

Personal Relationships

chapter 9

Objectives

1. Discuss an understanding of teenage relationships, including the acceptable and unacceptable expressions of attractions;
2. Express his or her ways of showing attraction, love, and commitment;
3. Identify ways to become responsible in a relationship; and
4. Appraise one's relationships and make plans for building responsible future relationships.



The Need to Belong



Relationships are essential to one's **happiness** (e.g. Berscheid & Reis, 1998)

The **absence of close relationships** can produce a profound negative effect on an individual who is deprived of it, such as **feeling worthless, powerless, and alienated** (e.g. Baumeister & Leary, 1995).

Relationship Types

There are many types of relationships depending on the nature of interaction that exist between two or more entities. For example, there is business transactional relationship, professional relationship, family relationship, friendly relationship, romantic relationship and so on.

We can also say that every relationship has specific objectives or purpose that a person wishes to pursue, either because of need, want, or desire.





Why do we affiliate with others?

1. People feel good about the experience of being with others (Hill, 1987).
2. People seek relief from difficult, fearful, and stressful events in life.
3. People compare themselves with others (e.g. behavior, preference) to reduce the feeling of uncertainty.
4. People get attention from others and fulfill the need for approval.

MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



SELF-ACTUALIZATION

MORALITY, CREATIVITY, SPONTANEITY, PROBLEM SOLVING, LACK OF PREJUDICE, ACCEPTANCE OF FACTS

ESTEEM

SELF-ESTEEM, CONFIDENCE, ACHIEVEMENT, RESPECT OF OTHERS, RESPECT BY OTHERS

LOVE/BELONGING

FRIENDSHIP, FAMILY

SAFETY

SECURITY OF BODY, OF EMPLOYMENT, OF RESOURCES, OF MORALITY, OF THE FAMILY, OF HEALTH, OF PROPERTY

PHYSIOLOGICAL

BREATHING, FOOD, WATER, HOMEOSTASIS

Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, Motivation and Personality.

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.



*How are attachments
developed?*



Attachment Styles

The Rozenberg Quarterly quotes a research finding by Bowlby (1982) that our succeeding relationships in the future are all shaped to a large extent by our attachment to our parents.

A mother who gazes at her child's face and the child responding with a smile are the foundations of our sense of physical and psychological well-being.

Although this is not always applicable to all. Family type and composition are influencing factors to the development of a child's attachment style.

Secure Attachment

Secure attachment is when the primary caregiver is most of the time present and available and when all the emotional needs of an infant are met, providing a sense of security to the infant.

Chances are, a child who is exposed to this style of attachment will grow up to have more secure and stable relationships.





Avoidant Attachment

Avoidant attachment is when the primary caregiver is cold and detached and even unresponsive to a child's needs. The child senses rejection and this often leads to premature detachment and self-reliance.

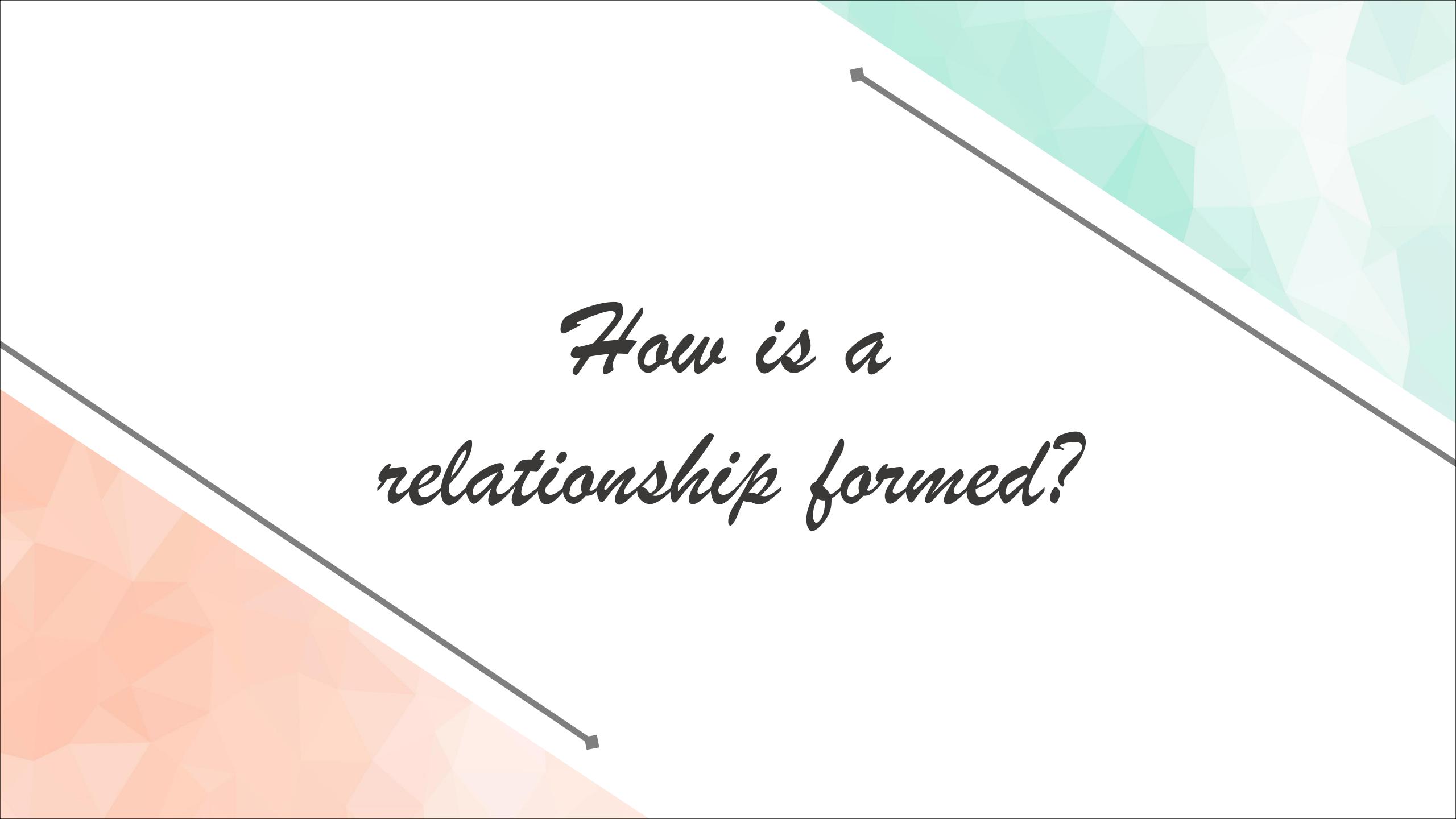
A person who experienced this style of attachment in infancy and childhood may experience unstable relationships in the future.

A photograph showing a woman with long blonde hair standing by a window, looking out. In front of her, a young girl with a bun hairstyle is wearing a colorful, patterned cape and looking out the same window. A vertical orange frame highlights the girl's figure.

Anxious-Ambivalent Attachment

Anxious-ambivalent attachment is when the primary caregiver is not consistent in terms of presence and in meeting a child's emotional needs.

Often, a person who experienced this style of attachment in childhood may develop separation anxieties with a loved one, or may have mixed feelings between hesitation and commitment when entering into meaningful relationships.



