

Relationships

- **Social**
 - A relationship that exists because of structural demands
 - Group projects, assigned roommates
- **Personal**
 - A relationship that involves behavioral interdependence, need fulfillment, and emotional attachment
 - **Behavioral Independence**
 - Frequent - effecting each other multiple times a day
 - Strong - influencing each other in ways that matter and are important
 - Diverse - dinner to eat & TV show to watch in the same night
 - Enduring - last over a significant period of time; not just a one-time thing
 - **Need Fulfillment**
 - Intimacy - need to share personal feelings with another person
 - Being nurturing
 - Assistance - advice, pick up someone up when they need a ride
 - Reassurance of own worth
 - **Emotional Attachment**
 - Connected to another person on an emotional level

Interpersonal Attraction

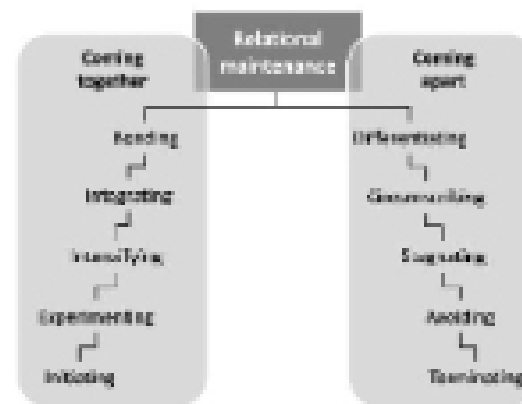
- **P-variables:** attributes of the person evaluating the other
 - Expectations - how you feel about the situation will influence your thoughts about the situation
 - Social deficiencies
- **E-variables:** attributes of the physical and social environment
 - Proximity - physically close to each other
 - Pleasantness - ex. Bachelorette tropical dates
- **O-variables:** attributes of the person is being evaluated
 - Physical attractiveness
 - Personality - warmth and confidence are highly valued
- **P x O Variables:** variables that are unique to the relationship P and O
 - Similarity between P and O - drawn to people who are like us
 - Complimentary between P and O - systems theory
 - Reciprocal thinking

Why Are We Attracted To Those We Can't Have?

- **Barriers can increase attractions**
 - External barriers
 - Barriers in the relationship
- **Reactance Theory**
 - Told to stay away from someone; they become more attractive
 - Ex. George becomes the bad boy for a girl that wants a bad boy

Theories of Relationship Development

- **Stage theories**
 - Communication - coming together - up stairs; coming apart - down stairs
 - Stimulus-value-role
- Social Exchange theory
- Dialectical theory
 - **Knapps Interaction Stages: Coming Together**
 - **Initiating**
 - Greeting; first instance of knowing someone
 - **Experimenting**
 - Small talk; ex. weather
 - **Intensifying**
 - Find out about background, interests, family; you are friends
 - **Integrating**
 - Close and exclusive relationship
 - **Bonding**
 - Engagement, couple now lives together in society



Knapp's Relationship Model

- Stimulus value role
 - **Stimulus**
 - Attraction based on physical appearance initially most important
 - **Value**
 - Attachment due to the value/belief similarity; 2-7 contact most important
 - **Role**
 - Commitment due to successful performance of relationship roles; 8+ and long term most important

Figure 15 - Merton's Stimulus-Value-Role Theory

(also: The Filtering Model of Mate Selection, & the 'Step-Quad' Theory).



Social Exchange Theory

- Rewards and costs
 - Perceptions of rewards and costs are important
- Expectations
 - Comparison level (CL)
- Alternatives
 - Comparison level (CL alt)
- Investments

Dialectical Approach to Developing Relationships

- Social life is a contradiction
- Assumptions
 - Contradiction
 - The unity of oppositions
 - Change

Relational Culture

- Privately developed and executed system of understandings that coordinate attitudes, actions and identities of partners
- Ex. Couples in marriages have their own system and way of doing things
- Ex. Friends in clique have their own communication system
 - **Indicators**
 - Rules - sequential patterns of interaction that you identify with your relationship
 - Personalized language
 - **Functions**
 - Establish boundaries between us and others
 - Regularizes our interactions
 - **Communication Characteristics of Individuals**
 - Richness, efficient, uniqueness, pacing, openness, spontaneity, evaluation

Long-term commitments

- **Cohabitation**
 - Has increased 900% in the past 50 years
 - 70% of women aged 30-34 have cohabitated
 - 2/3 of marriages occur among couples who cohabitated
 - Predicted by length of time in the relationship
 - Difference according to education
- **Marriage**
 - Most popular form of commitment in the United States
 - The older you get the chances of you getting married increases
 - Men tend to marry at a slightly older age than women do