Week 15 - Day 2 (Ch 14 pt 2 The Major Motives of Life)

[PY 101-012 - Spring 2016 (UA)](/PY101-012/)

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# Week 15 - Day 2 (Ch 14 pt 2 The Major Motives of Life)

Apr 27, 2016

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# Chapter 14 The Major Motives of Life (Food, love, sex, and work)

## The Motives of Life

## Why Do We Love

* Audio 0:02:03.564036

### Biology of love

* Neurological origins of passionate love begin in infancy, when infants attach to the mother
* Hormones involved in pleasure and reward are activated in the mother–baby bond and in the pair bond of adult lovers
	+ Vasopressin, oxytocin
	+ Increasing these oxytocin leads to:
		- Greater trust in risky situations
		- Audio 0:02:55.228834
		- Greater affection (e.g., gazing, touching) among romantic couples
		- But also: Increased favoritism toward ingroup, aggression toward outgroup; increased distrust among anxiously-attached people
			* Audio 0:05:06.695517

### Influence of endorphins

* Audio 0:07:29.280713
* Recall: brain’s natural opiates
* Maternal comfort in humans and nonhuman animals increases endorphins
	+ Euphoria of endorphins may be initial motivation for affection
	+ “We are addicted to love”
* Similar neural responses occur in adult relationships
	+ Exhilaration of new love, physical and emotional distress of separation
		- Audio 0:08:07.336444
		- Feel like you have to be with that person
		- You can look at classic writing and people will describe longing when separated from a partner
* fMRIs have shown other neurological similarities between different types of love
	+ Audio 0:09:16.885717
	+ Certain parts of the brain activate when people look at pictures of their sweethearts and biological children

## How Do We Form Relationships

* Two types of love and relationships:
* *Passionate (romantic) love*
	+ Love characterized by a whirlwind of intense emotions and sexual desire
* *Companionate love*
	+ Love characterized by affection and trust
	+ In most enduring relationships, passionate love evolves into companionate love

## What is Love?

* Audio 0:12:33.850033
* Audio 0:13:52.599838
	+ Passion is more short-lived
	+ Research shows that passion and intimacy have a somewhat inverse relationship
		- As one increases the other usually decreases

## How do we form relationships

* Major factors influencing our relationships
	+ Audio 0:15:42.662116
	+ *Proximity*: we tend to choose our friends and lovers from a set of people who live, study, or work near us
	+ *Similarity*: our friends and lovers tend to be similar to us in looks, attitudes, beliefs, values, personality, and interests
		- “Opposites attract” vs. “bird of a feather”
		- [Matching](https://www.youtube.com/watch?v=gxoWUL0eqg4) [principle](https://www.youtube.com/watch?v=FB1oMfs8nWY): the most successful romantic couples also tend to be the most physically similar
			* Audio 0:18:34.111026
			* Kind of bleak?
				+ Audio 0:23:28.590009
		- Is this always true? When might it not work out this way?
			* Assumes that we are completely rational about finding the most attractive person

## What do you think?

* Soul mates vs. proximity?
* “Opposites attract” vs. “birds of a feather”?
* Discuss with your neighbor
	+ Audio 0:27:30.560891

## Attachment theory of love

* Audio 0:34:17.882358
* Like infants to their caregivers, adults have attachment styles to their partners
	+ Idea is that the style carries over from childhood
	+ Secure: rarely jealous or worried about abandonment
	+ Anxious: agitated and worried partner will leave; clingy
		- Audio 0:36:04.331544
			* Need reassurance
		- Physiological component – cortisol spikes when they feel the relationship is threatened
			* People with this attachment style have greater physiological responses
				+ Say the partner makes a new friend of the opposite sex, that would cause the avoidant partner’s heart-rate to increase
	+ Avoidant: distrustful; avoids intimate attachments
* *A person’s style of dealing with romantic partners seems to be based on how they were treated by their parents*
	+ Children form internal “working models” for what relationships should be like (e.g., “Can I trust others?”) adult relationships
	+ How your parents treat you seems to determine how you attach to relationships in your adult life
		- However, it is just pre-disposition, it is not certain you will have this attachment style

## Identify attachment

* Audio 0:39:43.233114
* “I find it difficult to trust people completely. I am somewhat uncomfortable being close to others. I feel nervous when people start to get too close. Often, I feel like people want me to be more intimate than I feel comfortable being. I find it difficult to allow myself to depend on other people.”
* Which attachment style does this describe?
	+ a. Anxious
	+ b. Secure
	+ c. Avoidant
		- C

## Identify attachment

* “I find it relatively easy to get close to other people. I am comfortable depending on other people and having them depend on me. I don’t usually worry about being abandoned or about having someone get too close to me.” Which attachment style does this describe?
	+ a. Anxious
	+ b. Secure
	+ c. Avoidant
		- B

## What Sustains Love?

* Romantic love fades, yes; but not for everyone
	+ Can persist for many years for some couples
	+ But, loses the obsessive component that fosters constant thought and worry
* Perception by both partners that the relationship is fair, rewarding, and balanced
	+ Too many or too little benefits cause guilt or resentment, respectively
* Motivation: why does each partner want to maintain the relationship?
	+ Positive: to enjoy affection and intimacy sustainable
	+ Negative: to avoid feeling insecure and lonely unsustainable
	+ Audio 0:43:29.064671

### Dealing with conflict

* The way a couple deals with conflict often determines whether the relationship will last
* *Gottman (1994) describes four interpersonal styles that typically lead couples to discord and dissolution*:
	+ Being overly critical
	+ Holding the partner in contempt
	+ Being defensive
	+ Mentally withdrawing from the relationship
* Attributional style also plays a role
	+ Good outcomes -> situation
	+ Bad outcomes -> each other
		- Assigning the outcome of an event to be the partner’s fault
		- Audio 0:46:14.837809

# Vocab

|  |  |
| --- | --- |
| Term | Definition |
| biology of love | Describes the hormones involved in pleasure in reward which are activated in the mother-baby bond and in the pair bond of adult lovers (Includes endorphines) |
| passionate love | Love characterized by a whirlwind of intense emotions and sexual desire |
| companionate love | Love characterized by affection and trust |
| proximity | A factor in forming relationships. The idea that we tend to choose our friends and lovers from a set of people who live, study, or work near us |
| similarity | A factor in forming in relationships. The fact that our friends and lovers tend to be similar to us in looks, attitudes, beliefs, values, personality, and interests |
| matching principle | the most successful romantic couples also tend to be the most physically similar |
| secure attachment | Attachment style which is rarely jealous or worried about abandonment |
| anxious attachment | Attachment style which describes people who are worried partner will leave |
| avoidant attachment | Attachment style in which people avoid intimate attachments |
| postive motivation for relationship | Motivation for staying in a relationship which involves enjoying affection and intimacy |
| negative motivation for relationship | Motivation for staying in a relationship which involves avoiding feeling insecure and lonely |
| Gottman’s four dissolution behaviors | Being overly critical, holding the partner in contempt, being defensive, and mentally withdrawing from a relationship |

## PY 101-012 - Spring 2016 (UA)

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Website for notes and other study materials from University of Alabama's Pyschology 101 section 012 Spring 2016