*How is a
relationship formed?*

Transference Effect

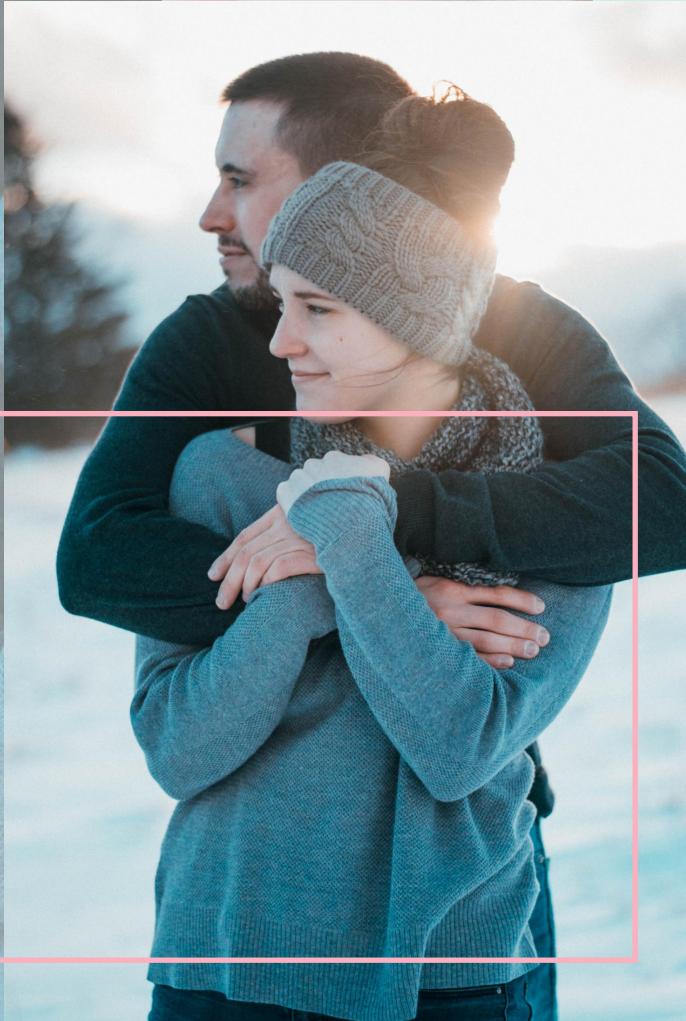


There are times we meet people who we immediately like or dislike. Usually, these people remind us of someone in the past who has affected our sense of self and our behavior (Andersen et al, 1996).

Our past relationships can affect our current interactions with people.

We may prefer some and avoid others because of a bad experience we had with someone we associated this new person with (Hinkley & Anderseon, 1996).

Proximity Effect



We often develop a sense of familiarity with people who live close to us, work with us, or go to school with us, which leads us to liking them more.

People we are familiar with make us feel safe and secure. Because we can predict their behavior, we find people who we are familiar with more likeable than others (e.g. Borstein, 1989).



Similarity

We often like people who we have similarities (e.g. social class, religious beliefs, age, education).

We are often attracted to like-minded persons and those who have similar beliefs and values as ours, because the similarity is a validation of our innermost values and belief system, and who we are as a person.

Communicating with people we share similarities with facilitates empathy and understanding. It also promotes intimacy, trust, and long lasting relationships.

Reciprocity

We like people who like us back.

The more we are liked by someone we equally like, the more we behave in ways that promote mutual feelings of liking.

When we express our liking for another, oftentimes, this would elicit a pleasant behavior and mutual liking from the other person (Curtis & Miller, 1986).





Personality Characteristics & Traits

People get attracted to characteristics that eventually lead to liking the person - e.g. empathetic persons (warmth, sympathy), optimistic and those who maintain positive views, socially competent and good communicators.

The personality traits found to be desirable in almost all cultures are having a happy and cheerful disposition, poised, and can present themselves well, outgoing, and sexually warm and responsive (e.g. Albright et al, 1997).



Physical Attractiveness

Several research studies were conducted to confirm that physical attractiveness is a major factor in liking someone, and usually, first impression counts a lot too.

Physical attractiveness connotes positive health and reproductive fitness, which are both essential to human survival. Furthermore, attraction serves as the first step toward liking someone.

Physical attractiveness stereotype suggests that people tend to view the physically attractive more positively than others.

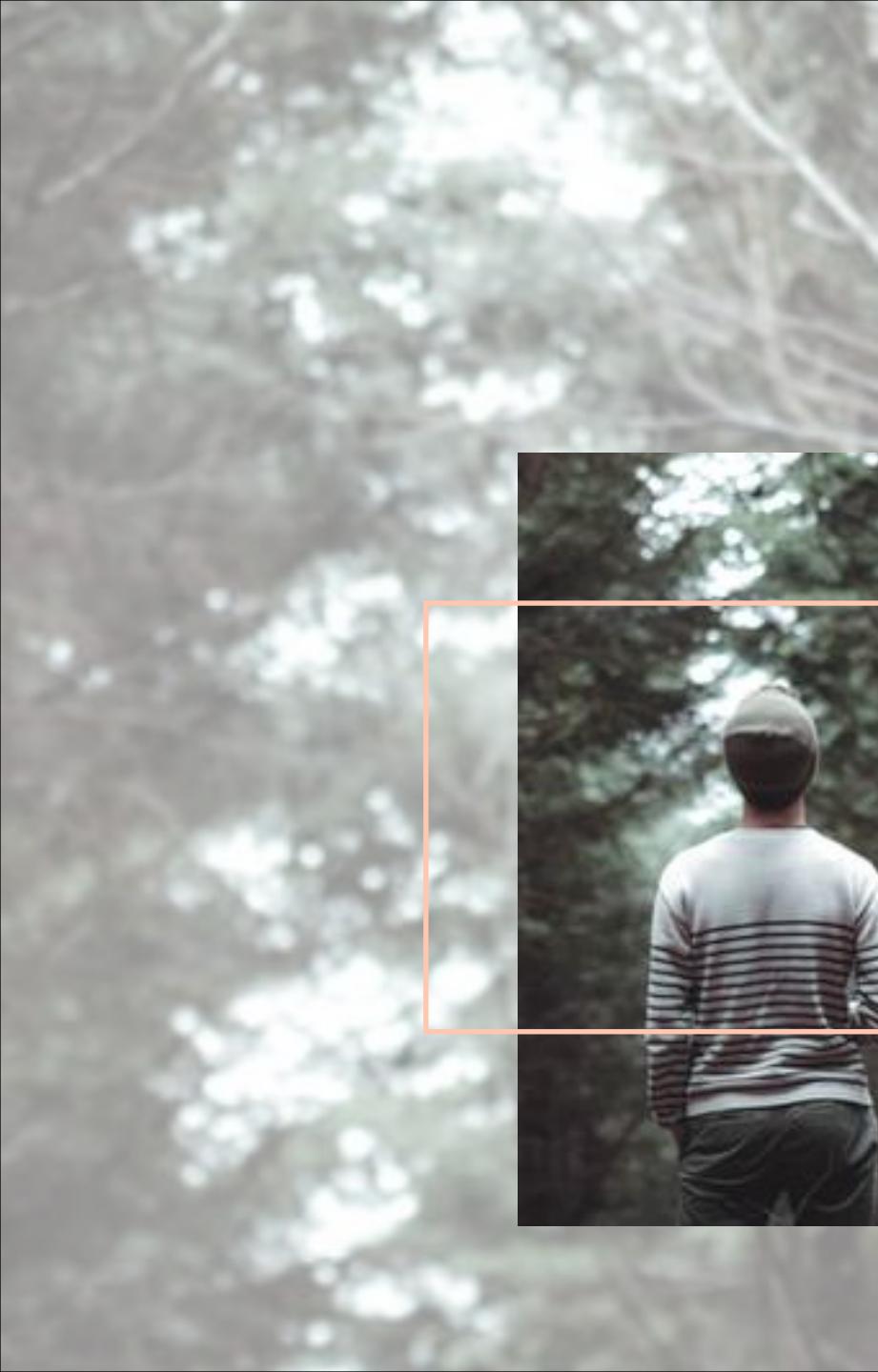


Physical Attractiveness

What are your thoughts on this experiment?

