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爱的心理学 Psychology of Love

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Psychology of LOVE

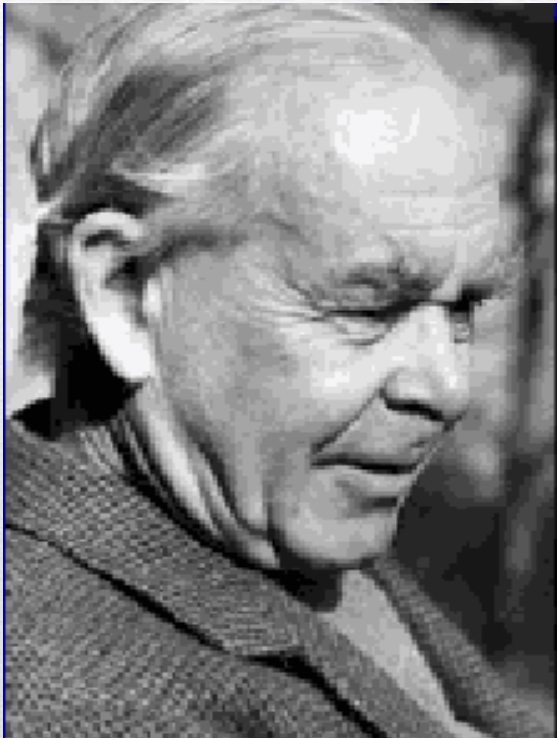


Lecture 7: Psychological perspective on the roots of Love

Attachment Theory



The original attachment theory



Bowlby



Ainsworth



Questions:

- When separate from the primary caregiver, a child will.....

Protest → Despair → Dettachment



Questions:

- What made the relationship with the mother figure so special?
- Why did separation from or loss of the primary caregiver cause so much distress, anger, and anxiety among children?

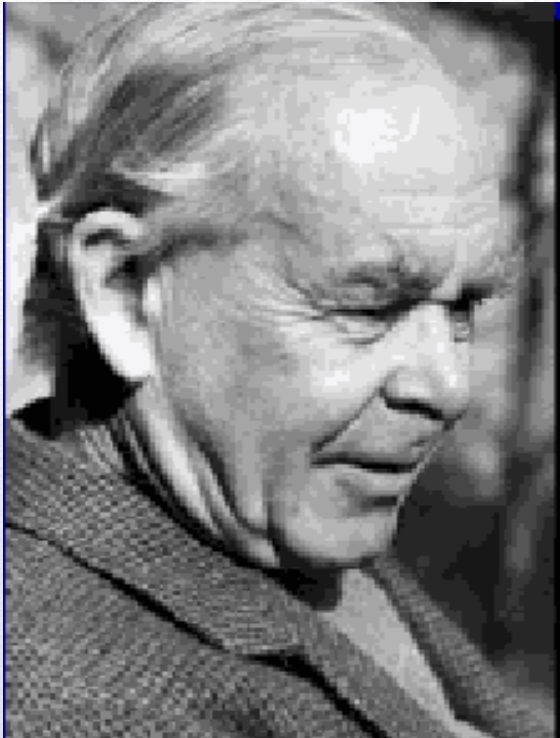


Psychoanalytic and learning theorists' explanation

- The child's bond to the mother was based on the fact that she provided food.



Attachment theory



- came from psychoanalytic tradition— emphasized early infant-caregiver relationships as source of adult personality.
- BUT he felt that actual events, not fantasy, were crucial.



→ **Freud's secondary-drive theory**

Infant's relationship with the mother emerges because she feeds the infant, and that the pleasure experienced upon having hunger drives satisfied comes to be associated with the mother's presence in positive ways.

