

HDFS TEST 4

4/11/13

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- Marital Interaction Assessment: video taped 15 min discussion by husband & wife.
- Specific Affect Coding System: Facial expression, voice tone, & body language
- Positive Affect Includes: Humor, affection, validation & joy
- Negative Affect Includes: Disgust, contempt, criticism, belligerence, domineering, defensiveness, whining, tension, fear, anger
- Physiological Measures: Heart rate, pulse, physiological responses
- Predicting divorce by pattern recognition

Four Styles of Interacting that Predict Divorce

1. Criticism
2. Defensiveness
3. Contempt
4. Stonewalling (not answering, shutting off)

If all 4 are present, 94% chance

Dissatisfaction if these are present

Criticism: Attacking some ones character. It involves blame & global (less specific)

- "You never want to talk"
- *Complaining is not criticism
- *Complaining is good for marriage → if something is wrong you need to say something.
- *Anger is just a sign that something needs to change
 - Complaint = a very specific statement of anger, distress
 - More than 80% of time its women who bring up problems

Contempt: The intention to belittle the other

- The most harmful to relationships, most deadly
- Sarcasm, mockery, rolling eyes
- Relationship with how contemptuous a husband is & how sick wife gets

Defensiveness: Denying responsibility

- Making excuses "I didn't do that!"

Stonewalling: Physically and/or emotionally withdrawing from conflict.

- Refusing to engage with problem
- 85% are males because they are disturbed by criticism

**Gottman's Research Findings

- men are more likely to stonewall
- women are more likely to criticize
- gay & lesbian couples are best at communicating

Suggestions:

1. Work on one problem at a time
2. Take responsibility (be accountable for your behavior)
3. If you see your partner becoming upset, try to sooth him/her (more likely him)
4. Don't criticize, but complain instead. Face problems head-on

Final Tip: Use Empathy

- Understanding precedes advice
- Validate your partners feelings
- Show genuine interest
- Communicate your understanding (put yourself in your partners shoes)

Securely Attached Adults Demonstrate

- Interest in partners comments
- Recognize when partners in distress
- Respond empathically to distress
and are able to receive/give comfort
^more than insecurely attached adults.

Insecurely Attached Ambivalent Adults tend to be overly dependent & anxious in romantic relationships

Insecurely Attached Avoidant Adults tend to be dismissing & withdrawn from conflict & emotional expression in romantic relationships

Video:

- Gottmans book: The 7 Principles For Making Marriage Work
- Gottman Institute
- 4 steps

4/18/13

Successful Aging

Life Expectancy:

- Number of years that will probably be lived
- Currently 78.49 years
- Women on average live longer 81 vs 76 for men
- Monaco → highest life expectancy

Lifespan vs Life Expectancy

- Max number of years a human can live
- 122 max

What are Stereotypes?

- Ageism: prejudice or discrimination against a particular age group
- Old people are miserable
- To be old is to be sick
- You cant teach an old dog new tricks

- The elderly don't pull their own weight
- The secret to successful aging is to choose your partners wisely

3 rd Age	VS	4 th Age
65-80		80+
young old		old old
cognitive reserve		losses in cognitive potential & ability to learn
emotional		dementia prevalence
intelligence/wisdom		behavioral systems change to more negative

Successful Aging

- Making a prolonged life worth living
- Combo of:
 1. Physical Dimension: Free of disability & chronic illness
 2. Psychological Dimension: Free of cognitive impairments & maintaining emotional functioning.
 3. Social Dimension: Socially engaged with life & other people

Baltes Soc Theory

- Selective Optimization Compensation: Compensatory strategies that older adults use that then maintain functioning at a high level
- Selective
 - o Select certain domains of activities
 - o Developing & choosing specific goals
 - o Ex: concert pianist who now plays for fewer places
- Optimization:
 - o Optimize – application & refinement of goal-relevant actions
 - o Acquiring new skills & resources
 - o Ex: pianist practices fewer pieces so he can direct all his energy to one
- Compensation
 - o Compensate for age related declines
 - o When tasks require level of capacity beyond person's current level
 - o Ex: pianist slows down before fast segments

Select → goal to stay active

Optimize → really studying & understanding the rules of the game & focusing on technique

Compensate → play doubles rather than singles in tennis

Roseto Mystery

- o Town in Italy
- o Much lower death rate
- o Outliers? No diets, exercise, health behavior, religion, work, discrimination
- o Social & Family Connections!!!

Carstensen's Socio-emotional Selective Theory

- o Older adults are more selective w/ their social groups
- o Emphasis on emotional goals over knowledge based goals