted something with the intent to make any partner jealous?

V14:   No, never.

Madison: Have you ever followed anyone with the intent to make your partner jealous?

V14:   Nope.

Madison: Mm-kay. Do you feel that you or your partner um invests more time and effort into your current relationship, or is it kind of an even playing field?

V14:   Hmm, I would say it's even, like sometimes, to me, it feels like I am just because one it's easier to be inside my head than it is to be inside his head-

Madison: Sure.

V14:   …obviously, um but I think it's also a love language thing, like we have very different ways of like expressing like our investment in our relationship and like-

Madison: Mh-hm

V14:   …one of my big ways is like I'm a big like physical touch like closeness person-

Madison: Yeah

V14:   So I think that becomes very difficult to kind of like, if you notice there's an imbalance in that it's just like very obvious, because obviously like you're close to someone or you're far away, there's no really like in between, you know, so like for me sometimes I know that I feel I'm like ugh like-

Madison: Mh-hm

V14:   Why don't you want to just cuddle all the time, but he's just like not that type of person, you know? And so-

Madison: Yeah

V14:   …I would say though, in a lot of ways though like when I sit and reflect on it, he puts in a lot of effort in very different ways, so I would say it's about equal, honestly.

Madison: Sure. What is your opinion on keeping connections with and pictures up of ex-partners on Instagram?

V14:   Um, so this is, so he didn't really use Instagram until like after he and his last ex broke up, and then obviously like I said, I've only ever been in this like long-term relationship-

Madison: Right.

V14:   …so, I hadn't really had any of that either, so it's kind of hard, but um I would probably be a little uncomfortable with it-

Madison: Right.

V14:   …on his part um, not that I would like force him to delete them, but I think it would definitely be like a conversation that we would have.

Madison: For sure, yeah. What is your opinion on your partner posting sexy or suggestive photos on their Instagram profile without you in them?

V14:   This is funny because like if you knew my boyfriend [laughs] like you would know like that is not him at all, I mean, I would probably be weirded out though, like if it, if he did do that, I'd be like what is…the goal here? [laughs] Like I don't know, I mean-

Madison: Yeah

V14:   …I, not that I've never, again, like thinking about the stuff that I post, and like I've definitely posted stuff that's like more along that line than he has, but like it's never been the intention so, I don't know, maybe I'm being too, too harsh on that, but just knowing him-

Madison: Right.

V14:   …I would be like-

Madison: Right.

V14:   …a little, a little weirded out. [laughs]

Madison: Was there ever a conversation about um what you were posting and why you were posting it, or was it very free to do whatever you want?

V14:   No, it's pretty like, we, he's very like not the jealous type at all, like he…and so like he'll, he'll make fun of me like if I post something that like, where I'm showing like a lot of cleavage, he'll be like "Ope, like the boobs are out," but like-

Madison: Right, right.

V14:   …he's not gonna be like "You can't post that," you know? [laughs]

Madison: Sure, yeah. Um, so, we're almost done. Just explain first uh in like a sentence or so how Instagram brings positivity into your relationship?

V14:   Hm…I would say, I don't know, it allows me to kind of show people uh like showcase our relationship like-

Madison: Exactly.

V14:   …showcase the love that we have, which I think, I mean obviously like I said wil-, we always kind of know that, but I kind of like-

Madison: No, yeah.

V14:   …it makes me happy to be able to kind of like share that with other people, especially like family members or close friends that like maybe don't get to see it in person.

Madison: Right, yeah. And then, in turn, how does it bring negativity to the relationship?

V14:   Um, I guess just kind of summarizing everything I've said is like-

Madison: Yeah, yeah.

V14:   …it just, it just promotes some, like a lot of overthinking I think, where like it…it kind of brings different elements into play that wouldn't normally kind of even come up if it didn't exist, if that makes sense, like-

Madison: Yeah

V14:   …this, this, like I mentioned this scenario of this girl messaging him, like that wouldn't have happened if social media wasn't a thing, or like not in our lives type of thing. So, it, while it's very good, it also just kind of like it adds a different like layer of difficulty to the relationship, I would say.

Madison: Exactly, yeah. Great, okay, thank you. Well that concludes the interview today. Um so I thank you for, for your effort and time and responses 'cause they'll really help to shape all of my data. Um so if you could just give me your email address, if you wanna read that off to me.

V14:   Yeah! So, it's [redacted email].

