

Chapter 14 – Casual Encounters Lecture Notes

Lecture Notes:

Four items apparently needed for a safe spring break:

1. Sunscreen 15SPF
2. First aid kit
3. Condoms
4. Plan B Emergency Contraceptive
 - On spring break > perception that casual sex is common
 - Norms appear far more permissive on spring break vacation than at home

Temporary casual sex relationships lasting on spring break, but not after.

Theory of Interpersonal Behaviour (Triandis)

- Intentions, in turn, then influence behaviour
- Situational conditions and prior experience can also influence behaviour
- Attitude > is either a positive or negative attitude towards an attitude object such as guns.
- **Those three things (attitudes, norms, and situational expectations) influence behavioral intentions. Intentions, in turn, then influence your behavior.**
- If you have a lot of experience engaging in a particularly behavior then you are more likely to do so again. > **Situational conditions**

Maticka-Tyndale, Herold, & Mewhinney (1998)

- 66 men and 85 women, largely between the ages of 21-23; Canadian University students
- Over 80% of students traveling with friends (group phenomena) > spring break is a group phenomena.
- Almost every student had prior sexual experience
- Majority of men intended to have casual sex
- Minority of women intended to have casual sex

Actual Behaviours

- Larger sample, including some of those surveyed prior to spring break
- 72% of men and 77% of women DID NOT have sexual relations during spring break
 - A clear majority did not have sex over spring break.
 - False consensus?
- 15% of men and 13% of women had sexual relations with someone met on spring break
- False consensus > assuming that everyone else likes something or engaged in something
- Asking individual people said they didn't like to engage in the popular phenomenon. But asking groups of people they all said they did want to engage in the popular phenomenon.
- False consensus > can lead to people engaging into behaviors they normally wouldn't do. Both men and women only really wanted to have sex on spring break cause it seemed like the most popular things to do.
- Roughly the same number (a minority) of men and women had virtually identical realities when leaving spring break (both groups had wayyy less sex than they intended)

Why have casual sex on spring break?

- Men
- Intentions > If they didn't intend to do it, then they are more likely not to.
- Spring break experience > Social situations > (party type atmosphere), Sexually suggestive games and parties. Engaging in activities conducive to casual sex.
- Women
- Role modeling > your with your friends and if they go off and do something then you are more likely to do it.
- Intention > Pacts > well if I do it, your going to do it right? > Peer influence (perceived role modeling and pacts)

Binge Drinking on Spring Break > higher rates of binge drinking, especially in social settings. People just want to let loose this week.

Sönmez et al. (2006)

- Tourism is even more likely to constitute the context in which risk behaviours occur when its consumers happen to be young adults, accompanied only by friends or other peers
- **The tripartite relationship among youth, tourism, and risk taking has the potential to constitute a serious public-health hazard such as STDs.**
- Put together a lot of young adults with a lot of binge drinking drugs and sexually suggestive behavior.
- People hurting themselves, and one big bacterial infection keeps getting swapped > A lot of STD's and other diseases shared.

Disinhibiting Effect

- High-risk behaviours linked to situational disinhibition in settings encouraging sexual and emotional transience
- Social norms, expectations, and behavioural intentions for casual sex and excessive drinking

Social Pressures

- 51% reported drinking alcohol because "everyone around them was drinking"
- 16% reported using drugs for the same reason, and
- 19% indicated they drank alcohol or used drugs in order to "fit in."
- If everyone's doing something and your not you might look like the odd one out.
- Social rejection is a physiological response that associates pain.

Very serious consequences associated with spring break.

Women are more susceptible to STI's than men.

Most men and women in the study said they never/rarely worried about STI's/HIV.

- Decisions to wear condoms were negatively influenced by being drunk (23%) or under the influence of other drugs (8%)
- 68% reported regretting having sex after drinking and 10% following drug use
- Majority of people regret having sex the next day.
- 23% of people did not use a condom because they were drunk.

Alcohol and Casual Sex

- Alcohol interferes with the ability to reason
- Alcohol consumption is positively related to engaging in high-risk sexual behaviours; for example:

- sex outside a long-term relationship
- having sex on a first date
- Decreasing intentions to use condoms

Conner and Flesch (2001)

Would you have sex with a person that seemed interested in you and vice versa?

- A lot of interesting results emerged, including:
 - If a condom was available, people were more likely to say they would have sex
 - If the participant had been drinking, they reported being more likely to have sex
 - Past behaviour predicted intentions to have casual sex
 - The presence of a condom made more people likely to have sex.
 - If you the participant had been drinking you were more likely to have sex.
 - If they themselves had more experience with casual sex they were more likely to have sex.
 - OVERALL: If condoms were available, both people had casual sex in the past, and if you drank alcohol. These all influenced the likelihood of having casual sex.

MacDonald, Zanna and Fong (1996)

- Alcohol myopia hypothesis
 - Alcohol intoxication decreases cognitive capacity
 - When intoxicated, people may attend to only the most salient (rewarding) aspects of a situation (e.g., Narrow the reward, not the risk).
 - So, alcohol is NOT a disinhibitor; instead, it leads people to behave in a manner consistent with the salient(rewarding) cues available in a given setting
 - If you are focusing more on the rewards your more likely to go through with the situation.

Experimental Studies

- Men watched a video created by the researchers depicting a realistic, engaging scenario in which a young couple have to decide whether to have sex without a condom
 - Both people were attractive and interested in having sex
 - It was established that the female character was on the pill
 - No condom available; they talk about how to get one, but to no avail; they mention they are both “clean”; he asks her what she wants to do, and she says “I don’t know, what do you want to do?”
 - So what do you do?>>>>
 - “If I were in this situation, I would engage in sexual intercourse with Rebecca” (the woman in the video)
 - 1 = strongly disagree, 9 = strongly agree
 - Intoxicated men: 6.78 (close to strongly agree)
 - Sober men: 3.63 (close to strongly disagree)
 - Alcohol had a very strong direct effect on men’s decision to engage in unprotected sex.
 - Same pattern of effects for both men and women wanting to engage in casual sex if they were sober (pretend drunk) or drunk.

Alcohol and perception

- Alcohol consumption increases ratings of attractiveness to faces of the opposite sex
- Alcohol consumption also has detrimental effects on visual perception
 - For example, an increase in myopic refraction and a decrease in oculomotor control, contrast sensitivity, and visual acuity
- Souto et al. (2008): alcohol consumption may reduce the ability to discern asymmetries in people's faces, making them appear more attractive
- When you have been drinking it reduces your ability to perceive symmetry's in an object.
- When you are drinking given the physical deficits in a person, you are more likely not to see the physical deficits.

Study

- Sober and intoxicated participants were shown a series of simple geometric images
- They responded on whether they perceived the image to be symmetrical or asymmetrical
- **Intoxicated subjects were significantly less likely to detect asymmetry (not symmetrical) than were sober subjects**

Personality

- the **strongest personality predictor of short-term mating is impulsive sensation-seeking**
 - E.g., men's patronage of prostitutes
- Impulsive sensation-seeking is closely associated with the Big Five dimensions of low agreeableness and low conscientiousness. Your **more self-focused than other-focused when you are low on both agreeableness and conscientiousness.**
- **Extraverts are more likely to endorse favourable attitudes about having multiple sex partners and to engage in sexual intercourse with more partners** than introverts do

Schmitt and Shackelford (2008)

- Cross-cultural study with over 13,000 participants
- Three traits (high extroversion, low agreeableness, and low conscientiousness) strongly predicted interest in short-term mating
 - That is:
 - Desiring short-term sexual opportunities
 - Reporting a more unrestricted sociosexual orientation
 - Having engaged in short-term mate poaching attempts
 - Having succumbed to short-term poaching attempts of others
 - Lacking relationship exclusivity
 - » Trying to keep options open.

Casual Sex on Campus

- Hooking up
 - A sexual encounter which may or may not include sexual intercourse, usually occurring on only one occasion between two people who are strangers or brief acquaintances
- Booty call
 - They tend to utilize various communication mediums to facilitate sexual contact among friends who, for men, represent more of a low-investment, attractive sexual partners and, for women, may represent attractive test-mates
- Friends with benefits

- Relationships between cross-sex friends in which the friends engage in sexual activity but do not define the relationship as romantic

Motives

- Regan and Dreyer (1999)
 - Similarities between both men and women (DEPA)
 - Sexual desire
 - Sexual experimentation
 - Physical pleasure
 - Alcohol use
 - Differences
 - Men
 - Status enhancement; normative peer group behaviour
 - Women
 - Increase probability of long-term commitment
 - Men are more likely to report it makes their status enhances and it's a norm in their peer group behavior.
 - Women are more likely to report to seek out these sexual behaviors to increase the probability of a long term relationship.
- Grello et al. (2006)
- First sexual encounters are frequently casual sexual encounters
- Casual sex occurred more often between friends than strangers on a college campus
- Men having casual sex reported the fewest symptoms of depression. Men happy with themselves and with life.
- Women having casual sex reported the most depressive symptoms. Women not happy about themselves and not happy with life.
- Women may use casual sex for long-term commitment.
- Men may use casual sex for status.

Paul and Hayes (2002)

- A qualitative analysis of hook-ups on campus (187 participants)
- Student's estimates of other college students that have "hooked-up" was 85%
- Actual hook-up rates in their sample was 70%
- On average, participants reported 10.28 hook-ups during their college career (no differences between men and women)
- False consensus > think the norm its X, but its actually Y.

Typical Hook-ups

- Feelings experienced after a typical hook-up
 - Feeling **regretful or disappointed** (especially for females): 35%. **First things felt after a typical hook-up.**
 - Good or happy: 27%
 - Desirable or wanted: 2%

Regret over bad hook-ups

- Women: shame and self-blame for engaging in sexual behaviours in the context of a hook-up; not knowing their partner

- Men: disappointment over a bad choice of a hook-up partner (unattractive or has a reputation for being promiscuous)
- Men feel worse from others. “Wow, shes so fat”
- Women feel worse from selves. “Why did I do that?... I don’t even know him!”

Campus Hook-up culture

- Prevalent on college campuses (even though students tend to overestimate the prevalence)
- Men and women share similar motives for hook-ups, but differ in important ways
- The primary feeling experienced after a hook-up is regret (for both men and women, but stronger for women)
- Men will often regret not having done something/pursue someone.
- Women often regret having done something.

Chapter 14: focus on sexual orientation

- 1994 Chicago sex survey
 - 1.4% of women in North America consider themselves to be lesbians
 - 2.8% of men in NA consider themselves to be gay

But!!

- 6.% of men and 4% of women reported sexual attraction to a same-sex person
- U.S. Census (2007): 4.1% of population reported being gay, lesbian, or bisexual
- Question of definition

What does it mean when you ask someone if they are gay or lesbian?

* Hard for individuals to self identify (exclusively lesbian, exclusively gay), and also there are different ways in asking the question.

Origins of Sexual Orientation

- Genes and biology may play a stronger role in determining sexual orientation in men than in women
 - Male homosexuality tends to run in families
 - Gay men more likely to display feminine traits in childhood
 - Lesbians are not more likely to displace masculine traits in childhood.
 - Twin studies: 45% of variance in sexual orientation of men due to genetic factors; for women, close to 0%.
 - Identical vs. non-identical twins, separated at birth vs. not separated at birth.
 - Having twin boys and if one was gay then maybe you could tell the other was gay. But having twin girls if one way gay you couldn’t predict if the other was gay.
 - Lisa Diamond: sexual fluidity in women
 - On average, women are more likely to move in and out of same-sex experiences, they can move in and out.
 - In North America, attitudes toward lesbians, gays and bisexuals are slowly changing for the better.

Chapter 14 Textbook Notes

The term homosexual to refer to lesbians and gay men is problematic for 3 main reason:

1. Can be used as a derogatory label (offensive language)
2. Emphasizes sexual behavior rather than sexual identity
3. Ambiguous

More men are exclusively homosexual (1.3%)
More women are exclusively heterosexual (98.4%)
More women are bisexual (0.9%)

High Heteroeroticism, High Homoeroticism > bisexual
High Heteroeroticism, Low Homoeroticism > heterosexual
Low Heteroeroticism, High Homoeroticism > homosexual
Low Heteroeroticism, Low Homoeroticism > asexual

Most people are in favor of equal rights for gays and lesbians (74 to 30%). People are not in favor of same sex marriages (43 to 47) and same sex couples adopting and raising children (46 to 47).
Homophobia > strong irrational fear of homosexuals; negative attitudes and reactions to homosexuals.
Homonegativity > negative attitudes and behaviors towards gays and lesbians; sometimes called anti-gay prejudice or sexual prejudice.
Heterosexism > the belief that everyone is heterosexual and heterosexuality is the only legitimate, acceptable and healthy way for people to be; homosexuality is denigrated.

LGBs found high rates of violence. > 78% had experienced verbal assaults. People who identify themselves as gay or lesbian are 2.5 times as likely to be victims of violent victimization than heterosexuals.

Bisexuality is rarely even recognizable. Bisexuals are often thought of as internally conflicted or psychologically immature. They are stereotyped as non-monogamous, needing both same-sex and opposite-sex partners.

Gays, lesbians, and bisexuals as a minority group.

“buggery” > anal intercourse

Anal sex is illegal only if it involves children or is not done in private. Anal sex consent is 18, vaginal is 14. Parliament amended the Human Rights Act to specifically prohibit discrimination based on sexual orientation.

Canada is more liberal on the topic of same sex marriage.

A study of gay men indicated that those who concealed their identity had a significantly higher incidence of cancer and infectious diseases than those who did not conceal their identity.

Covert homosexual > homosexual who is “in the closet,” who keeps his or her sexual orientation a secret.

Overt homosexual > a homosexual who is “out of the closet,” who is open about his or her sexual orientation.

Stages of LGB individuals:

1. Coming out > the process of acknowledging to oneself, and then to others, that one is gay or lesbian.
2. Exploration > in this stage the person experiments with the new open sexual identity; during this time the person makes contact with the LGB community and practices new interpersonal skills.
3. Forming New Relationships > these relationships are often short-lived and characterized by jealousy and turbulence.
4. Integration Stage > the person becomes a fully functioning member of society and is capable of maintaining a long-term, committed relationship.