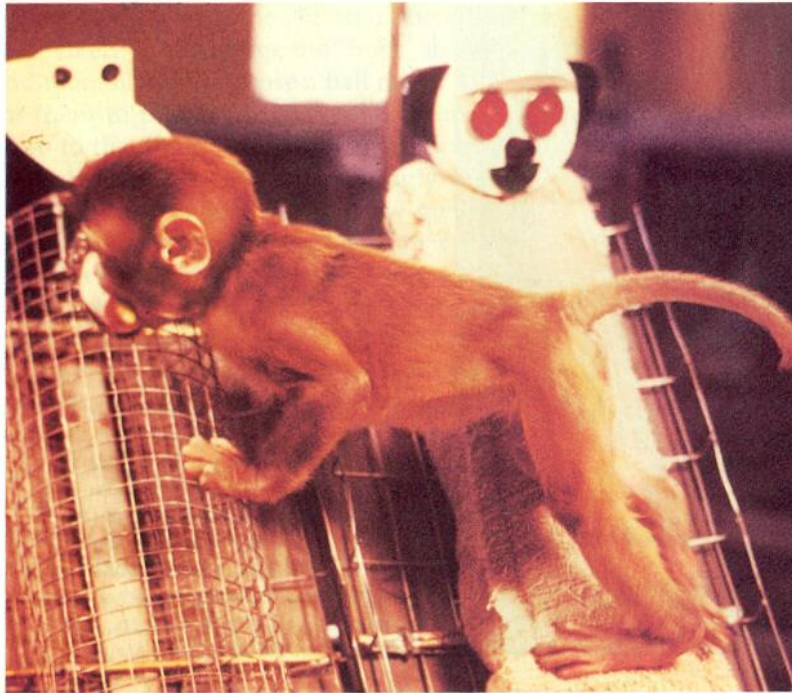


Attachment theory

- Questions on Freud's theory:
- Harlow (1958): infant rhesus monkeys preferred not the wire-mesh “mother” that provided food, but the cloth-covered “mother” that afforded contact comfort in times of stress.
- Lorenz (1935): infant geese became attached to parents that did not feed them.



Harlow & Harlow's classic experiments



In a series of classic experiments, Harlow and Margaret Harlow showed that food is not the most important way to a baby's heart. When infant monkeys could choose between a wire surrogate "mother" and a warm, soft terry-cloth "mother," they spent more time clinging to the cloth mother, even if they were being bottle-fed. (Harry Harlow, Primate Laboratory, University of Wisconsin)



Lorenz's imprinting





Bowlby's hypotheses

- Lorenz's imprinting (铭刻)
 - Species-specific learning that occurs within a limited period of time (a “critical period”) early in the life of each individual animal and resists modification thereafter.
- Bowlby: humans might be biologically predisposed to form long-lasting bonds to specific individuals. The social bond might depend on instinctive social behavior, not on learning to associate food with the mother figure.



Bowlby's hypotheses: Ethology evidences

- Ethologist: Observe the species under study in its natural environment.
- Bowlby: Moved beyond retrospective reports from patients in psychoanalysis and beyond the contrived stimulus-response connections behaviorists studies.
- They began to understand the nature and role of instinctive behavior in humans, not only in other species.



Bowlby's hypotheses

- “Instinctive”: unlearned, automatic, and unmodifiable → “fixed action patterns”
- However, much instinctive behavior must be learned. ← A bird species provides an example: All male chaffinches in their natural environments learn to sing the songs that characterize their species, however, they are not born knowing the melodies.



Bowlby's hypotheses

- Instinctive behaviors vary in the amount of learning required for their emergence.
- Some will emerge in virtually every member of the species in virtually any environment; no learning is necessary. Others emerge in some individuals or in some environments, but not universally.



Bowlby's hypotheses

- Humans have adapted successfully to a wide range of physical and social environments, so it is likely that attachment and caregiving behavior systems include great (but not infinite) flexibility. The way an individual organizes and expresses his or her attachment behavior certainly reflects some learning.



Bowlby's hypotheses

- Bowlby also share many important views with psychoanalytic theories:
 - Early adaptations have profound and long-lasting effects on the individual's personality, social relationships, thoughts, feelings, and behavior.
 - Much of human motivation is unconscious.
 - Development reflects a coherent underlying organization, even when surface manifestations in behavior change with age, state, and situation.
- The focus is on whole people interacting in intimate and committed relationships, not on single variables.



Bowlby's hypotheses

- Cognitive psychology enriched attachment theory as it evolved.
 - Representational models or working models
 - When a representational model bears a close resemblance to reality, it makes insight and foresight possible.



