Lecture Overview

- Theories of Social and Personality Development
- Intimate Relationships
- Parenthood and Other Relationships
- The Role of the Worker
Erikson

- Intimacy versus Isolation Stage

- *Intimacy*: the capacity to engage in supportive, affectionate relationships without losing one’s own sense of self

- *Isolation*: results from relationships that are inadequate—that feature a lack of self-disclosure—and from unresolved identity crises.
THEORIES OF SOCIAL AND PERSONALITY DEVELOPMENT

Intimacy versus Isolation Stage

The developmental task of this stage is to establish intimate bonds of love and friendship.

- Barriers to intimacy
- Supports to intimacy
Life structures: all roles and relationships an individual occupies—and the conflicts and balances that exist between them

- Regards formation of intimate relationships as the central developmental task
- Cycle through periods of stability and instability
LEVINSON’S MODEL OF ADULT DEVELOPMENT

Early adult transition: age 17–22
- Era of early adulthood: 17–45

Midlife transition: age 40–45
- Culminating life structure for middle adulthood: 33–40
- Age 30 transition: 28–33
- Entry life structure for early adulthood: 22–28

Late adult transition: age 60–65
- Era of late adulthood: 60–?
- Culminating life structure for middle adulthood: 55–60
- Age 50 transition: 50–55
- Entry life structure for middle adulthood: 45–50

Era of preadulthood: 0–22
Emerging adulthood: a period in which individuals experiment with options prior to taking on adult roles

New stage proposed by Arnett

Covers ages 17–22

Must address tasks such as academic, friendship, conduct, work and romance

Push limits with family.

Experiment with adult options and multiple tasks.

Parts of the brain governing impulse control and decision making are not yet fully mature.
Developmental Task Domains in Emerging Adolescence

1. Academic
2. Friendship
3. Conduct
4. Work
5. Romantic

- *Skills 1–3 transfer from adolescence to adulthood*
- *Skills 4–5 require more adjustment*
INTIMATE RELATIONSHIPS
EVOLUTIONARY THEORY AND MATE SELECTION

- **Overview**
- Focus on survival value
- Mating is a selective process designed to ensure the survival of the species

- Cross-cultural research findings
  - Men prefer physically attractive, younger women.
  - Men lower their standards on the basis of availability.
  - Women prefer men whose socio-economic status is higher than their own, and who offer earning potential and stability.
INTIMATE RELATIONSHIPS
Marriage

- **Prevalence**
  - More than 2 million formal weddings take place each year.
  - The average U.S. wedding costs about $26,000.
  - Longitudinal research suggests that most marriages endure; only one-third of first marriages end in divorce.
  - Average age of marriage in 1970: 21 for males and females
  - Average age of marriage in early 21st century: 27 for males and 25 for females
  - Unmarried couples: 89 percent are opposite-sex partners and 11 percent are same-sex partners.
SEX DIFFERENCES IN THE IMPACT OF MARRIAGE

- **Males**
  - Generally benefit more than females on measures of physical and mental health
  - Married men are healthier and live longer than unmarried men.

- **Females**
  - Married women are slightly healthier than unmarried women.
  - Unmarried women are healthier and happier than unmarried men.

- What role does cortisol play in these findings?
INTIMATE RELATIONSHIPS
RELATIONSHIP QUALITY

- **Influences on Marital Success**
  - Values
    - Personality characteristics of the partners
    - Attitudes towards divorce
    - Security of each partner’s attachment to family of origin

- *There is lots of agreement across groups about what makes marriages work!*
RATING COMPONENTS OF MARITAL SUCCESS, BY RACE AND ETHNICITY

<table>
<thead>
<tr>
<th>Component</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
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<tbody>
<tr>
<td>Faithfulness</td>
<td>93</td>
<td>95</td>
<td>92</td>
</tr>
<tr>
<td>Happy sexual relationship</td>
<td>67</td>
<td>79</td>
<td>76</td>
</tr>
<tr>
<td>Sharing household chores</td>
<td>59</td>
<td>69</td>
<td>73</td>
</tr>
<tr>
<td>Adequate income</td>
<td>48</td>
<td>72</td>
<td>67</td>
</tr>
<tr>
<td>Good housing</td>
<td>45</td>
<td>62</td>
<td>72</td>
</tr>
<tr>
<td>Shared religious beliefs</td>
<td>44</td>
<td>63</td>
<td>62</td>
</tr>
<tr>
<td>Shared tastes &amp; interests</td>
<td>43</td>
<td>54</td>
<td>59</td>
</tr>
<tr>
<td>Children</td>
<td>35</td>
<td>49</td>
<td>69</td>
</tr>
<tr>
<td>Agreement on politics</td>
<td>9</td>
<td>18</td>
<td>22</td>
</tr>
</tbody>
</table>
Emotional affection contributes to relationship quality.

Three key components of love

- **Intimacy**: feelings that promote closeness and connectedness
- **Passion**: feeling of intense longing for union with the other person, including sexual union
- **Commitment to a particular other over a long period of time**
STERNBERG’S THEORY OF LOVE
Sternberg’s theory postulates three components of love: passion, intimacy, and commitment.

