

CHAPTER OUTLINE

- Stability and change from childhood to adulthood
- Love and close relationships
- Adult lifestyles
- Challenges in marriage, parenting, and divorce
- Gender, communication, and relationships

STABILITY AND CHANGE FROM CHILDHOOD TO ADULTHOOD

- Experiences in the early adult years important in determining what the individual is like later in adulthood
 - Unfolding of social relationships and emotions
 - Attachment plays an important part in socioemotional development
 - Romantic partners as a secure base to obtain comfort and security

STABILITY AND CHANGE FROM CHILDHOOD TO ADULTHOOD

- Adult attachment
 - **Secure attachment style:** Positive view of relationships, easy to get close to others, not overly concerned/stressed about relationships
 - **Avoidant attachment style:** Hesitant about getting involved in romantic relationships, tend to distance themselves from partner
 - **Anxious attachment style:** Demand closeness, less trusting, more emotional, jealous, and possessive
- Majority of adults have secure attachment style
 - Prefer to have a securely attached partner

LOVE AND CLOSE RELATIONSHIPS

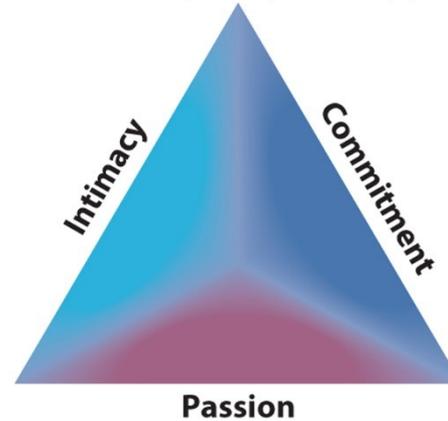
- Intimacy
 - Self-disclosure and sharing of private thoughts
 - Intimacy, identity, and independence demands are central to adulthood
- Erikson's stage of **Intimacy versus isolation**
 - Intimacy is finding oneself while losing oneself in another person
 - Failure to achieve intimacy results in social isolation
- Friendship
 - Adulthood brings opportunities to form new friendships
 - Gender differences in adult friendships

LOVE AND CLOSE RELATIONSHIPS

- Romantic and affectionate love
 - **Romantic love:** Passionate love, or eros
 - Strong components of sexuality and infatuation
 - Often predominates in early part of love relationships
 - **Affectionate love:** Companionate love
 - Desires to have the other person near, based on deep, caring affection
 - **Consummate love:** Strongest form of love
 - Involves dimensions of passion, intimacy, and commitment

FIGURE 12.1 - STERNBERG'S TRIANGLE OF LOVE

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Types of Love	Passion	Intimacy	Commitment
Infatuation	Present	Absent or low	Absent or low
Affectionate love	Absent or low	Present	Present
Fatuous love	Present	Absent or low	Present
Consummate love	Present	Present	Present

Present
 Absent or low

ADULT LIFESTYLES

- Single adults
 - Dramatic rise in the percentage of single adults
 - Cohabitation and postponing marriage
 - Common problems
 - Forming intimate relationships with other adults
 - Confronting loneliness
 - Finding a place in a society that is marriage-oriented

ADULT LIFESTYLES

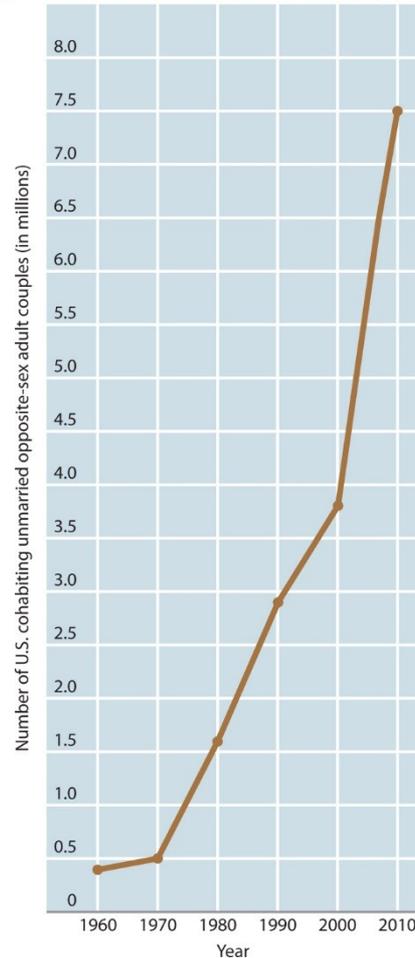
- Advantages
 - Time to make decisions about one's life course
 - Time to develop personal resources to meet goals
 - Freedom to make autonomous decisions
 - Pursue one's own schedule and interests
 - Opportunities to explore new places and new experiences
 - Privacy

