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Video Critique #1

SECTION 1

1. Purpose: The main reason for this presentation was to offer a different view on conflicts in marriage and the correct way to avoid a failing marriage. The speaker aimed to use hard evidence, such as statistics, to back up the view he was introducing. By using past studies and introducing his own informative study, he was able to offer a different way of approaching conflicts that arise in marriage, and how that can have a substantial positive effect on that relationship in the future.
2. Summarize: The speaker began by presenting information on the changing ways in which human beings form relationships, in comparison with two different time periods. This showed that people are less likely to form intimate social connections with others, even with social media. With that statistic in mind, he introduced the idea of how spousal relationships are now even more important and interwoven in a person’s life, with the use of quotes and statistical evidence on how a good or bad marriage could be the deciding factor on your physical health. This was a segue in the presentation into how most marriages suffer from decline in general happiness as time goes on, and this is a consistent decline that doesn’t just stop after a certain number of years. The speaker then began speaking of the importance of marital intervention and working on a marriage starting before the marriage actually begins to decline. This allowed the speaker to introduce his study, which supported this claim, showing that by simply altering how you approach an argument and learning how to ask the right questions can help control anger that could do lasting harm to the relationship.
3. Evidence: His studies findings were that there is a substantial deviation in the established trend of marital happiness with time, when the sample of the group were required to answer three questions that took 21 minutes. The relationships of those people had a change in which the happiness in the relationships stopped declining and began to stay constant. The goal of the study was to get those people to change how they think of arguments conflicts in their marriage, instead of taking a heated stance, allowing themselves to be more logical and see the situation from an outside, third-party perspective. Those questions were introduced to the selected sample at the second year of the study, allowing the researchers to compare how those questions truly altered the overall happiness in their relationships.
4. Related to the course: This relates to the idea of construals and schemas, and how we have certain ideas and expectations on how certain situations and scenarios are supposed to go. The way we interpret the situation of being in an argument or conflicting with a spouse or partner, is something we learn throughout our lives, and which determine heavily how we react in a certain situation. Additionally, being in a situation where anger is the predominant emotion can cause a person to stop thinking rationally and controlled, and instead mostly base their behavior on the automatic part of their processing. Since that’s the first and most natural direction a person’s mind would go, it can better explain why unhappiness in most marriages such a prevalent issue is. What the speaker was trying to demonstrate with his study, is the importance of using the rational and slower part of your processing when dealing with these issues, as it allows for a more clearheaded approach.

SECTION 2

I found this presentation very interesting. It is a part of a social psychology that I feel understanding and learning about not only makes you more knowledgeable but provides you with the tools to better certain aspects of your life. I was surprised to learn about the statistic on how our intimate relationships have changed compared to 1985, especially with the creation of social networks and technology, which would make you think this would allow for more opportunities to form connections with others. I believe the presenter’s study could offer valuable information for the general population on how to go about their relationships with others, not just marriages. The presentation was clear and offered both statistical evidence and real-world experiences. The results of the study could make it possible for many people to alter their mindset, for arguments to not cause such a major decline in the happiness of a relationship.

I believe the study and general topic of how marriages and relationships work is very applicable to my life. I could see how statistics on marriage reflect onto the marriages I’ve seen and grown up surrounded with. More importantly, my parents’ marriage, which has established most of what I know and understand about the relationship dynamics in a marriage. I could see how this “marriage hack” can be used to avoid certain outcomes regarding that. This presentation offered an important and clearer perspective on how to go about your relationships, boiling down what seems to be a complicated and hard to understand issue into a simple series of steps.

SECTION 3

1. Can this ideology be applied to other important relationships, such as familial or close friends, or is there a difference in mentality?
2. Could there also be a “hack” discovered for not just stabilizing the happiness level in the marriage but also actively improve it and return it to the honeymoon phase?