

Communication

Communication - "a symbolic & transactional process through which we create meaning" (Galvin & Brommel, 1991)

-Basic constructs:

- Message** - information exchange
 - 2 levels: Content level & Relationship level (metamsg)

Aspects of the Metamessage

-Non-verbal cues

- Facial expressions; body language
- Voice qualities
- Personal space

-**Framing** - how message is interpreted

-**Conversational style** - individual's unique way to shape messages

Dimensions of Conversational Style

- Degree of directness
- Degree of involvement (of others)
- Level of congruity of messages
- How messages are framed (understood)
 - Clear, direct & congruent msgs -> more functional marriages & better adjusted kids (Jacob 1987)
 - Not adaptive for raised in critical/hostile env

Factors Affecting How we Shape/Frame Messages

- Whom speaking to
- Nature of relationship w/other person
- Context
- Individual self-esteem: High - direct Low-negative
- Culture/ethnicity
 - Rules may vary

Theory of Social Penetration (Altman & Taylor, 1973)

- Move from superficial to intimate exchange
 - Breadth
 - Depth

-**Self-disclosure reciprocity** - match level of self disclosure

-Deviations:

- Stranger-on-the-train phenomena
- Love at first sight

Gender Differences

- Women* - disclose personal feeling oriented material, may involve negative emotions
- Men* - disclose factual & neutral/positive material

-**Evaluative self disclosure** - intimacy of feelings/judgements

-**Descriptive self disclosure** - intimacy determined by content (private facts)

- Men self disclose to women

-Women self disclose to other women

Pros & Cons: Expressive vs. Instrumental

-Expressive: Pros	Cons
-Better at reading nonverbal cues	-Display negative affect during conflict
-Send clear nonverbal messages	-Use coercive tactics
-Attentive listeners	-Reject efforts at reconciliation
-Skillful consolers	-Send double messages

-Instrumental: Pros	Cons
-More likely to help in danger situations	-Lack of emotional responsiveness leads to marital dissatisfaction
-Stay calm & problem oriented in conflict	
-More efforts to compromise	

Additional gender differences

- Women - encourage involvement (vs. men - emphasizing autonomy, independence)
- Women more accommodating & supportive (vs. men - more suggestions & opinions)
 - Women are more indirect, use:
 - Qualifiers
 - Tag questions
 - Women use touch to demonstrate warmth & affiliation (vs. men - viewing touch as childish)

-Due to socialization of gender roles

Elements that Facilitate Intimacy:

- Confirmation
 - Provide feedback that we value partner
- Self-disclosure
 - Rule of reciprocity exists
 - Match level of disclosure - builds intimacy
- Transaction management
 - Skills required for conflict management:
 - Ability to establish realistic rules
 - Ability to exercise self control

Nonverbal Communication

-Functions of nonverbal behaviors:

- Providing information (E.g. emotional states)
- Regulating interaction (E.g. cues to leave)
- Expressing intimacy (E.g. love)
- Social control (E.g. leaning in to ask for favor)
- Presentational function (E.g. relationship IM)
- Affect management (E.g. celebrating leads to hugs)
- Service-task function (E.g. doctor's gaze/touch not affect)
- Improving communication
 - Distressed couples
 - Say more negative things
 - Offer counter proposals
 - Self summarize
 - Cross complain
 - Mindread
 - Kitchensinking

Power in Close Relationships

Power - "the ability to influence the behavior of others & to resist their influence on us" (Huston 1983)

- Power does not belong to an individual; it's an outcome of a relationship between 2 (or more) people

McDonald's (1980) model of power:

- social power** - laws, customs, traditions
- marital** - influence spouses have on one another
- parental** - influence parents have on children
- offspring** - influence children have on parents
- sibling power** - influence siblings have on one another
- kinship power** - influence other kin have on the family system (e.g. grandparents, aunts/uncles)

1) Power Bases

Power bases

- Based on the control of resources
 - For power to exist, one must value the resources offered
- Alternatives
 - Inverse relation to dependency

Two laws related to power:

-The law of personal exploitation

- The one who cares less can exploit the one who cares more (Ross, 1921)

-The principle of least interest

- The one who is least interested in the continuation of a relationship is most able to control the relationship

Types of Power Resources

1. McDonald (1980)

- normative resources** - authority
- economic resources** - \$\$
- affective resources** - relational currency (e.g. love)
- personal resources** - personality, appearance
- cognitive resources** - intelligence

2. French & Raven (1959)

- reward power** - offer reinforcers
- coercive** - offer punishments
- legitimate** - authority
- referent**: respect/love
- expert**: expertise/broad understanding
- informational power** - specific knowledge

-Not all resources are equal!

Normative Theory of Power (Rodman, 1972)

Four stages:

1. **Patriarchy** - husband has authority (Traditional societies)
2. **Modified patriarchy** - upper class more egalitarian (Greece)
3. **Transitional egalitarianism** - norms don't clearly state who should have power; power due to resources (USA, Canada)
4. **Egalitarianism** - culture endorses equality (Sweden, Denmark)

2) Power Processes

1. Language

- Study by Zimmerman & West (1975)
- Gender based conversational pattern for cross-sex couples
 - Males interrupted females more than vice versa
 - Interrupting is associated w/power
 - Females more silent - result of getting 'cut off'

2. Touch: Study by Henley (1977)

- Men touch women more than women touch men
- Touch is associated w/more power
- Influenced by age & situation

3. Style

-Johnson (1978)

- women use personal power (sexuality, appeals for affection) & manipulation (helplessness appeals)
- men use coercion & authority as well as personal power based on competence

-Falbo & Peplau (1980)

1. **Direct vs. Indirect** (asking vs. hinting)

2. Bilateral vs. Unilateral (bargaining vs. withdrawal)

- *Males – direct/bilateral*
- *Females – indirect/unilateral*
- *Marital power patterns*
 1. **Wife dominant**
 2. **Husband dominant**

Autonomic – shared authority (different areas)

3) Power Outcomes

-Orchestration power

-Who decides who will decide

-Implementation power

-Who carries out the delegated power

Studies on decision making are unclear

-Johnson (1975)

-May overestimate the power of wives

- Implementation not orchestration

-May underestimate the power of wives

- Self report vs. observation
 - Normative for males to have power (self report)
 - Observations show more female power

-Female dominance is less acceptable than male dominance

-Powerlessness bias - overestimate power of other person, underestimate your own power

Love, Love, Love

Defining Features of Love

-Beverly Fehr asked Canadian students to list as many features of love as they could in 3 minutes.

