

Human Bonding

HD 3620

Professor Hazan
January 30th, 2024

[Canvas Site: HD 3620 - Hazan - Spring 2024]

Schedule of Topics and Exams

January 25: **COURSE OVERVIEW**

January 30 - February 15: **BONDING IN EARLY LIFE** (ethological attachment theory, the attachment behavioral system, ontogeny of attachment, co-adaptations, co-regulation, non-human primate attachment, other social-behavioral systems, patterns of attachment, developmental sequelae, the transition from childhood to adolescence to adulthood)

February 20: **PRELIM ONE**

February 22 & 29 and March 5 - 21: **BOND FORMATION IN ADULTHOOD** (factors in interpersonal attraction, including faces, bodies, propinquity, similarity, familiarity, arousal, personality, status, context, a process model of how multiple attraction factors work together, and romantic infatuation) **Note:** No class on February 27 [February Break]

March 26: **PRELIM TWO**

March 28: **special class event**

April 9 - May 2: **STRUCTURE, FUNCTION, DYNAMICS, AND IMPORT OF HUMAN BONDING** (love, friendship, intimacy, commitment, monogamy, jealousy, rejection, social exclusion, infidelity, breakups, divorce, uxoricide, and the effects of interpersonal relationships on morbidity and mortality) **Note:** No class on April 2 or 4 [Spring Break]

May 7: **TAKE-AWAYS AND FUN!**

TBA: **FINAL EXAM**

Readings to be Covered on Prelim One

Finkel, E. J., & Eastwick, P. W. (2015). Attachment and pair bonding. *Current Opinion in Behavioral Sciences*, 3, 7-11.

Glocker, M. L., Langleben, D. D., Ruparel, K., Loughead, J. W., Gur, R. C., & Sasser, N. (2009). Baby schema in infant faces induces cuteness perception and motivation for caretaking in adults. *Ethology*, 115(3), 257-263.

Hofer, M. (2006). Psychobiological roots of early attachment. *Current Directions in Psychological Science*, 15, 84-88.

Wright, R. (1997, April 14). Why Johnny can't sleep. *Time*, 74-76.

Suomi, S. J. (1997). Early determinants of behavior: Evidence from primate studies. *British Medical Bulletin*, 53(1), 170-184.

Zayas, V., Mischel, W., Shoda, Y., & Aber, J. L. (2011). Roots of adult attachment: Maternal caregiving at 18 months predicts adult peer and partner attachment. *Social Psychological and Personality Science*, 2(3), 289-297.

Announcements

Classmate's question

2nd semester seniors wanting to enroll

Today:

origins of attachment theory, functioning of the attachment system, and development of the first attachment bonds

Why start with infancy?

Many features of human attachment bonds
(e.g., "babytalk," ventro-ventral contact)
are similar across the lifespan

AND

the underlying mechanisms by which human bonds are
formed
(e.g., hormones and neurotransmitters)
are mostly the same across the lifespan

AND

the effects of early bonding experiences
(e.g., on mind, brain, behavior)
tend to endure across the lifespan

AND

the reactions to separation, disruption, loss of attachment
bonds
(e.g., on psychological wellbeing, even morbidity and mortality)

Video

Narrated by the famous Desmond Morris

English zoologist and ethologist
(turned 96 last week!)

noted author of *The Naked Ape*

Excerpt from film, *Human Animal* ('94)

don't take notes; just watch

sole goal: to put babies in your heads

as APA president in 1958

Harry Harlow argued:

Psychologists are supposed to analyze all important facets of human and animal behavior. Love is an extremely important facet. Ergo, we should be studying it!

as APA president in 1915

John Watson wrote:

"When you are tempted to pet your child, remember that mother love is a dangerous instrument. There are serious rocks ahead for the over-kissed child."

his definition of "over-kissed":

more than ONE kiss ... PER YEAR!

Background

pre-1950s

view of infant-caregiver
relationships

(including pediatricians and policy makers)

Also...

"secondary drive theory" of attachment

(difference between "primary" & "secondary"
drives)

Why do babies "love" their parents/caregivers?

because their parents/caregivers feed them!

(i.e., a learned association to a primary drive)

prediction from secondary drive theory of infant attachment

a child separated from familiar
caregivers

BUT, well-fed and well-cared for by
others...

no problem, right? SO WRONG!!