How Make Up and Clothes Change Everything: A Social Experiment

<https://www.youtube.com/watch?v=XnEvFGywBGU>

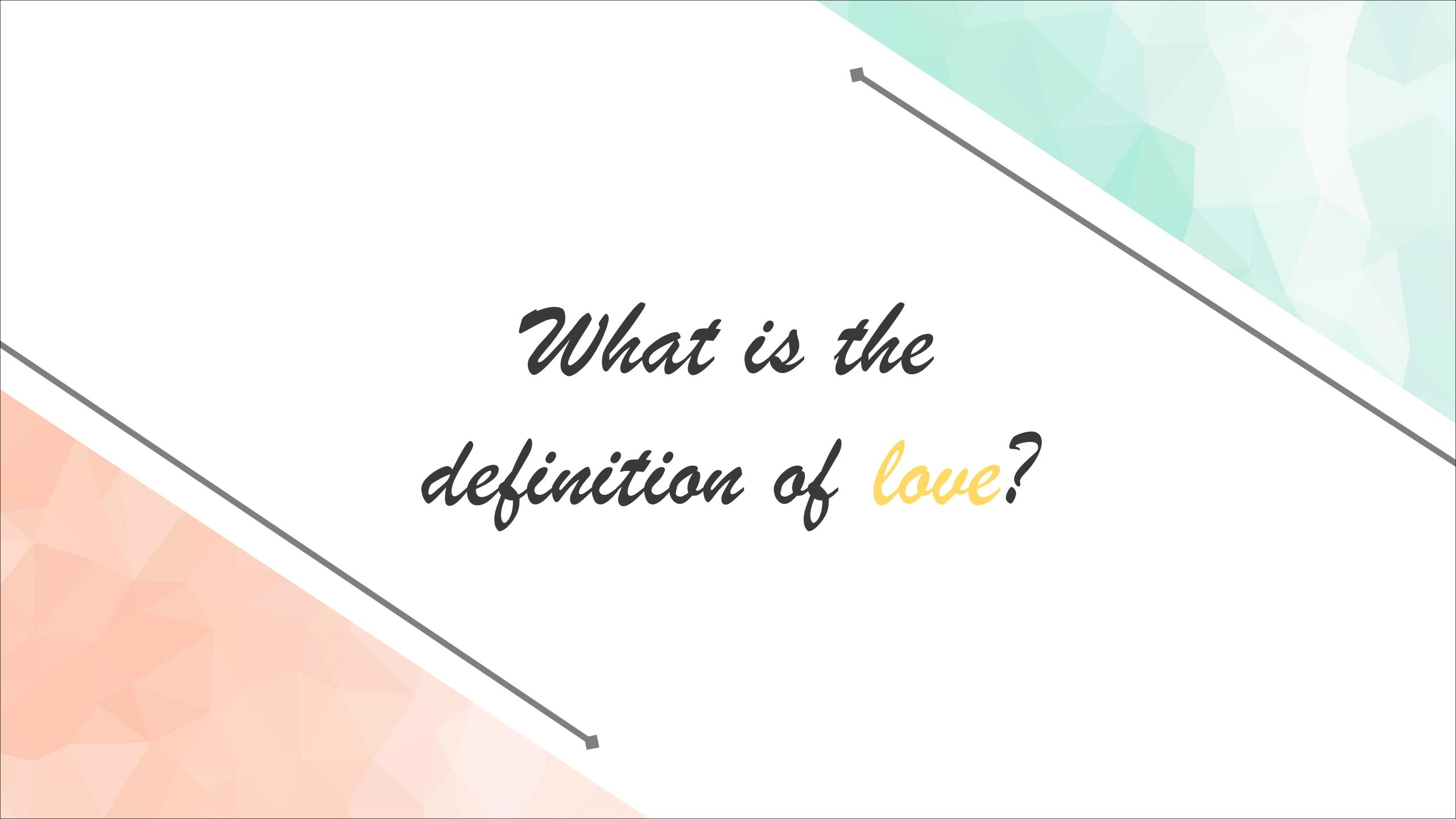


Implication of Rejection in the Formation of Relationships

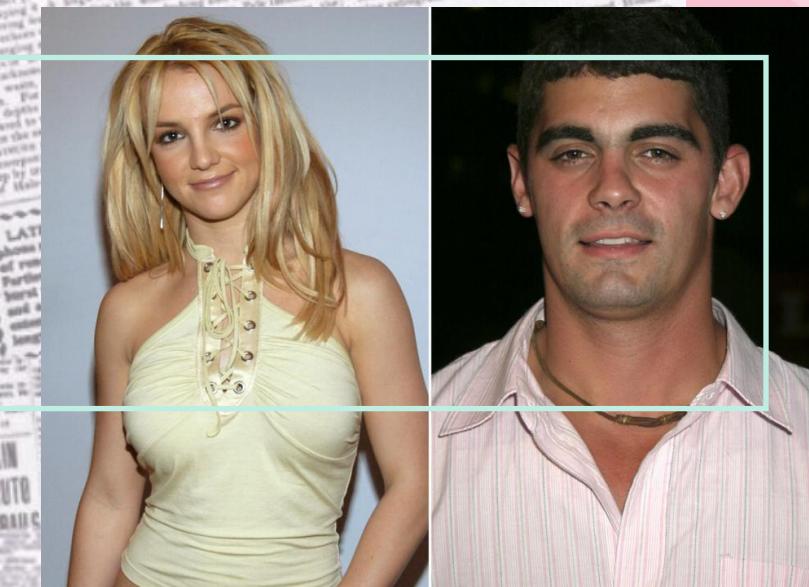


The desire to affiliate and to belong can sometimes lead to failed relationships. The technical term used to describe being rejected and ignored by other people is called **ostracism**.

The Psychological Effects of Feeling Excluded
<https://www.youtube.com/watch?v=EiPLqifgqcY>



*What is the
definition of **love**?*



What are your thoughts on this?

Britney Spears' Ex, Jason Alexander, Reflects on 55-Hour Marriage: "I Was in Love"

In an interview with E! a few months after the annulled marriage, Spears described it as: *"It was me being silly, being rebellious."*



Definitions of Love

1 love

noun \ləv\



: a feeling of strong or constant affection for a person

: attraction that includes sexual desire : the strong affection felt by people who have a romantic relationship

: a person you love in a romantic way

3 a : the object of attachment, devotion, or admiration

• baseball was his first *love*

b (1) : a beloved person : **DARLING** — often used as a term of endearment (2) *British* —used as an informal term of address

4 a : unselfish loyal and benevolent (see **BENEVOLENT**) concern for the good of another: such as (1) : the fatherly concern of God for humankind (2) : brotherly concern for others

b : a person's adoration of God

Full Definition

1 a (1) : strong affection for another arising out of kinship or personal ties • maternal *love* for a child (2) : attraction based on sexual desire : affection and tenderness felt by lovers • After all these years, they are still very much in *love*. (3) : affection based on admiration, **benevolence**, or common interests • *love* for his old schoolmates
b : an assurance of affection • give her my *love*

2 : warm **attachment**, enthusiasm, or devotion • *love* of the sea

5 : a god (such as Cupid or Eros) or **personification** of love

6 : an **amorous** episode : **LOVE AFFAIR**

7 : the sexual embrace : **COPULATION**

8 : a score of zero (as in tennis)