-Students' lists commonly included:

- Caring ▪ Happiness ▪ Friendship ▪ Warmth ▪ Trust ▪ Commitment ▪ Euphoria ▪ Sexual ▪ Passion ▪ Heart rate increases

The list could be reduced to three essential components:

-PASSION -> physiological arousal, longing to be with

-INTIMACY -> close bond, sharing, support

-COMMITMENT -> willing to define as love, commitment to long term

Definitions

-Love - "a strong attachment to /affection for someone" (White, 1999, p. 175)

-"intense feelings, emotions & thought: coupled w/sexual passion & erotic expression that a person directs toward another, as well as the ideology (set of beliefs) that upholds it" (Schwartz & Scott, 2000, p. 83)

-Liking - "a milder form of affection" (White, 1999)

-Infatuation - "a strong attraction to another person based on an idealized picture of that person"

(Bessell, 1984)

What is Love?

Chemistry

- "High" of passionate love = surge of neurotransmitters: DA, NE, PEA (phenylethylamine) acts like amphetamines
- Develop tolerance
- Loss of love = withdrawal

Resource

- (Foa & Foa, 1971) Love = an expression of affectional regard, warmth /comfort
- Something that can be used as an interpersonal resource

History of Love

-Historically attitudes toward love have varied on 4 dimensions

Cultural value – desirable/undesirable?

Sexuality – sexual/nonsexual?

Sexual orientation – heterosexual/homosexual?

Marital status – love spouse /others?

-Ancient Greece – platonic love, love between 2 men

-12th century courtly love, heterosexual between knight & married woman, nonsexual

-Passionate love – 18th century (not w/spouse); 20th century (with spouse)

Stages of Love

Reiss's Wheel Theory of Love: 1. Rapport 2. Self-revelation 3. Mutual dependency 4. Intimacy need fulfillment

Types of Love

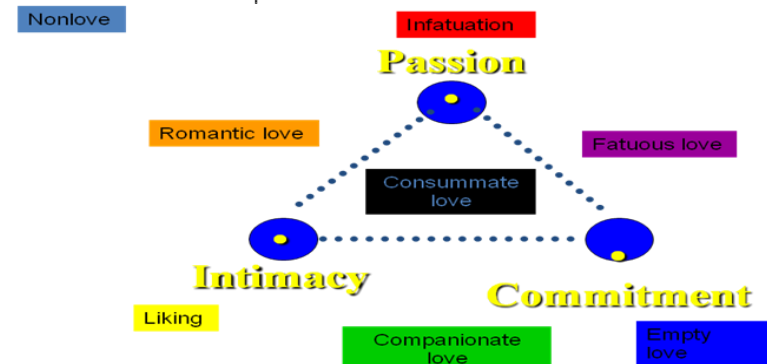
Sternberg's Triangular Theory of Love

-3 components of love combine to create 8 different types of love:

- Intimacy ▪ Passion ▪ Commitment

-Types of love include:

- nonlove ▪ liking ▪ infatuation ▪ empty love ▪ romantic love ▪ companionate love ▪ fatuous love ▪ consummate love



Two-Factor Theory of Emotion

-Feelings of love consist of: General Physiological Arousal + A Label For That Arousal

-Theory posits – we can confuse specific cause of our arousal, & may mistake fear /anxiety for "love."

Passionate Love due to:

1) Arousal

-passionate attraction due to:

- physiological arousal
- believing another person caused your arousal

misattributions – mistakes interpreting feelings

excitation transfer – arousal from 2 stimuli, 1st is ignored

- E.g. fear labelled as attraction

limits to misattribution & excitation transfer:

- Time ▪ attributional clarity (recognize cause of arousal)

2) Thoughts

-Rubin's (1973) Love & Liking Scales. Themes of the Love Scale include:

- **Intimacy** – communication, trust
- **Attachment** – longing for contact
- **Caring** – concern for other's welfare

-Preoccupation & obsessive thought

- More you love, the more you think
- The more you think, the more you love

-'Love is blind' – reinterpret undesirable info.

-Self-concept – being in love increases self esteem, is rewarding

Characteristics of Passionate Love

- Absorption & desire
- Early in relationship
- Little knowledge of other person, ignorance of full character
- Idealization: "love is blind", overlook faults
- Complete personal fulfillment from object of affections
- Short-lived?

Companionate Love

- "Comfortable, affectionate, trusting love for a likable partner, based on a deep sense of friendship & involving companionship & the enjoyment of common activities, mutual interests & shared laughter" (Grote & Frieze 1994)
- Reasons for long lasting relationships: (Lauer & Lauer 1975)
 - My spouse is my best friend.
 - I like my spouse as a person.

Characteristics of Companionate Love

- Friendly affection & deep attachment based on extensive familiarity
- Less emotionally intense but more enduring than passionate love
- Between friends and/or lovers
- Tolerance for faults & overcoming of differences
- Often evolved from passionate love but may be reversed.

