

Psych 3AC3

Lecture 8 : Chapter 7 : Relationships, Intimacy, and Communication

- **Social Exchange Theory**: relationships development depends on social exchanges- reward and costs- negative interactions put weight on ending relationship while positive ones put weight on maintaining it

ABC(DE) Model of romantic relationships

- **attraction**: when two people become aware they find each other appealing
- **building**: factors that motivate you to keep building the relationship
- **continuation**: intimacy and stuff stay stable, not completely static, relationship matures
- **deterioration**: it feels less rewarding- couples can respond by being passive or active when deteriorating
- **ending**: partners find little satisfaction and no point

Small Talk- Not so small talk

- so basically people use small talk to find common interests and general opinions about the person

Online Dating

- becoming increasingly important way to find partner
- 5-10% in 1990-2000
- 20-25% in 2000-2010

Pros

- you can get to know someone before meeting them
- meet people you otherwise probably wouldn't have
- matching demographic variables and perhaps interests

Cons

- too much personal disclosure before meeting
- you are being reduced to a photo and a statistic

- no evidence that online match is going to lead to more satisfaction

Exchanging name rank and serial number

- early exchange includes name, occupation, hometown and marital status to determine common ground
- unspoken rule if someone tells you these things you feel obligated to provide it back even if youre uncomfortable
- today more women starting convos online

Dating in technology era

- even tho its more acceptable to ask someone on date over text, its still preferred to do some on phone or in person
- tech is good for getting to know someone before meeting
- new communication strategies are seen as “dating scripts”
- traditional norms still in affect

Self Disclosure

- **self disclosure:** opening up
- you shouldn't open up too much first time meeting
- its central to building a relationship tho, just don't go past name rank and serial rule on first date
- not too much info if you want to make good impression

Social Networking and Privacy Settings

- women have more privacy settings than men
- people able to control what they want to on the internet
- real sexual info can be seen exposed on many blog sites- women describing their sexual fantasies
- Sex differences in self disclosure
- women reveal more about themselves than men, only slightly tho ex. “he never opens up to me”

- in general a study found people disclose more non sexual info then sexual info, and more sexual likes than sexual dislikes
- key factor is if they disclose info too

Intimacy

- **intimacy**: feeling of emotional connectedness and the desire to share inner most thoughts and feelings with the person- you can be intimate and not in love
- key for passionate relationships
- increases as relationship grows
- honesty is a component
- sexual and emotional intimacy not always connected
- good for health and well being

Mutual Cyclical Growth- Model for relationship developing

- view that need for partner promotes commitment and acts to enhance the relationship and builds trust
1. feeling that you need your partner promotes commitment and dependence on relationship
 2. commitment to relationship gets you to do things that are good for relationship
 3. your partner sees your pro relationship acts
 4. your partners perception of your pro relationship acts enhances their perception of you
 5. partners feelings of trust will increase their willingness to depend on relationship

Commitment

- men more reluctant than women to make relationship commitments
- cohabitation (living together) may be a reason why bc now they don't have to wait till marriage to have sex
- in healthy relationship togetherness does not take away from individuality
- boredom can hurt relationship but will not end it- sexual boredom
- ppl view boredom as trade off for love

- fighting, forgetting dates, lack of fairness, jealousy and overall dissatisfaction is what lead to relationships ending

Heterosexual and LGB relationships

- gay couples tend to distribute house hold chores more evenly
- fewer differences in factors that predict if relationship is going to last or not
- for women- **sexual and relationship satisfaction IS CONNECTED**

Similarities

- satisfaction associated with more social support, shared power, commitment
- hetero ones probably more stable bc more support from families
- relationship problems basically same in both but for LGB community they require more attention

Communication skills

- make sure theres clear communication- both should speak up
- its hard to talk about sex for a lot of couples but you gotta do it- you don't want to offend them and stuff
- **obstacles**- thinking talk about sex is vulgar, or having irrational beliefs about it
- **getting started**- admit its hard for you to talk about sex but its important to you and you need to say something- pick time you are relaxed and rested and in a private place
- **listening effectively**- valuing partners opinion even when you guys disagree- active listening (adopting attitude where you actually want to learn what they have to say)- paraphrasing, reinforcement
- higher sexual self esteem associated with effective communication with partner
- if your more confident about sex and had more partners are more comfortable bring up new sexual activities

