

# Final Exam Content

- **Chapter 9 (Stereotypes):** Qs 1 – 21
- **Chapter 11 (aggression):** Qs 22 – 38
- **Chapter 12 (helping behavior):** Qs 39 – 57
- **Chapter 13 (liking, loving, & close relationships):** Qs 58 – 68
- All Qs from lecture material

## Chapter 13

# Liking, Loving, & Close Relationships

# Bowlby's Attachment Theory

- Development & effects of emotional bond between infant & caregiver,
- Expanded to include close friends, lovers
- Not instantaneous
- Depends on BOTH dyad members!

# Ainsworth's Strange Situation

- Observe baby's responses to strangers, separations from & reunions w/ caregiver



# Ainsworth's Strange Situation

- Patterns of behavior:
  - **Secure** → actively explores room when left alone w/ mom, gets upset when mom leaves room, clearly happy when mom returns, may seek close physical proximity to relieve distress
    - Uses mom as safe haven/secure base to explore novel situation

~ 62%

# Ainsworth's Strange Situation

- Patterns of Behavior:
  - **Resistant insecure** → baby prefers to stay close to mom rather than explore room, very upset when mom leaves room, appears upset or angry when mom returns, tries to remain near mom but resists physical contact she initiates
    - Aka **ambivalent/anxious-ambivalent**

~ 15%

# Ainsworth's Strange Situation

- Patterns of Behavior:
  - **Avoidant Insecure** → baby ignores mom, no strong signs of disturbance when she leaves room, avoids mom during reunions or greets her casually

~ 23%

# Why Study Attachment??

- **Working model of close relationships**
  - Feelings, thoughts, beliefs, & expectations learned during course of infant's first close relationships
  - **Secure**: worthy of trust, love, & support
  - **Insecure**: acceptance but sometimes rejection; sometimes accessible/inaccessible; responsive but sometimes unresponsive/uncaring

# Attachment Theory

- Caveats
  - Correlational NOT experimental
  - Early attachment patterns may predict future but do NOT determine it

# Attachment Theory – Extended!

Do early attachments matter later in life?

- Evidence that kids w/ early secure attachment → social & intellectual advantages
- NOT perfect predictors!
  - Attachment styles between parents & child
  - Number, quality, & identity of friendships matter!!

# Adult Attachment

1. I find that others are reluctant to get as close as I would like. I often worry my partner will leave or won't stay with me. I worry about getting too close with another person, and this desire sometimes scares people away. **Anxious/Ambivalent**
2. I am somewhat uncomfortable being close. I find it difficult to trust partners completely and rely on myself to depend on them. I am nervous when others get close, and love partners often want me to be more intimate than is comfortable for me. **Avoidant**
3. 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 too close. **Secure**

# Close Relationships in Adulthood

- Dimensions of Adult Relationships
  - **Interdependence/closeness** → sharing of contributions & outcomes by 2 people
  - See selves as unit
  - Share costs & rewards of each other's outcomes

# Close Relationships in Adulthood

- **Properties of interconnected activities:**
  - Frequent impact on each other
  - Impact is strong
  - Impact on diverse activities
  - Long duration

# Close Relationships in Adulthood

- Dimensions of Adult Relationships
  - Providing benefits for other
  - **Exchange relationship:** keep track of what they've given & received; strive to keep books balanced; tit-for-tat
  - **Communal relationship:** receipt of benefit has no specific obligation to return benefit; responding to partner's needs is the benefit

# Close Relationships in Adulthood

- Dimensions of Adult Relationships
  - **Equity & fairness**
  - Satisfaction depends on how fair you perceive relationship
  - Equity theory → perceived fairness/balance; both partners perceive receiving relatively equal outcomes

# Intimacy

- Interactive process in which person feels understood, validated, & cared for as result of partner's response
  - **Self-disclosure** → 1<sup>st</sup> facts, then feelings/emotions
  - **Responsiveness** → exchange of info is reciprocal
  - **Understanding** → empathic accuracy
  - **Extreme interdependence** → you/me → we

# What is Love??

- **Passionate (romantic) love**
  - Strong & intense feelings, infatuation, arousal, deep sense of passion
  - Starting relationships
- **Companionate (affectionate) love**
  - Develops in close & intimate relationship; affection feel for those whom lives are deeply entwined
  - Work/effort to build
  - Good marriage/stable, trustworthy, lasting relationships

# What is Love??

- **Sternberg's Triangle Theory of Love** → variety of love experiences understand as combo of
  - Passion
  - Intimacy
  - Commitment
- High levels of passion → overly positive/idealized views of other
  - May help sustain relationship!

