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## Meta-Analysis of Close Relationships and Goal Attainment

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# Meta-Analysis of Close Relationships and Goal Attainment

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## Abstract

Everyone has goals that they desire to achieve in their lives. These goals span across many areas: relationships, education, career, health, etc. There are many factors that motivate people to achieve those goals. We were specifically interested in examining how goal attainment was different if people were personally motivated or if they were motivated by a significant other in their lives.

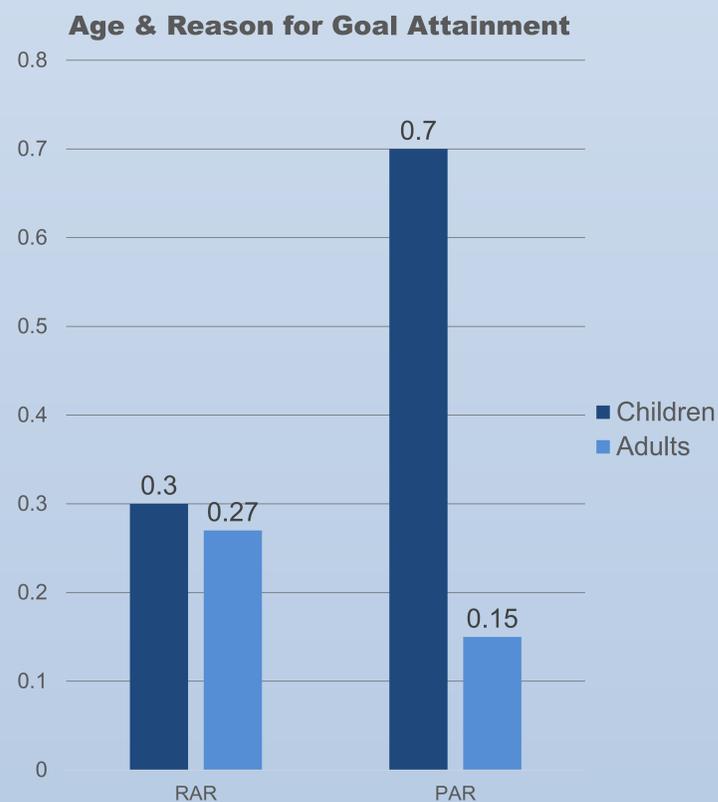
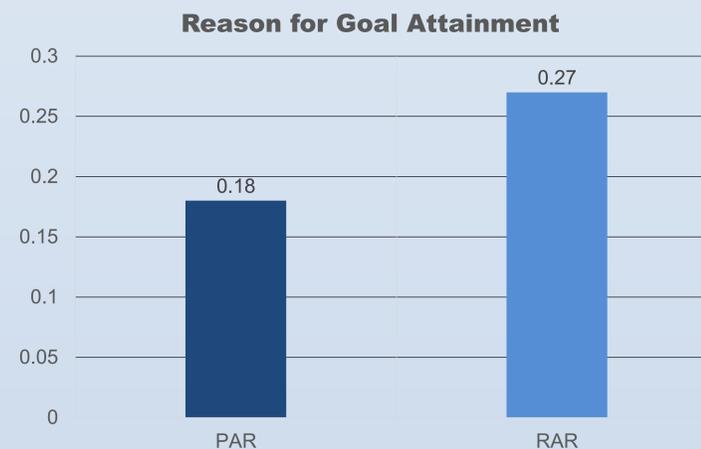
Our research question was: "Do close relationships have an effect on goal attainment?" We located studies that compared personally-autonomous reasons (PAR) in children and adults to relationally-autonomous reasons (RAR) in children and adults.

We compared 18 studies that analyzed this relationship. They found that RAR ( $d = 0.27$ ) for goal pursuit were higher than PAR ( $d = 0.18$ ). Comparing children to adults, a larger difference was found: RAR in children ( $d = 0.30$ ), RAR in adults ( $d = 0.26$ ), PAR in children ( $d = 0.70$ ) and PAR in adults ( $d = 0.15$ ).

## Method

- Literature collection: searched PsychInfo, back searched reference lists, consulted authors, found 18 studies
- Coding: Coded for 2 moderator variables
- Analysis: Computed standardized mean differences
- Two moderator variables were found to influence the results
  - Reason for goal attainment
  - Age

## Results



## Conclusion

- PAR more strongly affects goal attainment in children than RAR. Only one study analyzed the relationship in children. Therefore, further research is needed to confirm this result.
- RAR has a stronger effect on goal attainment than PAR for adults.
- As people age, they become less personally motivated to attain their goals. motivated and more relationally