Styles of Loving (Lee, 1977, 1988)

- Eros
- Ludus
- Storge
- Mania
- Agape
- Pragma

Self Expansion Model of Love (Aron & Aron, 1996)

1. People seek to expand the self.
2. One way they seek to do so is by attempting to include others in the self through close relationships.
3. People seek situations & experiences that have become associated w/ experiences of expansion of the self. (p. 49)

Choice of Partner Based on Self Expansion Model

- **Desirability:** degree of self expansion possible through a close relationship w/a particular other
- **Probability:** probability of actually obtaining that expansion w/ other (could actually form/maintain a particular relationship)
- Self & Similarity/Complementarity
- Ties in w/ similarity/complementarity concepts
- If not sure of probability – choose similar other for self expansion
- If fairly sure of probability – choose complementary other for self expansion (most desirable, because more self expansion possible)

Sex

Did you think about sex even for a moment during the last 5 minutes? When men & women under the age of twenty-five were asked this question, half of the men & 40% of the women said "Yes." Among those 26-55: 1 in 4 men & 1 in 7 women said "Yes." College men & women report *several sexual fantasies per day.*

Sexual Attitudes

- Sexual Values
 - 4 Standards of Premarital & Nonmarital Sex
 - Permissiveness w/ affection
 - Permissiveness without affection
 - Abstinence
 - The double standard
- Casual sex
 - Premarital sex
 - More lenient
 - Most want partner w/ limited experience
- Gender
 - Men more permissive attitudes than women
 - The sexual double standard – still in effect?

Gender Differences in Love

- Who likes more?
- Who loves more?
- Who is more romantic?
- Who falls in love earlier?
- Is there a relationship between Lee's love styles & gender?
- Limitations:
 - Age
 - Gender socialization
- Does love affect behaviour?

	% answering yes	
	Men	Women
Are you in love now?	46%	66%
Have you been in love at least 1x?	89%	

Age

- Curvilinear (U-shaped) relationship
 - Romanticism decreases from young adulthood to middle age, then increases
- Limitations
 - Chronological age vs. relationship duration

Cross-Cultural Differences

- Susceptibility to love:

	Mexican-Am	Chinese-Am	Anglo-Am
Have you ever been in love?	86%	72%	95%

- Ethnic bgs, individualistic/collective values, /acculturation make little difference (Hawaiian studies of different ethnic groups)

	% answering yes to being in love	
Cultural Group	Men	Women
Russians	61	73
Americans	53	63
Japanese	41	63

Obsessive Relationships & Unrequited Love

Erotomania

- Disorder involving fixed (but incorrect) belief that one is loved by another, which persists in the face of strong evidence to contrary

- Obsessive relationships may stem from inappropriate activation of normal attachment bonds.

Unrequited Love & Attachment

- Hazan & Shaver (1987) asked: "How enjoyable is it to be in love even if it's not reciprocated?"

- Avoidantly attached had highest rates of desire to be in love (in love w/love/not in love w/a person)
- Anxious had lowest rates of desire to be in love (they desired to be in love w/a specific other person)

- Homosexuality

- Limited acceptance
- More liberal attitudes if know someone
- Cultural Differences
 - North American's MORE conservative
 - Canada MORE permissive than the USA

Sexual Behavior

A. Premarital Sex

- Virginity
 - Average age of first intercourse is 16 for males & 17 for females
 - Recent rise in virginity rates among adolescents – why?
 - fear of AIDS & other STI's
 - moral beliefs
 - insufficient love w/ partner to justify sex
 - insecurity/inadequacy (more men report this)
- Reasons for sex
 - to express love / affection - curiosity
 - pleasure - peer pressure

- Predictors of first sexual experience
 - values & attitudes
 - desire for achieving 'adult status'
 - family structure
 - younger & highly religious less likely to have premarital sex

Diversity data High school students who say they have had sex, 2001.

○ BY GENDER & RACE

TOTAL: 42.9% VS 48.5%	WHITE	BLACK	HISPANIC
WOMEN	41.3%	53.4%	44%
MEN	45.1%	68.8%	53%

BY GRADE

9 TH	34.4%
10 TH	40.8%
11 TH	41.9%
12 TH	60.5%

B. Committed Relationships

- How often do people have sex?
- Depends on:
 - Status: -Cohabitators vs. marrieds vs. singles
 - Age: -Older less than younger – why?
- Sexual orientation: Homosexual vs. heterosexual

C. Monogamy

- Frequency of infidelity
 - men ~ 25%; women ~ 15% (Laumann et al, 1994)
- Predictors
 - Gender
 - gay men > hetero men > women
 - Sociosexual orientation
 - beliefs favouring non-monogamous experiences
 - Level of relationship satisfaction & commitment
 - Unhappy & underbenefited have higher rates of infidelity

Satisfaction

- A. Frequency & Satisfaction
 - more sex = more satisfaction w/sex. Correlational!
- B. Relationship Satisfaction
 - couples happy w/their sex lives, happy w/their relationship
 - close correspondence between ACTUAL & DESIRED sexual frequency = higher relationship satisfaction
 - arguments also play a role: rate of sex minus # of arguments = level of relationship satisfaction

Sexuality

- Depends on:
 - Hormones
 - Injections of testosterone into men w/malfunctioning testes increase sexual fantasies;
 - Stopping injections reduces fantasies.
 - Injections of testosterone also increase sexual desire & fantasy in women.
 - Sexual fantasies in teenagers of both sexes are also linked to testosterone.
 - Males who prefer short-term mates have higher testosterone.
 - Sociosexual Attitudes
 - Sociosexual orientation* - Individual differences in tendency to prefer either:
 - Unrestricted sex (without the necessity of love)
 - Restricted sex (only in the context of a long-term, loving relationship).
 - Who's Sexually Attractive?
 - Physically attractive individuals have more opportunities for sexual relationships.
 - College students in one study were *willing to lie about themselves to win dates w/physically attractive partners.*
 - Gender Differences in Sexuality
 - Men & women differ in their criteria for sexual partners
 - But their criteria for long-term partners are very similar.

-Students in one series of studies were asked:

- What is the minimum percentile of intelligence you would accept in considering someone for:
 - A date ▪ A sexual partner ▪ A one night stand ▪ A steady dating partner ▪ A marriage partner?