Background, continued

post-war (WWII) reality

large numbers of orphans, and...
their reactions did not fit with the
secondary drive theory of
attachment

Ethological Attachment Theory

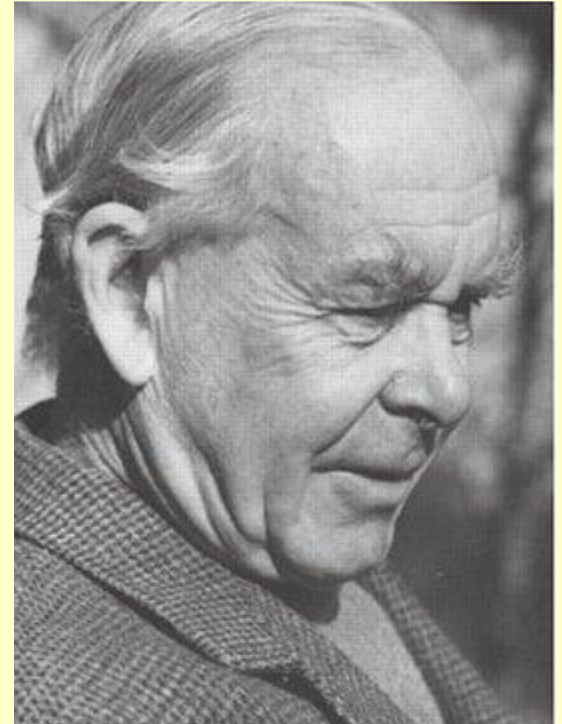
WHO report (1951)

..."a warm, continuous association with (at least) one person..."

i.e., a relationship

but, why???

Attachment Theory (3 volumes)



John Bowlby



goslings "imprint" on (i.e., become attached to) others—even objects—that do not feed them.

In times of stress, monkeys prefer cloth "mothers" who provide contact comfort over wire-mesh "mothers" who provide milk.



Attachment Theory, continued

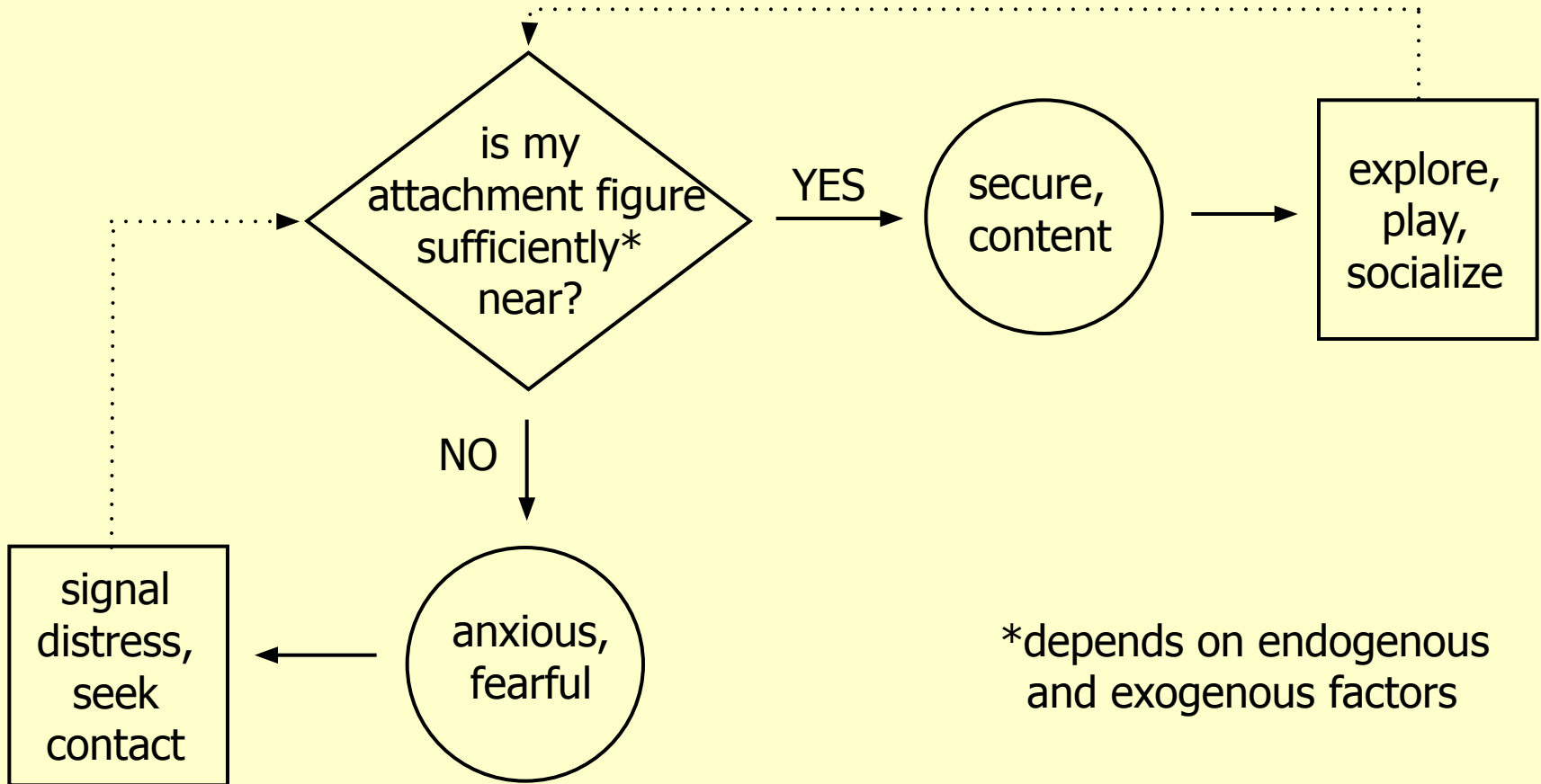
Typical Scenario (caregiver & year-old infant)

Bowlby's hypothesis: (because we are an extremely altricial species...)

