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A tail of two personalities: How canine companions shape relationships and well-being

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Abstract

More people own pets than ever before. Further, people spend more money on pets than they ever have. The increase in pet ownership and spending on pets provides evidence of the importance humans place on the pets in their lives. This study explores the relationships between humans and their animal companions, specifically canine companions. Drawing on decades of research on personality, relationships, and well-being, the current research takes a cross-species approach to examine the influence of pet personalities on human outcomes. Using personality assessments for human and dog, the article examines how both personalities impact relationship satisfaction. The article also examines how human–dog closeness impacts owner well-being. Some findings corroborate results found in the human personality and relationship literature, but others point to some unique aspects of the human–dog bond. These results not

only shed light on the human–dog relationship but also suggest some departures from the human relationship literature that could be explored in future research.



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Keywords

Pets; Personality; Relationship satisfaction; Well-being

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