Relationships can be classified according to which of the three components is present.
INTIMATE RELATIONSHIPS
CONSEQUENCES OF DIVORCE

**Consequences**

- Increased physical and emotional illness
- Serious economic hardships, especially for women
- Disruption of sequence and timing of family roles
- Strong feelings of failure, loss of self-esteem, and loneliness
Cohabiters

- Less satisfied when married and more likely to divorce
- Less homogamous or similar to each other
- Either fully committed to future marriage or ambiguous

Prior sexual and cohabitational histories are major factors in divorce.

- Cohabiting couples who intend to marry:
  - Share work loads at home
  - Happier during cohabitation
  - May do a better job communicating
INTIMATE RELATIONSHIPS
GAY AND LESBIAN COUPLES: SATISFACTION

- **Satisfaction is related to:**
  - Similar backgrounds and equal relationship length commitment
  - Attachment security

- **Dissatisfaction is related to:**
  - Neuroticism in one or both partners

- 600,000 U.S. households are headed by partners of the same sex.
INTIMATE RELATIONSHIPS

GAY AND LESBIAN COUPLES: DIFFERENCES

- **Differences**
  - More dependent on each other for social support
  - Power and tasks are equally divided by couple.
- Lesbians typically insist on sexual exclusivity, whereas gay men frequently regard sexual fidelity as negotiable.
INTIMATE RELATIONSHIPS
SINGLEHOOD

Many single adults:
- Prefer singlehood
- Participate in intimate relationships that are not “partnered”
- Maintain close relationships with families of origin and close friends
PARENTHOOD OVERVIEW

- Eighty-five percent of parents cite their relationships with their children as the most fulfilling aspect of their lives.
- The transition to parenthood is stressful.
- That transition happens with other social relationships also in transition.
PARENTHOOD
DELAYING PARENTHOOD

Enrolled in post-secondary education

Delayed marriage; believe that the best environment for raising children is within marriage

Underpinned by contemporary social clock
PARENTHOOD
POSTPARTUM DEPRESSION

- PPD affects 10–25 percent of new mothers.
- Feelings of profound sadness for several weeks after birth
- More likely in women who produce large amounts of steroid hormones late in pregnancy
- More likely in unplanned pregnancies
- The presence of major life stressors increases the risk.
- Depression during pregnancy is the best predictor.
OTHER RELATIONSHIPS

FRIENDS

- **Characteristics**
  - Similar in education, social class, interests, family background and family life cycle stage
  - Drawn from same age group; same sex
  - Important members of social network (even exclusive online)
OTHER RELATIONSHIPS
SEX DIFFERENCES IN RELATIONSHIP STYLES

○ Women
  • Women have more close friends.
  • Women are often the “kinkeepers,” handling correspondence and family news.

○ Men
  • Young men remain competitive with friends.
THE ROLE OF WORKER
CHOOSING AN OCCUPATION

- Family and educational influences
  - Choose occupations in the same social class as parents
- Educational goals influence choice.
  - Families influence choice through value systems.
- Valuing academic and professional achievement influences professional-level job choices.
- Achievement in working class families is associated with moving into middle-class jobs.
- Parental moral beliefs influence young adults’ willingness to enter various occupations.
THE ROLE OF WORKER
INFLUENCE OF GENDER

- Sex-role definitions still designate some jobs as “women’s jobs” and “men’s jobs.”
- Male jobs are more varied, technical, and higher in status and income.
- Female jobs are concentrated in the service industry, and offer lower status and pay.
- One-third of women hold clerical jobs.
- One-fourth of women are in health care, teaching, or domestic service.
THE ROLE OF WORKER PERSONALITY: HOLLAND’S THEORY

- **Types**
  - Six basic personality types
  - People whose personalities match their jobs are more likely to be satisfied with their work.
TABLE 14.1  Holland’s Personality Types and Work Preferences

<table>
<thead>
<tr>
<th>Personality Type</th>
<th>Work Preferences</th>
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<tbody>
<tr>
<td>Realistic</td>
<td>Aggressive, masculine, physically strong, often with low verbal or interpersonal skills; prefer mechanical activities and tool use, choosing jobs such as mechanic, electrician, or surveyor</td>
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<tr>
<td>Investigative</td>
<td>Oriented toward thinking (particularly abstract thinking), organizing, and planning; prefer ambiguous, challenging tasks, but are low in social skills; are often scientists or engineers</td>
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<tr>
<td>Artistic</td>
<td>Asocial; prefer unstructured, highly individual activity; are often artists</td>
</tr>
<tr>
<td>Social</td>
<td>Extraverts; people oriented and sociable and need attention; avoid intellectual activity and dislike highly ordered activity; prefer to work with people and choose service jobs like nursing and education</td>
</tr>
<tr>
<td>Enterprising</td>
<td>Highly verbal and dominating; enjoy organizing and directing others; are persuasive and strong leaders, often choosing careers in sales</td>
</tr>
<tr>
<td>Conventional</td>
<td>Prefer structured activities and subordinate roles; like clear guidelines and see themselves as accurate and precise; may choose occupations such as bookkeeping or filing</td>
</tr>
</tbody>
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(Source: Holland, 1973, 1992.)