Criticisms of the stage approach:

1. Some people do not go through all of these stages, and if they do, it's not in the same order.
2. Traditional view of how sexual orientation doesn't change once established.
3. A fully developed person must reach the final stage (only one positive ending)

4. Doesn't fit with people who adopt a bisexual identity.

Bisexual women have hetero sex before homo sex

Bisexual men have homo sex before hetero sex

Bisexual pride most recognized symbol > rainbow flag

Queen/Nellie > effeminate (feminine) gay man

Trick > casual sexual partner

Cruising > looking for a sexual partner

Tearoom > a public washroom where gay men engage in casual sex

Gay baths > clubs where gay men can socialize; features include a swimming pool or whirlpool and access to casual sex

Pansexual > a girl not exclusively attracted to a woman, rather she/he is attracted to people regardless of their gender.

Medical model > a theoretical model in psychology and psychiatry in which mental problems are thought of as sickness or mental illness; the problems in turn are often thought to be due to biological factors.

Higher rates of depression and suicide associated with the LGB group

Conversion or reparative therapy > any one of a number of treatments designed to turn LGBs into heterosexuals. Many individuals undergoing reparative therapy do so because of pressures from their family.

Most Canadians (54%) believe homosexuality is something a person is born with.

According to one theory, homosexuality is caused by a variation in prenatal development.

Animal research that supports this theory has found evidence that severe stress to a mother during pregnancy tends to produce homosexual offspring.

Gay men are more likely to have a late birth order and to have older brothers. Effect only found in right handed men.

Martin Lalumiere has found that gay men and lesbians are more likely to be left handed than are heterosexuals.

Anatomically, the hypothalamic cells of the gay men were more similar to those of women than to those of straight men. However there were flaws in the study:

1. Sample size was small because you could only study the brains of people who were dead.
2. All of the gay men in the sample died of AIDS
3. Lesbian women were omitted from the study
4. Gay men were known to have been gay based on records at the time of death

Learning-theory approach > assumption is that humans have a relatively amorphous, undifferentiated pool of sex drive which, depending on circumstances (rewards and punishments), may be channeled in any of several directions. The learning-theory approach treats same-sex sexual activity as a normal form of behavior that must be learned.

Interactionist Theory > BEM: The Exotic Becomes Erotic > a theory of the development of sexual orientation that encompasses the interaction of biological factors and experiences with the environment. He theorized that biological factors exert their influence on sexual orientation through their influence on temperament in childhood. Abundant evidence on aggression and activity level. These children are then gender-non-conforming in their play patterns. The boys prefer quieter, less active play and have more girls as friends, and the gender-non-conforming girls prefer aggressive sports and have more boys as friends. One body of evidence that is consistent with BEM's theory indicates that gay men and lesbians, on average, are more likely than heterosexual to have had a childhood history of gender non-conformity. BEM's theory is also consistent with the biological theories.

BEM theory criticized >

1. Evidence not discussed by Bem contradicts some central propositions of the theory
2. The theory reflects male experiences and neglects female experiences.

Sociological theory > labeling such as “homosexual” may also act as a self-fulfilling prophecy. A gay man has been created through labeling.

Women are more likely to be bisexual, and less likely to be exclusively homosexual, than are men. Among both heterosexual and homosexuals, women show more flexibility or change over time in their sexual orientation.

Men are specific in sexual arousal, whereas women tend not to be. This means that heterosexual men tend to be aroused, physiologically, by female stimuli and not male stimuli, and gay men show the reverse pattern. Women however, whether lesbian or heterosexual, show arousal to both male and female stimuli. Gay men are more likely to have a late birth order and an excess of older brothers. Those who take the receptive role are considered unmanly, feminine, and “homosexual” Those who take the inserting role are considered masculine, are not labeled “homosexual”

When we consider sexual orientation from a multicultural perspective, two main points emerge:

1. The very definition of homosexuality is set by culture.
2. Many ethno cultural communities are more disapproving of homosexuality than is the majority Canadian culture.

Deprivation homosexuality > homosexual activity that occurs in certain situations, such as prisons, when people are deprived of their regular heterosexual activity.

Many Canadian are in favor of equal rights for LGBs and a slim majority favor same-sex marriage.

In surveys, the majority of gay men and lesbians report being in a steady romantic relationship.

BEM’s interactionist theory proposes that homosexuality results from the influence of biological factors on temperament, which in turn influences whether a child plays with boys or girls; the less familiar (exotic) gender becomes associated with sexual arousal.

Sociologists > that gender-rigid, male-dominant societies are likely to produce a higher incidence of gay men.

Bisexuality may be more “natural” than either exclusive heterosexuality or exclusive homosexuality.

Chapter 18 – Sex and Love Lecture Notes

- Plato's "Symposium" > Following a period of Chaos became Love. Love was believed to be the central and defining feature of all human behavior.
- **What is love?**
- Watson (1924) > an innate emotion elicited by cutaneous stimulation of the erogenous zones (that's what makes you love somebody)
- Freud (1922/1951) > the desire for sexual union is at the core of emotion. When that desire is blocked, one compensates for the resultant frustration by idealizing the other person and falling in love with him or her
- Fromm (1956) > Love is a device used to reduce one's sense of isolation and loneliness
- Rubin (1970) > Love is an attitude held toward another, which predisposes one to think, feel, and act in certain ways toward that person. When you have a favorable evaluation of a person you may be inclined to love that person.
- Swenson (1972) > Love is behaviour such as giving gifts, sharing activities, and disclosing intimate information
- Centers (1975) > Love is a response evoked in people when their interaction with another is rewarding
- Skolnick (1978) > Love is a constructed experience built with feelings, ideas, and cultural symbols

There are more definitions of love than explanations.

Popular culture has probably talked about love more than anyone else in the world.

Gonzaga et al. (2001)

- Love acts as a commitment device
 - Human survival depends on formation of cooperative alliances, long-term mateships (raising children), successful reproduction (having offspring), and the raising of vulnerable offspring until their age of reproduction
 - Emotions help individuals form and maintain reproductive relations
 - Commitment problem—staying with one person in the face of alternatives
 - Love promotes commitment in two ways:
 - 1) outward expression of love in word, deed, and gesture communicates commitment to intimate partners, thereby enhancing processes that protect and strengthen the bond (when you feel love for somebody else you want to show it).
 - 2) experience of love motivates approach toward an intimate partner (and away from others)
 - When you're in love with someone you will probably go out of your way to show them.
 - Focusing attention on one person and putting on the blinders for everyone else (undermines commitment).
 - A sample of women asked to relive experiences of love with their partners
 - Videotaped from the upper torso to the top of the head
 - Expressive behaviour while recounting love experiences were coded
 - Self-reports of love correlated with expressive behaviour (e.g., Duchenne smiles, affiliative head nods)
 - Also, expressive behaviour (Duchenne smiles) correlated with oxytocin release (more oxytocin in their blood)
 - Women who were falling in love more, were observed in engaging into these Duchenne smiles, and affiliative head nods.
 - Duchenne smile > a smile you cannot fake that's linked to true happiness.

Oxytocin

- A mammalian hormone that acts primarily as a neurotransmitter in the brain
- When released, oxytocin evokes feelings of contentment, reductions in anxiety, and feelings of calmness and security around a mate
 - Linked to commitment and long-term pair-bonding

Pair-Bonding

- In every known culture, formal marriage arrangements between men and women exist
- Jankowiak and Fischer (1992)
 - Romantic love is found worldwide
 - Over 90% of people in the world will marry at least once during their life (Buss, 1985)
- Marital attachment is a universal feature of human existence, and most people in the world marry only one person at a time (Fisher, 1992)
- Motivated to form pair bonds with someone else.

Different Faces of Love

- Helen Fisher—model of mating, reproduction and parenting
- Mating behaviours guided by three distinct emotion systems: lust, attraction, and attachment
- Behaviours related to each set of emotions are believed to be governed by a unique set of neural activities
- Anthropologic focuses on pair bonds, love and relationships.

Lust System

- Motivate individuals to locate sexual opportunities
- Lust System is mainly associated with estrogens and androgens in the brain

Attraction System

- Directs individual's attention toward specific mates
- Makes people crave emotional union with this person
- Associated with high levels of dopamine and norepinephrine and low levels of serotonin in the brain
- Lust keeps you on the lookout, Attraction keeps you narrowed down to one person.

Attachment System

- Focused on the maintenance of close proximity
- Linked with feelings of comfort and security, and feelings of emotional dependency
- Associated with oxytocin (mostly for women), and vasopressin (mostly for men)

Pair-bonds and Health

- Broken social ties, or poor relationships, correlate with increased vulnerability to disease
- Heart attack victims are more likely to have a recurring attack when they live alone
- the happiest University students are those that feel satisfied with their love life
- those who enjoy close relationships cope better with various stresses, including bereavement, rape, job loss, and illness
- Important relation between quality of a given relationships (romantic or network) with you psychological and physical well being
- People with strong interpersonal relationships are less likely to develop the physical symptoms of the common cold.

- Most people heal faster without this added stress.
- Having strong relationships can buffer you against detrimental effects of health.
- People with higher function relationships healed faster.
- Couple who healed faster had better ways to resolve their issues.
- Happily married individuals are less likely to experience depression than unhappily or unmarried individuals
- Married men and women report more happiness than people who have never married, who have separated, or have divorced
- Humans may therefore be designed to respond positively when a long-term mate is secured and relationships endure
- People who were single their entire lives are more likely to die younger.

How long is long?

- Fisher (1998) suggests that although long-term relationships have obvious reproductive and health benefits, the desire to stay in one relationship wanes as a function of the amount of time it takes an infant to become less dependant on parental investment (approximately 4 years)
- Suggest that you fall in love with someone, which turns into attachment and it will wear off and you will start to find a new relationship in approx 4 years because that's when there is less parental investment.
- The most divorces occur approx 4 years after the marriage.

Why 4 years?

- Enough time to meet, fall in love, and produce offspring
- Interest in each other wanes after children are born
- Also wanes after NO CHILDREN are born
- Fisher—planned obsolescence of the pair bond

Strong evolutionary forces to come together, but also strong urges to stray after time

Data taken in a period of time where birth control pills were not widely used.

Where there are no children, then satisfaction of the relationship could drop.

Were meant to be with one person for the period of time.

It's the odd person who stays with their partner for a period of time.

Problem of Commitment: Alternatives

When you have more options available your not as happy with the choice that you made and its less efficient.

Charlie's Angels

- Researchers wanted to look at social comparisons on how you look at individuals.
- Guys would watch Charlie's Angels, and after they watch it and they are shown pictures, asked to rate how attractive women are
- Ask a different group of guys to rate the same women
- If you have watched Charlie's Angels, in comparison the guys rated the women in photos as less attractive when they did not watch the show, they were rate relatively more attractive

Playboy/Playgirls

- Researches wanted to know the effect of pictures in relation to their relationships
 - Guys reported less love for their current partner after viewing the pictures.
 - When men were exposed to attractive women compared to an average looking women, they reported less love for their current partner.
 - Women didn't seem affected by looking at the playboy models

- It's the attractiveness of the individual that changed the ratings of the men's relationships, but it didn't affect women.
- Men reported an equal amount of love for their partners when they were exposed to successful or average successful women.
- Women reported less love for their partner when exposed to an ambitious and successful man.
- Exposure to quality alternatives can undermine feelings in your own partner

Simpson, Gangestad & Lerma, 1990

Rate effectiveness of ads: then asked more questions and rate the attractiveness of the person in the ads. For both men and women, men and women that were currently in a dating relationship rated the ads as less attractive. They would be more attractive if they weren't in a relationship.

When in a relationship you may devalue the alternatives and undermine.

When your dating you may find people to be less attractive than when you are single.

Lydon et al., 1999

- Manipulated interest > asked participants to rate how committed they are to the relationship.
- Those in committed relationships rated alternative partner as less appealing
- If you committed you more likely to devalue alternatives.
- If you more committed in a relationship you may be more flattered and rate the person as less attractive.
- Less committed participants, will find the other person more attractive.

Miller, 1997

- More committed people spent less time viewing slides of the attractive alternative partner
- Were less likely to break up 2 months later
- Less committed relationship > would take more time and soaking it in and then advancing to the next one, more likely to break up 2 months later.
- More committed relationship > people spent less time viewing slides of the attractive alternative partner, less likely to break up 2 months later.
- Those you spent more time looking at attractive alternatives were more likely to break up and leave the relationship.

Maner, Gailliot, & Miller, 2009

Attentional shift > moving from an attractive alternative to an object.

The longer it takes you to identify the object the more interested you were with the face.

If you are in a committed relationship you're going to be very fast at this task compared to single individuals.

If you're reminded of your relationship and are more into your relationship you will do the task of identifying the object much more quickly.

Roughly the same amount of time in the control prime. For control primes there was no difference.

In the mating prime > the committed individuals were able to shift their attention very very fast.

- they spent less time looking at alternatives so that they are not tempted by them.

Ovulating Women Pose a Threat to Committed Men

- Miller and Maner (2010)
 - Female confederate; tracked her menstrual cycle
 - Interacted with male participants
 - Men rated her attractiveness

- Difference between single and committed men
- Women that are ovulating, more attracted to men with indicator of good genes, more likely to feel better about themselves and more attractive.
- Women who are not on hormonal birth control (ovulating women) are more of a threat to committed men.
- Men who participated though it she was participants well.
- Women's behavior had to remain constant.
- In the Luteal phase the men rated the women equally as attractive.
- Single men rated her as more appealing when she's ovulating. See this as more of an opportunity to harness.
- Committed men rated her as less appealing when she's ovulating. See her attractiveness as a threat to their relationship.

