



MATE PREFERENCES AND EVOLUTIONARY PSYCHOLOGY – EXPLORING LINKS TO PERSONALITY AND BODY IMAGE

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Abstract:

The research explores mate preferences through the evolutionary perspective and seeks to identify significant gender-based differences and similarities, as well as their links to personality traits and body image. Grounded in evolutionary psychology, it examines how natural and sexual selection influence human mating strategies and the prioritization of traits in romantic partners. The study highlights the intricate interplay between evolutionary predispositions and individual differences, offering valuable perspectives on human mating behaviour.

The study involved a sample of 370 participants, evenly divided between 185 males and 185 females, aged 17 to 22 years. Data collection employed three well-established instruments: the Preferences Concerning Potential Mates Questionnaire (PPMQ) developed by Buss and Barnes (1986), the Big Five Personality Test (BFPT) by McCrae and Costa (2010), and the Body Appreciation Scale-II (BAS-II) by Tylka and Barcalow (2015).

Descriptive and correlational analyses revealed that both genders consistently valued “kind and understanding”, “exciting Personality”, “intelligent,” and “healthy” as top traits. Gender specific patterns emerged, with males prioritizing physical attractiveness and females emphasizing financial stability. Significant correlations were identified between personality traits, body image, and mate preferences, highlighting the complex dynamics between personality attributes, self-perception, and criteria for partner preferences.

The findings aim to enrich existing literature and provide insights for applications in relationship counselling and education.

Key Words: *Mate Preferences, Evolutionary Psychology, Gender Differences, Personality Traits, Body Image.*

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Introduction:

Mate preferences refer to the traits individuals prioritize when selecting a romantic partner, influenced by a combination of biological, psychological, and social factors. Although these preferences can vary across cultures, individual personalities and relationship goals, certain traits consistently emerge as universally desired across human societies. These traits play a crucial role in partner selection, fostering social bonds, and enhancing long-term relationship success.

Social psychologists have historically explored mate preferences from various perspectives, including cultural, cognitive, and social theories. However, evolutionary psychology offers one of the most comprehensive explanations, proposing that mate preferences are not random but are shaped by natural selection to enhance reproductive success and offspring survival. According to this theory, mate preferences evolved to address ancestral challenges such as finding a healthy, capable partner to bear and raise children (Buss, 1989; Trivers, 1972; Singh, 1993; Gangestad & Simpson, 2000).

From an evolutionary standpoint, men and women have distinct mate preferences due to differing reproductive

pressures. Men tend to prioritize traits related to fertility, such as youth and physical attractiveness, while women seek qualities that indicate resource acquisition and stability, which are essential for the well-being and survival of offspring. Despite these differences, both sexes ultimately seek partners who increase their reproductive success, emphasizing the importance of traits that contribute to long-term survival and relationship stability (Buss, 1986).

In addition to these evolutionary factors, individual differences such as personality and body image also play a significant role in shaping mate preferences. Personality traits, as described by the Big Five-Factor Test (OCEAN) influence interpersonal interactions, attraction, and compatibility, making them critical determinants of partner preferences (Buss & Barnes, 1986). Similarly, body image, which reflects an individual's perceptions and attitudes toward their physical appearance, impacts self-esteem and perceived mate value (Arnocky, 2018). These factors not only shape how individuals perceive themselves but also influence the traits they prioritize in potential partners.

Understanding these preferences through an evolutionary lens, while combining personality and body image, may provide valuable insight into human mating behaviour and the factors influencing partner preferences. Over time, natural and sexual selection have shaped adaptive strategies that guide individuals in prioritizing specific traits, while personality and self perception add layers of complexity to this process. By studying mate preferences, we uncover the interplay between evolved tendencies and individual variability that continues to drive partner preferences across human societies.