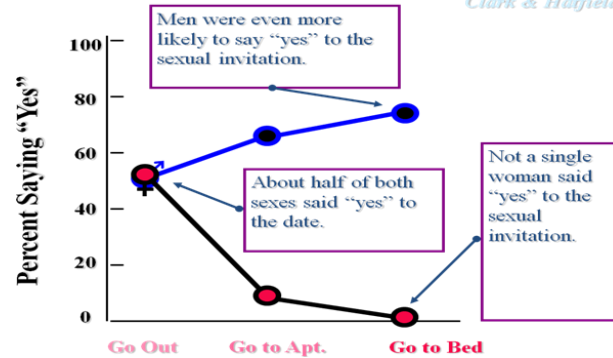
Minimum Intelligence Desired

- Women desire slightly above avg for a single date, and want more w/increasing commitment. Men have similar criteria for dates & for long term mates (steady & marriage). But men's criteria are considerably lower for sexual partners, & the differences are even more pronounced for one-night stands.
 - These results suggest females increase selectivity as the probability of pregnancy increases. & males are selective for long term relationships where they commit resources. But will be less selective if given the opportunity for a low investment reproductive opportunity.

In one study, students were approached by another student of the opposite sex, who said:

- "I have been noticing you around campus. I find you very attractive." This was followed by one of three invitations:
 - "Would you go out tonight?" / "Would you come over to my apartment?" / "Would you go to bed w/me?"

Clark & Hatfield



- Cultural Norms about Sexuality
 - Cultures vary in acceptance of premarital sex, extramarital sex, & appropriateness of sex without love.
 - Americans, on average:
 - Begin kissing at around age 14 /15
 - Begin having intercourse around age 17.
 - Japanese begin kissing at around age 20. Have intercourse at age 22 /23.
 - Sexual Situations Look Different to Men & Women
 - Compared to women, *men perceive more sexuality* in an interaction between a man & a woman.
 - This is true whether they are participants /observers.
 - However, men see interactions involving their sister as platonic.
 - Nonverbal cues
 - Monica Moore observed women in singles' bars & more neutral settings.
 - Women in singles bars used a number of nonverbal gestures that appeared to initiate interactions w/men, including: Head tosses, Hair flips, Eyebrow flashes, Smiles.

Sexual Communication

- Most people not completely comfortable talking about sex
 - Taught as children that sexual vocabulary is "dirty"
- Mostly non-verbal
- Men more likely than women to initiate
- Consent?
 - Usually don't say 'yes' but don't say 'no'
 - Women indirect verbal strategies
 - Men non-verbal strategies
- More likely to talk about our "sexual likes" than "dislikes"
 - Disclosure highest when reciprocated
- Clear sexual communication leads to increased sexual satisfaction

Health Risks of Sex

of reported selected STIs in the USA

STDs	1998	1999	2000
Gonorrhea	356,000	360,000	359,000
Syphilis	38,000	36,000	32,000
Chlamydia	604,000	657,000	702,000

Estimated # of cumulative AIDS cases, by age, reported through December 2002 in the USA. Patients' ages at time of diagnosis. Note the highest \$ of cases occurred btwn the ages of 25 & 54, because of the time it takes HIV to dev into full-blown AIDS.

AGE	# OF AIDS CASES
13>	93,000
13-14	839
15-24	35,460
25-34	301,278
35-44	357,860
45-54	138,386
55-64	40,584
65+	12,868

Source: Centres of Disease Control 2003

Estimated cases of AIDS, by exposure category, reported to CDC through December 2002. Following is the distribution of reported AIDS cases among adults & adolescents by exposure category, w/breakdown by sex where appropriate

EXPOSURE CATEGORY	MALE	FEMALE	TOTAL
M-M sexual contact	420,790	-	420,790
Injection drug use	172,351	67,917	240,268
M-M sexual contact & injection drug use	59,719	-	59,719
Heterosexual contact	50,793	84,835	135,628
Other*	5,057	3914	8,971

○ *Includes hemophilia, blood transfusion, perinatal & risk not reported/identified. Source: Centres for Disease Control 2003

Relationship Strains

-Shyness = the syndrome that combines social reticence & inhibited interactive behavior w/nervous discomfort in social settings (Leary & Kowalski, 1995)

-Chronic shyness:

- Fear negative evaluation from others
- Poor self regard
- Lower levels of social skills

-Need to *care less* about what other people think

Jealousy Definitions: Brehm, 1992

-Jealousy: the emotional reaction to a perceived threat to an existing relationship

-Envy: a person's desire to obtain something that someone else already possesses

-Rivalry: two people compete for something neither one possesses

Causes of Jealousy

1. Self esteem

- Low – think relationship is vulnerable

2. Relational factors

- Feelings of inadequacy in the relationship
- Imbalance of effort
- Dependency
 - Real threat of loss
- Sexual exclusivity
 - Monogamous less jealous

3. Prototype theory

- From media & personal experience, we develop cognitive representations (prototypes) of jealousy provoking situations

Types of Jealousy

1. Chronic jealousy Relationship jealousy (White, 1981)
2. Actual jealousy vs. Anticipated jealousy (Buunk, 1982)
3. Naturally occurring jealousy vs. Induced jealousy (Parrott, 1991)
4. Fait accompli jealousy (Parrott, 1991) (relationship is over)
5. Suspicious jealousy (Parrott, 1991)
6. Jealousy over a desired relationship (Parrott, 1991) (ENVY?)

MULTIDIMENSIONAL JEALOUSY SCALE (Pfeiffer, 1989) [Selected items]

A. **Cognitive:** "how often do you have the following thoughts?"

- I suspect that X may be attracted to someone else
- I think that X is secretly developing a relationship w/someone else
- I'm worried that someone is trying to seduce X

B. **Emotional:** "how would you react to the following?"

- X hugs & kisses someone of the opposite sex
- X comments on how great looking someone else is
- X is flirting w/someone of the opposite sex

C. **Behavioral:** "how often do you engage in these behaviors?"

- I call X unexpectedly, just to see if he/she is there
- I look through X's drawers, handbag, pockets
- I join in whenever I see X talking to a member of the opposite sex

Individual Differences

-Measurement issue

- Measuring willingness to acknowledge

-Jealousy & self concept

- Real/potential loss has two sides:
 - Threat/loss of the relationship itself
 - Threat/loss of self concept supported by the relationship

-Jealousy & self-esteem

- High correlation between jealousy & self esteem

-Jealousy & attachment

- Securely attached – angry & express -Anxious ambivalent – angry & express indirectly -Avoidant – feel sad

Gender Differences

-Becoming jealous

- Women – associated w/belief that getting another relationship is difficult
- Men – associated w/loss of self concept

-Coping w/jealousy

- Male reactions
 - Get angry w/themselves
 - Get drunk/high
 - Verbally threaten other men
 - Feel flattered by other man's attraction to partner
 - Feel sexually attracted to partner
- Men "property oriented" therefore angry when someone trying to steal his possession/feel flattered when someone else sees his possession as valuable

-Female reactions

- Cry when alone
- Attempt to look more attractive to partner
- Try to make partner believe they don't care

-Women try to preserve the existing relationship

Jealousy & the Nature of Relationships

-Length of relationship

- Never over?