The Triangular Theory of Love: Sternberg

- According to Sternberg (1986), love has three fundamental components
 - Intimacy
 - Emotional component
 - Feelings of closeness or bondedness
 - Passion
 - Motivational component
 - Physical attraction and drive for sexual expression
 - Commitment
 - Cognitive component
 - Short-term—do I love this person? Long-term—do I desire to remain in this particular relationship?
- Exam material on these three slides of Triangular theory.
- Relationship satisfaction is greatest when partner's "triangles" match

Eight Types of Love

- Nonlove: absence of all three. A relationship with an acquaintance.
- Liking: high intimacy, low passion and commitment. Liking a friendship.
- Infatuation: high passion, low commitment and intimacy. Physical relationship.
- Empty: high commitment, low passion and intimacy. Committed to the relationship even though the person is not your friend and there is no passion.
- Romantic: high intimacy and passion, low commitment. Lack of commitment, your not sure where your going. The most taboo topic in a relationship is talking about the future.
- Companionate: high intimacy and commitment, low passion. This person is your friend and you are very committed to the relationship. Maybe a stereotypical older married couple. Passion is fizzled in this relationship.
- Fatuous: high passion and commitment, low intimacy. Las Vegas marriage – high passion. Not really friends.
- Consummate: high levels of all three

Love and Language

- Fehr (1988)—the prototype of love and commitment
 - Sternberg—commitment is a part of love and help defines it, dependent.
 - Fehr—commitment and love are related, but independent

- What are the core elements of love and commitment, and what are more peripheral features of love and commitment?
- Asked students to list features of love and commitment to see what features most people believe are core elements of these categories (lay approach)

Number of unique features generated

Love is the 47 unique core features.

Commitment is the 19 unique core features.

21 core features shared.

If commitment was a part of love, **commitment may be related independent of love.**

Commitment only has a few features that overlap with love, therefore **commitment is only related to love, but the two are independent.**

Unique features of Love > Largely cluster around the experience of positive affect

Unique Features of Commitment > Largely cluster around the theme of making a decision and following through with it

Shared Features of Love and Commitment > Obligation side. Consistent overlap but there are unique features.

Love and “in love”

Love > tangible and intangible objects.

In Love > tangible objects that includes sexual attraction and desire.

Almost everyone your “in love” with you would also put in the “love” category.

If you “love” someone you may not be “in love” with them also.

“In love” consists of having both love and passion for someone. Intimacy and passion/lust. “In love” part may represent the time in your relationship where you still have the feelings for this person. You also almost always have sexual desire and attraction for them.

Status of Research on Love

- Berscheid: “How many meanings does the word ‘love’ have? Legion.”
- Fletcher et al.: “Deciding which specific measure to use when assessing relationship quality can be a nightmare for researchers given the huge miscellany of existing scales and the multitude of terms that have been used to describe what different scales measure.”
- Two primary categories of love
- 1) Passionate Love
 - a state of intense longing for union with another, a feeling that is aroused particularly in the early stages of a romantic relationship
 - Thinking of a loved one activates brain regions that are responsible for producing the exhilarating physiological effects (e.g., heightened energy, restlessness, loss of appetite, inability to sleep) associated with cocaine use (being in love with someone has the same effect as if you were to use the drug cocaine)
- 2) Companionate love
 - combines feelings of intimacy, commitment and deep attachment toward others
 - feeling close and intimate with someone is based at least in part on how close and intimate you perceive that person feels toward you
 - Intimacy process model > how intimacy evolves overtime.

- **Romantic relationships often contain a mix of both passionate and companionate love**, but the absence of companionate love in particular can spell trouble for the stability of a relationship
- Removing companionate and intimacy will make the relationship to not likely last.

Baumeister and Bratslavsky (1999): links between passion and intimacy

- Passion is the first derivative of intimacy
- when intimacy shows relatively large and rapid increases, levels of passion will be high; likewise, when intimacy levels remain unchanged over time, passion will be low

Passion at the beginning of a relationship is very high, rapid increase in intimacy at the beginning. Then you get into a routine, and you get to know each other very well, and passion starts to decline, as intimacy increases.

If you experience a positive shift in intimacy you feel closer to your partner. If you experience no increase in intimacy then you should feel

If you experience a decrease in intimacy, passion should decrease.

Tanyas Notes for this above part:

O After a while it's hard to know your partner even more, so how do people maintain that spark in the relationship once intimacy has leveled off?

O Passion is the first derivative of intimacy, when you experience a shift in intimacy, that's when feelings of passion can go up or down, that should arouse feelings of passion, if you experience no feelings of intimacy the feelings of passion reduce

O Overtime in a relationship, if you can manipulate intimacy you can manipulate passion

Over the study, intimacy dropped in the beginning (was higher than passion at first) then it starts to level out.

The more intimacy you felt the more passion you felt. Which meant you were more likely to have sex with your partner.

You are more likely to enjoy it (better sex) when a positive shift in intimacy.

Chapter 18 Textbook Notes

Sexual disorder > problem with sexual response that causes a person mental distress.

Sexual dysfunction > man's difficulty getting an erection, womens difficulty having an orgasm.

Type of Disorder	Men	Women
Desire	Hypoactive sexual desire disorder. Sexual aversion disorder.	Hypoactive sexual desire disorder. Sexual aversion disorder.
Arousal	Erectile disorder	Female sexual arousal disorder
Orgasmic	Premature ejaculation. Male orgasmic disorder.	Female orgasmic disorder.
Sexual Pain	Dyspareunia	Dyspareunia. Vaginismus

Primary/Lifelong sexual disorder > a sexual disorder that has been present since the person began sexual functioning.

Secondary/Acquired sexual disorder > a sexual disorder that develops after a period of normal functioning.

Situational sexual disorder > a sexual disorder that a person has in some situations but not in others.

Hypoactive sexual disorder (HSD) > a sexual disorder in which there is a lack of interest in sexual activity; also termed inhibited sexual desire or low sexual desire.

- People with HSD typically avoid situations that will evoke sexual feelings. That is they do not initiate sex, are not receptive when their partner initiates, and do not feel frustrated if they don't engage in sexual activity.
- Responsive desire > person begins to feel desire after sexual activity starts.
- Too little sexual desire is the most common sexual issue reported by women. Some women have no sexual desire, and if they do have sexual desire it decreases with age.
- Discrepancy of sexual desire > a sexual problem in which the partners have considerably different levels of sexual desire.

Sexual Aversion Disorder > the person has a strong aversion involving anxiety, fear, or disgust to sexual interaction and actively avoids any kind of genital contact with a partner. Its fairly common in persons who have panic disorder.

Women who reported physiological arousal difficulties did get less aroused.

Premature Ejaculation was associated with lower sexual satisfaction for the men but not for their partners, and it was not associated with relationship satisfaction for either partner.

Sex negative > thinking of an unattractive TV personality

Sex positive > thinking "we're in no hurry" or visualizing a past episode of prolonged intercourse

Non-sexual and negative > thinking of a sad event, unpaid debts

Sex neutral > counting backwards from 100

Sexually incongruous > thinking of your grandmother, reciting the Lord's Prayer

Out of all of these alternative, the sex-positive alternative was recommended because it not only delays ejaculation but also allows both partners to remain in the moment.

Dyspareunia > painful intercourse. Its usually thought of as a female sexual disorder, but males occasionally experience it as well. Should be treated as a pain disorder rather than a sexual disorder.

Vaginismus > a sexual disorder in which there is a spastic contraction of the muscles surrounding the entrance to the vagina, in some penetration is impossible. Vaginismus and dyspareunia are often associated with one another. Women diagnosed with vaginismus had greater muscle tension, lower muscle strength, and greater fear and avoidance of intercourse than did women with other forms of dyspareunia and control women.

Biopsychosocial model > a general model that argues that physical, psychological, and social factors all contribute to sexual disorders.

Erectile disorder:

Organic factors are a major contributor to 50% or more of cases of erectile disorder.

Diseases associated with the heart and the circulatory system are particularly likely to be associated with the condition, since erection depends on the circulatory system.

- ED May be the earliest symptom of a developing case of diabetes
- 35% of men with an erectile disorder have diabetes.
- Hypogonadism > a under functioning of the testes so that testosterone levels are very low
- ED is associated with a condition called hyperprolactinemia in which there is excessive production of prolactin.
- Any disease or injury that damages the lower part of the spinal cord may cause erectile disorder.
- Also some kinds of prostate surgery can lead to ED

Premature Ejaculation:

- Rapid ejaculation is more often caused by psychological factors
- However some men report rapid ejaculation cause of a malfunctioning of the ejaculatory reflex

Male and female orgasmic disorders are most likely caused by psychological factors.

Dyspareunia (organic factor) in women is often caused by organic factors.

Organic factors include:

1. Disorders of the vaginal entrance
2. Disorders of the vagina
3. Pelvic disorders

Sexual pain in men and women is caused by psychological factors. For a men poor hygiene.

Phimosis (organic factor) > a condition in which the foreskin cannot be pulled back, can also cause sexual pain.

Vaginismus

- Sometimes caused by painful intercourse
- Caused by psychological or interpersonal factors.

Expectancy effects > produce increased physiological arousal and subjective feelings of arousal.

Marijuana > aphrodisiac > increases sexual desire and makes sexual interactions more pleasurable. The negative effects of marijuana is that it may contribute to risky sexual behavior such as unprotected sex.

Chronic (heavy) users report decreased sexual desire.

Marijuana use has been associated with orgasmic disorder.

Cocaine > increase sexual desire, enhance sensuality, and delay orgasm.

Chronic use of cocaine, is associated with a loss of sexual desire, orgasmic disorders, and erectile disorders.

Stimulant drugs, such as amphetamines > associated with increased sexual desire and better control of orgasm in some studies. Injection of this drug leads to a total-body orgasm.

Crystal meth > is the popular new recreational drug. While high on it there is a tendency to engage in risky sexual behavior. Meth has led to paranoia, hallucinations, and violent behavior.

Opiates or narcotics > such as morphine, heroin, and methadone, have strong suppression effects on sexual desire and response. Long term use of heroin leads to decreased testosterone levels in males.

Predisposing factors > experiences that people have had in the past – for example, in childhood – that now affect their sexual response.

Maintaining factors > various ongoing life circumstances, personal characteristics, and lovemaking patterns that inhibit sexual response.

Cognitive interference > negative thoughts that distract a person from focusing on the erotic experience.

Spectatoring > Masters and Johnson's term for acting as an observer or judge of one's own sexual performance; hypothesized to contribute to sexual disorders.

Men were likely to have thoughts related to performance.

Women were more likely to have thoughts related to body image.

People who reported more non-erotic thoughts had poorer sexual functioning.

Poor body image is associated with poorer sexual functioning in women.

Poor body image leads to non-erotic thoughts and anxiety about the body in sexual situations.

Anxiety (induced by the threat of being shocked) increases the arousal of functioning men, decreases the arousal of dysfunctional men while watching erotic films.

Dysfunctional men consistently underestimate their physical arousal

Functional men are accurate in reporting their physical arousal.

Sexual disorders are likely caused from > psychological distress, behavioral and lifestyle factors, relationship distress

Child sexual abuse probably the most serious of the traumatic early experiences that lead to later sexual disorders.

Masters and Johnson saw sexual disorders as learned behaviors.

- Behavioral therapy > a system of therapy based on learning theory, in which the focus is on the problem behavior and how it can be modified or changed.
- One of their basic goals was to eliminate goal-oriented sexual performance.
- Spectatoring leads to anxiety.
- Sensate focus exercises > a part of the sex therapy developed by Masters and Johnson in which one partner caresses the other, the other communicates what is pleasurable, and there are no performance demands.
- 82% success rate for this therapy.
- Failure rate for rapid ejaculation was very low (2.2%)
- Failure rate for lifelong erectile disorder was high (40.6%)
- So their therapy mostly cured rapid ejaculation.

Cognitive-behavioral therapy > a form of therapy that combines behavior therapy and restricting of negative thought patterns. In cognitive restructuring > helping them become more positive. This cognitive restructuring is particularly useful in address negative attitudes and cognitive interference.

Couple therapy > the relationship itself is treated, with the goal of reducing antagonisms and tensions between the partners.

Novelty is one of the greatest turn-ons, so therapy is designed to help the couple break out of their restricted script.

The Stop-Start technique – is used in the treatment of rapid ejaculation

Squeeze technique > the partner adds a squeeze around the coronal ridge, which also stops orgasm.

The most effective form of therapy for women with primary orgasmic disorder is a program of directed masturbation.

Kegel exercises (pubococcygeal/ PC muscle exercises) > a part of sex therapy for women with orgasmic disorder, in which the woman exercises the muscles surrounding the vagina. The exercises are particularly helpful for women who have had this muscle stretched in childbirth, who have poor muscle tone, or who have vaginismus. Sitting on a toilet, peeing, and stop peeing.

Bibliotherapy > the use of a self-help book to treat a disorder.

Priapism > an erection that wont go away

Uprima > a drug that acts on a region of the brain

Viagra, Cialis, and Levitra > act on sites of the penis

Intrinsa > a testosterone patch designed for postmenopausal women experiencing low sexual desire.

Important to combine couple therapy with drug therapy.

Injection treatment for erectile disorders is > intracavernosal injection. ICI injections are used when the erection problem is organic. ICI has positive psychological effects, it reduces performance anxiety.

Penile prosthesis > a surgical treatment for erectile dysfunction, in which inflatable tubes are inserted into the penis.

Anorgasmia > someone who has never had an orgasm or can't orgasm.

Peggy Kleinplatz > argued that the current approach to sex therapy is goal-oriented rather than pleasure oriented.

Resolving a sexual disorder often results in a decrease in sexual dissatisfaction.

Avoiding Sexual Disorders

1. Communicate with partner
2. Concentrate on giving and receiving sexual pleasure
3. Relax and enjoy yourself
4. Be choosy about the situations in which you have sex
5. Accept that disappointments will occur

Sex therapy online

- Advantages > Its more affordable, Anomity is a major advantage, Can break the wall of isolation surrounding a person with a sexual disorder.
- Disadvantages > no system for licensing online sex therapists (so unqualified people could do it), difficult in finding legit therapy sites, will not be able to give true intensive therapy.

Chapter 19 – Sperm Competition Lecture Notes

Being in the presence of a man increased your chances of ovulating over a 40 day period.