Literature Review:

Mate preferences are shaped by biological, psychological, and social factors, with traits like attractiveness, intelligence, social status, and kindness being universally valued. These preferences influence partner selection, social bonds, and relationship success, reflecting a dynamic interplay between intrinsic traits and external influences (Price & Vandenberg, 1980; Thiessen & Gregg, 1980). While these aspects have been widely studied through cultural, cognitive, and social theories, limited research focuses on the specific traits men and women prioritize, underscoring the need for further investigation.

Evolutionary theory posits that mate preferences have been shaped by differing reproductive pressures faced by men and women. Historically, men have prioritized traits indicative of fertility, such as physical attractiveness, while women have sought traits related to resource acquisition, like social status and income, to ensure offspring survival (Daly et al., 1982).

The concept of assortative mating further supports these evolutionary tendencies. Assortative mating refers to the tendency of individuals to select partners with similar traits, such as socioeconomic status, education, values, and physical attributes. This phenomenon enhances compatibility, reduces conflict within relationships, and promotes alignment in parenting strategies and shared goals. From an evolutionary perspective, assortative mating reinforces genetic and social stability across generations (Thiessen, 1979). For instance, physical attractiveness and social status are traits that co-vary across generations, particularly in monogamous societies where some individuals may settle for less ideal mates (Thiessen & Gregg, 1980).

Empirical studies underscore gender differences in mate preferences. Men's preferences are strongly tied to physical attractiveness, while women emphasize traits associated with resource acquisition and long-term relationship potential. For instance, physically attractive women often marry men with higher socioeconomic status, whereas women from higher status backgrounds are less likely to find men with lower status attractive (Elder, 1969). In contrast, men show less concern for socioeconomic status but consistently prioritize physical attractiveness.

In addition to physical and financial traits, social skills play a crucial role in mate selection. Castro and Lopes (2011) found that traits such as humour and sociability are critical indicators of relationship quality. While both genders seek partners with similar socioeconomic status and a willingness to share domestic tasks, men typically prefer partners of lower or equal status, whereas women seek partners of equal or higher status (Dunn & Searle, 2009).

Cultural norms also impact mate preferences, with notable variations across regions. In China and South Korea, men prioritize physical appearance in both short-term and long-term relationships, while women emphasize earning capacity and wealth (Yuhunglu, 2021). Chinese women value intelligence and honesty, reflecting an emphasis on stable marriages amidst rising divorce rates. In contrast, South Korean women prioritize traits like housekeeping skills, driven by improved gender equality and reduced domestic responsibilities.

Personality traits significantly influence mate preferences. Both men and women value partners who exhibit kindness, understanding, dependability, sociability, stability, and intelligence. These preferences align with the five-factor model of personality, which includes Surgency, Agreeableness, Conscientiousness, Emotional Stability, and Intellect-Openness. Women, due to their higher parental investment, prioritize traits like Surgency and Intellect-Openness, whereas men demonstrate less selectivity (Botwin, Buss, & Shackelford, 1997).

Assortative mating theories suggest individuals often select partners with similar personality traits. Positive assortment has been observed for traits like Agreeableness, Conscientiousness, and Intellect-Openness, although findings for traits like Extraversion and Neuroticism are less consistent (Botwin, Buss, & Shackelford, 1997). Discrepancies between a partner's personality traits and an individual's ideals, particularly for traits like Agreeableness and Emotional Stability, often predict lower relationship satisfaction.

An Individual's self-perceived mate value significantly shapes their preferences. Men with higher self-assessments of mate value tend to seek partners who reflect their perceived worth, particularly in terms of physical attractiveness (Arnocky, 2011). Women with lower self-perceived mate value often exhibit behaviours aimed at enhancing their physical appearance, sometimes at the expense of their health (Arnocky et al., 2016; Hill & Durante, 2011). These behaviours include increased romantic jealousy and aggression toward both romantic partners and rivals (Arnocky et al., 2012).

Methodology:

Design:

The study employed a survey-based methodology, systematically collecting quantitative data from participants to address the research objectives. The key variables under investigation included mate preferences, gender, personality traits and body image, offering a comprehensive framework to explore their interrelationships. By adopting this approach, the research aimed to provide a structured and empirical examination of the dynamics among these factors, with a particular focus on potential differences and similarities between male and female participants.