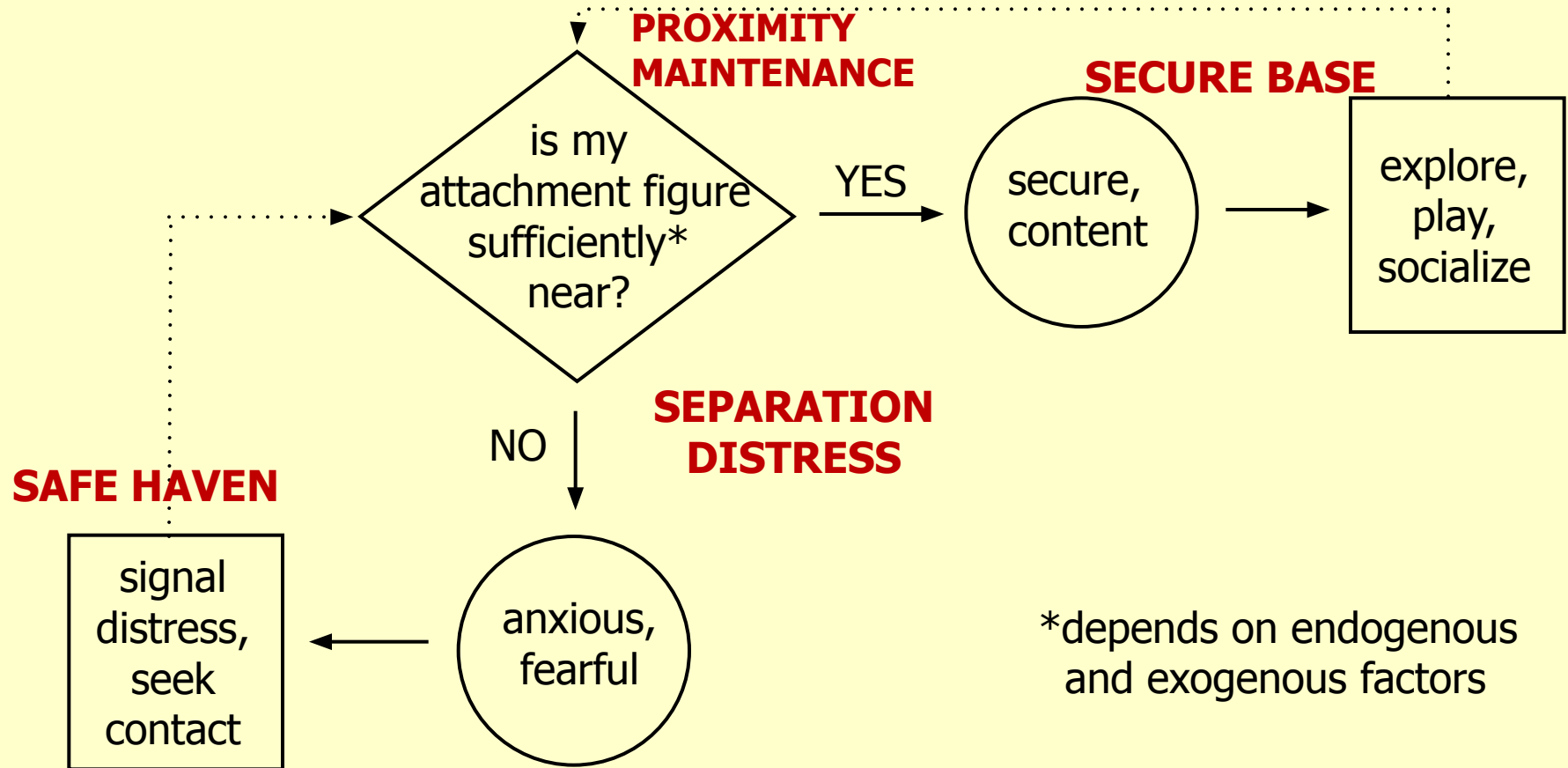
"inborn (behavioral) system regulates proximity to caregivers" (just like physiological regulatory systems)

Attachment Behavioral System (dynamics)

(what turns the system on? and off?)



Attachment Behavioral System (dynamics and **defining features**)





Low

Unmanipulated

High

Baby Schema

(see Glocker et al.)

Ontogeny of Attachment Bonds

(i.e., stages in bond formation)

0-2 months: "pre-attachment"

~ 2-6 months: "attachment-in-the-making"

~ 6-8 months: "clear-cut" attachment

- separation distress
- stranger anxiety
- self-produced locomotion

at the end of last lecture...

This question was posed to the class:

how old were you the first time you fell in love?

Answer: (essentially) the same for all of you!

somewhere between the ages of 6 and 8 months

More Attachment Theoretical Terms and Concepts

Hierarchy/ "Monotropy"

Attachment behaviors vs. bonds

"Cradle to grave" (with normative restructuring)