-Attribution of jealousy

- Responsibility placed on partner
- Responsibility placed externally
 - More personal if deviates from norm

-Equity theory & jealousy

- Study by Buunk (1980)
 - Subjects who did not cheat were more jealous
 - All were cheated on
- Study by Pren (1993)
 - Underbenefitted men strong desire to cheat
 - Not reflected in behavior

Jealousy & the Nature of Relationships

-Jealousy & alternative lifestyles

- Permissiveness
 - Less jealous
- Open marriage (swingers)
 - Less jealous
 - Take measures to avoid this (e.g. rules)
- Group marriage
 - 80% report problems w/jealousy

Lying

-Deception – intentional behavior that creates an impression in the recipient that the deceiver knows is false (Buller & Burgon, 1994)

Types:

- conceal info.
- divert attention
- half-truths: Spouses are more likely to conceal information than make false statements

-Deceiver's distrust = when people lie to others, they may begin to perceive the recipients of the lies as less honest & trustworthy

- Others are like them – they lie too (deceitful motives)
- Feel better about yourself if believe others have same faults as you

-Truth bias – in intimate relationships we assume our partners are telling the truth, therefore, even though we should be better at detecting changes in demeanor, we ignore these changes
 -Overall, we're not good at detecting lies!

Betrayal

-Betrayal – hurtful actions by people we trusted & from whom we reasonable did not expect such treachery (Couch, Jones, & Moore, 1999)
 -Reveal secrets, gossip, break promises, abandon a relationship
-Relational devaluation – the painful realization that our partners do not love, respect, /accept us as much as they used to, /as much as we though they did (Leary, 2001)
 -Usually those close to us hurt us the most!
 -Common event, not always intentional!

Conflict/Conflict Resolution

-Conflict - an interpersonal process that occurs whenever the actions of one person interfere w/the actions of another (Peterson, 1983, p.365)

Factors Influencing Frequency

Personality

-Neuroticism best personality predictor of conflict

Similarity

-More similar, less conflict

Life Stage

-Declines w/age

Types of Conflict (Peterson, 1983)

-4 common categories:

-Criticism: Verbal/nonverbal demeaning acts

-Illegitimate demands: Asking person to do unjust things for you

-Cumulative annoyances: Repetitive acts

-Rebuffs: Fail to act on a demand

Attributions & Conflict

-Propositions:

-Attributional processes will be more active during conflict When disagreements arise, people are motivated to search for causes of their own & other's behavior.

-During conflict, individuals will take a benign view of the causes of his /her own behavior.

-Attributions made during conflict can create attributional conflict

- disagreements about motives - which are difficult to resolve

-Happy vs. Unhappy

-Unhappy:

-Positive behavior (partner) due to external, unstable, specific attributions

-Negative behavior, due to internal, stable, & global attributions

-Happy: opposite

Middle Stages of Conflict

-Escalation/ threats

-Once conflict starts, either 1) escalates /2) is negotiated

-Threats not a good idea

-May have to "up the ante" next time

-If you don't carry them out then have no effect

-Demand/Withdraw pattern

-1 person approaches; the other avoids

-Why a gender difference?

-Person seeking cooperation - demands

-Person who does not need cooperation (can do - on own) - withdraws

-Seeking closeness associated w/being demanding

-Negotiation/Accommodation

-Accommodation - when one's partner acts in a destructive way - inhibit the impulse to respond destructively & instead respond in a constructive manner

Rusbult (1991) Response to Conflict:

-Exit: Leave the partner, end rel., yell/hit (active destructive)

-Voice: Discuss, change behavior, obtain advice (active constructive)

-Loyalty: Wait for conditions to improve, defend partner, continue involvement (passive constructive)

-Neglect: Avoid issues, reduce interdependence, nag (passive destructive)

Conflict Outcomes

-5 ways to end conflict:

Separation: Withdrawal of at least 1 partner without resolution

Domination: 1 person continues to pursue their goal; the other gives in

Compromise: Both reduce expectations & find a mutually acceptable alternative (neither totally satisfied)

Integrative agreements: Satisfy both partners original goals

Structural improvement: Some changes will occur in the rel. (e.g. positive attributions, increased trust, hope)

-Fighting can increase intimacy IF done fairly!

Conflict Resolution

-Perceptions

-The root of conflict

-2 people can perceive the same event differently

-Our perceptions reflect our values, previous experience, culture & expectations

-First step towards resolution is acknowledging that there may be other perceptions of actions/events than our own

-3 aspects of conflict

-Content: The "problem" that needs solving

-Process

-How we talk to & treat each other

-People need to feel heard

-If feel attacked, blamed, interrupted = argument

-Emotion

-How we feel

-Triggers of emotion:

-The issue

-History between the individuals

-How the person has been treated

-Unrelated incidents

-Need to address all 3 to resolve conflict

Approaches to conflict:

-Win/Lose approach

-You must win, regardless of the impact on the relationship

-Characteristics:

-Other person is your adversary

-Goal is victory

-Only your point of view is valid

-Focus on the immediate rather than long-term

-Tactics:

-Personal attack, blame

-Threats/intimidation

-Conceal information/manipulate

-Demand concessions

-Win/Win approach

-You work w/the other person to create a solution to best meet both your needs

-Characteristics:

-Both are problem-solvers

-Goal is an outcome that will work for you, reached efficiently & amicably

-Techniques:

-Look at what's really important to both parties

-Listen to understand before speaking to be understood

-Respect/value the other person

Move from Position to Interests

1. **Position** - a strongly held belief, opinion /attitude as to "how it is" /"how it should be". An expectation that there is only one way, one right outcome, one correct solution. A belief that truth is absolute & that you are the holder of that truth. (Danaan Parry, "Warriors of the Heart")

2. **Interests** - the reason why people have their position (needs, wants, concerns, fear)

Process of conflict:

1. Focus on positions: Win/lose

2. Compromise: Focus on what lost

3. Focus on interests that underlie positions & come up w/solutions to satisfy both people: Win/win

Improving Communication

Personal approaches

1. Personal education

Problems:

- Authors write in engaging way rather than solid coverage of information
- Books are written for general relationships - problems/solutions not specific to the individual situation
- Lack explicit directions on what to do
- Don't provide assessment, feedback /encouragement on new behaviors
- Encourage people to satisfy own needs without regard for the impact of one's behavior on others

2. Personal Negotiation

- Identify trouble spots
- Create rules for fair fighting

-Create quality time

3. Ongoing time commitments

- 'couple time' /'family meetings'

4. Support networks

- Formal /informal networks where problems can be discussed

Instructional approaches:

-Purpose is educational, not therapeutic

-Develop skills & strategies for dealing w/problems

-Marital enrichment programs

- Enhance couple growth
- Couples are supposed to attend together
- Examples: Couples Communication Program, Saving Marriages Before they Start program

-Family enrichment programs

- Encourage entire families to improve relationships. e.g. STEP "Systematic Training for Effective Parenting"

-Evaluation of these programs:

- Need commitment of both partners
- May have detrimental effects if the couple is distressed (it is meant for well functioning families - to improve their skills)
- Some decline in skills learned over time

Therapeutic approaches:

- For families in crisis/pain
- Most frequently noted problem was w/communication

5 types of Professional Therapy

- Psychodynamic
- Rogerian
- Systems
- Behavioral
- Cognitive

1. Psychodynamic

- Therapist is the doctor/expert
- Provides insight into unconscious conflicts (stemming from childhood)

2. Rogerian

- Must know & accept self
- Therapist provides unconditional positive regard

3. Systems

- Problems stem from the larger family (rather than individual)
- Emphasize family communication patterns

4. Behavioral

- Positive reinforcement is key
- Try to enhance reinforcement (through teaching communication & problem-solving skills)
- Shape more effective behaviors (through modeling, feedback & reinforcement)

5. Cognitive

- Look at unrealistic expectations, dysfunctional beliefs
- Replace w/more rational ones
- Try to develop flexible perspectives

Evaluation of therapy:

- Effective for mild /moderately distressed couples
- Some treatment effects diminish over time

Marital Dissolution

-A few statistics...

-Almost 90% of Americans get married

-The average marriage lasts 7 years

-There is a new trend of 'Starter Marriages': a first marriage w/no children that ends after a few years

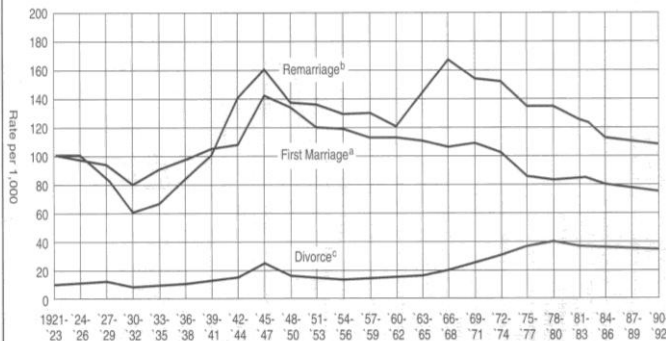
-Approximately 40% of US marriages involve a 2nd /subsequent marriage for one /both partners

-The rate of divorce is approximately 40% (2002 National Center for Health Statistics)

FIGURE 7.4

Rates of First Marriage, Divorce, and Remarriage for U.S. Women: 1921-1992 (3-year averages)

Rates of first marriage, divorce, and remarriage have been fairly stable in the 1990s, following large fluctuations in earlier decades. After rising sharply between 1960 and 1980, the divorce rate has stabilized and has even begun a modest decline. In 1992 it was at its lowest point since 1975.



^a First marriages per 1,000 single women 14 to 44 years old.

^b Remarriages per 1,000 widowed and divorced women 14 to 54 years old.

^c Divorces per 1,000 married women 14 to 44 years old.

Brainstorm: Why do people choose to stay together /breakup?

Reasons for the Rise in Divorce Rates

- Individual expectations of marriage
- Changing socio-economic status of women
- Independence hypothesis**
 - Paid work allows you to choose to divorce
- Stabilization hypothesis**
 - People w/more \$\$ are more likely to invest in marital related assets that increase commitment
- No Fault divorce laws
- Make it more socially acceptable to divorce

Predictors of Dissolution

1) Microsociological Causes

Individual issues

- Alcoholism/drug abuse
- Infidelity
- Incompatibility
- Physical/emotional abuse
- Disagreements over finances-especially older

Dynamics of the relationship

- Poor communication
- Poor conflict resolution skills
- Lack of commitment
- Perceived inequality

2) Mesosociological Causes

Age at marriage

- Strongest predictor in first 5 years of marriage
- Young - lack emotional maturity needed for marriage
 - Ill founded expectations
 - Become disappointed/disillusioned w/marriage

Cohabitation

- Adverse selectivity** explanation
 - 'kinds of people who cohabit have lower commitment to marriage & disregard stigma of divorce'
- As it becomes normative, cohabitation will no longer be a predictor variable

Second Marriages

-Adverse selectivity

- kinds of people who get divorced once will do so again'
- May also be 'divorce prone'

-Competing theory - **stress of remarriage** - integration of stepchildren; interaction w/ex-spouses

Parental Divorce

- Less likely to believe marriage can last
- 'learned how to divorce' from parents

Childbearing

- Get married for wrong reasons
- To legitimize birth not because committed to one another

Family size

- Women w/small/medium size families lower rates of divorce
- Women w/no children/large families high rates of divorce

