Week 15 - Day 2 (Ch 14 pt 2 The Major Motives of Life)

[PY 101-012 - Spring 2016 (UA)](/PY101-012/)

[About](/PY101-012/about/) [Quizlets](https://quizlet.com/class/2412410/) [Research](http://researchpool.psych.ua.edu/) [Calendar](https://calendar.google.com/calendar/embed?src=ioed8v0sm1d4hooimq4e12eq7c%40group.calendar.google.com&ctz=America%2FChicago)

# Week 15 - Day 2 (Ch 14 pt 2 The Major Motives of Life)

Apr 27, 2016

[Quizlet](https://quizlet.com/_28q6m4)

Download Word (docx):

## Navigate using audio

# Chapter 14 The Major Motives of Life (Food, love, sex, and work)

## The Motives of Life

## Why Do We Love

* Audio 0:02:03.564036

### Biology of love

* Neurological origins of passionate love begin in infancy, when infants attach to the mother
* Hormones involved in pleasure and reward are activated in the mother–baby bond and in the pair bond of adult lovers
  + Vasopressin, oxytocin
  + Increasing these oxytocin leads to:
    - Greater trust in risky situations
    - Audio 0:02:55.228834
    - Greater affection (e.g., gazing, touching) among romantic couples
    - But also: Increased favoritism toward ingroup, aggression toward outgroup; increased distrust among anxiously-attached people
      * Audio 0:05:06.695517

### Influence of endorphins

* Audio 0:07:29.280713
* Recall: brain’s natural opiates
* Maternal comfort in humans and nonhuman animals increases endorphins
  + Euphoria of endorphins may be initial motivation for affection
  + “We are addicted to love”
* Similar neural responses occur in adult relationships
  + Exhilaration of new love, physical and emotional distress of separation
    - Audio 0:08:07.336444
    - Feel like you have to be with that person
    - You can look at classic writing and people will describe longing when separated from a partner
* fMRIs have shown other neurological similarities between different types of love
  + Audio 0:09:16.885717
  + Certain parts of the brain activate when people look at pictures of their sweethearts and biological children

## How Do We Form Relationships

* Two types of love and relationships:
* *Passionate (romantic) love*
  + Love characterized by a whirlwind of intense emotions and sexual desire
* *Companionate love*
  + Love characterized by affection and trust
  + In most enduring relationships, passionate love evolves into companionate love

## What is Love?

* Audio 0:12:33.850033
* Audio 0:13:52.599838
  + Passion is more short-lived
  + Research shows that passion and intimacy have a somewhat inverse relationship
    - As one increases the other usually decreases

## How do we form relationships

* Major factors influencing our relationships
  + Audio 0:15:42.662116
  + *Proximity*: we tend to choose our friends and lovers from a set of people who live, study, or work near us
  + *Similarity*: our friends and lovers tend to be similar to us in looks, attitudes, beliefs, values, personality, and interests
    - “Opposites attract” vs. “bird of a feather”
    - [Matching](https://www.youtube.com/watch?v=gxoWUL0eqg4) [principle](https://www.youtube.com/watch?v=FB1oMfs8nWY): the most successful romantic couples also tend to be the most physically similar
      * Audio 0:18:34.111026
      * Kind of bleak?
        + Audio 0:23:28.590009
    - Is this always true? When might it not work out this way?
      * Assumes that we are completely rational about finding the most attractive person

## What do you think?

* Soul mates vs. proximity?
* “Opposites attract” vs. “birds of a feather”?
* Discuss with your neighbor
  + Audio 0:27:30.560891