A Definition of Sperm Competition

- The competition within a single female between the sperm from two or more males for the fertilization of the ova - Parker
- Study of sperm competition focuses on two processes:
 - 1) how males compete to fertilize a female's egg(s) once the initiation of copulation has occurred
 - 2) how females nonrandomly bias paternity between two or more male's sperm

Sperm Competition in Nonhuman Species

- The number of sperm transferred to the female may be the most important factor for success in sperm competition
- Hypothesis: males should deliver more sperm when the risk of sperm competition is higher
 - Across species, investment in sperm production should be linked with risk of sperm competition
 - Within species, males should allocate their sperm in a prudent fashion (inseminate more when risk of sperm competition is higher)

Empirical Support

- Nematodes
 - Sperm size correlates with sperm competitiveness
 - Species with greater risk of sperm competition produce larger, but more costly, sperm
- Yellow Dung flies—experimental work
 - Exposing dung flies to greater levels of sperm competition produced increases in testis size after only 10 generations (Hosken & Ward, 2001)
- The relative size of the testis is what's important for the generation of faster more competitive sperm.
- Males ten generations down the line would have larger testis because they needed to compete.
- Prudent sperm allocation
 - Experiment: male rats spent 5 days with a female rat prior to estrus (but separated by a mesh cage), or the female rat spent 5 days with another male rat prior to her estrus before being placed with another male rat (for her estrus)
 - Less sperm was inseminated with the female rate the males had spent time with
 - If they had spend 5 days prior to her coming into estrus, and then they were able to mate, the female was inseminated with less sperm.
 - Logic they knew that the female rat was there and that nobody else would be around, therefore the male does not need to compete with the amount of sperm is inseminated.
 - If the rat was not in contact with the female then they would inseminate more because they didn't know who she was around.
 - Primates with non monogamous mating habits have evolved faster sperm which swim better.

Important for Humans?

- Relative testicular size across species:
 - Gorilla: .018% of body weight
 - Orangutans: .047% of body weight
 - Chimpanzees: .268% of body weight

- Speed of sperm is much faster with the big size
 - Humans: .062% of body weight
- Chimps have large testicles compared to other species. Need to inseminate a lot of it. Need to compete more vigorously.
- Gorillas have smaller testicles compared to other species.
- Held the sperm with lasers, when they were freed and could swim away the sperm of species with higher competition swam more vigorously and faster than sperm of species b.

Female Infidelity and Sperm Competition

- If women have sex with more than one man during the life-span of the sperm (~ 3 days), then conditions exist for sperm competition
- Simmons et al. (2004)
 - In a large sample of men and women, 28% of men and 22% of women reported engaging in extrapair copulations (EPCs)
 - A literature review suggests that rates of extrapair paternity are in the region of 2%
 - Males at some risk for cuckoldry
- 28% of children are not biologically related to their fathers.
- Most children are related to their mothers.
- Ethics > should we let fathers and daughters know that they are not related.
- Males at some risk for **cuckoldry** (men raising offspring that are not their own)

Individual Differences

- One of the best predictors of extramarital sex and infidelity is premarital sexual permissiveness (Thompson, 1983)
- Sociosexual orientation
 - More sexually unrestricted persons report having more sex partners and are more likely to engage in one-night stands
 - They also report being more inclined to pursue extra-pair involvement
 - Taps into past behavior and attitudes > Sociosexual orientation
 - If people are more sexually unrestricted and have the absence of commitment are more likely to engage in more partners and more one night stands.

Double Mating

- Baker and Bellis (1995)
 - Reported that 17.5% of British women in their sample “double-mated” at some point during the first 50 copulations of their life-time
 - When they first started having sex (first 50 men) 17.5% of women had sex with two different men within the window that sperm can live in the reproductive tract in women.
 - Women are more likely to double-mate when probability of conception is highest
 - They suggested that women may therefore actively promote sperm competition
 - Some individuals might be motivated to be attracted to partners and may be more likely to engage with certain partners.
- Laumann et al. (1994)
 - 83% of respondents who reported having 5 or more sexual partners in the past year also reported that at least two of these relationships were concurrent

Sexual Fantasies

- On average, men fantasize about having sex with more than one woman concurrently more so than women (Ellis and Symons, 1990)
- However, a non-trivial percentage of female respondents also fantasize about having sex with 2 or more men concurrently
 - Hunt (1974)—18% of women
 - Wilson (1987)—15% of women
 - Person et al. (1989) and Pelletier and Herold (1988)—27% and 29% of women respectively
 - Mens fantasies usually involve 2 women paying all this attention to me.
 - Men have a fantasy more so than women.
 - By the late 1980s about $\frac{1}{4}$ of women fantasized having 2 or more men at one time in their fantasies.
- Symons (1979)
- Sexual fantasy provides a window through which to view evolved human psychology
- If so, results suggest that human female sexual psychology may include design features dedicated to the pursuit of polyandrous sex (which promotes sperm competition)

Prudent Sperm Allocation in Men?

- Mean number of sperm per ejaculate in humans: 175 million (Smith, 1984)
- Frequent ejaculation results in decreased sperm counts (Tyler et al., 1982)
- Interestingly, masturbatory ejaculates contain fewer sperm than do copulatory ejaculates (Zavos & Goodpasture, 1989)
 - Baker and Bellis (1993) suggested these lost sperm are older and less competitive
- The more ejaculates you have in a day the more depletion of the sperm.
- Masturbation is a way to shed the old sperm away.
- The number of sperm contained in a man's ejaculate varies considerably
- Baker and Bellis (1989)
 - 10 couples provided ejaculate specimens
 - Collected via masturbation, or during intercourse with a condom
 - Asked participants how long they had spent together since last copulation prior to the specimen being provided
 - Longer time together since last copulation = less sperm ejaculated, but ONLY for sexual encounters with the partner (not masturbation)
 - Argument: if you spend a lot of time with your partner, then the amount of sperm competition is low. If you have spent time away from your partner there will be less sperm in the ejaculate.
 - *More time spent together means conditions aren't as right for sperm competition and less sperm is being inseminated during that time.
- Baker and Bellis research used a between, not within, subjects design
 - Conducted follow-up research with 24 couples
 - A total of 84 copulatory ejaculates were provided by the couples
 - More time together since last copulation = less sperm per ejaculate within participant.

Shackelford et al. (2002)

- Argued that total time spent apart since last copulation is a more logical indicator of sperm competition than time spent together
- Proportion of time spent apart from his partner since last copulation:
 - Rates partner as more attractive when spent more time away from that partner.
 - Feels that other men find his partner more attractive
 - Reports greater interest in copulating (sex) with his partner
 - Feels that his partner wants to copulate with him
- The more that you are not with your partner to more likely you could be with someone else.
- Potential for greater sperm completion when away from each other and this is motivation to wanting to be with each other.
- Focused on “mate guarding” activities and in-pair copulations (IPCs)
- Suggested that mate guarding and IPCs may have evolved as anti-cuckoldry tactics
- Two studies: one asked men about their behavior, the other asked women about their partner’s behavior
- Mate guarding and frequency of IPCs were positively correlated.
- “Mate Guarding” > Behaviors where you want to know where your partner is. And when you are around them you are more likely to put your arm around her and hold her hand. Let other people know that shes taken and shes mine.
- The more that men reported wanted to be with their partner, was correlate with the frequency of wanting and having in-pair copulations with their partner.

Can the Human Penis Displace Sperm?

- Gallup et al. (2003)
 - Used artificial genitals and simulated semen to determine if the human penis can displace fluid in the reproductive tract
 - An artificial penis that closely approximated the shape of a real penis displaced significantly more simulated semen (91%) than did a phallus (smooth penis) that did not closely approximate a real penis (35%)
 - Displacement only occurred, however, when a phallus was inserted at least 75% of its length into the artificial vagina.
 - Displacement of semen.
 - A male penis has the potential to displace a high portion of semen that’s in the vagina.
 - Heightened semen displacement occurred only when it was deep (75% of the length of the penis) penetration.
- Following separations from their partner (sex Monday then sex the next Thursday), both sexes report that men thrust deeper and more quickly at the couple’s next copulation
- Goetz at al. (2003)—men in committed relationships with attractive women reported thrusting deeper, using more thrusts, and having sex of longer duration
- May be an effort to displace rival semen
- Basically the longer you are away from your partner, the next time you have sex you will penetrate deeper and more rougher.
- Maybe rougher sex to displace semen from potential others if their partner had sex with someone else?

Fertilization Ability in Men

- The 2D:4D ratio—the ration between the length of 2nd and 4th digits on the hand
- Is believed to be determined in utero by exposure to prenatal levels of testosterone
 - Adult testosterone levels are negatively correlated with this ratio (more testosterone = smaller ratio, or an index finger shorter than the ring finger)
 - Men have a smaller ratio than women
- Linked with a host of traits in adulthood
- E.g., Musical ability and orchestra membership
- Manning et al. (1994)
- Larger ratios in men linked with lower levels of testosterone, and lower average sperm counts
- Manning et al. (1999)
- In couples where the male has a larger ratio (fingers closely related in length), there was a smaller number of offspring
- Lower 2D 4D ratio men were more likely to play in premier leagues, more likely to win at track and field competitions.

What's the purpose of a female orgasm?

Women may actually be able to select the sperm of particular males by virtue of experience a female orgasm.

Etiology of Female Orgasm

- Stephen J. Gould—female orgasm is an evolutionary by-product, thus serving no function
 - In embryological development, males and females share the same basic body plan
 - Some of the shared connective tissue and nervous system pathways in the male penis are found in the women`s clitoris
 - This can explain why female orgasms are achieved more by clitoral than vaginal stimulation
 - Very rarely do women report having an orgasm through vaginal stimulation alone.
 - Clitoral stimulation leads to more consistent orgasms.
- Many other researchers: the female orgasm is adaptive, and thus is not an evolutionary by-product
- Empirical support:
- 1. Twin studies suggest that orgasm frequency in women has a modest heritable component
 - Thus, a genetic contribution to female orgasm
- The degree to which women report consistent orgasm is partly heritable, therefore it can be passed on, and it can be selected for.
- 2. Research by Shackelford, and also by Thornhill, suggest that women experience orgasms with greater frequency with more attractive, and also more symmetrical, males
- 3. some evidence that female orgasm leads to the retention of more and better quality sperm among a single ejaculate
 - ◀The upsuck hypothesis > When a women has an orgasm, the women is dipping into the ejaculate, suggested that this dipping in is selecting sperm
 - ◀Women tend to have more orgasm with men that are more attractive (more symmetrical)
- 4. Relatedly, a women`s desire to conceive leads to more frequent self-reported orgasms during sex

- 5. Furthermore, female orgasms are more likely to occur during the follicular phase of the menstrual cycle
- 6. Pollet and Nettle (2008) reported that Chinese women dating or married to wealthy partners reported more frequent orgasms during sex
 - Money and income may be a reliable indicator of the male's long-term investing in offspring, and perhaps genetic quality
 - When women are trying to conceive they are more likely to orgasm.
 - Female orgasm are more likely to occur during the follicular cycle.
 - Might want to time it around the luteal phase if its going to be awhile before you see your partner again.
 - Men with money might be able to make a women orgasm more often.

Chapter 19 Textbook Notes

SIECCAN > the Sex Information and Education Council of Canada, a national resource for up-to-date information, research, and publication on human sexual health.

Sexuality Education

Positive outcomes:

1. Self esteem
2. Respect for self and others
3. Non-exploitative sexual satisfaction, rewarding human relationships, and the joy of desired parenthood.

Negative outcomes:

1. Pregnancy
2. STIs
3. Sexual coercion
4. Sexual dysfunction

Effective health education integrates four key components:

1. To acquire knowledge that is relevant to their specific sexual health issues
2. To develop the motivation and personal insight that they will need to act on that knowledge
3. To acquire the skills necessary to enhance sexual health and avoid negative sexual health outcomes
4. To help create an environment that is conducive to sexual health

Main Sources of Grade 9 Students' Information about Sex > Boys and girls mostly get it from school, women least get information from the internet.

Relying on friends for information is a classic case of the blind leading the blind. The problem with the internet as the primary source of sexuality information for youth is that there is no quality control. Students receiving classroom instruction plus homework felt more able to refuse high-risk behaviors, and more often intended to delay initiation of intercourse compared to students receiving only classroom instruction.

Youth won't go to parents for sex information because they are focused on prevention of pregnancy and STIs. What's missing is that parents won't help explain the emotional positive aspects of the relationship.

Parents were most accepting of having sex education be taught in the schools.

Teachers were most accepting of having sex education start in grades K-5.

By age seven or eight, children have a more sophisticated understanding of reproduction. They may know that three things are involved in making a baby: a social relationship between 2 people, such as love or marriage, sexual activity, and the union of sperm and egg.

At age five, kids may be asking where babies come from.

At age nine, a boy or girl may ask about sexual behaviors.

At age ten, a child may be interested in bodily processes and ask "what's a period?"

At age 11, many kids are asking questions related to puberty.

Children's dirty jokes > children seem to view their parents as always trying to keep sex a secret from them. The jokes reflect children's fascination with sex. The jokes seem to satirize adults' use of euphemisms for sexual terms.

Vast majority of parents are in favor of sex education in the school.

The point is that there is a strong support for detailed sex education in schools, beginning in the primary grades.

The first sex education programs were concerned with the transmission of knowledge.

Abstinence-only programs > programs that promote sexual abstinence until marriage as the sole means of preventing pregnancy and exposure to sexually transmitted infections.

Sex Respect > is designed for middle-school students and includes catchy slogans for children to chant in class.

A prolonged kiss is characterized as the "beginning of danger."

The curriculum teaches that condoms can be the road to ruin because many fail, resulting in pregnancy.

Sex Respect throws in a lot of gender-role stereotypes as well.

These programs are not effective at delaying intercourse or reducing the rates of teenage pregnancy.

Stress inoculation theory > proposes that people are better able to resist social pressure when they recognize the pressure, are motivated to resist it, and have rehearsed resisting it.

Social learning theory and information-motivation-behavioral skill model > emphasize the important of practicing new skills that can be easily translated into behavior. These include rehearsal and role-playing.

Three studies found an increase in sexual behavior following a program.

Program Safer Choices > resulted in a 15% increase in condom use and a 11% increase in use of other contraceptives.

The most visible opposition to condom distribution programs is by the Roman Catholic Church and other religious groups.

Students in schools with condoms available were less likely to report having ever had intercourse and less likely to report recent intercourse.

Sexually active students in schools that made condoms available were twice as likely to use condoms.

Research indicated that condom distribution programs are associated with reductions in teenage pregnancies and abortions.

Gay-straight alliance clubs > school-based clubs run by students and, importantly, supported by teachers that work to create a safe, caring and inclusive environment for LGBT students.