Bowlby's hypotheses

- Bowlby also discovered the utility of control systems theory for describing human attachment behavior.
 - Stress the importance of understanding the interrelationships among elements in a system.
 - Infant's attachment behaviors can be understood only in the context of the adult's caregiving behaviors and in relation to the infant's exploratory behaviors, and vice versa.



Major propositions of attachment theory

- Definitions
 - Attachment is an enduring affective bond characterized by a tendency to seek and maintain proximity to a specific figure, particularly when under stress.
- Attachment behaviors: crying, reaching, approaching, clinging
- Attachment is emotional bond, not behavior.



Major propositions of attachment theory

- Biological functions of attachment behavior
 - Attachment behavior becomes focused on and organized in relation to a specific figure, i.e., human beings are instinctively inclined (biologically predisposed) to form attachments.
 - Attachment behavior is species-characteristic behavior.



Major propositions of attachment theory

- Biological functions of attachment behavior
 - The biological function of a behavior is not just a predictable or desirable outcome of the behavior; it is the outcome that contributes to the survival of the individual and, thus, of the species.
 - The biological function of attachment behavior is protection.



Major propositions of attachment theory

- Goal-corrected behavioral systems
 - A system is a set of discrete behaviors that function in some centrally organized way to help the individual achieve some goals.
- Goal-corrected is to say that it acts flexibly to attain some goals.
 - e.g., thermostats & heat-seeking
 - Baby's following her father from room to room or a lovestruck adolescent's pursuit of the woman he imagines to be the embodiment and fulfillment of his dreams.



Major propositions of attachment theory

- **Environment of Evolutionary Adaptedness**
 - The man's primeval environment is, almost certainly, also his environment of evolutionary adaptedness.
 - The only relevant criterion by which to consider the natural adaptedness of any particular part of present-day man's behavioral equipment is the degree to which and the way in which it might contribute to population survival in man's primeval environment.



Attachment theory

Two views of infancy, early relationships, and early experience

Freud

- Clingy, needy, dependent infant
- Motivation: rise and fall of internal drives
- Drive reduction
- Relationships: means of drive reduction
- Experience shape
intra-psychic structures
Modes of drive expressive
Coping/defense mechanisms
Availability of mental energy

Bowlby

- **Active, curious, competent infant**
- **Monitor environment/Optimize experience**
- **Adaptation & Development**
- **Relationships as valuable in themselves**
- **Early experience shapes
mental representations
Knowledge of environment
General relationship expectations
Expectations about specific figures**



Major propositions of attachment theory

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Major propositions of attachment theory

- Feeding behavior is organized into a homeostatic system (内在平衡系统) that is goal-corrected.
- Attachment behavior is also goal-corrected. The goal is to attain or maintain a sufficient degree of proximity or contact.



Major propositions of attachment theory

- Activators and terminators
- An activator is a stimulus or conditions that turns the system on or turns the system up.
- A terminator is a stimulus or condition that turns the system off or down.



Major propositions of attachment theory

- **External conditions** that activate attachment behavior:
 - **Strangeness**, frightening stimuli or events, cold, distance or **separation** from the attachment figure, a lapse of time since contact with the attachment figure, rebuffs from children or adults, and the attachment figure's departing, being absent, or discouraging the infant from coming close.
- **Internal conditions** that activate attachment
 - Fatigue, illness, and pain.



Major propositions of attachment theory

- The intensity of activation of attachment behavior varies with the intensity of the threat.
- Getting close to the attachment figure or getting enough physical contact with him or her terminates attachment behavior.
- How much proximity or contact is needed depends on the intensity of activation of the behavioral system, on the quality of the attachment, and on the developmental level of the individual.



Major propositions of attachment theory: motivation

- **Attachment behavior** is a class of behavior with its own dynamic. It **is distinct from feeding behavior** and from **sexual behavior**; it is not derived from either.
- Attachment is **as basic and as important** in human life as food and sex are.
- There is no need to explain why attachment behaviors appear or why human beings form the strong, lasting emotional bonds we call attachment.