## Attachment theory of love

* Audio 0:34:17.882358
* Like infants to their caregivers, adults have attachment styles to their partners
  + Idea is that the style carries over from childhood
  + Secure: rarely jealous or worried about abandonment
  + Anxious: agitated and worried partner will leave; clingy
    - Audio 0:36:04.331544
      * Need reassurance
    - Physiological component – cortisol spikes when they feel the relationship is threatened
      * People with this attachment style have greater physiological responses
        + Say the partner makes a new friend of the opposite sex, that would cause the avoidant partner’s heart-rate to increase
  + Avoidant: distrustful; avoids intimate attachments
* *A person’s style of dealing with romantic partners seems to be based on how they were treated by their parents*
  + Children form internal “working models” for what relationships should be like (e.g., “Can I trust others?”) adult relationships
  + How your parents treat you seems to determine how you attach to relationships in your adult life
    - However, it is just pre-disposition, it is not certain you will have this attachment style

## Identify attachment

* Audio 0:39:43.233114
* “I find it difficult to trust people completely. I am somewhat uncomfortable being close to others. I feel nervous when people start to get too close. Often, I feel like people want me to be more intimate than I feel comfortable being. I find it difficult to allow myself to depend on other people.”
* Which attachment style does this describe?
  + a. Anxious
  + b. Secure
  + c. Avoidant
    - C

## Identify attachment

* “I find it relatively easy to get close to other people. I am comfortable depending on other people and having them depend on me. I don’t usually worry about being abandoned or about having someone get too close to me.” Which attachment style does this describe?
  + a. Anxious
  + b. Secure
  + c. Avoidant
    - B

## What Sustains Love?

* Romantic love fades, yes; but not for everyone
  + Can persist for many years for some couples
  + But, loses the obsessive component that fosters constant thought and worry
* Perception by both partners that the relationship is fair, rewarding, and balanced
  + Too many or too little benefits cause guilt or resentment, respectively
* Motivation: why does each partner want to maintain the relationship?
  + Positive: to enjoy affection and intimacy sustainable
  + Negative: to avoid feeling insecure and lonely unsustainable
  + Audio 0:43:29.064671

### Dealing with conflict

* The way a couple deals with conflict often determines whether the relationship will last
* *Gottman (1994) describes four interpersonal styles that typically lead couples to discord and dissolution*:
  + Being overly critical
  + Holding the partner in contempt
  + Being defensive
  + Mentally withdrawing from the relationship
* Attributional style also plays a role
  + Good outcomes -> situation
  + Bad outcomes -> each other
    - Assigning the outcome of an event to be the partner’s fault
    - Audio 0:46:14.837809

# Vocab

|  |  |
| --- | --- |
| Term | Definition |
| biology of love | Describes the hormones involved in pleasure in reward which are activated in the mother-baby bond and in the pair bond of adult lovers (Includes endorphines) |
| passionate love | Love characterized by a whirlwind of intense emotions and sexual desire |
| companionate love | Love characterized by affection and trust |
| proximity | A factor in forming relationships. The idea that we tend to choose our friends and lovers from a set of people who live, study, or work near us |
| similarity | A factor in forming in relationships. The fact that our friends and lovers tend to be similar to us in looks, attitudes, beliefs, values, personality, and interests |
| matching principle | the most successful romantic couples also tend to be the most physically similar |
| secure attachment | Attachment style which is rarely jealous or worried about abandonment |
| anxious attachment | Attachment style which describes people who are worried partner will leave |
| avoidant attachment | Attachment style in which people avoid intimate attachments |
| postive motivation for relationship | Motivation for staying in a relationship which involves enjoying affection and intimacy |
| negative motivation for relationship | Motivation for staying in a relationship which involves avoiding feeling insecure and lonely |
| Gottman’s four dissolution behaviors | Being overly critical, holding the partner in contempt, being defensive, and mentally withdrawing from a relationship |

## PY 101-012 - Spring 2016 (UA)

* PY 101-012 - Spring 2016 (UA)
* [jmbeach1@crimson.ua.edu](mailto:jmbeach1@crimson.ua.edu)
* facebook group
* jmbeach

Website for notes and other study materials from University of Alabama's Pyschology 101 section 012 Spring 2016