Sex topics discussed from parents to child were usually based on the topics about child sexual abuse, and correct names for genitals.

Three major reasons why parents do not provide much sex education to their children is because:

1. Embarrassment
2. Parents not very knowledgeable about many things about sex
3. Parents do not know how to provide sex education to their children

Talking to your children about sex:

1. Be prepared
2. Work to increase your comfort level
3. Plan ahead
4. Be proactive
5. Answer all questions truthfully, honestly, and accurately

Several advantages to sex education on the internet:

1. Most up to date information
2. Websites can use multimedia communications
3. Can be accessed from anywhere anytime
4. Can exchange info with others
5. Give information to other related information and services
6. Info and programs can be individualized to the needs of each user

Problems with sex education on the internet

1. Lack of accuracy since anyone can post info
2. Not many sex education websites
3. Not everybody has access to the internet

Cultures vary in a number of ways that are directly related to the success or failure of a sexuality education program:

1. Cultural differences in sexual practices
2. Cultures vary in the meaning they attach to sexuality
3. Cultures vary in the definition of and the roles expected within the family

Knowing Where You Stand resource > teaches intellectually disabled youth about sex.

Summary:

Many children receive their sex education from their peers or other sources, not from their parents. Stages of understanding sexuality for child: at first they believe that a baby has always existed. Later, they realize that the parents cause the baby's creation.

Children's sexual play seems to precede.

Children's dirty jokes reflect their parents' attempts to hide sex from them, their parents' use euphemisms rather than actual terms, and their great fascination with sexual organs and intercourse. Early sex education program focused on preventing adolescent pregnancy and HIV/AIDS through knowledge, values clarification, and decision making skills. They resulted in increased knowledge and intentions to use condoms.

Conservative programs such as Sex Respect emphasize abstinence and are limited in content. The evidence indicated they are not effective and may lead to increased risk.

Contemporary comprehensive programs are based on social science theory and emphasize the importance of not only providing information but also allowing students to practice new behaviors such as communication skills.

A good sexuality education instructor must have accurate knowledge about sexuality, be comfortable discussing it, and be good at listening to the questions learners ask. Relating the material to their lives is also important.

Some guidelines for parents to tell their children about sex is:

Chapter 20 Jealousy Lecture Notes

Mate Retention

- We are attracted to potential mates and repulsed by dissimilar others
- We communicate non-verbally with potential mates
- We approach potential mates, or are approached by them
- We form relationships with others, and perhaps feel “in love” with one of them at some point in time
- How do we go about keeping mates?
- Jealousy > When we feel we are going to lose something valuable like a partner.
- Jealousy is NOT envy

Jealousy

- “Jealousy is not only inbred in human nature, but it is the most basic, all-pervasive emotion which touches man in all aspects of every human relationship.”
 - Boris Sokoloff, 1947, *Jealousy: A Psychological Study*
 - Jealousy is who we are..
- A definition: Jealousy is a negative emotional experience that results from the potential loss of valued relationships to real or imagined rivals (Salovey, 1991)
 - Salovey does a lot of research in jealousy
 - He says that there’s real rivals.. There’s alternative partners for you
 - you also have imagined rivals. Ur partner is upset at you for being involved with someone that doesn’t even exist
- Three emotions that best describe jealousy:
 - Hurt, Anger (this is a motivating force to put u into action to try and save your relationship), Fear
 - Buss (2000): over evolutionary history, individuals that were vigilant to interlopers experienced greater reproductive success than those who were less concerned about rivals.
 - In a relationship context, those who felt concern and showed jealousy, when they felt that the relationship was at risk were most likely to save the relationship and keep it intact than those who were not concerned. If you experience jealousy that means that you’ve invested in your relationship.
 - Jealousy can serve a purpose – can serve for one to keep relationship going and may commit if you experience it means you’ve invested
 - Buss > He suggests that jealousy is an evolved emotional state.. We evolve this stage when we feel like we are losing something
- May convey commitment
- Rejection or feeling that were not a part of a group is the same as being physiologically painful. You actually feel HURT.
- If jealousy has played an important role in the evolution of human relationships, it should be a universal human emotion
- Buss et al. (1999):
 - Experience of jealousy consistent across men and women from USA, Korea, and Japan
- Additionally, men and women do not differ in the frequency or intensity of their jealousy, suggesting that it has played an important role in the retention of partners and relationships for both sexes
 - Men usually have a lot more to lose because they are more invested in that child..
 - You want to be vigilant to signs of losing your relationship.

Paternity Uncertainty

- Whereas women can be confident that they are in fact the mother of their children, men cannot be certain that they are the father
- Paternity uncertainty should make men more sensitive to cues of sexual infidelity of their partners, and wary of rivals that are friendly or flirtatious with their partners
- Fertilization always occurs internally, so are we always the father? Who knows.
- When a baby is born people are more likely to spontaneously offer that the baby looks like the father.. Because they want to encourage the father that its their baby.. Because its usually not a sure thing that it is their baby. However if the women has that baby, it will for SURE be her baby..
- Although maternity uncertainty has not been an issue for women, securing the resources to raise highly dependent offspring was a challenge for ancestral women
- The ability to raise offspring to reproductive age would be severely compromised if paternal investment were to be directed elsewhere
 - The man losing in that relationship is sending his resources to another women..
 - Key : an emotional investment with another women
- If a man “falls in love” with another women and subsequently leaves the relationship to form another, his resources will be largely directed away from the abandoned woman
- therefore women should be sensitive to cues indicating emotional infidelity of their partners
 - Buss suggest that men and women both experience jealousy
 - Any cue that suggests relationship is threatened
 - Men should be more sensitive to sexual cues of infidelity.. (cooking and raising child)
 - Women should be more sensitive to cues of emotional infidelity (losing the resources for their child)
- Buss suggests > men and women experience jealousy the same all over the world.
- Men should be sensitive to cues of sexual infidelity, and women should be sensitive to cues indicating emotional infidelity.

Error Management Theory (Haselton & Buss, 2000)

- Men possess intention-reading adaptations designed to minimize the cost of missed sexual opportunities by overinferring women's sexual intent (men overinfer women's sexual interest into them, men read into cues that may not really be there, may think a women is into them when they may not be, overinfer leads to inappropriate behaviour)
 - It makes sense for men to over infer this interest from women so they don't miss any opportunities from women when its available.. They rather over infer than miss an opportunity to have sex with her
 - May also be more reactive to possible sexual infidelities.
- Women possess intention-reading adaptations designed to minimize the cost of feigned commitment by men by underinferring men's commitment intent
 - In long term relationships, engaging in a relationship with men that is not very committed.. U wouldn't wanna be with them cause they're not there to provide
 - In their research, men and women are talking again.. U split them apart.. U ask the men “how likely are u willing to commit to this relationship?”... they say 6/10.. But when u ask women they say 4/10 commitment will be shown by that men..
 - Women's perception of commitment of a men's relationship ---. Women UNDER INFER men's commitment to their relationship
 - Women may also be more reactive to emotional infidelity and more reactive to cues that involve emotional infidelity

“Sophie’s Choice” –class assignment

- “Please think of a serious committed romantic relationship that you have had in the past, that you currently have, or that you would like to have. Imagine that you discover that the person with whom you’ve been seriously involved became interested in someone else. What would upset or distress you more (please circle only one):
- (A) Imagining your partner forming a deep emotional relationship with that person.
- (B) Imagining your partner enjoying a sexual relationship with that person.
- 18% of women were more disturbed by their partner having sex with someone else, and 82% of females were disturbed by the man having a deep emotional involvement with someone else.
- 60% of men were more disturbed by their partner having sex with someone else, and 40% of men were disturbed by their women having a deep emotional relationship with someone else.
- Women more jealous if their man had emotions with someone else.
- Men more jealous if their women had sex with someone else.

Forgiveness

- Forgiveness and infidelity
- Men also report more difficulty in forgiving a sexual infidelity than women, and also report a greater likelihood of ending a relationship following a partner’s sexual rather than emotional infidelity (Shackelford, Buss, & Bennet, 2002)
 - Compared to women, men in relationship with a partner who has sexual infidelity , they are more likely to end the relationship.
 - Women are therefore more forgiving compared to men when sexual infidelity of their partner occurs..

The double-shot hypothesis

- De Steno and Salovey (1996)
 - some individuals believe that emotional and sexual infidelity are not independent events
 - Consequently, they will select the type of infidelity that more implies the occurrence of the other when asked to indicate which one would make them more jealous
 - The “double-shot”—some forms of infidelity implies the occurrence of another type of infidelity (e.g., emotional also means sexual infidelity), and the presence of both is more troubling than the presence of one
 - Women pick emotional because they are more troubled by both.
 - We have to take into account conditional probabilities
 - You may feel that if your partner has a deep emotional bond with someone else they are also having sex with them
 - But this is not the case if your partner is having sex with someone else , they are in deep emotional bond with them
 - Emotional implies sexual
 - BUT sexual doesn’t imply emotional
 - That’s why women choose emotional because they are more troubled by the presences of both (emotional and sexual) than just either one

Study

- As in the Buss et al. (1992) study, participants were asked to indicate what type of infidelity would bother them the most
- Then, told that the initials BF referred to a typical member of the opposite sex

- “If B F develops a deep emotional attachment to someone of your gender, how likely is it that B F and this other individual are now, or soon will be, sleeping together?”
- “If B F has slept with someone of your gender, how likely is it that B F is forming, or will form, a deep emotional attachment to this individual?”
- 38% of women report more distress to sexual infidelity and 62% to emotional infidelity
- 60% of men report more distress to sexual infidelity and 40% to emotional infidelity.

The Double-Shot

- However, women believed that emotional infidelity implied sexual infidelity
- Men felt that one type of infidelity implied the other to an equal degree
 - In men’s minds these two infidelities are two different things..
 - But women think that these two infidelities link and imply each other
 - That’s why women choose emotional infidelity because they think that they both link.. So that’s why theres a high effect in this study (see last slide)
 - But once you take double shot belief.. You take past beliefs into account.. Mena and women don’t show any difference anymore.. It goes away
 - Statistically if u take into account individuals belief that one type of infidelity effects the other one.. And then u look at men and women’s.. There’s NO difference ---- difference goes away (no gender difference) in what time of infidelity upsets them most when remove..
 - Men did not feel that one type of infidelity lead to another – they are more independent events to men
- The sex differences reported in the figure disappeared when double-shot beliefs were taken into consideration
- Women may pick emotional infidelity because it’s the conditional probability that both occurring at the same time.
- Statistically, If you take into account individuals beliefs that one type of infidelity predicts the other type, and then you look to see the gender differences between men and women, there are no gender differences in what upsets them most.
- Women report more stress to emotional infidelity because that may also mean sexual infidelity, men do not.
- Women are more upset at emotional infidelity because of the double shot hypothesis.

Buss et al., 1999

- A problem with the Double-Shot hypothesis
 - Provides no explanation for why men and women might hold different beliefs about the probability of one type of infidelity implying the other
 - E.g., Socialization?
 - “A theory designed to account for sex differences that fails to account for why the sexes differ can charitably be described as incomplete.”
 - You cant just say that “oh look men and women have these differences but then they go away ” --- this is not a theory !! Its descriptive.. It’s not useful
 - They instead suggest other studies that account for the double shot..
 - The different beliefs held by men and women are consistent with Buss’ evolutionary arguments on the different mating problems faced by men and women
 - If double shot was true you should two things: NEXT SLIDE
 - Women think sexual infidelity doesn’t imply emotional infidelity.

Goal of studies

- If the belief hypothesis of De Steno and Salovey is correct, then:
 - No sex differences in reactions to emotional and sexual infidelity should emerge if one occurs in the absence of the other (no double-shot)
 - Ask them to imagine one type of infidelity of their partner .. And not the other..
 - Again, no sex differences in reactions to emotional and sexual infidelity should emerge if both forms of infidelity are believed to have occurred (presence of the double-shot; render the conditional probabilities irrelevant)
 - In one situation you say that they are independent events.. They are not co-occurring.. So there's no gender difference.. If you tell them both have occurred then you should also again see no gender difference!! So in both you need to see no gender difference.

Study 1 (Buss et al., 1999)

- "Please think of a serious committed romantic relationship that you have had in the past, that you currently have, or that you would like to have. Imagine that you discover that the person with whom you've been seriously involved became interested in someone else. What would upset or distress you more (please circle only one):
- (A) Imagining your partner forming a deep emotional (but not sexual) relationship with that person.
- (B) Imagining your partner enjoying a sexual (but not emotional) relationship with that person.
- 45% of men report distress to sexual infidelity, 55% of men report distress to emotional infidelity
- Women are reporting much more distress to emotional infidelity than sexual infidelity.
- 18% of women report more distress to sexual infidelity and 82% distress to emotional infidelity.
- More men are still distressed by sexual
- And more women are still distressed by emotional

Study 2

- Imagine that your partner both formed an emotional attachment to another person and had sexual intercourse with that other person. Which aspect of your partner's involvement would upset you more?
- (A) the sexual intercourse with that other person.
- (B) the emotional attachment to that other person.
- Which aspect would upset you given that both infidelities happened at the same time!!!!
- 60% of men report more distress to the sexual infidelity.
- 85% of women report more distress to the emotional infidelity. So more for deep emotional infidelity EVEN WHEN BOTH INFIDELITIES OCCURRED.

Conclusions

- No support for Sally's double-shot hypothesis
- Support for Buss' original evolutionary account
- The debate rages on—a plethora (a lot) of research has been published either demonstrating the presence or absence of Buss' original sex differences
- Men are more upset about sexual infidelities and women are more upset about emotional infidelities. The support seems to hold up.

Out of the Laboratory—Sexual Infidelity and Divorce

- Evidence obtained across cultures suggests that husbands are more likely to divorce wives' who have engaged in sexual infidelities, whereas wives are less likely to divorce husbands who have engaged in similar behaviors (Betzig, 1989)
- Men are more likely to terminate the relationship because of sexual infidelity.
- Women are less likely to terminate the relationship because of sexual infidelity.
- Men are more responsive and reactive to sexual infidelity.