9 *capitalized Christian Science* : **GOD**

at love : holding one's opponent scoreless in tennis

in love : inspired by affection



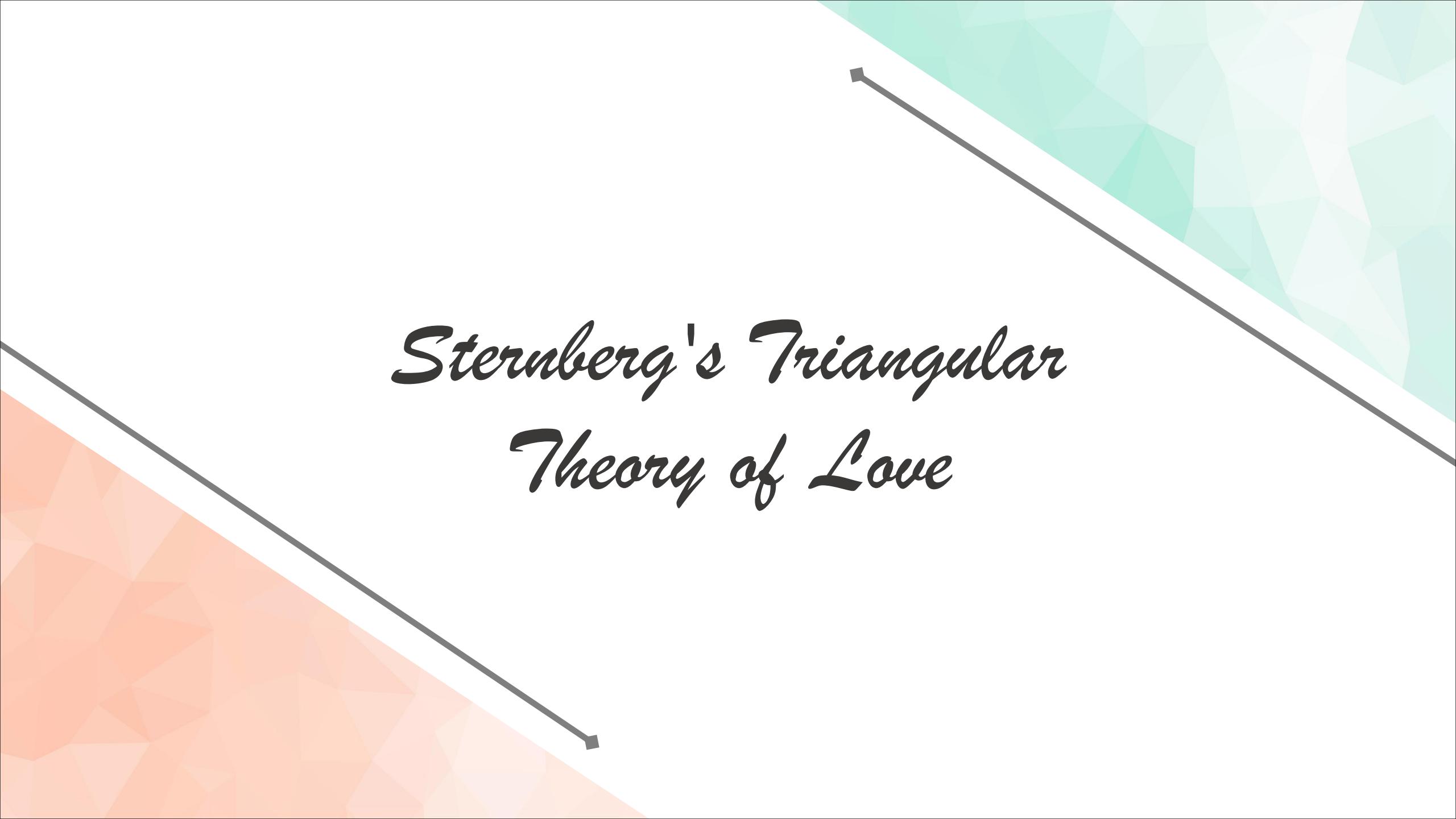
Chemical Basis of Love

Attraction is primarily based on physiology or certain hormones that persons who get attracted to others often pick up with their noses. Being attracted to another person may also mean liking their genes that are perceived through their physical looks (Fisher, n.d.)

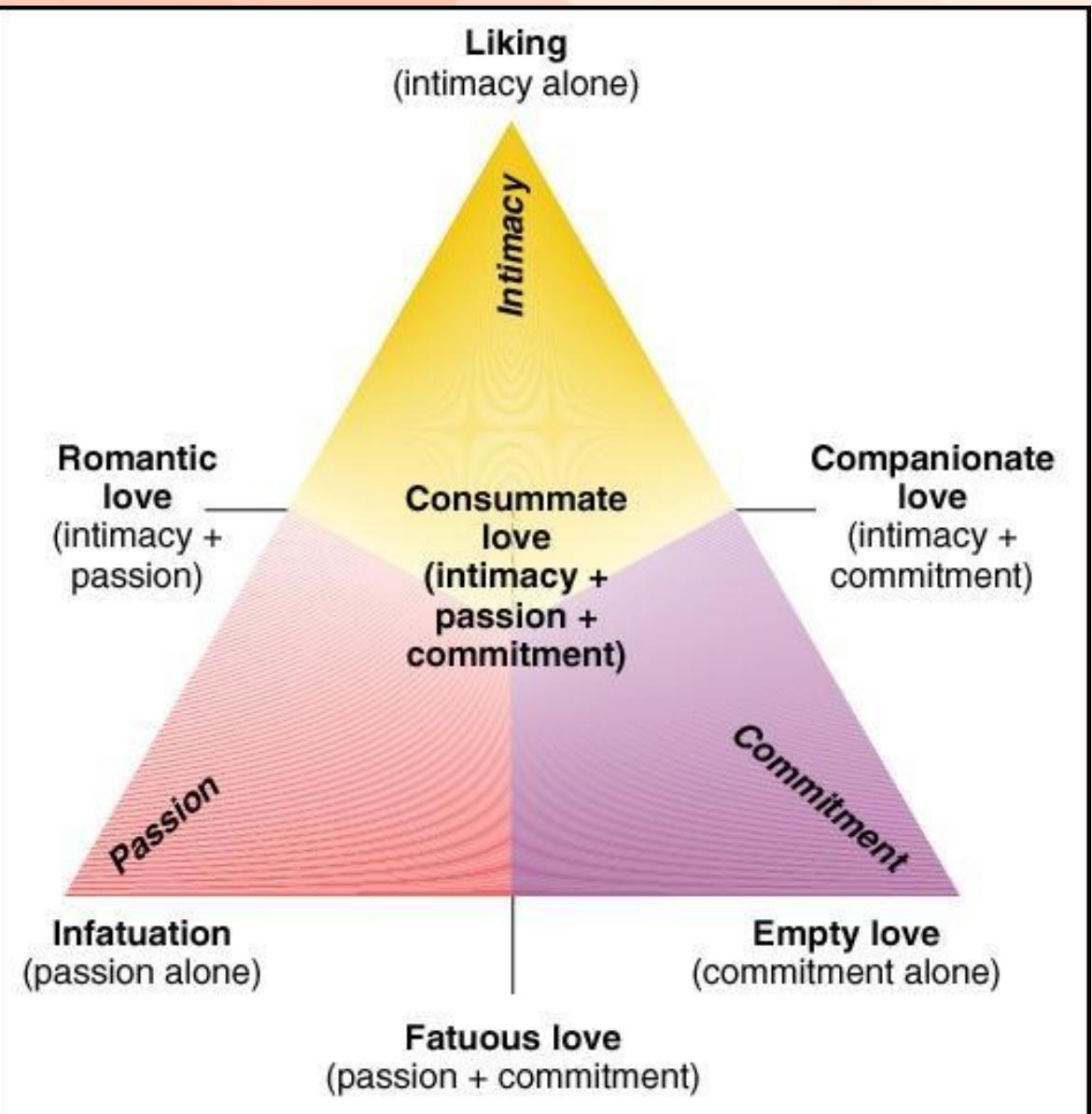
What hormones are activated when a person is attracted to someone?