Participants:

Participants were systematically stratified by gender to ensure balanced representation. Group 1 consisted of 185 female participants, while Group 2 included 185 male participants, resulting in a total sample size of 370 individuals. The age of participants ranged from 17 to 22 years, and all were proficient in understanding and comprehending the English language, ensuring uniformity in responding to the standardized scales. Participants were randomly selected from a variety of colleges and neighbourhoods within the M-Ward region of Mumbai, providing a diverse and representative sample.

Materials:

To assess the study variables effectively, three validated and widely recognized standardized scales were employed. The *Body Appreciation Scale – II (BAS-II)*, developed by Tylka and Barcalow (2016), was utilized to evaluate participants' positive perceptions and acceptance of their body image.

For measuring personality traits, the *Big Five Factor Test (BFFT)* by Goldberg (1989), grounded in the OCEAN model encompassing Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism, was employed, offering a comprehensive assessment of individual personality dimensions.

To explore mate preferences, the *Preferences Concerning Potential Mate Questionnaire (PPMQ)*, designed by Buss and Barnes (1986), was implemented. This ranking-based instrument evaluates preferences across 13 key characteristics of a potential mate, providing nuanced insights into individuals' mate selection criteria.

Procedure:

Data collection was conducted using random sampling across various college campuses and locations to ensure diversity. The research team comprised of three researchers and each one being responsible for gathering data from 124 participants (62 males, 62 females). The total sample size was 370 participants (185 males and 185 females).

To ensure reliable data collection, researchers verified that all participants had sufficient English language comprehension before participation. The questionnaire was administered using a pen-and-paper format. Clear and standardized instructions were provided, and participants were required to complete all sections of the survey questionnaires. In addition to the primary variables, geographic and demographic information such as age, gender, relationship status, and the location of their college was also collected. This data provided a contextual understanding of the participants and added depth to the analysis.

To maintain the integrity and confidentiality of the responses, all the data was collected anonymously. The entire data collection process spanned over a month, after which the research team collectively analysed the data. The data was analysed using Jamovi software and R software. Correlation analysis was performed to identify relationships between mate preferences, body image, and personality traits.

Results:

Rankings of Desirable Traits in a Potential Mate					
Rank	Female		Rank	Male	
1	Kind and Understanding		1	Kind and Understanding	
2	Intelligent		2	Intelligent	
3	Healthy		3	Healthy	
4	Exciting Personality		4	Exciting Personality	
5	Good Earning Capacity		5	Physically Attractive	
6	Physically Attractive		6	Creative	
7	Easy Going		7	Religious	

8	College Graduate	8	Easy Going
9	Religious	9	College Graduate
10	Creative	10	Good Housekeeper
11	Good Housekeeper	11	Wants Children
12	Good Heredity	12	Good Heredity
13	Wants Children	13	Good Earning Capacity

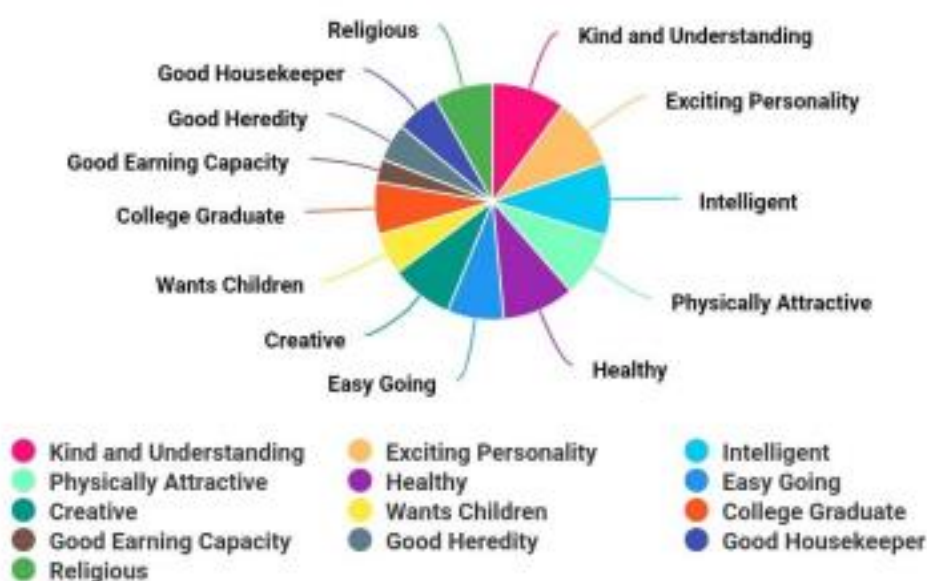
To investigate whether there was any relation between mate preferences, personality and body image, a comparative analysis was conducted across genders. Statistical tests revealed a significant relationship between mate preferences, body image as well as personality traits. Additionally, notable gender-based differences were observed, highlighting distinct patterns in male and female mate preferences.

