

Annotated Bibliography

DiDonato, Theresa, and Brett Jakubiak. *The Science of Romantic Relationships*. Cambridge University Press, 2023.

This section of DiDonato and Jakubiak's book provides an in-depth analysis of relationship dissolution, highlighting how personality traits and situational factors influence breakup outcomes. It discusses how closeness dissipates, incompatibility predicts divorce, and commitment issues like infidelity catalyze separations. Importantly, it explores a variety of breakup strategies that reflect individual characteristics and significantly affect the breakup's intensity. This exploration is crucial for a paper on communication strategies of breakup, as it offers insights into how individuals communicate during relationship terminations, the impact of these strategies on emotional and physical health, and the process of self-concept rebuilding post-breakup. The authors also consider the socio-economic factors and the potential for post-breakup friendships, providing a comprehensive understanding of the dynamics at play in relationship dissolution.

Meeks, B. S., Hendrick, S. S., & Hendrick, C. (1998). Communication, love and relationship satisfaction. *Journal of Social and Personal Relationships*, 15(6), 755-773.

This journal article examines the associations between communication, love, and relationship satisfaction in romantic couples. Communication was assessed in terms of self-disclosure, empathy, and relational competence. Love was measured using scales of passionate love, compassionate love, and intimacy. Relationship satisfaction was also evaluated. The study found that all the communication variables were significantly related to relationship satisfaction. Empathy had the strongest connection. Love was also significantly associated with satisfaction, with intimacy being the most important component. The results highlight the interdependencies between communication, love and satisfaction in maintaining successful romantic relationships.

Reese-Weber, M. (2015). Intimacy, communication, and aggressive behaviors: Variations by phases of romantic relationship development. *Personal Relationships*, 22(2), 204-215.

This research article examines how positive relationship qualities (intimacy, constructive communication, negotiation) and negative qualities (destructive communication, psychological aggression) vary across three proposed phases of romantic development: honeymoon, defining, and established. Results showed that intimacy increased linearly across the phases. Constructive communication and negotiation were higher in later compared to earlier phases. Destructive communication and psychological aggression followed an inverted U-shape, being highest in the uncertain "defining" middle phase. The author proposes an integrated model of how specific relationship qualities change in an interdependent way as romantic partnerships go through developmental transitions.

Umpfrey, L. R., & Sherblom, J. C. (2001). The role of relational interdependence, relationship thinking, and relational communication in three stages of romantic relationships. *Communication Research Reports*, 18(4), 324-333.

This study looks at how relational interdependence, relationship thinking, and relational communication change across three stages of dating relationships: casual, exclusive, and serious. Relational interdependence involves perceptions of alternatives, satisfaction, investment and commitment. Relationship thinking includes positive affects, partner uncertainty, and network thoughts. Relational communication includes intimacy, trust and composure. The article found that relational interdependence factors distinguished each relationship stage, while relationship thinking and communication showed some differences but were more influenced by the relational interdependence factors. This suggests that interdependence develops first and then influences positive relationship thinking and communication as the relationship progresses through different stages.

Westcott, M. L. (1987). The breakup of romantic relationships: A study in the social psychology of emotions (Doctoral dissertation). University of Maryland, College Park, MD.

This doctoral dissertation investigates the emotional impact of non-marital romantic relationship breakups from a social psychology perspective. It focuses on emotion management techniques used by individuals who have experienced recent breakups. The objectives are to assess gender and role differences (leaver vs left) in emotional reactions, and identify effective coping styles that affect psychological well-being. Key findings verified previous research showing primary differences between the leaver and the left. The left felt more intensely helpless, hurt, sad, angry, frustrated, and still in love. The leaver felt more relieved, guilty and happy. Coping styles differed, with the leaver using more avoidance and the left using more emotion work like suppression and evocation. Experiencing and working through feelings was associated with greater well-being. While norms assumed women are more the victim in breakups, in this study more women were leavers and had more positive well-being compared to men.

Wood, J. T. (1982). Communication and relational culture: Bases for the study of human relationships. *Communication Quarterly*, 30(2), 75-84.

This article elaborates two key concepts for studying human relationships: communication and relational culture. Wood argues that communication is an active process that constitutes, defines, and disassembles relationships. Arising from communication between partners is relational culture - a privately transacted system of discourse and definitions that coordinates the attitudes, actions and identities of the relationship partners. These two concepts are used to define various states that relationships may go through, which can represent either stages or types. For each state, the article identifies the prominent communicative processes and functions, and explores how the communication impacts the development or deterioration of the relational culture.

binding the partners together. The article provides an integrated, communication-based framework for understanding the evolution of human relationships. It highlights the central role of communication in creating the shared meanings, values and expectations that form the core of an intimate relationship.