Jealousy and Vigilance

- Buss and Shackelford (1997) suggested that situations more closely aligned with the relationship goals of men and women should be related to their mate retention behaviors
 - Younger +attractive women are the target of other peoples interests..
 - So if u are married to a beautiful, young women, then u may be concerned about loosing your partner
- Younger, more physically attractive women are more desirable mates because of their increased fertility, but are also more attractive to potential “mate poachers” who may attempt to woo them into extra-pair copulations, or to leave their partner
 - Men that are married to attractive women report themselves that they engage in more vigilance behavior
- Men that possess many resources, or have the ability to acquire resources, and are more willing to share these resources, should be more desirable as mates, and may be the target of “mate poaching” tactics of other women
 - Both men and women who are scared of loosing their relationships will engage in vigilance
- Vigilance > monitoring your partner more closely, asking what they are doing.

Mate Retention Behaviours

- Buss and Shackelford: sample of 107 married couples completed questionnaires, including a scale of mate retention behaviours (from Buss, 1988)
 - Contains 104 acts of mate retention
 - Participants asked to report how often they tend to use each tactic in their marriage
- Buss and Shackelford—Results
- men’s use of mate retention tactics was strongly related to the youth and perceived physical attractiveness of their partners
- Men who had younger and more attractive partners were more likely to engage in vigilance and violent behavior
- women’s mate retention behaviors were weakly related to their husband’s age and perceived physical attractiveness
- Women’s scores did NOT depend on their partner’s age or attractiveness
- Men that had younger partners that were more attractive were more likely to engage into retention tactics. Men are likely to be more violent and vigilant with their young and attractive partner.
- women’s mate retention behaviors were positively correlated with their husband’s income and husband’s reported status striving behaviors
- Women with rich and driven boyfriends, had used more mate retention tactics..
- men’s mate retention behaviors were not related to their wives’ income or status striving behaviors
- Men with rich and ambitious/driven girlfriends, did not use more mate retention tactics

From Vigilance to Violence

- Shakespeare's Othello: Othello kills his wife because he thinks that his wife cheated on him.. And has fake evidence set up for it..
- Single women can be the targets of violent acts by their prior boyfriends who just cannot let go
- On average, women are more likely to report stalking behaviours of prior partners..

Violence

- Cost-inflicting behaviors are often directed toward the ones we love (Miller, 1997), and this is also true of physical violence
 - In a relationship, it makes sense that we direct these behaviors towards ones that we love, because we are always with them & we care more about them
- In Canada, between 16% and 35% of women surveyed say they have experienced at least one physical assault by a male dating partner (Kelly & DeKeseredy, 1993)
 - Physical assault: Shaking, pushing, punching, throwing objects
 - Emotional assault: yelling, swearing..
- Statistics Canada also reported that in 1993 approximately 30% of Canadian women reported at least one incident of physical or sexual violence at the hands of a marital partner
- Of the women who had been abused, one-third had feared for their lives during the abusive relationship (Statistics Canada, 1994)
- In the United States, approximately 1.8 million wives are beaten by their husbands in any given year (Melow, 1998)
- Although women do physically abuse their husbands, and often times at rates commensurate with male-to-female violence (e.g., Kwong, Bartholomew, & Dutton, 1999), women relative to men experience much more severe physical injury at the hands of their partners
 - If you ask men and women in Canada and US "in your relationship have you been a target of physical assault?" --- equal number of men and women say YES.
 - But women more than men experience severe physical assaults
- Abuse seems to be directed towards women with higher reproductive value—women who are younger are 10 times more likely to be the victim of spousal abuse than older women (Peters, Shackelford, & Buss, 2002).
- Men and women are sometimes equally violent to each other in relationships.
- Men more likely to send the women to the hospital when displaying violence.
- Women who are simply younger are 10 times more likely to be abused than older women.
- The source of a great deal of conflict and physical abuse in relationships is male sexual jealousy experienced as the result of wifely infidelity (e.g., Daly & Wilson, 1988; Wilson & Daly, 1992)
- They found a lot of research by looking at data (who kills whom, why and what are the ages)
- They conclude: a lot of physical abuse is due to jealousy by men
- the most frequently cited cause of spousal homicide worldwide is male sexual jealousy
- Men often kill their wife's because of sexual infidelity jealousy
- Women, though, rarely kill their partners because of sexual transgressions, but generally in defense against a jealous husband or after a prolonged period of abuse where no alternative ways of leaving the relationship are perceived
- Women kill their husbands sometimes. When they do, on average they kill because of defense of jealous husbands, or because they are in a relationship where they see no alternatives.

Attachment – Lecture Notes

Mary Ainsworth – Attachment and the Growth of Love

- The secure base phenomenon is focus to the concept of attachment relationships at all ages
- Ainsworth's mother only tended to her physical needs, while her father was the one who tended to her emotional needs.
- Young animals sought proximity to an object not on the basis of food, but on the basis of attachment.
- Attachment originates from the need to keep offspring alive and protected.
- After months of observing Ghanda mothers and babies , Ainsworth got:
 - o There were a number of important attachment behaviors
 - o Babies go through a number of attachments
 - o She discovered how babies go thorough a number of secure and insecure attachments.
- Baltimore study
 - o Home visits got a tremendous amount of data that to several years to code and analyze.

Patterns of Attachment and The Strange Situation

- babies whose mothers responded to their cries quickly when they were in the first 6 months of life, cried much less as 1 year olds.
 - o They explored more
- Mothers who allowed babies to make the pace of feeding were less difficulty later on in life.
- Children's temperaments were no a predictor of attachment style.
- Babies who cried the least at home, and were more attached to their mom, cried more when the mom left
- Babies securely attached to their mother tended to go to their mother to be picked up, they were quickly soothed, and went back to toys. (66%)
- 21 % avoidant category
- Insecure ambivalent attachment – did less initial exploration, were very distraught when mother left, and had difficulty being calmed down (13%)
- Disorganized – utterly overwhelmed by the experience, did not know what to do when the parents returned
- Secure babies use their mothers as a base from which to explore, when she is not available there is concern and distress, her return brings safety, and then a return to exploration
- Babies with avoidant attachment have been made to be independent, they may be upset, but are supposed to act like they don't display it.
- Ambivalent attachment and avoidant attachment are still able to develop normally and find a way to show their distress.
- Disorganized babies often have behavioral problems when they grow up.

Adult Attachment Interview

- may predict what that persons attachment will be with their children, based on what their attachment relationship was with their friends.

- People who have an avoidant/ambivalent attachment history tend to have trouble in later relationships.
- A baby who has disorganized attachment because of maltreatment, they can still overcome that with intimacy and trust with another person.
- People who have had relatively secure attachment can become distraught by later trauma.
- Love does not just provide safety and comfort, it encourage confidence and self-reliance and confident people produce confident offspring.

The Importance of Attachment

- **Need to belong**
 - o The human need to form and maintain strong, stable interpersonal relationships
 - o The same feelings that keeps a romantic couple bonded may be what keeps them attached to their children
- John Bowlby developed attachment theory,
 - o Looked across species (monkeys) and looked at infant behavior.
 - o Everyone develops a bond with their primary caregiver.
 - o The need to belong, be connected to others and to fit in, is a primary human need.
 - o Different types of attachment form from different patterns of caregiving that you receive early on in life.
- Attachment is the most influential theory guiding adult relationships to date.

John Bowlby and Mary Ainsworth

- Human infants rely on caregivers for critical support.
- The attachment system has evolved as a proximity regulator, and is activated particularly in the face of threats (fear, stress, loss) – normative
- Individual differences also exist
 - o Secure
 - o Avoidant
 - o Disorganized
- Theory applies from “the cradle to the grave”
 - o We are an interpersonal species and rely on our relationships with other

The Importance of Attachment

- **Three-stage pattern of separation distress** – reaction sequence shown by infants or adults when separated from those to whom they are intimately attached.
- Researchers observed behaviors at airplane gates, and assessed people’s attachment behaviors when being separated
 - o This process was similar to infants being separated from parents.

The Three-Stage Pattern of Separation Distress

- 1) Protest – attempts to re-establish contact
- 2) Despair – Inactivity and Helplessness

- 3) Detachment – Lack of concern and coolness towards parent or lover, detach yourself from that person, they are no longer a safe haven or a base of support. Maybe you want to look at another attachment figure.

Secure Base

- Comfort provided by attachment figure
 - o A secure base allows the person to venture forth more confidently to explore the environment, because they can go back to the secure base for support

Bringing the Male into the Bond

- A bond between mother and offspring is found in all mammals (who nurse and care for the young).
 - o In 95% of mammalian species the male does not contribute to offspring care
 - o Humans are one of the rare exceptions.

Adult Attachment

- Hazan and Shaver (1987)
- Has been cited over 2000 times to date
- Wanted to see if all this attachment stuff really did apply from the “cradle to the grave” do you find similar patterns of attachment in adults as in infants.

Attachment Style

- 1) I find it relatively easy to get close to others and am comfortable depending on them and having them depend on me. I don't often worry about being abandoned or about someone getting close to me.
 - 2) I am somewhat uncomfortable being close to others. I find it difficult to trust them completely difficult to allow myself to depend on them I am nervous when anyone gets too close, and often have partners want me to be more intimate than I feel comfortable being
 - 3) I find that others are reluctant to get as close as I would like. I often worry that my partner doesn't really love me or won't want to stay with me. I want to merge completely with another person, and this desire sometimes scares people away.
- Secure – attachments marked by trust that the other will continue to provide love and support
 - Anxious/Ambivalent – Fear of abandonment: feeling that one's needs are not being met, tend to push their partner away
 - Avoidant – defensive detachment from others

Bartholomew and Horowitz's 4 categories

Bartholomew and Horowitz's 4 categories

Model of Other	Model of Self	
	Negative	Positive
Negative	Fearful Avoidant (prevent being hurt)	Dismissing (maintain defensive sense of self-reliance)
Positive	Anxious	Secure

Fraley

and Shaver (2000)

- The attachment system is composed of two dimensions upon which people can vary – avoidance and anxiety
- Responses on all self-report measures of attachment comprise these two dimensions
- Two dimensions are orthogonal, and can be activated independently

Avoidant Attachment

- Avoidance
 - o Discomfort with closeness and dependency or a reluctance to be intimate with others
 - o Regulates behaviors when attachment system is activated
- Simpson, Rholes and Nelligan (1992)
 - o Individuals scoring higher on avoidance were less likely to seek, or provide, support in a stressful situation
 - o They hooked people up to a machine that looks like a shocking machine, and pretends to take their pulse, so the person becomes anxious.

Anxious Attachment

- Anxiety
 - o Vigilance concerning rejection and abandonment

- Regulates monitoring of proximity/availability of attachment figures – a “monitoring” system
- Tend to be vigilant regarding partner whereabouts, and easily become jealous
- Collins (1996)
 - Attribute negative intentions to partners behaviors

- people that are anxious are less likely to feel that they can go to their partners
- People that are avoidant inhibit their emotional expression, and deal with their problems on their own

Activation of Attachment System

- Mikulincer and colleagues—wanted to show that attachment concerns activated in face of threat
 - Individuals primed with two threat words, attachment-unrelated (“failure”) and attachment-related (“separation”), presented for 20 msec;
 - Lexical decision task—word/non-word decisions for names of attachment and non-attachment figures (taken from the WHOTO scale)
 - Respond faster to names of attachment figures after a threat prime

However...

- Anxious attachment correlated app. $-.45$ with lexical decision RTs in neutral and threat conditions but only with names of attachment figures
- Concluded that for highly anxious individuals, the attachment system is always activated (i.e., constant monitoring)

Campbell et al., 2005

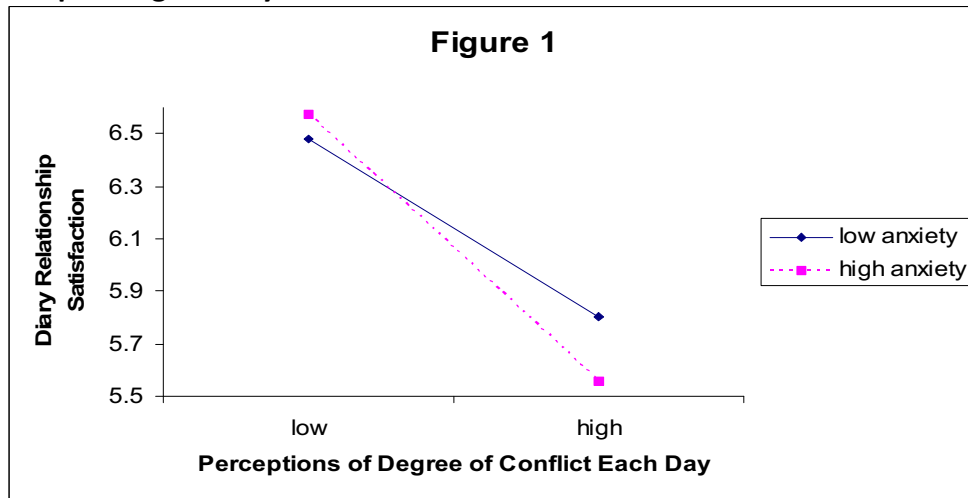
- 103 dating couples participated in a 14 day long diary study
 - Daily reports of satisfaction etc.; report on 1 conflict and supportive event/day (if they experienced such an event)

- Were then videotaped discussing a conflict in the lab for period of 7 minutes.
 - o each partner coded on how positively they behaved during the interaction by 5 independent raters