1. **Kind and Understanding** - Both males and females consistently ranked “kind and understanding” as the most desirable trait in a potential mate, highlighting its universal importance across genders. This may suggest that emotional warmth and empathy are foundational in forming meaningful relationships, regardless of gender.
2. **Exciting Personality** - An “exciting personality” was equally valued by both genders, with both males and females ranking it as the 4th most desirable trait. This shared preference highlights the importance of dynamism and engagement in a partner, suggesting that both genders seek out individuals who can bring enthusiasm and energy to a relationship.
3. **Intelligent** - “Intelligence” was ranked as the 2nd most desirable trait by both males and females, indicating that mental compatibility and cognitive connection are highly prioritized in mate selection across genders. This may indicate that Intelligence is viewed as essential for long-term relationships, contributing to both personal growth and compatibility.
4. **Physically Attractive** - The preference for physical attractiveness showed a slight gender difference. Females ranked “physically attractive” as the 6th most important trait, while males placed it slightly higher at 5th. Although both genders acknowledge its value, males seem to assign greater importance to appearance, which may reflect evolutionary or cultural influences on mate selection.
5. **Healthy** - Both males and females ranked “health” as the 3rd most desirable trait, illustrating that physical well-being is a critical factor for both genders when considering a potential partner. This shared emphasis on health could reflect its role in both physical attraction and long-term relationship sustainability.
6. **Easy-Going** - While both males and females valued an “easy-going” nature, slight differences emerged in the rankings. Females placed this trait in 7th position, while males ranked it 8th. Although both genders appreciate partners who are adaptable and laid-back, this trait does not seem to be a top priority for either group.
7. **Creative** - There was a notable gender difference in the ranking of “creativity.” Males ranked creativity as the 6th most desirable trait, while females placed it lower at 10th. This discrepancy may suggest that males may place more emphasis on a partner’s ability to think outside the box or approach life with creativity and innovation.
8. **Wants Children** - Interestingly, both males and females ranked “wants children” as the least desirable trait,

placing it 11 & 13th respectively. This finding indicates that, for most participants, starting a family is not a primary concern at this stage of life. It may reflect generational trends or individual life circumstances that deprioritize child-rearing in mate selection.

9. **College Graduate** - Educational attainment, measured by whether a potential mate is a “college graduate,” showed only minor differences in importance between genders. Females ranked this trait 8th, while males placed it 9th. Both rankings suggest that while education is somewhat important, it is not a crucial determinant in choosing a mate for most individuals.
10. **Good Earning Capacity** - A significant gender difference emerged in the ranking of “good earning capacity.” Females ranked financial stability as the 5th most desirable trait, while males ranked it lowest at 13th. This finding suggests that females place greater emphasis on a partner’s financial resources, reflecting evolutionary theories of resource acquisition and stability.
11. **Good Heredity** - Both males and females ranked “good heredity” relatively low in importance, placing it 12th. This trait, relating to genetic factors and family health history, appears to hold little significance in mate preferences for most participants.
12. **Good Housekeeper** - The importance of domestic skills, as reflected by the trait “good housekeeper,” was ranked almost similarly by both genders, with males and females placing it as the 10th and 11th, respectively. This suggests that while being able to manage a household is valued, it is not a top priority for either gender.
13. **Religious** - There was some variation in the ranking of religiosity. Females ranked “religious” as the 9th most important trait, while males placed it slightly higher at 7th. This difference may indicate that males place a bit more emphasis on shared spiritual or religious values in relationships, though overall, both genders view this trait as moderately important.