ADULT LIFESTYLES

- Cohabitation
 - Living together in a sexual relationship without being married
 - Seen as a precursor to marriage, ongoing lifestyle
- Common problems:
 - Disapproval and emotional strain
 - Difficulty owning property jointly
 - Uncertain legal rights upon dissolution of relationship
- How does prior cohabitation affect marriage?
 - Lower marital satisfaction and higher rates of divorce

FIGURE 12.2 - INCREASE IN COHABITATION IN THE UNITED STATES

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ADULT LIFESTYLES

- Married adults
 - Changing views
 - Personal fulfillment goals – inside and outside of marriage
 - Changing norms of male-female equality
 - Increasingly high expectations for marriage
 - Marital trends
 - Declining marriage rates in the U.S. in recent years
 - Highest ages for first marriages in U.S. history
 - In 2010, 28.7 years for men and 26.5 years for women
 - More marriage partners meeting online
 - Marriages in adolescence more likely to end in divorce
 - Average duration of marriage is just over 9 years

ADULT LIFESTYLES

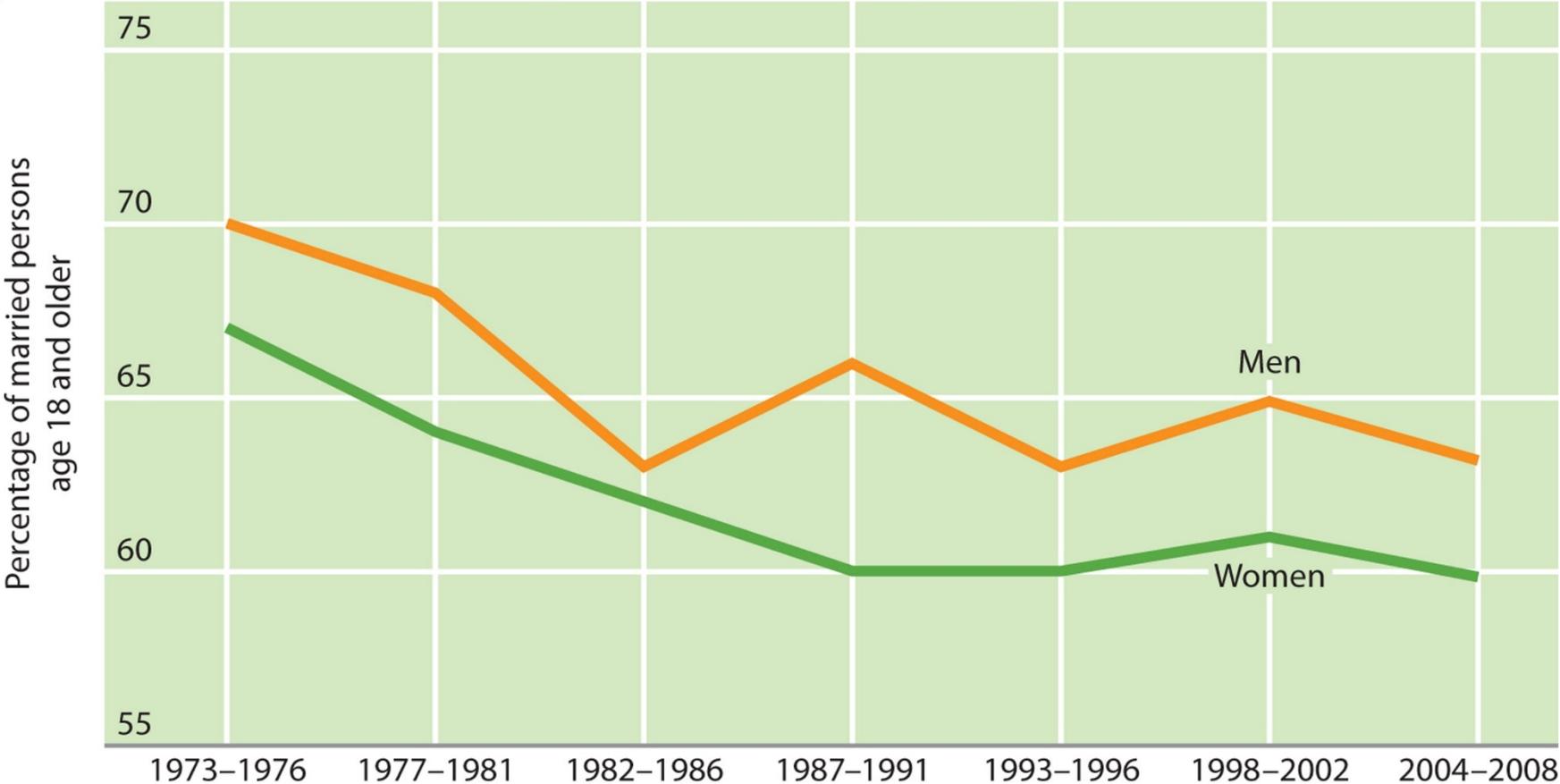
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ADULT LIFESTYLES