The Neurochemistry of Love

<https://www.psychologytoday.com/us/blog/your-neurochemical-self/201802/the-neurochemistry-love>



Sternberg's Triangular Theory of Love

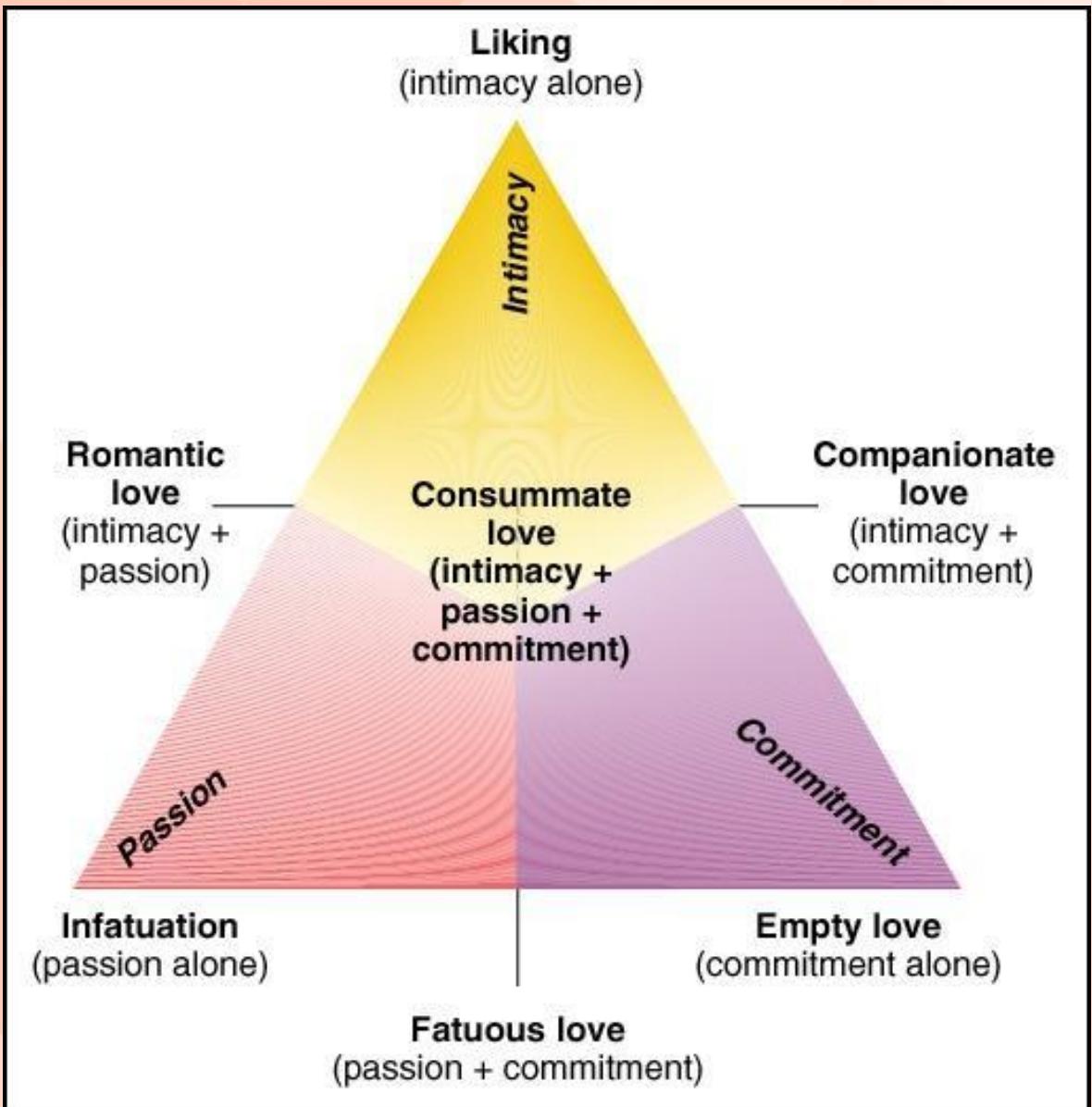


Sternberg's TRIANGULAR THEORY OF LOVE

Intimacy

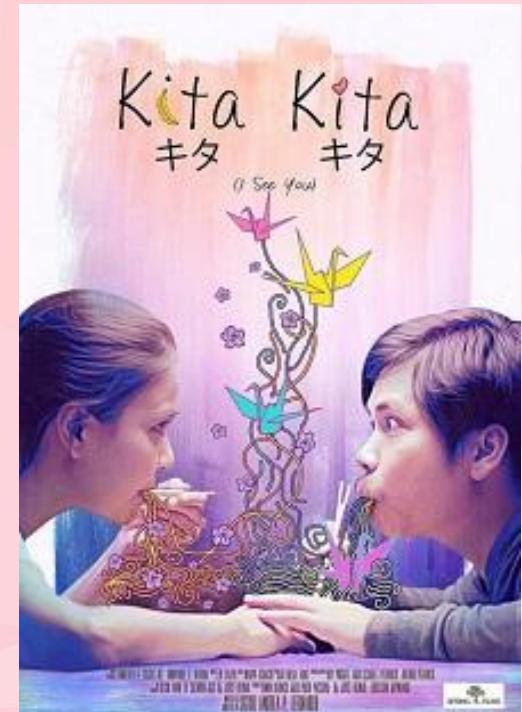
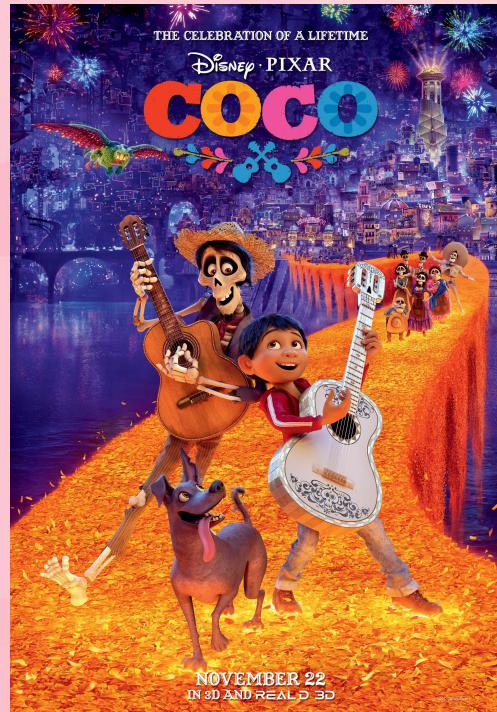
It refers to feelings of closeness, connectedness, and bondedness in loving relationships.