Mate Preferences - Male



Mate Preferences - Female



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Personality:

A correlation analysis examining the relationship between personality traits, as defined by the Big Five Factor Model (OCEAN – Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism), and mate preferences revealed statistically significant findings. These results provide valuable insights into how individual personality traits influence specific preferences in romantic partners.

1. **Openness (O):** Openness to experience reflects intellectual curiosity, creativity, and a preference for novelty and variety. High openness is associated with imagination and willingness to explore new ideas, while low openness indicates a practical, routine oriented approach.

A significant positive correlation was found between openness and the preference for a “good housekeeper,” suggesting that individuals high in openness may value a partner who is a good housekeeper.

Conversely, a significant negative correlation was observed between openness and the preference for an “exciting personality,” indicating that individuals with high openness are less inclined to prioritize “exciting personality” as a trait in their partner preferences.

2. **Conscientiousness (C):** Conscientiousness describes a person’s level of organization, dependability, and self-discipline. High scores denote reliability and goal-oriented behaviours, whereas low scores reflect carelessness and impulsivity.

No significant correlations were found between conscientiousness and any mate preferences examined in this study.

3. **Extraversion (E):** Extraversion measures sociability, energy in social settings, and outgoing tendencies. High extraversion reflects social enthusiasm, while low extraversion is associated with introversion and introspection.

A significant negative correlation was identified between extraversion and the preference for a “religious partner” and “good heredity.” This may indicate that highly extraverted individuals are less likely to prioritize these traits in a partner.

4. Agreeableness (A): Agreeableness captures tendencies toward compassion, cooperation, and empathy. High scores indicate kindness and trustworthiness, while lower scores suggest competitiveness and skepticism.

No significant correlations were observed between agreeableness and any mate preferences in this study.

5. Neuroticism (N): Neuroticism reflects emotional instability and the tendency to experience negative emotions. High scores are associated with stress and anxiety, while low scores indicate resilience and calmness.

A significant positive correlation was found between neuroticism and the preference for a “kind and understanding partner” and “good earning capacity.” This suggests that individuals high in neuroticism value a partner who is kind and understanding and has good earning capacity.

A significant negative correlation was also observed between neuroticism and the preference for a “religious partner,” indicating a lower inclination towards this trait.

Body Image:

Body image reflects an individual’s perceptions, attitudes, and feelings toward their body. Those with negative body image often experience dissatisfaction, lack of acceptance, or negative attitudes toward their body, which can lead to emotional distress and behavioural challenges. Individuals with moderate body image may have a neutral or mixed relationship with their body, occasionally experiencing both positive and negative feelings influenced by situational or societal factors. In contrast, those with positive body image demonstrate strong acceptance, respect, and appreciation for their body, often resisting societal pressures and embracing their body’s uniqueness. (Tylka & Barcalow, 2015).

A significant positive correlation was found between individuals with high body image and the preference for an “exciting personality,” suggesting that individuals with a positive body image are more likely to value a partner who has an “exciting personality”.

Conversely, a significant negative correlation was identified between high body image and the preference for a “religious partner.” This suggests that individuals with a positive body image tend to have a lower preference for a religious partner, indicating a potential influence of self perception on mate selection criteria.