Sex of child

- Sons reduce the risk by 9%
- Fathers more involved w/raising sons

Stage of Marriage

- Longer duration, lower rate of divorce
- Invested more time &energy in marriage, higher cost of starting over
- Couples more aware of being badly matched early on (first 3 years)

Place of Residence

- Urban greater than rural
- Adverse selectivity** - rural people migrate to urban areas before, during, after divorce
- Migrants have weaker social ties therefore less barriers to disruption
- Alternate explanation: people who move are risk takers willing to make changes

Religion

- More religious less divorce
- Different religions - divorce rate increases
- No religion, highest divorce rate

Socioeconomic Status

- Increased rates as get poorer
- Higher financial insecurity = stress
- Poor have less to lose from divorce, less to gain from staying married

3) Macrosociological Causes

Wars

- War separates couples - grow apart
- Lonely people get together under conditions that encourage involvement
- Strains of postwar reunions

Economic cycles

- Less likely to divorce during recession
- Divorce is costly - establish 2 households, divide assets

Sex ratios

- Ratio of available alternatives effects divorce rate

Gender expectations

- When social structures allow women economic independence increase rates
- Most stable when gender roles are egalitarian /when both spouses high on 'feminine' characteristics (nurturance, sensitivity, gentleness)

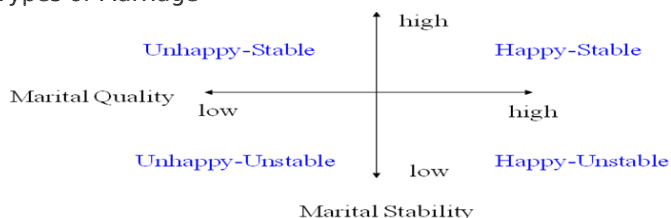
Social integration

- Higher social integration - lower divorce rate
- Highly integrated community supports 'pro family' ideals

Models of Marital Stability

Who will stay together &who will divorce?

- Types of Marriage



Levinger's Attraction-Barrier Model of Marital Cohesiveness

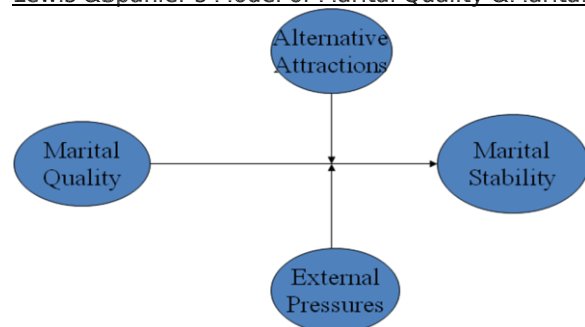
Attractions + Barriers – (Alternatives + Alternative Barriers) = Marital Cohesiveness

Levinger's (1965) initial Attraction-Barrier model was composed of three parts: marital attractions, barriers, &alternative attractions. Attractions are the net attractions to the marriage (rewards minus costs) &are equivalent to Lewin's Driving forces (e.g. love for partner – irritations of partner). Attractions propel one to stay in the relationship. Barriers are the total strength of all internal &external restraining forces (e.g. religiosity). Barriers keep one from leaving the relationship. Alternatives are alternative attractions to the current relationship. This is the net attractions (rewards minus costs) to the most salient alternative (e.g. alternative partner). Alternative attractions work as driving forces that pull one out of the marital relationship. Thus, according to Levinger's initial theory, marital cohesiveness was equal to the attractions to the relationship, plus the barriers around leaving the relationship, minus the alternative attractions to the relationship. Only recently (1999) did Levinger add a 4th component – Alternative Barriers. Alternative barriers are the restraints around leaving an alternative relationship (for example, barriers leaving a career for the good of the marriage) . Thus, "[pair commitment] pertains to the net sum of the attractions &barriers inside a relationship minus the net attractions to &barriers around the most salient outside alternative" (Levinger 1976, p.28). According to this quote from Levinger, the model proposed is clearly additive in nature.

Levinger's Measures

Attractions	Barriers	Alternatives
<i>Affectional rewards:</i> Esteem for spouse Desire for companionship Sexual enjoyment	<i>Feelings of obligation:</i> To dependent children To marital bond	<i>Affectional rewards:</i> Preferred alt sex partner Disjunctive social relations Opposing religious affiliation
<i>Socio-economic rewards:</i> Husband's income Home ownership Husband's education Husband's occupation	<i>Moral proscriptions:</i> Proscriptive religion Joint church attendance	<i>Economic rewards:</i> Wife's opportunity for independent income
<i>Similarity in social status:</i> Religion Education Age	<i>External pressures:</i> Primary group affiliations Community stigma Legal &economic Bars	

Lewis &Spanier's Model of Marital Quality &Marital Stability



Lewis & Spanier's Measures

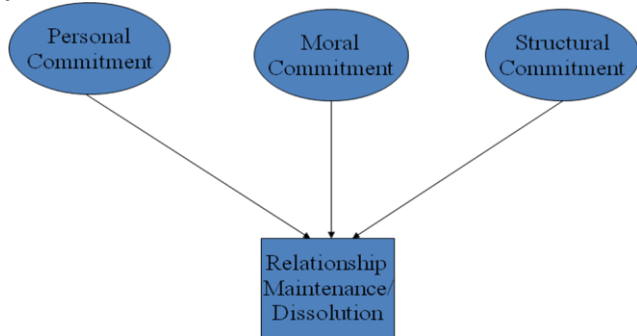
Marital Quality		
Social & Personal Resources	Satisfaction w/ Lifestyle	Rewards from Spousal Interaction
Premarital Homogamy	Socioeconomic Adequacy	Positive Regard for Spouse
Premarital Resources	Satisfaction w/ Wife's Working	Emotional Gratification
Exposure to Adequate Role Models	Optimal Household Composition	Effectiveness of Communication
Support from Significant Others	Community Embeddedness	Role-fit
		Amount of Interaction

Alternative Attractions/External Pressures
Marital Expectations
Commitment to the Marriage & its Obligations
Tolerance for Conflict & Disharmony
Religious Doctrine & Commitment
External pressures & Amenability to Social Stigma
Divorce Law & availability of Legal Aid
Real & Perceived Alternatives