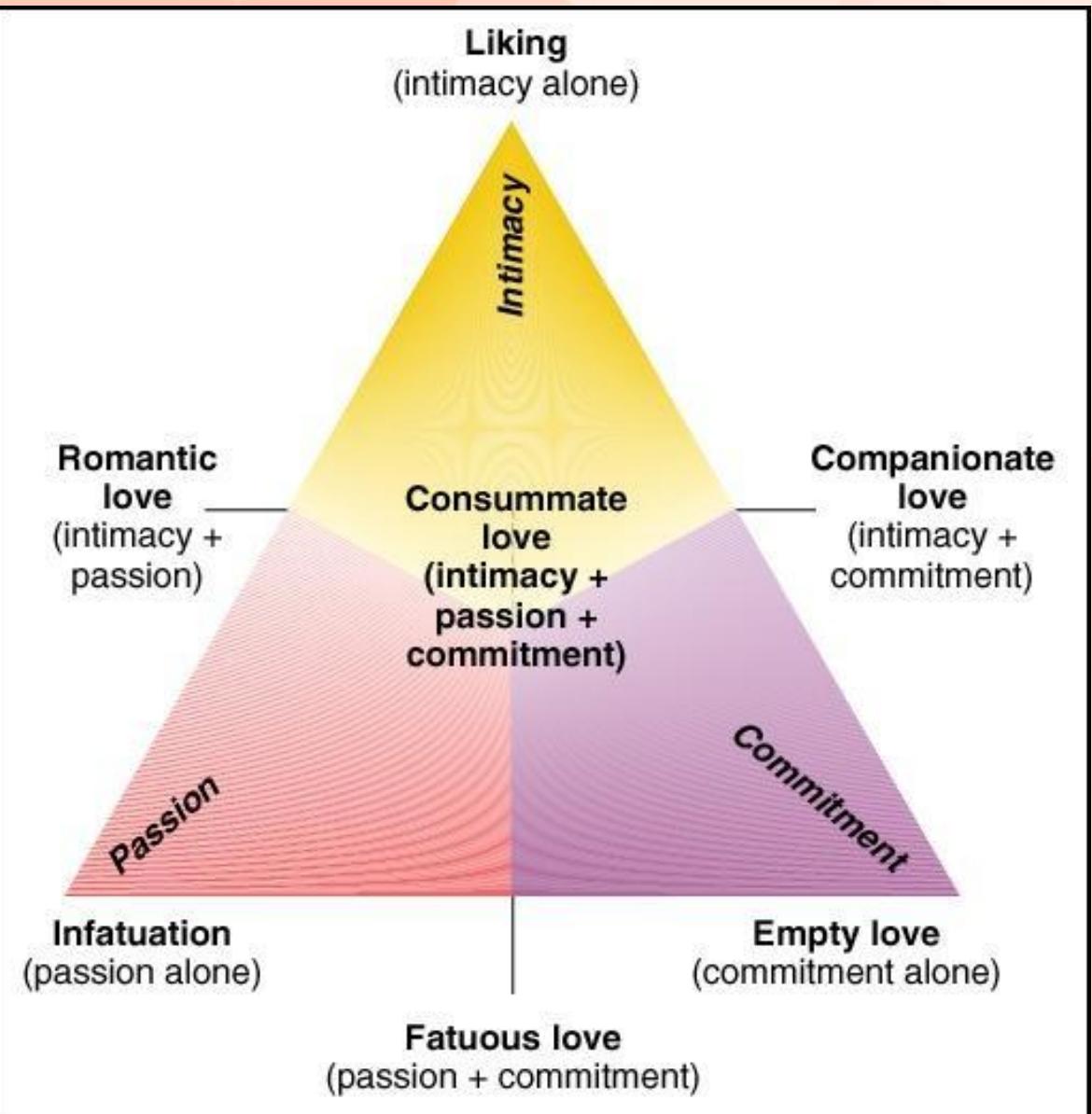
“It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being.” - The Secret of Staying in Love, John Joseph Powell



Sternberg's TRIANGULAR THEORY OF LOVE

Intimacy



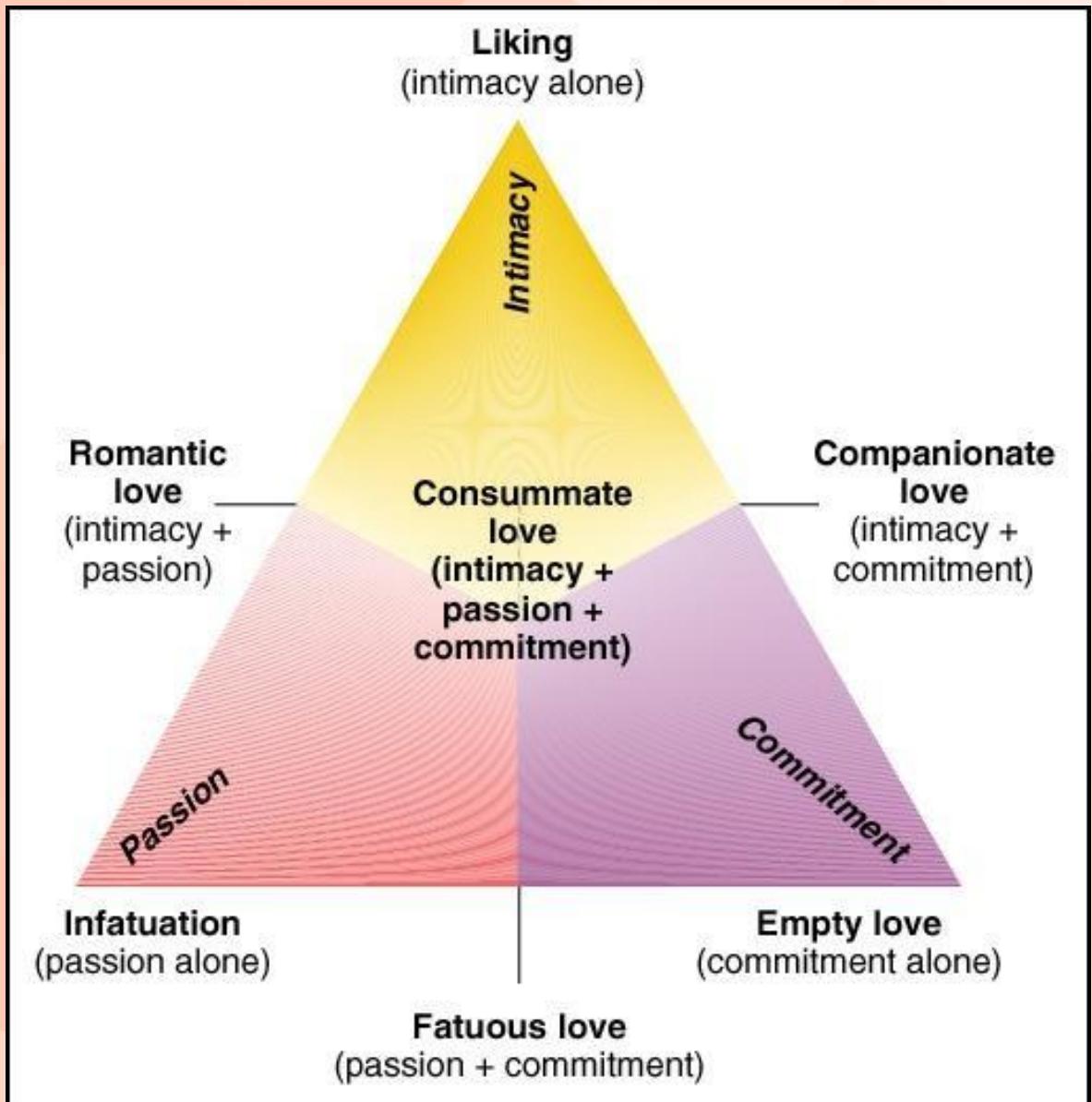


Sternberg's TRIANGULAR THEORY OF LOVE

Passion

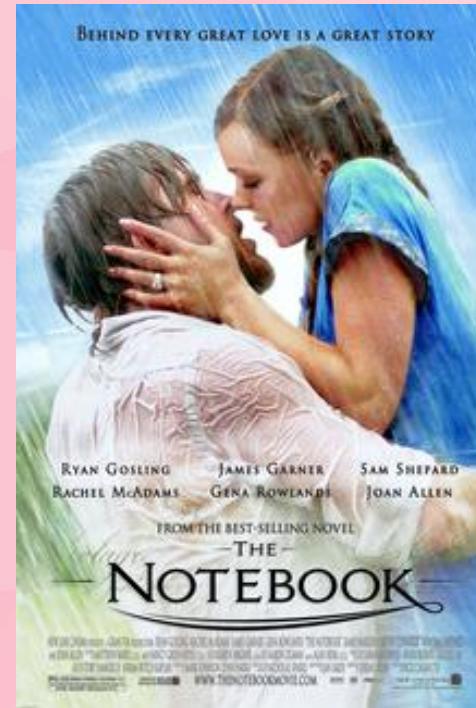
It refers to the intense state of being that drives and consumes a person to pursue an interest, a vision, or a person.

In terms of romantic love, passion connotes sexual attraction as well as intimacy.