<i>Correlations with confidence intervals</i>						
Variable	O	C	E	A	N	BI
1. Kind & Understanding	-0.06	-0.07	0.07	-0.02	.13*	0.06
	[-.16, .04]	[-.17, .03]	[-.03, .17]	[-.13, .08]	[.03, .23]	[-.04, .16]
2. Exciting Personality	-.12*	-0.05	0.04	-0.06	-0.05	.12*
	[-.22, -.01]	[-.15, .06]	[-.07, .14]	[-.16, .04]	[-.15, .05]	[.02, .22]
3. Intelligent	-0.02	-0.02	0.08	0.03	0.02	-0.01
	[-.12, .01]	[-.12, .01]	[-.02, .10]	[-.07, .13]	[-.08, .12]	[-.11, .09]

	.08]	.09]	.18]	.13]	.12]	.09]
4. Physically Attractive	-0.05	0.08	-0.05	0	0.03	-0.06
	[-.15, .06]	[-.03, .18]	[-.15, .05]	[-.10, .10]	[-.07, .13]	[-.16, .05]
5. Healthy	-0.04	-0.05	0.02	0.02	-0.03	-0.02
	[-.15, .06]	[-.15, .06]	[-.08, .13]	[-.08, .12]	[-.13, .08]	[-.13, .08]
6. Easy Going	0.01	0.04	0.04	0	0.02	0.02
	[-.09, .11]	[-.06, .15]	[-.06, .14]	[-.10, .10]	[-.08, .12]	[-.08, .12]
7. Creative	-0.03	0.07	0.07	0.03	-0.01	0.05
	[-.13, .07]	[-.03, .17]	[-.03, .17]	[-.07, .13]	[-.12, .09]	[-.05, .15]
8. Wants Children	0.09	0.07	-0.07	0	-0.1	0.01
	[-.01, .19]	[-.03, .17]	[-.17, .03]	[-.10, .11]	[-.20, .00]	[-.10, .11]

9. College Graduate	0.04	-0.04	0	0.01	0.04	-0.02
	[-.06, .14]	[-.14, .07]	[-.10, .10]	[-.10, .11]	[-.06, .14]	[-.12, .09]
10. Good earning capacity	-0.05	-0.01	0.05	0.04	.14**	0.01
	[-.15, .05]	[-.11, .09]	[-.05, .15]	[-.06, .14]	[.04, .24]	[-.09, .11]
11. Good heredity	0.08	0.02	-.10*	-0.04	0.04	0.01
	[-.02, .18]	[-.09, .12]	[-.20, - .00]	[-.14, .06]	[-.07, .14]	[-.09, .11]
12. Good Housekeeper	.12*	0.05	0.02	0.03	-0.04	0.02

	[.02, .22]	[-.05, .15]	[-.09, .12]	[-.08, .13]	[-.14, .06]	[-.08, .12]
13. Religious	0.01	-0.06	-.15**	-0.02	-.13*	-.17**
	[-.09, .11]	[-.16, .04]	[-.25, - .05]	[-.12, .08]	[-.22, - .02]	[-.27, - .07]

Note. Values in square brackets indicate the 95% confidence interval for each correlation. The confidence interval is a plausible range of population correlations that could have caused the sample correlation (Cumming, 2014). * indicates $p < .05$. ** indicates $p < .01$.

Discussion:

This study provides valuable insights into the key characteristics prioritized by males and females when selecting a romantic partner. Participants ranked various traits, revealing both shared preferences and notable gender differences, particularly through the lens of evolutionary theory. A comprehensive descriptive statistical analysis of the dataset revealed patterns of preference and highlighted differences in male and female rankings. For both genders, the top four characteristics were strikingly similar: kind and understanding ranked highest, followed by intelligence, health, and an exciting personality. These traits are universally valued for their contributions to emotional stability and the overall well-being of a relationship. Kindness fosters supportive partnerships, intelligence aids in problem-solving, health indicates a longer, healthier life, and an exciting personality adds vibrancy, making relationships fulfilling and enjoyable (Buss, 1985).