**Liking**  
Intimacy only

**Romantic love**  
Intimacy + Passion

**Companionate Love**  
Intimacy + Commitment

**Consummate Love**  
Intimacy + Passion  
+ Commitment

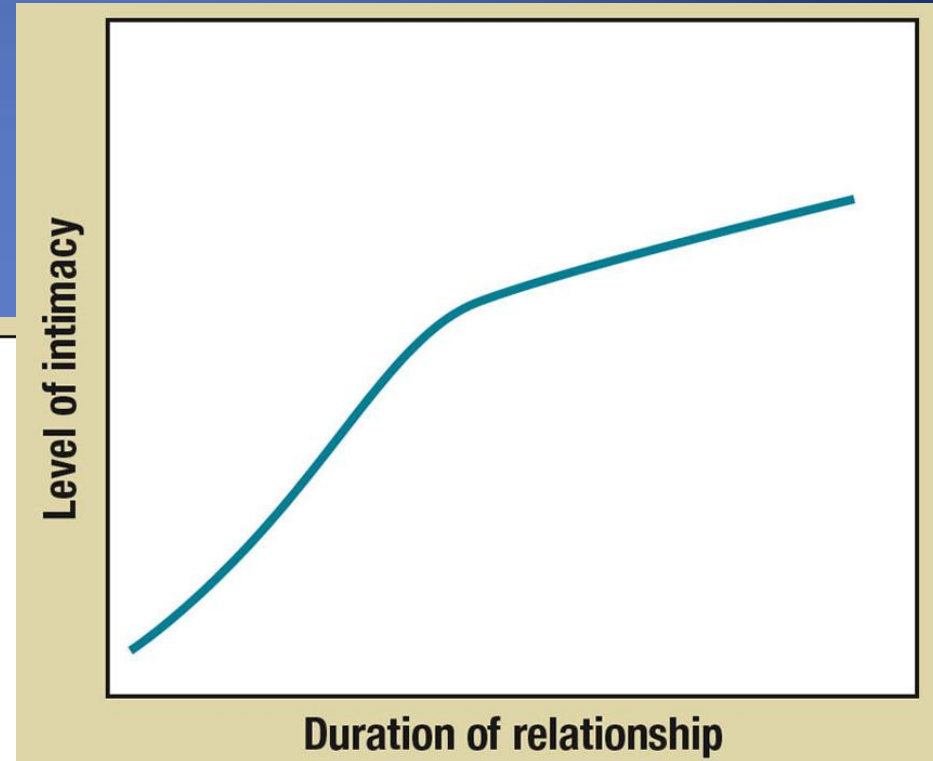
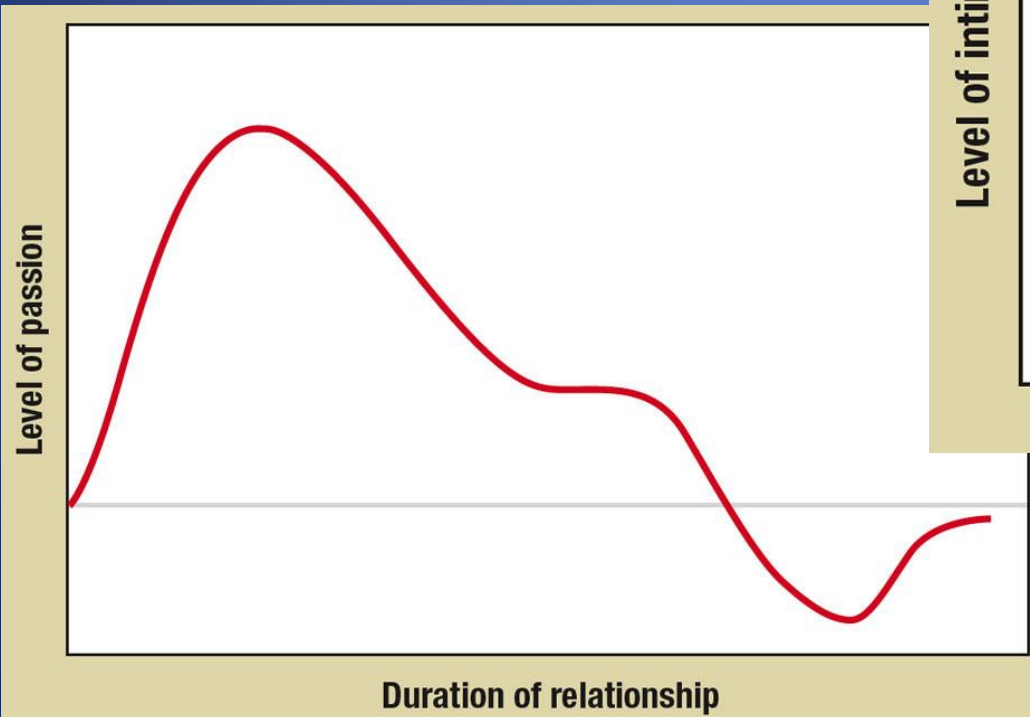
**Infatuation**  
Passion only