Propositions

- The greater the marital quality the greater the stability
- Alternatives negatively influence the strength of the relationship between marital quality & marital stability
- Barriers positively influence the strength of the relationship between marital quality & marital stability

Johnson's Commitment Model



Personal commitment = 'want to stay' (related to attractions & are internal to the relationship)
Moral commitment = 'ought to stay' (psychological sense of barriers - internal feeling of constraint but based on external influences (e.g. moral upbringing))
Structural commitment = 'have to stay' (social sense of barriers) Alternatives also included here. Sense of barriers as having more importance than alternatives.
 Moral & Structural commitment relate to barriers & alternatives in Levinger/Lewis & Spanier model.
 Added contribution is the distinction between types of barriers: moral (psychological feeling of constraint) structural (social constraints).
 Issue as to whether these concepts are distinct. Some empirical support for distinct concepts. But what does this mean in terms of predicting stability? Are the distinct concepts important?

Also no claim as to the relationship between these concepts... basically Johnson says the way they act in terms of marital stability depends on the unique blend of personal, moral & structural commitments.

Johnson's Measures

Personal Commitment	Moral Commitment	Structural Commitment
Attitude Toward Partner	General Consistency Values	Irretrievable Investments
Attitude Toward Relationship	Relationship Type Values	Social Reaction
Relationship Identity	Person Specific Obligation	Difficulty of Termination Procedures
		Availability of Acceptable Alternatives

Models of Satisfaction: Models of Marital Change (Huston)

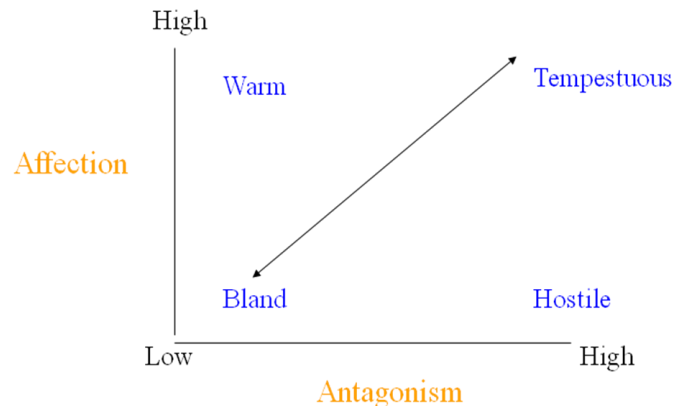
- Emergent Distress Model
 - Assumes all marriages begin w/high levels of positive factors (e.g. love, affection, trust, intimacy)
 - Negative factors erode the positive aspects of marriage over time (e.g. contempt, criticizing, defensiveness, & stonewalling - Gottman)
 - Higher amounts of negative interaction leads to divorce
- Disillusionment Model
 - Assumes all marriages begin w/high levels of positive factors
 - Idealize their partners & fail to see their shortcomings
 - Over time they are unable to maintain the illusion leading to declines in affection which in turn leads to divorce
- Enduring Dynamics Model
 - Begin marriage w/a realistic view of partner
 - Behavioral patterns in courtship continue into marriage
 - Thus rocky courtships (e.g. high conflict) lead to rocky marriage & perhaps divorce
- Accommodation Models
 - Marital problems are overcome as spouses adapt to each other
 - Vulnerability-Stress-Adaptation model (Karney & Bradbury)
 - Success of adaptation is based on the nature of the stressful event & the enduring vulnerabilities present

Karney & Bradbury (1995)

-Vulnerability-stress-adaptation model

- Some people enter marriages w/ enduring vulnerabilities (e.g. poor social skills, dysfunctional attitudes)
- These interact w/ life circumstances
- Failure to cope w/ stress → increases stress → marital dissatisfaction → divorce

Two Sides of Satisfaction



Stages of Divorcing: Duck (1982)

-Discovery of a problem

- Assess partner, evaluate costs of leaving, consider alternatives
- Feel frustrated

-Exposure

- Unhappy person reveals discontent (directly /indirectly)
- Begin to withdraw /say they wish to separate

-Negotiation

- Spurned partner may attempt to make the rel. better
- Either repair rel. /not but reach a decision

-Transformation

- May be a formal farewell (e.g. move out)
- Begin to publicize the end of the rel &give 'explanations'

-Grave-dressing

- Move on
- Develop a story for the rel.

Effects on the Couple

-1st year after separation is most stressful

- Gender differences
 - women have more difficult time in 1st few months, while men suffer more a year later
 - men will go into the "happy bachelor stage"; socializing, drinking, dating, etc...; problems emerge at a later stage; women will stay home &learn to cope w/children &financial problems

-Social support

- men relied on both sexes to help them
- women turned to female friends / family
- 1/3 seek professional help

-Divorce &emotional problems

- psychiatric care as high as 40% for divorced people

Effects on Children

- Diminished capacity to parent
- Remaining in an unhappy home may be more harmful than a parental divorce - BUT almost always a temporary trauma for children
- Children of divorced parents grow up to be more divorce prone
- Children adjust better when the custodial parent is emotionally stable &when non-custodial parent maintains a regular relationship w/their children

Marital Dissolution &the Elderly

-Uhlenberg &Myers (1986) - divorce rate is expected to increase for the elderly because

- larger proportion of elderly will be in 2nd, 3rd etc.. marriage ... remarriages have higher divorce rates
- cohorts entering old age more accepting of divorce as solution to an unpleasant marriage
- increasing economic independence of women
- reduction in mortality rates at earlier ages means fewer marriages are terminated by death prior to old age

Impact of Children's Divorce on

Grandparent - Grandchild Relations

- This relationship is dependent on the parent as a mediator
- Grandmother's experience an increase in the amount of contact they have w/grandchildren after divorce of their children
- Increased contact most likely when the child has custody rather than the child-in-law
- Decrease in contact due to conflict between grandmother &her child /between the separated spouses

Conclusion

-Just as there is more than one reason people seek relationships, there is more than one path to marital success /failure