The divergence in preferences became evident beyond these top traits. Females prioritized good earning capacity as their fifth most important trait, whereas males ranked physical attractiveness higher. These findings align with evolutionary theories suggesting distinct reproductive pressures for males and females. Men tended to prioritize physical

attractiveness, a trait linked to cues of reproductive health such as clear skin, good health, and youth. Women, conversely, emphasized earning potential and higher education, reflecting a preference for traits indicative of long-term security and resource acquisition, essential for offspring stability. Similar trends have been observed in previous research (Berscheid & Walster, 1974; Buss, 1985; Langhorne & Secord, 1955; Symons, 1979).

Key Hypotheses that explain these findings: (Buss & Barnes, 1986)

1. Structural Powerlessness and Sex Role Socialization:

Historically, women have faced exclusion from positions of power, often leading them to seek mates with traits associated with power, such as high earning capacity and education. This dynamic has contributed to hypergamy, the tendency for women to marry upward in socioeconomic status, as a means of upward mobility. Men, in contrast, place greater value on the "exchange object" itself, emphasizing physical attractiveness, which becomes a central measure in romantic partnerships.

2. Cues to Reproductive Investment:

From an evolutionary biology perspective, mate preferences evolved to maximize reproductive success. Men have been selected to value physical traits signalling fertility, while women have

prioritized traits that indicate resource acquisition, offering stability for themselves and their offspring. Personality traits such as Agreeableness, Emotional Stability, and Intellect-Openness are critical factors in mate selection and marital satisfaction. Women demonstrate a stronger preference for socially desirable traits like Agreeableness and Emotional Stability, likely due to these traits' association with emotional and material support. Women also set higher standards for traits such as Surgency, emphasizing the importance of secure, supportive dynamics in relationships. Despite these gendered differences, both men and women consistently prioritize Intellect-Openness and Agreeableness, reflecting a shared ideal for long term compatibility (Botwin, Buss, & Shackelford, 1997).

Self-perceived mate value significantly impacts selectivity in mate choices across genders. Men with higher self-assessed attractiveness prioritize physical attributes, while women with high self-perceived attractiveness emphasize qualities like resource acquisition capabilities (Arnocky, 2018). Social comparisons also play a crucial role in shaping self-perceptions and mating behaviors. For example, men exposed to images of highly attractive women report decreased commitment to current partners, highlighting the influence of external stimuli on self-esteem and relationship dynamics (Kenrick & Gutierrez, 1980).

Additionally, findings by Klohnen and Mendelsohn (1998) indicate that women with greater body satisfaction tend to prefer partners with lower levels of religiosity.

These findings have broad applications across fields such as relationship counselling, therapy, sociocultural studies, online dating, matchmaking, and sex education. By understanding the interplay of evolutionary predispositions, personality traits, self-perceptions, and societal influences, this study

contributes to the existing literature and offers practical insights into improving relationship dynamics and compatibility.

Limitations:

The study, while having a considerable sample size of 370 participants, is restricted to college students aged 17 to 22 from specific locations, limiting the generalizability of the findings to broader populations, such as those from different age groups, educational levels, or cultural backgrounds. The study exclusively examines males and females, excluding non-binary or gender-diverse individuals, which limits inclusivity and applicability to the broader gender spectrum. Emotional states and subconscious biases of participants at the time of survey could also affect their responses. Evolutionary theories propose that mate preferences may change over time in response to shifts in societal norms or personal life circumstances. Hence, the findings may not account for changes in mate preferences over time or across different stages of life. A longitudinal study with diverse age group would provide more comprehensive understanding of how mate preferences evolve.

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Appendices:

Scale 1:

Age: Gender: Year and Program:

Status: Single/ Committed/ Married **Area:**

Directions for participants: -

Please indicate whether the question is true about you as **never, seldom, sometimes, often, or always.**

Never	Seldom	Sometimes	Often	Always
1	2	3	4	5

Sr No.	Questions	Scale
1	I respect my body.	
2	I feel good about my body.	
3	I feel that my body has at least some good qualities.	
4	I take a positive attitude towards my body	
5	I am attentive to my body's needs.	
6	I feel love for my body.	
7	I appreciate the different and unique characteristics of my body.	
8	My behaviour reveals my positive attitude toward my body; for example, I hold my head high and smile.	
9	I am comfortable in my body.	
10	I feel like I am beautiful even if I am different from media images of attractive people (e.g., models, actresses/actors).	