**Fatuous Love**  
Passion +  
Commitment

**Empty Love**  
Commitment only

# What is Love??

**Successful relationship:  
shift from passionate to  
companionate love**



# Maintaining Relationships

- **Keep it good** → quality of good relationship perceived to improve each year!
  - Actually just stays good; important to prevent downward spiral!!
  - Avoid **reciprocity of negative behavior!!**
    - Do NOT respond to something bad w/ something bad

# Maintaining Relationships

- **Investment Model** (Rusbult)
  - Satisfaction
  - Available alternatives
  - Investments
- If satisfied, don't see alternatives
- If highly invested, likely to remain committed

# Maintaining Relationships

- **Relationship-enhancing style of attribution**
  - Tendency of happy couple to attribute partner's good acts to internal factors & bad acts to external factors
- **Distress-maintaining style of attribution**
  - Tendency of unhappy couple to attribute good acts to external factors & bad acts to internal factors

# Maintaining Relationships

- **Importance of Cognitions**

- Happy couples exaggerate how good relationship is

- **Devalue alternatives**

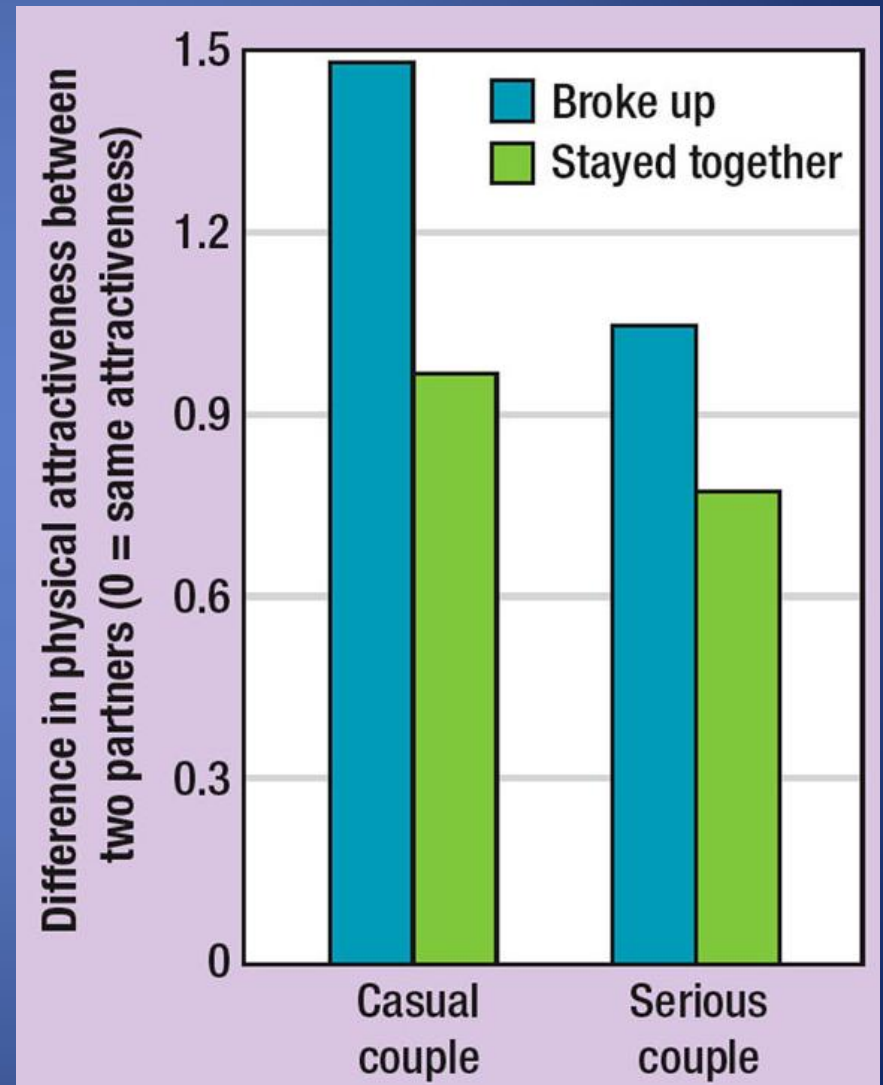
- People in most committed relationships give lowest attractiveness rating to others ESPECIALLY when other person attractive & would have been available as possible dating partner

# Who Likes Who??

- **Proximity → strongest predictor of friendship!**
  - 2/3 of the time when ask college students to list best friends, list students living in close/nearly
    - Often in same apartment complex & even on same floor!

# Attraction: Who Likes Whom?

- Matching hypothesis
  - IQ, physical attractiveness, education, SES



# Attractiveness: Who Likes Whom?

Facial averageness

**Rate 16 & 32 face averages as more attractive than single individual faces & averages w/ fewer faces!**