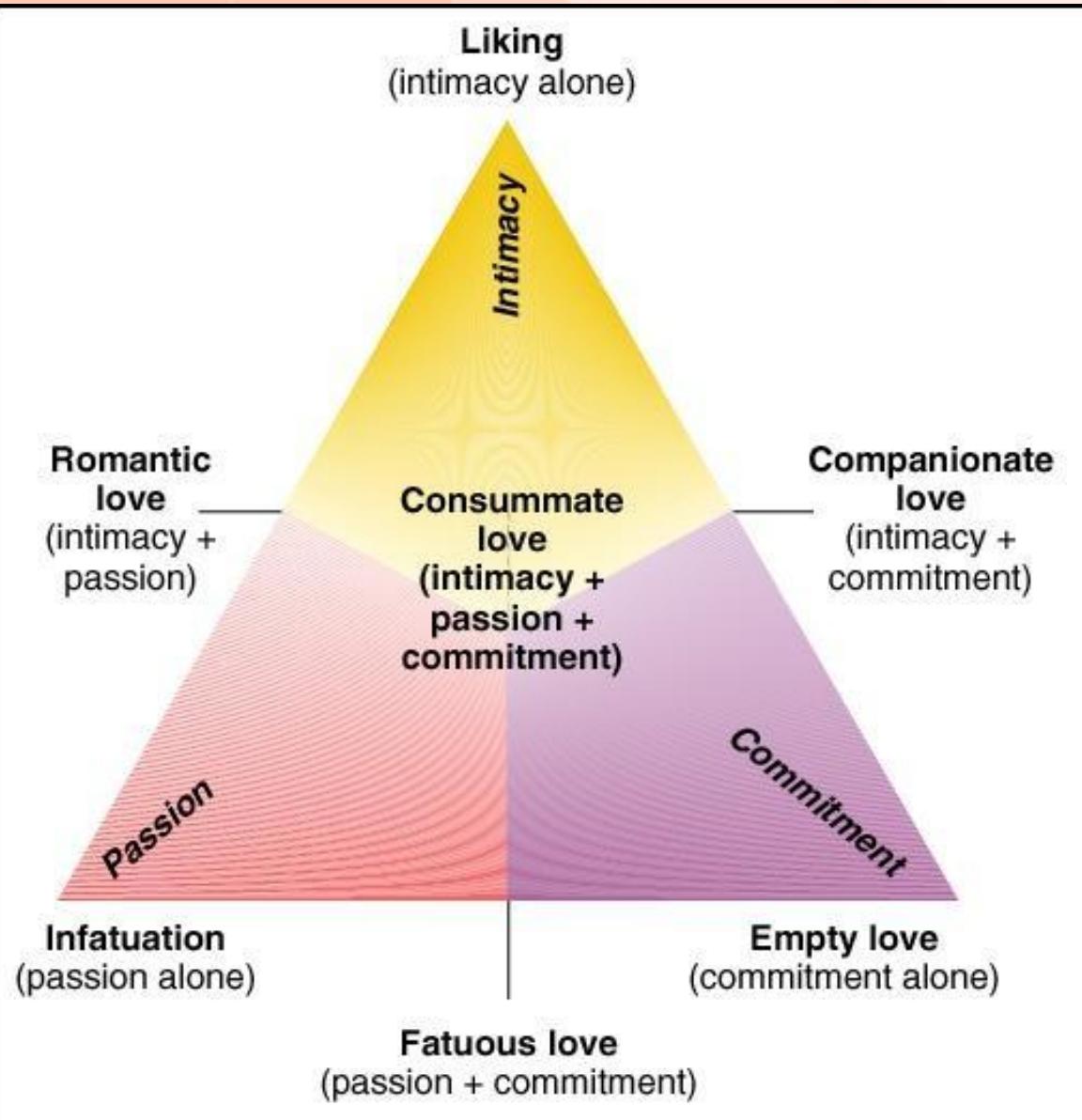
Sternberg's TRIANGULAR THEORY OF LOVE

Passion



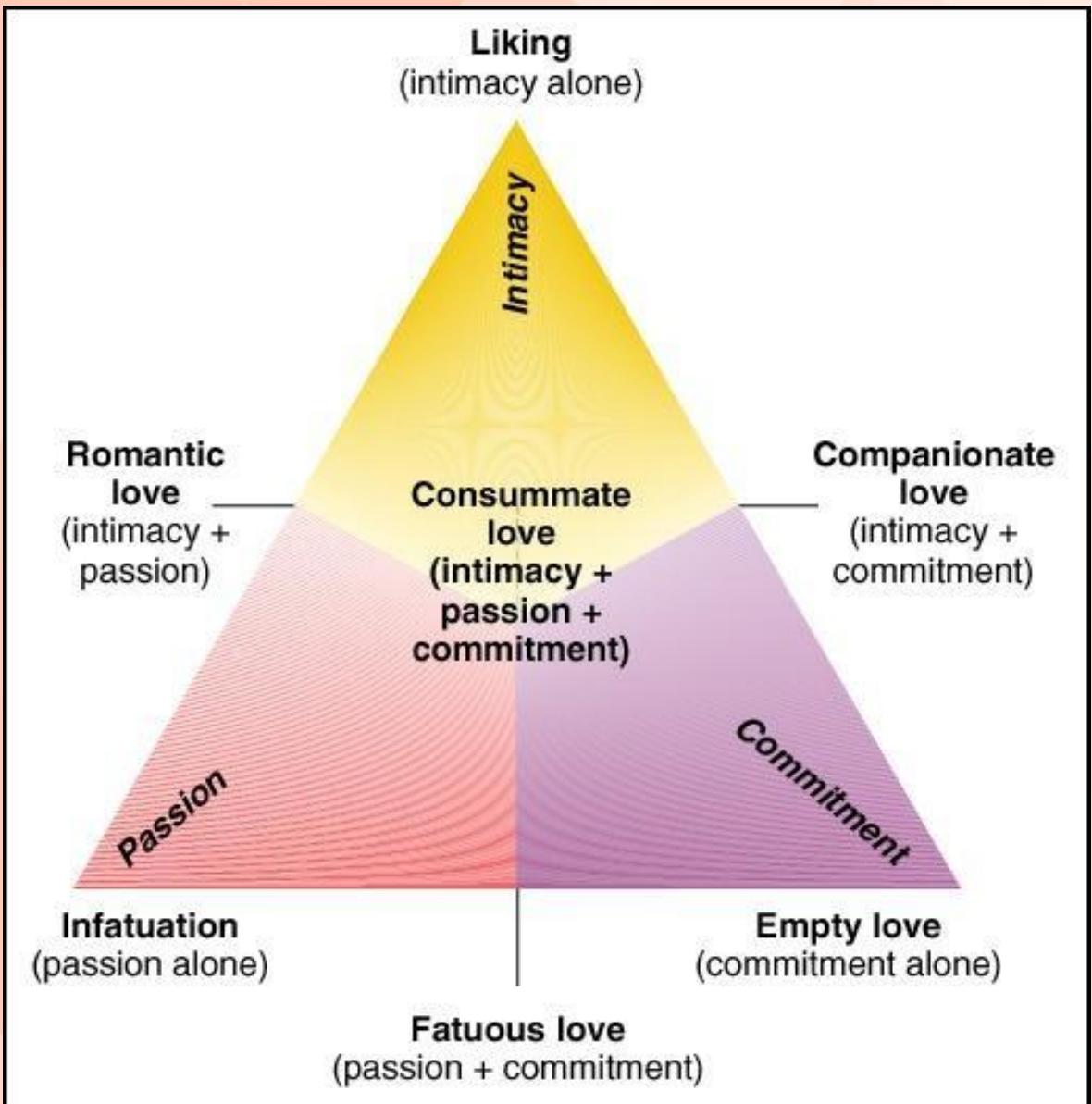
Sternberg's

TRIANGULAR THEORY OF LOVE



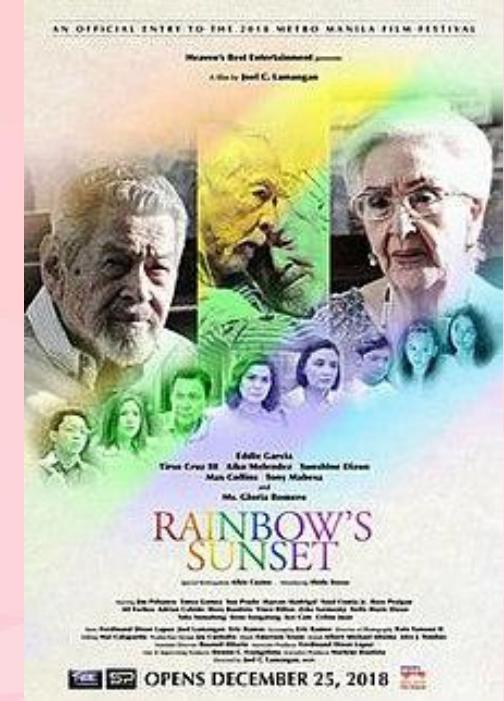
Commitment

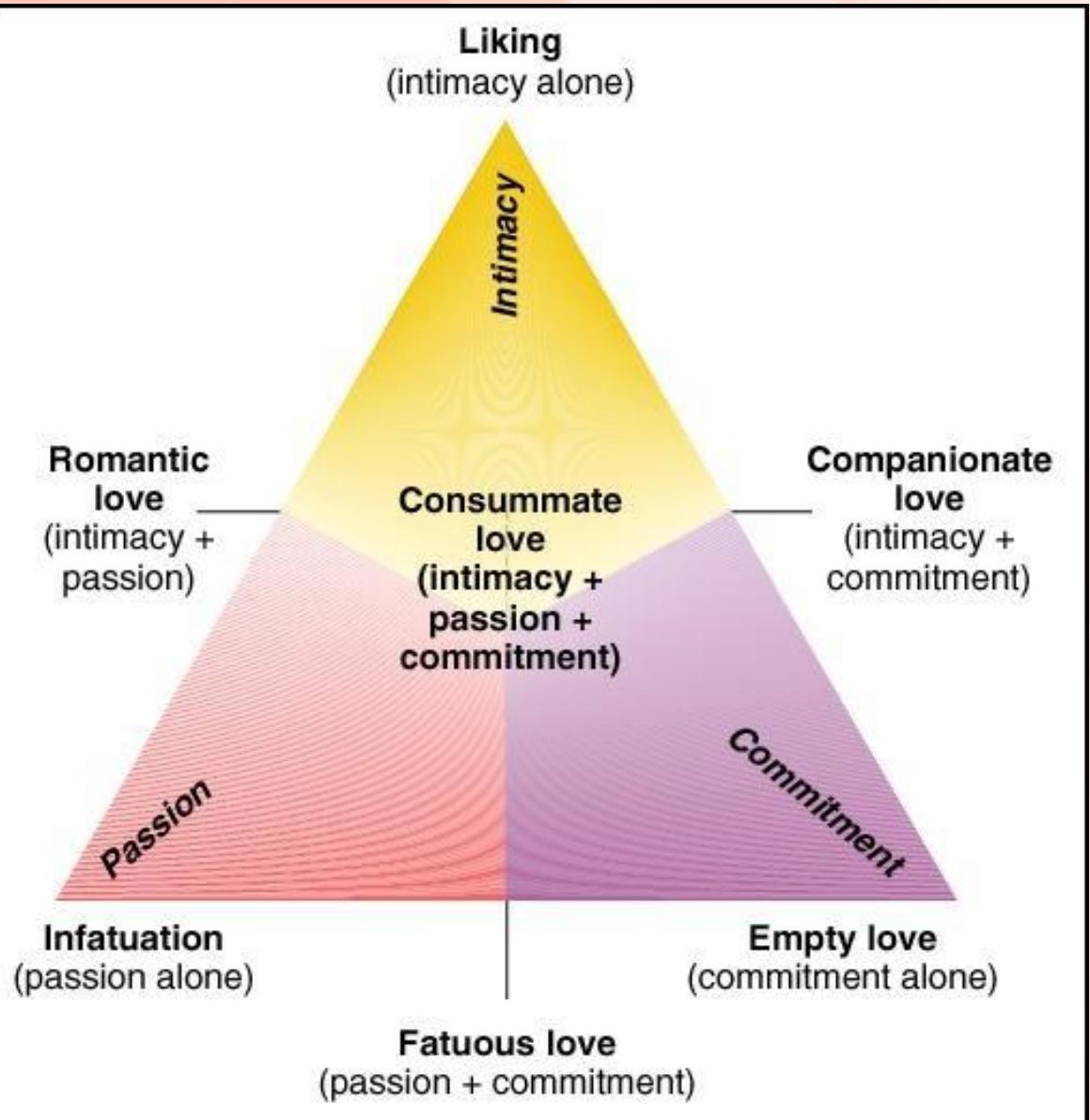
It is an act of deciding to consistently fulfill and live by agreements made with another person, entity, or cause, and where the values of integrity and respect serve as a guide to one's behavior and thinking.



Sternberg's TRIANGULAR THEORY OF LOVE

Commitment





Sternberg's TRIANGULAR THEORY OF LOVE

Enrichment:

Love, Decoded

<https://www.psychologytoday.com/us/blog/in-love-and-war/201208/love-decoded>

Which of 7 Types of Love Relationships Fits Yours?

<https://www.psychologytoday.com/intl/blog/fulfillment-any-age/201308/which-7-types-love-relationships-fits-yours>

Performance Task: *Sustaining Personal Relationships*

1. List down 4 types of your personal relationships and classify them according to the forms of love that Sternberg defined. Briefly explain how your relationship formed or developed based on the concepts explained in the previous slides (e.g. propinquity, similarity, etc.). See example below.

Personal Relationships	Form of Love	Quality of Relationship
e.g. bestfriend	Companionate Love	We have been bestfriends for a couple of years and we have developed trust, bond, and sense of belongingness because we have similar personality characteristics or traits . I like spending time with him/her because I can be just myself. We share the same interests such as dancing, cooking, and playing sports.

2. Search for a news report or a documentary or a case involving an unhealthy way of dealing with one's significant others (e.g. physical abuse). Write a 6-8 sentences summary of this report/documentary/case (cite the reference/link). Answer the following questions.