- Benefits of a good marriage
 - Happily married people live longer, healthier lives
 - Enhanced longevity of men more so than women
 - Feel less physical and emotional stress
 - Fewer physical ailments and psychological problems

FIGURE 12.3 - PERCENTAGE OF MARRIED PERSONS AGE 18 AND OLDER WITH "VERY HAPPY" MARRIAGES

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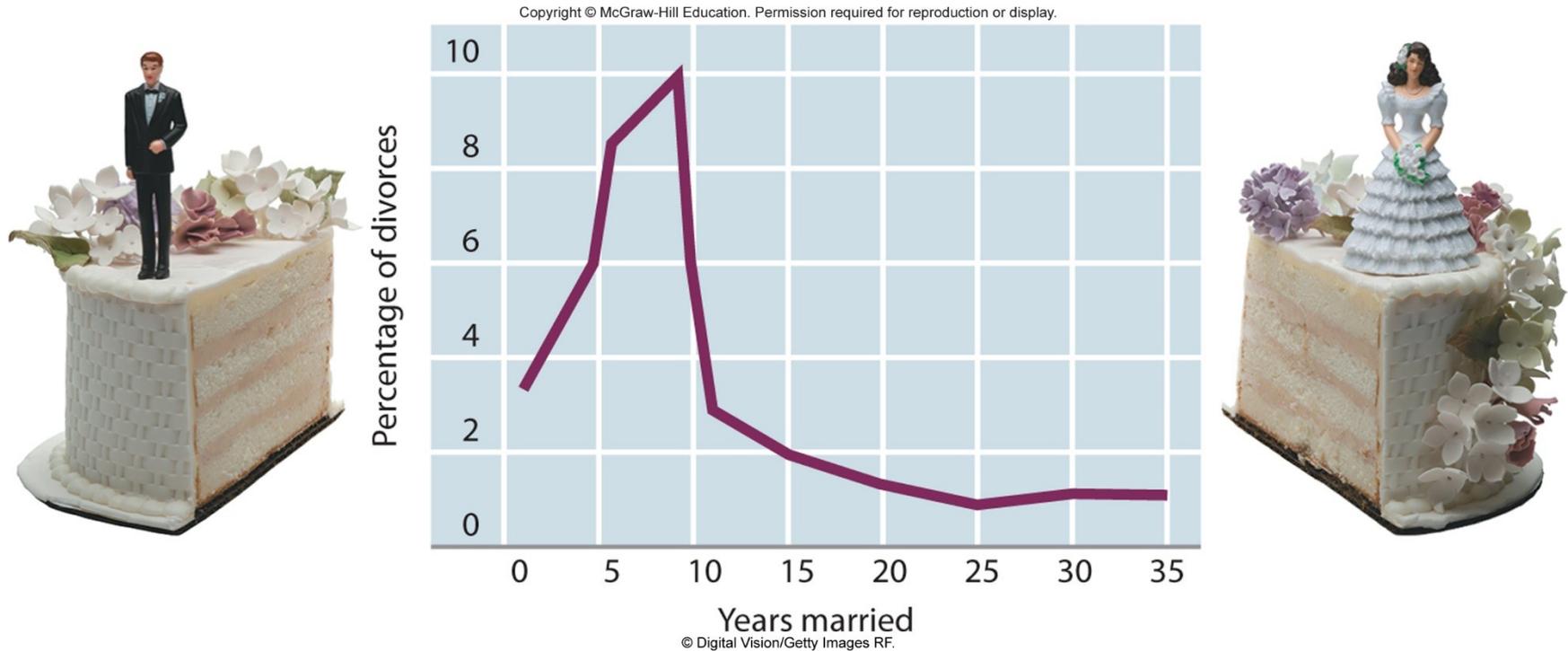
ADULT LIFESTYLES