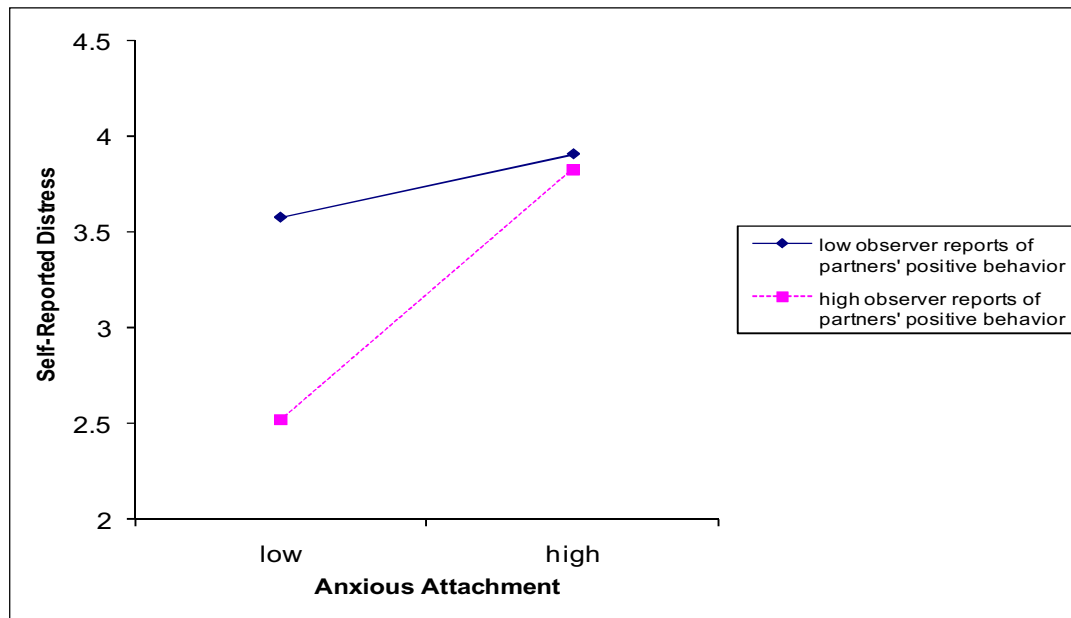
Responses to Conflict and Support

- Overall, more anxiously attached people...
 - o Reported that conflicts expanded beyond original topic (and so did their partners)
 - o Felt that conflicts would have long-term negative impact on the future of their relationship
 - o Felt that supportive events would have long-term positive impact on the future of their relationship

Responding to Daily Conflicts



Conflict Discussion Task



- If you are arguing with somebody, it doesn't matter how you're going to behave, they're going to feel bad anyways, they just feel distressed
- People that are less anxious are taking into account your behavior
- People that are securely attached feel that the conflict discussion task helped with the fight
- More anxiously attached individuals don't take into account how their partner is acting

Attachment and Sexuality

- Sexuality is an integral part of most romantic relationships, with society emphasizing marriage as the main dyadic relationship within which sex occurs.
- Adult romantic relationships involve the integration of three behavioral systems, namely, attachment, caregiving, and sexual mating

Secure Attachment

- tend to be comfortable with their sexuality, are open to sexual exploration, and enjoy a variety of sexual activities
- Also more likely to have sex with intimate relationship partners, and are more likely to have sex that is mutually initiated
- Less likely to have casual or promiscuous sexual partners, one-night stands, or sex outside of their primary relationships

Anxious Attachment

- anxiously attached individuals report having sex to reduce insecurity and establish intense closeness

Which can lead to more unwanted sexual behaviors, and interfere with the experience of passionate emotions during sex

- But:
 - they also fear that requests for sexual discussions will alienate partners
 - Have negative beliefs about condoms
 - Have lower levels of orgasmic responsivity
 - and have higher levels of erotophobia (guilt and fear about sex)
- When thinking of a recent past sexual experience with their partner, more anxious individuals reported:
 - Less feelings of being loved
 - More desire for partner involvement
 - More negative feelings
 - More interfering thoughts
 - A sense of estrangement
 - Not able to feel close to their partner
- In men:
 - Greater anxiety relates to more restrictive sexual behavior
 - A lower likelihood of using sex to cope with negative emotions or to bolster self-esteem
- In women:

- Greater anxiety relates to a higher likelihood of having ever had sex
- Higher rates of infidelity
- Younger age at first intercourse

Avoidant Attachment

- attempt to deactivate their attachment system in two main ways with regards to sexual behavior
 - First they can try to distance themselves from most sexual activities by
 - Having sex at a later age
 - Engaging in fewer non-coital sexual behaviors
 - Having greater concern about STDs
 - And having stronger beliefs in the benefits of condoms
- Second, avoidant individuals can engage in sexual relations only in contexts where intimacy is unlikely
 - They have less restrictive attitudes towards sex
 - Have sex to impress their peer group (as opposed to having romantic)
 - and have higher numbers of casual, uncommitted sex partners
 - This pattern of effects is very similar for both men and women

Chapter 11 – Lecture Notes

Sex in Committed Relationships

- Sexuality is woven into the fabric of many close relationships
- Research interest in sexuality within a relational context is increasing rapidly
- Scholars have examined how sexuality is related to such relationship phenomena as attraction, satisfaction, intimacy, equity, love, communication, and stability
- Sexuality is the core component of a committed relationship.
- Sexuality is woven into the core component of the relationship.

Sex in Dating Relationships

- Youth Risk Behavior Survey (1991-1997)
 - showed an 11% increase in the incidence of virgin adolescents (a reversal from the 1970's and 80's) More virgins today than in the 70s and 80s.
- National Survey of Men ages 20–39
 - 88% of never-married men were coitally experienced (sex at least once in their lives with another person)
 - 18.3% of these men had four or more partners in the prior 1.5 years
- National Survey of Unwed Women (NSUW) ages 20–29
 - 80.75% were nonvirgins (coitally experienced)
 - 7.9% of never-married women ages 15–44 had two or more partners over a 3-month period

Take home message: Overall, young, single adult men and women are sexually active for quite sometime before they get married. And majority of them have sexual experience.

What's Love Go to Do with it?

- Kaestle and Halpern (2007)
 - Analyzed a sample of 6,421 men and women between the ages of 18-26 who were currently in a relationship (National Longitudinal Study of Adolescent Health)
 - 80% had engaged in cunnilingus and fellatio as well as vaginal intercourse in their current relationship. Large %'age of people in partnered relationships were having sexual intercourse and oral sex.
 - 22% also reported having engaged in anal sex. Anal sex is becoming more popular in recent years.
 - People that reported being in a mutually loving relationship had significantly higher odds of having given or received oral sex; for men, they also had higher odds of having had anal sex.
 - More in love means you had higher odds of giving or receiving oral sex, and anal sex.

Impact of First Coitus on Relationship Development

- Cate, Long, Angera, and Draper (1993)
 - Relationships improved for men and women when relationship quality played a role in coital decision making and when they were sexually satisfied
- Miller and Heaton (1991)
 - early onset of coitus among adolescents corresponded with earlier age at forming a family and with an increased probability that the family would begin with childbirth as opposed to marriage
 - First coitus in the relationships what happens? Sometimes when your in a relationship and your trying to make a decision to when to have a first sexual experience with your partner. When the decision to have sex was for the strong feelings for each other resulted in more positive relationships (likely to improve). When you feel strongly in love with your partner you are more sexually satisfied.
 - When adolescents were more likely to engage in sexuality earlier on, increased the chances of teen pregnancy. And when you do engage in sexual activity you are more likely to have a family before marriage. (Early sexual activity)
- Kahn and London (1991)
 - women who were virgins at marriage were less likely to be separated or divorced than nonvirgins 10 years into marriage
 - So women who were virgins at first marriage tended to stay with their partners longer than the marriages that started with nonvirgins.
 - This is just a descriptive statistic.
 - No explanation as to why this effect emerges.
- A study of 41 Lithuanian couples reported that:
 - Men with more premarital sexual partners were less sexually satisfied in their marriage (how many (frequency), lead to less satisfaction)
 - Women who had first intercourse at a younger age were less sexually satisfied in their marriage (sex at younger age, lead to less satisfaction)
 - Question whether they are worthy of love, and use maybe sex to keep the relationship together. Maybe this has to do with attachment style, sex is just used to maintain a relationship and there is not as much passion.

Desired Frequency

- Simms and Byers (2009)
 - Both partners from 92 couples
 - Men's ideal frequency of sexual behaviour was higher than women's. Men like more sex.
 - women had somewhat erroneous beliefs about their partner's ideal frequency of sex. Women underestimate how much sex their opposite partner would like.
 - The more frequently partners engaged in sexual activities, the higher the sexual satisfaction of both partners. Higher the sexual frequency, means higher sexual satisfaction.
 - Sex is like a crispy cream donut.

Sexual Frequency and Stability of Cohabiting Relationships

- Yabiku and Gager (2009)
 - Low sexual frequency was associated with significantly higher rates of union dissolution among cohabitators than married couples. If both groups report lower sexual satisfaction, the couples who are cohabiting are more likely to break up than the married couples. If both groups report higher sexual satisfaction then they are equally likely to stay together.
 - Why?
 - Lower costs of finding sexual alternatives
 - Lower barriers to ending the relationship > legal issues, having children, a lot more real barriers to ending the relationship when you're married.
 - Higher expectations for sexual activity. Marriage is correlated with low sexual activity/frequency and low sexual satisfaction.
- Cohabiting (living together, but not officially married, common law)

Sexual Frequency in Married Couples

- The National Survey of Families and Households (NSFH; 1987-88); sample of over 13,000 Americans
 - Mean frequency: 6.3 times per month
 - < 24 years of age: 11.7 times per month
 - > 75 years of age: < 1 time per month
- Decline in sexual frequency as we age
 - Psychological factors > inhibition (been with your partner for a long time, loss of interest)
 - Biological factors > menopause for women, viagra for men
- Married individuals when they are younger are having more and more sex, but overtime it decreases with age.
- The National Health and Social Life Survey (NHSLs)
 - Mean sexual frequency: 6.9 for married men; 6.5 for married women
 - Cohabitators had a higher level of sexual activity than married couples; single individuals reported the lowest sexual frequency.
- The General Social Survey (GSS)
 - married respondents engaged in sexual intercourse an average of 67 times per year, or slightly over once a week
 - Highest frequency reported by those married less than 3 years. After 3 years
- On average, across all ages and lengths of the relationships, people on average were reporting sex 6 times a month.

- Helen Fisher > love meant to last forever, be with one person. Graph when people are most likely to get divorced. After the 4th year of marriage you see a spike in divorced rate.
- Huston and Vangelisti (1991)
 - a longitudinal study of newly married couples selected randomly from central Pennsylvania
 - A decrease in sexual activity and interest began in the first 2 years of marriage. Sexual frequency is at their peak in the first 3 years of marriage.
 - Habituation effect > you get use to your partner and being together, after novelty wears off, you start to be not as interested in your partner anymore. Use to something and its not as interesting to you anymore. Novelty wears off. The desire to want to have sex all the time fades away.
- DeLamater, Plant, and Byrd (1996)
 - a four wave longitudinal study conducted with 570 pregnant women and their husbands or partners
 - Reported having sex 4-5 times per month during pregnancy
 - Almost no sexual activity in the first month postpartum
 - At 4 and 12 months postpartum, sexual frequency rate was again about 4-5 times per month
 - Dip in sexual activity when your pregnant which seemed to get back to normal rates before the child was born. The arrival of children can have a negative acute effect on frequency of sex. But they can get back to their normal frequencies just before their child is born.
- Gager and Yabiku (2010)
 - In many families, both men and women work outside of the home
 - Who has the time for sex?
 - Interestingly, they found that couples that “work hard” also “play hard”
 - Wives and husbands who spent more hours in housework and paid work report more frequent sex.

Sexual Satisfaction

- Laumann and colleagues (1994)
 - 88% of the married individuals in the sample were either extremely or very physically pleased in their relationship
 - Most people reported feeling positively (e.g., “loved”, “thrilled and excited”) after having sex with their partners
 - Married individuals reported the most sexual satisfaction, followed by cohabitating and single individuals
- Couples who have the most frequent sex are the most sexually satisfied (Greeley, 1991; Laumann et al., 1994)
- Lawrance and Byers (1995)
 - Interpersonal Exchange Model of Sexual Satisfaction
 - sexual satisfaction is affected by rewards (getting from relationship and your partner), costs (what do I have to give in return, balance these), comparison level (do I feel like I’m getting what I deserve), comparison level for alternatives (is there better out there?), and equality within the sexual area of the relationship, as well as by relationship satisfaction.

- Sexual satisfaction also associated with:
 - quality of sexual communication (Cupach & Comstock, 1990)
 - Sexual self-disclosure as mediated by relationship satisfaction (Byers & Demmons, 1999). When you're more satisfied in your relationship, you're more likely and more comfortable to share with your partner what you like.
 - Equity (Henderson-King & Veroff, 1994). One person is not getting more than the other deserves.
- Ahlborg and colleagues (2008)
 - Asked 452 parents how sexually content they were in their relationships when children were 6 months old and also when they were 4 years old
 - Sexual frequency was low at both times. Didn't ask about sexual frequency before child was born.
 - Sexual contentment also decreased over time
 - Interventions?
 - As the child was aging (6 yrs old) then sexual satisfaction declined. Demands of the child at these young ages take over your time which causes you to be less sexually satisfied. As children age between 4 months and 6 years old, sexual satisfaction declines in relationships.

Sexual and Relational Satisfaction

- Sexual frequency was found to be associated positively with general relationship satisfaction in married couples (e.g., Call et al., 1995; Donnelly, 1993; Smith, 1994)
- Sexual satisfaction, however, is a more important predictor of marital satisfaction
 - sexual satisfaction is associated with higher marital satisfaction
 - The quality and quantity of sex also appear to be associated with feelings of love for one's spouse or partner, especially a passionate or erotic type of love.
- Passionate love is shown to start high in the beginning of relationships then declines after.

Conceptual Issues

- Is sexuality the independent or dependent variable?
- Byers (2005): change occurred in parallel over time
- Not confident in which one affects the other.
- If you're sexually satisfied you are more satisfied with the relationship.

Birnbaum and colleagues (2006)

- Tracked 41 couples over a 42 day period. Asking people to report on what sex felt like after it occurred. She wanted to capture variability across time in the relationship, and the frequency of sex, and to see if they liked it afterwards from day to day.
 - Men: Reported greater relationship quality and positive relationship behaviours on days after having had sex. You feel better about your relationship (more satisfied) on days after sex compared to days in which they did not have sex. The presence of sexual activity made men feel better about the relationship. Men happier on days after sex (didn't matter if it was good or bad sex). Women not happier on days after sex, unless they enjoyed it (good sex).
 - This effect did not exist for women in how they felt with the relationship. But...
 - Women: reported greater relationship quality and positive relationship behaviours on days after having had sex ONLY if they enjoyed the sexual encounter.
- Large shift from large scale surveys > to an investigation of a relationship as it's happening.