Major propositions of attachment theory: Other behavioral systems

- Attachment theorists have called attention to other behavioral systems: exploration-play, affiliation, fear-wariness, and caregiving.
- The various behavioral systems also interact within one individual. Among them, the **attachment system is primary in young children**, i.e., strong activation of the attachment system commonly overrides the activity of competing systems.



Major propositions of attachment theory:

Secure base phenomenon

- In **safe circumstances**, the level of activation of attachment behavior can remain low for long periods while exploration and play continue.
- Use of the attachment figure as a “secure base” from which to explore has been well-documented not only in humans but also in other primates.



Major propositions of attachment theory: Secure base phenomenon

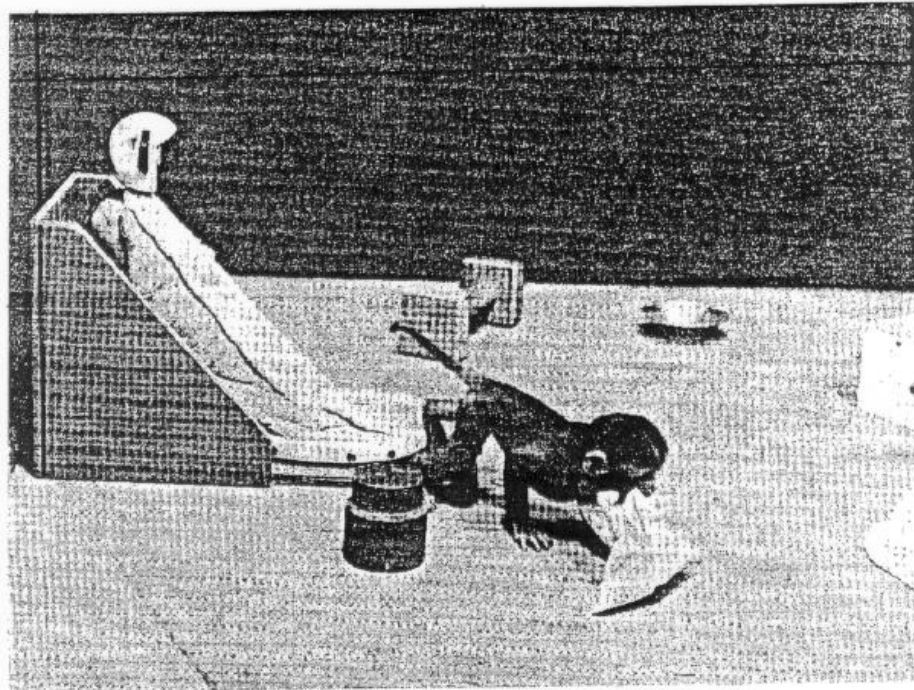


PLATE 13. Exploration-manipulation in the open-field test by 150-day old infant



Major propositions of attachment theory: Secure base phenomenon

- Being near the attachment figure is usually enough to support exploration, play, and sometimes, affiliative behavior.
- Attachment figure is a secure base from which to explore.



Major propositions of attachment theory: Emotion and attachment

- The process of forming a new attachment bond is the thrill and delight of falling in love.
- Maintain an attachment bond is loving someone.
- **Attachment is love.**



Major propositions of attachment theory: Emotion and attachment

- The threat of losing an attachment figure arouses anxiety and anger.
- The reality of losing a partner, whether through death, long separation, or the ending of a relationship, ordinarily triggers the intense feelings associated with grief and mourning, usually include anger as well as sorrow.
- The renewal of a bond is a source of joy.



Major propositions of attachment theory: Emotion and attachment

- Our attachments are a major source of what makes our lives feel rich and wonderful or lonely, sad, and utterly wretched.



Major propositions of attachment theory: Emotion and attachment

- An emotion may often be felt in association with the activation of a behavioral system.
- The emotion is not the cause of the behavior that ensues.
- Affective and cognitive appraising processes often operate below the level of conscious awareness.



Attachment theory

Share your story





Before You Leave.....

- 拿出一张纸，写上
- 你的姓名，学号，院系，E-mail，手机号
- 回答下面问题：
- （1）期末作业主题

Learning From the lecture





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