- Divorced adults
 - U.S. has one of the highest divorce rates in the world
 - Declining numbers in recent decades
 - Factors leading to divorce:
 - Youthful marriage
 - Low educational level
 - Low income level
 - No religious affiliation
 - Having divorced parents
 - Having a baby before marriage

ADULT LIFESTYLES

- Partner characteristics leading to divorce:
 - Alcoholism
 - Psychological problems
 - Domestic violence
 - Infidelity
 - Inadequate division of household labor
- Divorce typically takes place in early in marriage
 - Between years 5-10 of marriage

FIGURE 12.4 - THE DIVORCE RATE IN RELATION TO NUMBER OF YEARS MARRIED



ADULT LIFESTYLES

- Remarried adults
 - Approximately 50% remarry within 3 years of divorce
 - Men remarry sooner than women
 - Remarriage occurs sooner for partners who initiate a divorce
 - Recent decline in remarriage rate in U.S.

ADULT LIFESTYLES

- Gay and lesbian adults
 - Increasing number of legalized same-sex marriages
 - Similar to heterosexual relationships in love, joy, satisfactions and conflicts
 - Increasing number are creating families including children
- Misconceptions:
 - Masculine/feminine roles are relatively uncommon
 - Preferences for long-term, committed relationships
- Special concerns for stigma, prejudice, and discrimination

CHALLENGES IN MARRIAGE, PARENTING, AND DIVORCE

- Making marriage work
 - 7 principles of a working marriage, including:
 - Establishing love maps
 - Nurturing fondness and admiration
 - Turning toward each other instead of away
 - Letting your partner influence you
 - Creating shared meaning

CHALLENGES IN MARRIAGE, PARENTING, AND DIVORCE

- Becoming a parent
 - Mixed emotions and romantic illusions about having a child
 - Parenting requires interpersonal skills, emotional demands
 - Little formal education for these tasks
- Age of having children has been increasing
 - In 2012, average age for women was 26
- U.S. women having fewer children overall

CHALLENGES IN MARRIAGE, PARENTING, AND DIVORCE

- Advantages of having children early (in 20s):
 - More physical energy
 - Fewer medical problems with pregnancy and childbirth
 - Less built-up expectations for children
- Advantages of having children later (in 30s):
 - More time to consider and achieve life goals
 - More mature, competent parents
 - Better established in careers, more income for child-rearing expenses

CHALLENGES IN MARRIAGE, PARENTING, AND DIVORCE

- Strategies for divorced adults
 - Thinking of divorce as a chance to grow personally, develop more positive relationships
 - Making decisions carefully
 - Focusing more on the future than the past
 - Using strengths and resources to cope with difficulties
 - Not expecting to be successful and happy in everything you do

GENDER, COMMUNICATION, AND RELATIONSHIPS

- **Rapport talk:** Language of conversation
 - Way of establishing connections and negotiating relationships
- **Report talk:** Designed to give information
 - Includes public speaking
- Men and women have different preferences for communication
 - Women prefer rapport talk, men prefer report talk