- In what ways does the situation become detrimental to the person/people involved?
- Based on this scenario, cite at least 2 ways of healthy expression of love/affection/concern and concisely explain each.

3. Choose a symbol that best represents your way of expressing your love/attraction/affection/commitment to your significant others. Concisely explain the relevance of this symbol to your expression of love.

Performance Task: *Sustaining Personal Relationships*

- Draft your output on a PPT slide (or other softwares you prefer using). Final output must be saved in .jpeg format.
- You are expected to submit three slides; each slide must contain your answers for every item.
- Indicate your name and the title of this performance task on every slide.

SCORING:

Item No. 1 (Total: 20 points)

1 point each answer under Columns 1 & 2

3 points each answer under Column 3

Item No. 2 (Total: 20 points)

10 points for the summary

5 points for each question

Item No. 3 (Total: 20 points)

10 points for the symbol

10 points for the explanation

EXPLANATIONS ARE GRADED ACCORDING TO THIS RUBRIC:

Excellent (Maximum Points)	Satisfactory (Average)	Poor (Minimum Points)
Substantial, specific, and/or illustrative content demonstrating strong development and sophisticated ideas. Sharp, distinct controlling point made about a single topic with evident awareness of task	Sufficiently developed content with adequate elaboration and explanation. Apparent point made about a single topic with sufficient awareness of task.	Limited content with inadequate elaboration or explanation. No apparent point but evidence of a specific topic.