Sexual Satisfaction and Relationship Stability

- Oggins et al. (1993) reported that sexual dissatisfaction at Year 1 predicted marital dissolution by Year 4 of marriage
- Edwards and Booth (1994) found that a decline in sexual satisfaction over time was associated with the increased likelihood of divorce
- If year 1 after marriage is sex is relatively low, then its more likely that the marriage will fall apart by year 4.
- In the absence of sexual satisfaction there is a greater likelihood that the relationship will not last.

Perfectionism and Sexual Satisfaction

- Habke and colleagues (1999)
- Study of 74 married couples
 - Perfectionism expectations linked with decreased levels of sexual satisfaction
 - Want the experience to be “perfect”
 - High expectations that are difficult to achieve was linked to decreased levels of satisfaction in the marriage.

Sexuality in Gay and Lesbian Relationships

- Research suggests that sexuality in committed lesbian and gay relationships is similar to sexuality in heterosexual married couples
- Kurdek (1991)
 - found no differences in sexual satisfaction across four types of couples: gay, lesbian, heterosexual cohabiting, and heterosexual married
 - also found that in all four couple types, sexual satisfaction was associated with general relationship satisfaction
- Regardless of the person you are attracted, if you are more satisfied with the relationships in general then you are more sexually satisfied.
- Lesbian couples might have sex slightly less often than women in heterosexual marriages (Lever, 1995)
- gay couples might have sex slightly more often than other couples, at least early in the relationship
- However, sexual frequency declines with relationship duration in lesbian and gay relationships, just as it does among heterosexual married couples
- Rate of decline is similar across all groups.
- Committed gay relationships higher sexual satisfaction in the beginning of the relationships, but then it all declines the same way overtime.

Maintaining Sexual Satisfaction in Marriage

- Date night
 - Schedule sexual activities; put each other on your “to do” list. Put your relationship first and your marriage will last more likely.
- Maintaining a sense of “wonder and newness” increases sexual satisfaction. Can put a breath of fresh air into your relationship.
 - Exotic vacations; engaging in novel activities;
 - Obstacle task while watching their other partner. Doing the task ALONE.
 - Obstacle task while bound to your partner. Doing the task TOGETHER.

- Individuals who engaged in this novel activity felt more love for their partner, enjoyed doing this with your partner, CAN encourage states of arousal in yourself which you can do with your partner, and you'll feel better about your relationship.
- Identify sources of stress in your life
 - Work related stress has a strong influence marital and sexual satisfaction. > Stress spillover. When you have this stress spillover it can have a negative effect on your relationship. Keep outside stress (work) out of your relationship.
- Put effort into learning how to be a good lover. Put effort into the sexual aspects of your relationship.
 - Education

Baumeister and Bratslavsky (1999)

- In relationships intimacy tends to increase over time, but sex and passionate experience tends to decrease
- passion's association with intimacy is best understood as it being linked with changes in intimacy over time
 - When intimacy shows relatively large and rapid increases, levels of passion should be high. Experience of an increase in intimacy when you engage in novel activities. You will also feel more passion with your partner by doing these new novel activities as well.
- Test of the model: Diary study of committed couples > 67 couples, married and cohabiting. Over 21 day period. If increase in intimacy from day 2 to 3 then there was more passion on day 3. When in the relationship you experience more intimacy with your partner compared from one day to the next you will feel more passionately to your partner.

Exam

- Thursday April 21 2:00 PM
 - TH GYM
- 50 multiple choice questions
 - 30 questions focused on lecture material (5 questions per lecture)
 - 20 questions focused on textbook material
- Chapters to read for exam:
 - 11, 14, 18, 19
 - 5 questions for each chapter
- Writing notes in my own words helps to study > hand writing not typing.
- General trends in the survey.

Chapter 11 – Textbook Notes

Serial monogamy > they are involved in 2 or more sexually intimate relationships prior to marriage
 People in long-distance romantic relationships report greater depression and lower relationship satisfaction.

Three types of involuntary celibates:

- ◀Virgins > had never had intercourse, had rarely dates, and often had not engaged in any partnered sexual intimacy. This group fails to make developmental transitions.
- ◀Singles > had had sexual experience but often reported that it was not satisfying; they were unable to find and maintain long-term relationships. Difficulty in meeting potential partners due to too much work.
- ◀Partnered > people in sexless relationships. Typically the relationship had included sex in the past but the frequency gradually declined over time.

Chaste > abstaining from sexual intercourse; sexually celibate.

Internet daters are more likely to be male, single, divorced, employed, urban, and have higher incomes. Frequency of sexual activity is closely related to marital status. In the sense that if your married you have less sex, and single you have more sexy.

Cohabitation

Common-law relationship > two people who have lived together as a couple for 12 continuous months but are not legally married to each other.

Cohabitation has become an increasingly common alternative to marriage. Common law relationships have grown 5x as fast. The rate is highest in Quebec, where 30% of couples are common law. Common-law relationships are most common among people aged 20 to 24. Common law relationships break up more often than marriages. Marriages that are preceded by cohabitation are more likely to end in separation than marriages that are not preceded by cohabitation. Couples who lived together before engagement had more negative interactions, lower commitment, and lower relationship quality. On average cohabiting couples have sex more often than married couples.

Marriage

Year 2000 the Supreme Court of Canada ruled same-sex couples have the same rights and responsibilities as heterosexual married couples.

3 most important reasons why people get married:

1. Signifies their commitment
2. Consistent with their moral values and beliefs
3. Reflects their belief that children should have married parents

Social characteristics such as race, social status, and religion are generally not related to marital sexual frequency.

With increasing age some factors may affect sexual frequency:

◀ Decrease in vaginal lubrication in females, or increased likelihood of poor health.

The habituation explanation states that we lose interest in sex as the partner becomes more and more familiar.

Research on married couples found that sexual inactivity was associated with unhappiness with the marriage, lack of shared activity, the presence of children, increased age, and poor health.

People with higher levels of education and incomes were more likely to report engaging in oral sex.

Negotiating sex

Mating dance > sexual verbal scripts of when we should have sex. Before sex there tends to be a "mating dance"

Different kinds of statements:

- ◀ Verbal statements
- ◀ Behavioral
- ◀ Indirect or euphemistic language

Most frequent used strategy mostly used by heterosexual couples is that people mostly use a direct verbal statement to initiate sex.

On average the men initiated sex almost twice as often as the women did.

Interestingly, men and women were equally likely to respond positively to the initiation.

NHSLs found that 63% of the men and 42% of the women reported masturbating in the past year.

Married people were more likely to report that they masturbated than were single people.

Men in long-term relationships, the most frequently identified sexual rewards were feeling comfortable with their partner, feeling good about themselves during and after sex, and having fun during sexual activity. For women the most frequent rewards were being treated well by their partner during sex, feeling comfortable with their partner during sex, feeling comfortable with their partner, and having sex in the context of a long-term relationship.

Interpersonal exchange model of sexual satisfaction, which identifies 4 distinct aspects of relationships that influence sexual satisfaction. According to this model we are more sexually satisfied when:

1. We perceive ourselves to be getting many sexual rewards and few sexual costs
2. We perceive that we are getting more rewards and fewer costs than we expect to get
3. We perceive our own and our partner's rewards and costs to be relatively equal
4. We are happy with the non-sexual aspects of the relationship.

Sexual satisfaction predicted marital quality for both men and women

Sexual satisfaction and marital quality both predicted marital stability.

Four factors that differentiate people who are happy with their sex lives

- Sense of calm about and acceptance of their sexuality
- Happy people delight in giving their partners sexual pleasure
- People listen to their partners and are aware of the partners likes and dislikes
- They talk to each other both in and out of bed.

Sexual Patterns:

When positive affect towards spouse was high, lust was also high

When negative affect was high, lust was low.

When people reported high closeness to spouse, the link between positive (negative) affect and lust was stronger.

Significant positive association between own lust and partner's lust each day.

Women and men who had satisfying jobs reported that sex was better.

For women who were homemakers or employed, it was fatigue that was associated with decreased sexual satisfaction.

Non distressed couples have:

- Good listening and communication skills.
- Effective problem solving skills
- Have many positive interactions and few negative interactions (5x as much positive interaction)
- Tend to have realistic expectations about what relationships should be like.
- Tend to interpret their partner's behavior and the causes of that behavior positively.
- More likely to share a common view of roles and responsibilities within the relationship.

Unfaithfulness in the next year

37% of men, and 38% of women predicted they would flirt with someone else.

5% of men and 7% of women said they would kiss.

2% of men and women predicted a one-night stand.

Less than 1% of both men and women thought they would have a serious affair.

Characteristics of the relationship associated with greater likelihood of infidelity included reports of conflict, engaged in sexual withholding, and alcohol abuse.

Among both men and women, dissatisfaction with the marriage and with marital sex was associated with susceptibility to infidelity.

Mate retention tactics:

Men reported greater use of resources display (giving her money) and more frequent submission to the partner. Women reported more frequent use of enhancing their appearance or attractiveness and use of possessive verbal statements.

Extradyadic sex > sexual activity between a person in a serious or exclusive relationship and someone other than his or her steady partner. Men are more likely to do this than women.

Extramarital sex > sexual activity between a married person and someone other than that person's spouse; adultery.

Types of extramarital sex:

1. Accidental > "just happened"
2. Romantic infidelity > when the 2 people fall in love and consider or establish a long-term relationship; this situation can be very destructive to partners, children, and careers.
3. Open relationship or open marriage > in which partners agree in advance that each may have sex with other persons.
4. Philanderers > people who repeatedly engage in sexual liaisons outside their committed relationship. These people aren't motivated by the desire for sexual gratification; instead they are searching for self-affirmation.

Attitudes toward premarital sex have become more submissive over the past decade.

Attitudes toward extramarital sex have remained relatively unchanged.

Men who reported participating in affairs were older and more sexually dissatisfied.

Extramarital sex > men are more tolerant of it, those with more education are more accepting of it, and upper and middle class persons are more tolerant of it.

Swinging > a form of extradyadic sex in which married couples exchange partners with each other.

Closed Swinging > the couples meet and exchange partners, and each pair goes off separately to a private place to have intercourse, returning to the meeting place at an agreed-upon time.

Open Swinging > the pairs get back together for sex in the same room for at least part of the time. In 75% of the cases, this includes the women having sex with each other.

What kind of people are swingers?

◀ Majority are upper or middle class, above average in education and income, and employed in the professions and in management, 2/3rds were raised in religious homes.

Cyber affair > a romantic or sexual relationship initiated by online contact and maintained primarily via online communication. Those who reported engaging in cybersex reported more offline sexual partners.

Equity Theory > a social exchange theory that states that people mentally calculate the benefits and costs for them in a relationship; their behavior is then affected by whether they feel there is equity or inequity, and they will act to restore equity if there is inequity. Has been used to predict patterns of extradyadic sex. If individuals perceive a relationship as inequitable they become distressed.

Men who sought out other women produced more offspring, who in turn produced more offspring carrying the genetic makeup that leads to extradyadic liaisons.

Polyamory > the "non-possessive, honest, responsible and ethical philosophy and practice of loving multiple people simultaneously"; often referred to as poly.

Several forms of such relationships:

1. Intentional family > involving three or more persons
2. Group relationship > with committed, loving relationships involving three or more partners

3. Group marriage > involving 3 or more persons. One specific type is a triad which involved a married couple and an additional man or woman.

Men and women in polyamorous relationships have higher testosterone levels.

The younger people are when they marry, the more likely they are to divorce.

Divorced and widowed Canadians are least likely to be satisfied with their sex life.

Men with custody of children and men and women with low incomes have higher rates of new-partner acquisition.

Hormone-replacement therapy (HRT) > may be helpful to many menopausal women, particularly for relief of physical discomfort such as hot flashes and some sexual problems such as lack of vaginal lubrication.

The latest development in HRT is the so-called “designer estrogens” or “tissue-specific estrogens” They are intended to provide the beneficial effects of traditional HRT without increasing the risk of breast and endometrial cancer.

The decline in estrogen around menopause results in several changes in the sexual organs:

- Walls of vagina become thin and inelastic
- Bladder and urethra may be irritated
- Vagina shrinks in both width and length
- Labia majora shrinks (constriction at vag entrance)
- Vagina is more vulnerable to infections
- Some women report sex becomes better after menopause

Hysterectomy > surgical removal of the uterus.

Oophorectomy > surgical removal of the ovaries.

Psychological problems that have been associated with menopause include depression, irritability, anxiety, and cognitive symptoms such as inability to concentrate and memory problems.

Andropause > the time of declining androgen levels in the middle-aged men. The male version of menopause. Also called ADAM (androgen decline in the aging male).

Vascular diseases in aging men, erections occur more slowly, refractory period lengthens with age

Sexual excitement – the sex flush and muscle tension – diminish with age.

Volume of the ejaculate gradually decreases and the force of the ejaculation lessens.

Testes become smaller.

One advantage is that middle-aged and elderly men may have better control over orgasm

One of the most common physical problems for middle-aged and older men is non-cancerous enlargement of the prostate gland, which is believed to be related to changes in hormone levels.

Prostatectomy > surgical removal of the prostate.

Masters and Johnson emphasized that 2 factors are critical in maintaining sexual capacity in old age:

1. Good physical and mental health
2. Regulatory of sexual expression

Relationship satisfaction tends to be higher in older couples.

Death of a spouse is more likely to put an end to sexual activity with a partner for women than it is for men.

Erectile difficulties, reported by 37% of the men, were the most common problem for men.

Low desire, reported by 43% of the women, was the most common problem reported by women.

Never-married people over 30 may find themselves part of the “singles scene”

The most dramatic change in marital sex practices in the recent decades is the increased popularity of oral-genital sex.

No data on the sexual activity of married same-sex couples.

Extramarital sex is disapproved of in our society and is generally carried on in secrecy. Equity theory and the sociobiological perspective may be helpful in understanding patterns of extramarital sex.

Gay men during the AIDS era have reduced their number of partners and have shifted away from risky sex practices.

Among heterosexuals, there is some evidence of a reduction in the number of partners, and slight improvements in condom use.

The climacteric is the period in middle age during which the functioning of the ovaries declines gradually. One symptom of this process is menopause, the cessation of menstruation.

Research does not show an increased incidence of depression at the time of menopause.