Scale 2:**Directions for participants: -**

Circle the number that indicates how much you disagree or agree with each statement. Begin each statement with "I..."

	Questions	Disagree	Slightly disagree	Neutral	Slightly agree	Agree
1	Am the life of the party.	1	2	3	4	5
2	Feel little concern for others.	1	2	3	4	5
3	Am always prepared	1	2	3	4	5
4	Get stressed out easily.	1	2	3	4	5
5	Have a rich vocabulary.	1	2	3	4	5
6	Don't talk a lot.	1	2	3	4	5
7	Am interested in people.	1	2	3	4	5
8	Leave my belongings around.	1	2	3	4	5
9	Am relaxed most of the time.	1	2	3	4	5

10	Have difficulty understanding abstract ideas.	1	2	3	4	5
11	Feel comfortable around people.	1	2	3	4	5
12	Insult people.	1	2	3	4	5
13	Pay attention to details.	1	2	3	4	5
14	Worry about things.	1	2	3	4	5
15	Have a vivid imagination.	1	2	3	4	5
16	Keep in the background.	1	2	3	4	5
17	Sympathize with others' feelings.	1	2	3	4	5
18	Make a mess of things.	1	2	3	4	5
19	Seldom feel blue.	1	2	3	4	5
20	Am not interested in abstract ideas.	1	2	3	4	5
21	Start conversations.	1	2	3	4	5
22	Am not interested in other people's problems.	1	2	3	4	5
23	Get chores done right away.	1	2	3	4	5
24	Am easily disturbed.	1	2	3	4	5
25	Have excellent ideas	1	2	3	4	5
26	Have little to say.	1	2	3	4	5
27	Have a soft heart.	1	2	3	4	5
28	Often forget to put things back in their proper place.	1	2	3	4	5
29	Get upset easily.	1	2	3	4	5
30	Do not have a good imagination.	1	2	3	4	5
31	Talk to a lot of different people at parties.	1	2	3	4	5
32	Am not really interested in others.	1	2	3	4	5
33	Like order.	1	2	3	4	5
34	Change my mood a lot.	1	2	3	4	5

35	Am quick to understand things.	1	2	3	4	5
36	Don't like to draw attention to myself.	1	2	3	4	5
37	Take time out for others.	1	2	3	4	5
38	Shirk my duties.	1	2	3	4	5
39	Have frequent mood swings.	1	2	3	4	5
40	Use difficult words.	1	2	3	4	5
41	Don't mind being the center of attention.	1	2	3	4	5
42	Feel others' emotions.	1	2	3	4	5
43	Follow a schedule.	1	2	3	4	5
44	Get irritated easily.	1	2	3	4	5
45	Spend time reflecting on things.	1	2	3	4	5
46	Am quiet around strangers.	1	2	3	4	5
47	Make people feel at ease.	1	2	3	4	5
48	Am exacting in my work.	1	2	3	4	5
49	Often feel blue.	1	2	3	4	5
50	Am full of ideas.	1	2	3	4	5

Scale 3 :**Directions for participants: -**

Below are a set of **characteristics** that might be present in a **potential mate or marriage partner**. Please rank them on their desirability in someone you might marry.

Give a “1” to the most desirable characteristic, a “2” to the second most desirable, a “3” to the third most desirable, and so on down to “13” for the 13th most desirable characteristic.

	Characteristics	Rank
➤	Kind and understanding	
➤	Exciting personality	
➤	Intelligent	
➤	Physically attractive	

➤	Healthy	
➤	Easy going	
➤	Creative	
➤	Wants children	
➤	College graduate	
➤	Good earning capacity	
➤	Good heredity	
➤	Good housekeeper	
➤	Religious	

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