Keeping the sparks alive in romantic relationships- RESEARCH ARTICLE

- they were looking at why sexual desire decreases over time in relationship
- **communal motivation**: partners response to each others need not expecting anything back- trusting their partner will see their needs

- couples high in communal motivation maintained good sex lives, their partners met their needs everything good- enjoyable- satisfied
- couples low in communal strength- desire decreased over time

Communicating Sexual needs

- tell them to tell you even if it'll hurt feelings
- provide self disclosure about sex needs so they feel like they have to reciprocate
- make the positive stuff clear
- ask questions and provide info
- use non verbal cues ex. direct hand - or make up signals to use

Sexual Self Disclosure

- people who communicate about sex likes and dislikes more have more satisfying sex
- for women- talking more about non sexual problems was more associated with sexual satisfaction
- for men- theres a direct relationship between sexual disclosure and sexual pleasure
- culture influences disclosure

Sexual Initiation

- study where men and women kept diaries and wrote about verbal or non verbal ways partner initiated sex (hetero couples)
- 49% initiated by male partner
- 32% initiated by women
- 65% was verbal initiation
- 91% INVOLVED some sort of non verbal cues
- people rely more on indirect verbal or non verbal cues than direct, for ex. dirty talk

- Obtaining Sexual Consent- study

- most people don't explicitly ask for sex
- about half of consent is "not saying no"
- majority want verbal consent but big minority prefer waiting till someone says no

- consent not needed to make a long term relationship out of it
- there is a variety of ways women use to show disinterest rather than saying no
- some places require verbal consent
- most people think they just “know”

Jealously

- common in all cultures, but more common in cultures where mans honour is at state if women cheats
- all genders and all sexual orientations have it
- can lead to mistrust and losing feelings etc.. even suicide
- past experiences can affect levels of jealously, also your personality can too

Jealously and Facebook

- study where they asked people how they felt about partners facebook friends
- 92% said they didnt know some friends of their partners on facebook
- 75% said their partner had exes on facebook
- triggered lots of jealous emotion when showing pictures, even more jealous emotion when person is already a jealous one
- time spent on facebook increase = jealousy increase

Jealousy and Evolutionary Theory

- jealously seems to support revolutionary theory
- males more upset by sexual cheating
- females more upset by emotional cheating

Cognitive Perspective

- study where couples given scenarios and had to say when they more jealous
- more jealous when cheating due to internal causes- pure choice and less jealous when due to external causes like alcohol

Breaking up

- anxious people stalk ex's more and have more physical and emotional distress

- insecure people more likely to resort to drugs or alcohol
- emotionally secure people seek support
- breaking up difficult for both people
- **Stalking** : following or observing person consistently- online or in person
- usually happens after breakup- can lead to violence
- jealousy, abuse and violence can predict this behaviour

Sexting and Canadian Youth

- **sexting**: sending sexual explicit texts
- not much research on it yet even tho its super pop
- may break child porn laws young kids sexting a lot
- **Use of Social Network sites and instant messaging- RESEARCH ARTICLE**
- 1. what effect does social media have on offline network layers?
- 2. what effect does it have on closeness of friends
- 86% did not have uni degree
- they listed their offline networks like who they talk to for sympathy and support or actively- they then rated how close they felt with each person in each groups (1-10)
- asked what type of messaging they used and how many friends they had if it was an SNS
- on average about 40 minutes daily spent on social media- 10 from fb
- correlation between time spent and# of ppl weekly contacted
- online social network sizes did not correlate with offline network sizes
- less close with support group and friends if you used social media or messaging
- amount of time spent on IM or SNS was not correlated with emotional closeness
- Limitations
- snowball sampling- participants recruit other people to experiment
- self serving bias- measurements of social media time taken by self

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- cross sectional design measuring exposure and effect at the same time
- to improve do longitudinal studies, have diaries or some other way to get more accurate daily measures etc.