


A painting with a textured, blue background. On the left, a woman in a red dress has a large, white, fluffy cloud for her head. On the right, a man in a dark blue suit holds a black umbrella. Their hands are clasped together in the center. The text 'PSY 326- CLOSE RELATIONSHIPS' is overlaid in white, bold, sans-serif font across the middle of the image.

PSY 326- CLOSE RELATIONSHIPS



The Importance of Relationships

- Relationships can be our greatest source of both happiness and anxiety.
 - Interpersonal relationships are a very important and indispensable aspect of life.
 - People are intensely interested in close relationships that involve personal involvement, emotional attachment and continuous interaction.
 - We have all grown up in a set of family relationships, sometimes satisfying, sometimes not.
 - As adults we also often have close relationships with friends and perhaps a romantic partner.
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The Importance of Relationships

- For most of us, the ideal life is a context in which we are in close relationships with other people, such as friendship, marriage and love.
- Relationships are both difficult to maintain because they involve participation, emotional attachment and constant interaction, and they are in a place where we need them because they are necessary.
- In fact, when we think about the people we are in relationships with in life, it can be said that we know a lot about close relationships or interpersonal relationships.
- However, when many of these relationship networks are not conscious choices, it would not be wrong to say that there is always much more to learn in addition to what we know.



The Importance of Relationships

The Need to Belong

- According to Baumeister and Leary (1995), people need other people.

Because people have the drive to develop and maintain permanent, positive and meaningful interpersonal relationships.

According to Baumeister and Leary (1995), there are two aspects of the need to belong.

1. Frequent and emotionally pleasant interactions with several people
2. The stability of these emotional relationships over time.

The Importance of Relationships

The Need to Belong

According to Baumeister and Leary (1995),

- Belonging is a need rather than a desire.
- Belonging is a **necessity**, NOT A CHOICE!
- **WHAT DO YOU THINK?**

The Importance of Relationships

The Need to Belong

- If belonging is a basic need, then this need must be woven into human life in some specific way.
- People are motivated to form social bonds and to maintain those bonds.
- Both cognitive and emotional processes must develop within the framework of such bonds, so that positive bonds are associated with positive outcomes, and the loss of positive bonds with negative outcomes.

The Importance of Relationships

The Need to Belong

- Neither close ties without ongoing interaction nor ongoing interaction without ongoing interaction is effective.
- Relationships that include both are the most satisfying.
- Finally, the need for social relatedness should decrease once a person's need to belong is met, and the loss of that relationship should motivate the person to replace it with someone else.

The Importance of Relationships

Attachment

- Attachment is a close emotional bond between two people.
- John Bowlby - both babies and caregivers are equipped to develop attachment.
 - Babies cry, coo, and laugh.
 - They crawl, walk, and follow their mother.
- The primary outcome is to keep the primary caregiver close.
 - The long-term effect is to increase **the baby's chances of survival**.
- Attachment does not occur overnight. It progresses through a series of stages.
- Bowlby's conceptualization of attachment is based on **four stages**.

The Importance of Relationships

Attachment

- **Stage one (birth to 2 months):** Babies direct their attachments to human figures. During this period, strangers, siblings, and parents equally elicit smiles and cries from the baby.
- **Stage two (2 to 7 months):** Babies begin to distinguish the familiar from the unfamiliar. In this case, babies begin to focus their attachment on a figure. This is usually the caregiver.
- **Stage three (7 to 24 months):** Specific attachments develop. Babies' communication with their primary caregivers, such as their mothers or fathers, increases.
- **Stage four (over 24 months):** Babies become aware of others' feelings, goals, and plans and take this into account when shaping their actions.

The Importance of Relationships

Attachment

Individual Differences in Attachment

But does the quality of attachment change with the differences in individual experiences?

Mary Ainsworth thought so 😊

- She developed an observational scale called The Strange Environment.
- This scale involved babies being put into a series of experiences with their caregivers and their reactions to these situations were measured.
- An assessment of babies' attachment was made by looking at their reactions to the strange environment.

The Importance of Relationships

Attachment

- **Individual Differences in Attachment**

Securely Attached Babies

- They use the caregiver as a base of security to explore the environment.
- They explore the room and examine toys in the presence of the caregiver.
- They protest slightly when the caregiver leaves them.
- They communicate when they are reunited. They laugh and jump on their laps.
- They often resume their interest in toys after a while after this reunion.

The Importance of Relationships

Attachment

- **Individual Differences in Attachment**

Insecure Avoidant Babies

- They have very little contact with their caregiver.
- They do not find it strange when the caregiver leaves the room.
- They do not react at all to the caregiver coming back during intercourse. They may even turn their backs.
- When contact is made, babies withdraw.

The Importance of Relationships

Attachment

- **Individual Differences in Attachment**

Insecure Resistant Babies

- They often cling to the mother.
- But later they resist this closeness. They may exhibit behaviors such as pushing or hitting her.
- They cling anxiously to the caregiver.
- They are not interested in exploring the playroom.
- They cry violently when the caregiver leaves.
- When they come back and try to calm the baby, they do not want this contact and push him **away**.

The Importance of Relationships

Attachment

- The development of social bonds, or attachment in its broadest sense, is associated with a general emotional bond between individuals.
- Attachment involves consistency in interaction, stability in relationship, and physical contact.
- Attachment, more broadly defined, is used to describe how parents and infants maintain physical closeness and how adults experience relationships with their romantic partners.

The Importance of Relationships

Loss of Attachment

- If the need to develop social bonds is strong, the loss of these bonds is equally strong.
- Cognitive factors are important in the loss of attachments, but it should be noted that emotional factors may be even more important.
- Research on happiness is consistent with this hypothesis.
- Myers (2000) states that the vast majority of people are happier when they are attached than when they are not.

The Importance of Relationships

Loss of Attachment

- Belonging is associated with greater happiness and potentially better health, while loss of social ties is associated with declines in both physical and emotional health.
- Anxiety increases and physical health tends to decline when social ties are broken, whether through the breakdown of a friendship, the death of a loved one, or the loss of a partner through divorce.
- Myers (2000) states that when our social ties are threatened or severed, negative emotions overwhelm us.

The Importance of Relationships

Loneliness

- “Loneliness” is felt when a sense of belonging is lacking.
- This is either a “real” or a “perceived” deficiency.
- It may not be related to the number of social ties people have.
- **Having many relationships is no guarantee that loneliness will not occur.**

The Importance of Relationships

Loneliness

- For some people, loneliness is situational and can occur intermittently throughout life, depending on the circumstances.
- For some people, loneliness is constant, regardless of the circumstances.
- People who feel consistently lonely may experience a range of depressive and depression-related states.

The Importance of Relationships

Loneliness

Mikulincer and Segal (1990) grouped feelings of loneliness into four different areas.

1. Depressive loneliness
2. Emotional isolation
3. Self-esteem loneliness (in essence fear, shame)
4. Social alienation

The Importance of Relationships

Loneliness

- Mikulincer and Segal's (1990) classification shows that different events lead to different types of loneliness.
- For example, job loss may result in self-esteem loneliness.
- Partner loss may result in depressive loneliness.
- Moving to a new place may be the cause of social alienation.



Any questions? 😊