

Abstract

The current study aimed to explore the relationship between personality styles, mate selection preferences and mental health in general population. For this purpose 120 males and 120 females were recruited from the city of Lahore and Kasur. International Personality Item Pool (Johnson, 2011) The Mate Selection Preference Checklist (Waris, & Tariq, 2013) Mental Health Inventory (Viet, & Ware, 1998) was used to assess personality styles, mate selection preferences and mental health respectively. Further the age, family system, monthly income and education was considered as demographics and their effects were also measured. Results indicated that neuroticism is the significant predictor of psychological distress and extraversion and agreeableness are the significant predictor of psychological well-being. Result also showed that neuroticism was the significant predictor of low mate selection preferences whereas conscientiousness was the significant predictor of high mate selection preferences. Further ANOVA explored that people have high mate selection preferences in the age of 25-29 and low mate selection preference in the age range of 20-24. Moreover the findings revealed no significant gender difference on mate selection preferences.

Keywords: Personality Styles, Mate Selection Preferences, Mental Health