Appendix F

Fiscal Receipts

Order Details

Ordered on October 11, 2020 | Order# 114-8628557-7529057

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

Item(s) Subtotal:	$10.00
Total before tax:	$10.00
Estimated tax to be collected:	$0.00
Grand Total:	**$10.00**

Received

THANKS

$ 🔲

Amazon eGift Card - Thanks Envelope
Message:
Thank you so much for participating in my research study! - Madison Axford

Amount	Sent to	Status
$10.00	⬛@gmail.com	Received

Archive order

Order Details

Ordered on October 11, 2020 | Order# 114-0671486-9223423

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

Item(s) Subtotal:	$10.00
Total before tax:	$10.00
Estimated tax to be collected:	$0.00
Grand Total:	**$10.00**

Sent

THANKS

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Amazon eGift Card - Thanks Envelope
Message:
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Amount	Sent to	Status
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Archive order

Order Details

Ordered on October 12, 2020 | Order# 114-4570559-1247433

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

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Estimated tax to be collected:	$0.00
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Received

THANKS

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Amount	Sent to	Status
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Archive order

Order Details

Ordered on October 12, 2020 | Order# 114-1563833-0464216

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

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Grand Total:	**$10.00**

Received

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Amount	Sent to	Status
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Archive order

Order Details

Ordered on October 12, 2020 | Order# 114-6026804-3105855

View or Print invoice

Payment Method

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Amount	Sent to	Status
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Archive order

Order Details

Ordered on October 12, 2020 | Order# 114-0208381-1839475

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

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Received

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Amount	Sent to	Status
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Archive order

Order Details

Ordered on October 12, 2020 | Order# 114-3372853-3336259

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

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Estimated tax to be collected:	$0.00
Grand Total:	**$10.00**

Received

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Amount	Sent to	Status
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Archive order

Order Details

Ordered on October 13, 2020 | Order# 114-4295673-1959448

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

Item(s) Subtotal:	$10.00
Total before tax:	$10.00
Estimated tax to be collected:	$0.00
Grand Total:	**$10.00**

Received

THANKS

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Amazon eGift Card - Thanks Envelope

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Amount	Sent to	Status
$10.00	@gmail.com	Received

Archive order

Order Details

Ordered on October 13, 2020 | Order# 114-4224381-8549838

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

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THANKS

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Amazon eGift Card - Thanks Envelope

Message:
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Amount	Sent to	Status
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Archive order

215

Order Details

Ordered on October 13, 2020 | Order# 114-9232792-4511462

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Payment Method

VISA **** 3668

Order Summary

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Total before tax:	$10.00
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Grand Total:	**$10.00**

Received

Amazon eGift Card - Thanks Envelope

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Amount	Sent to	Status
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Order Details

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Payment Method

VISA **** 3668

Order Summary

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Estimated tax to be collected:	$0.00
Grand Total:	**$10.00**

Received

Amazon eGift Card - Thanks Envelope

Message:
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Amount	Sent to	Status
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<div style="button">Archive order</div>

Order Details

Ordered on October 16, 2020 | Order# 114-5309078-1263408

<div style="button">View or Print invoice</div>

Payment Method

VISA **** 3668

Order Summary

Item(s) Subtotal:	$10.00
Total before tax:	$10.00
Estimated tax to be collected:	$0.00
Grand Total:	**$10.00**

Sent

Amazon eGift Card - Thanks Envelope

Message:
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Amount	Sent to	Status
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<div style="button">Archive order</div>

Order Details

Ordered on October 17, 2020 | Order# 114-0933048-8045839
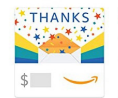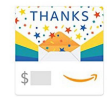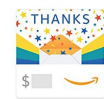
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Payment Method

VISA **** 3668

Order Summary

Item(s) Subtotal: $10.00

Total before tax: $10.00

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Grand Total: **$10.00**

Sent

THANKS

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Amazon eGift Card - Thanks Envelope

Message:
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Amount	Sent to	Status
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Archive order

Order Details

Ordered on October 19, 2020 | Order# 114-5822001-9511413

View or Print invoice

Payment Method

VISA **** 3668

Order Summary

Item(s) Subtotal: $10.00

Total before tax: $10.00

Estimated tax to be collected: $0.00

Grand Total: **$10.00**

Received

THANKS

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Amazon eGift Card - Thanks Envelope

Message:
Thank you so much for participating in my research study!

Amount	Sent to	Status
$10.00	@gmail.com	Received

Archive order