



Socioemotional Development

Chapters 12,14, & 16



Attachment from Childhood to Adulthood

◆ Attachment

- **Secure attachment style:** Have a positive view of relationships and find it easy to get close to others
- **Avoidant attachment style:** Are hesitant about getting involved in romantic relationships
- **Anxious attachment style:** Demand closeness, are less trusting, more emotional, jealous, and possessive

Intimacy vs Isolation

◆ Intimacy

- Self-disclosure and the sharing of private thoughts
- **Erikson's stage:** Intimacy versus isolation
 - ◆ Intimacy is finding oneself while losing oneself in another person
 - ◆ Failure to achieve intimacy results in social isolation
- Intimacy and independence
 - ◆ Balance between intimacy and commitment, and independence and freedom

Attraction

- ◆ People actively seek out others to associate with:
 - Familiarity is necessary for a close relationship.
 - People seek others who are similar to themselves, but opposites do attract in certain instances.
- ◆ Physical attractiveness may not be the primary factor in establishing and maintaining a relationship.
 - Women tend to desire honesty, dependability, kindness, understanding
 - Men tend to desire good looks, cooking skills, and frugality





Attraction Continued

- ◆ **Consensual validation-** we choose those who are similar because they support our own attitudes and beliefs
- ◆ **Research does validate the “matching hypothesis.”** (even though in the abstract we prefer a more attractive person; in real life we choose someone close to our own level)
- ◆ **Intimacy vs. Isolation-** Intimacy occurs at the same time that one is seeking autonomy which causes this crisis,

Friendship

- ◆ Friendship is important throughout the life span.
- ◆ What benefits come from friendships?
- ◆ How are friendships different for females and males?
 - Gender Differences in Friendships:



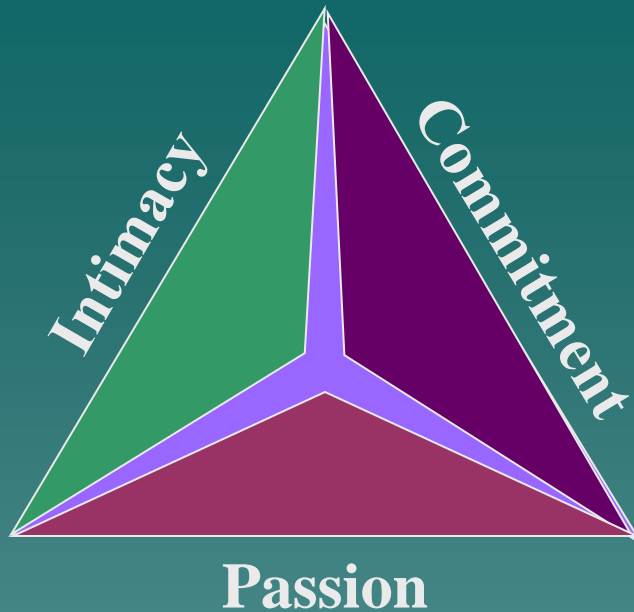
Types of Love

- ◆ **Romantic love**, sometimes called passionate love, has strong components of sexuality and infatuation.
- ◆ “In love” is the reason most people get married and dissolve a marriage.
- ◆ Romantic love includes a complex set of different emotions such as anger, jealousy, desire, and joy.
- ◆ **Affectionate love**, often called companionate love, is based on a deep and caring affection for another.
- ◆ **Consummate** love is the strongest form of love.



Sternberg's Triangle of Love

3 types of love combine to form these patterns of love



Present
 Absent or low

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

Fig. 15.2

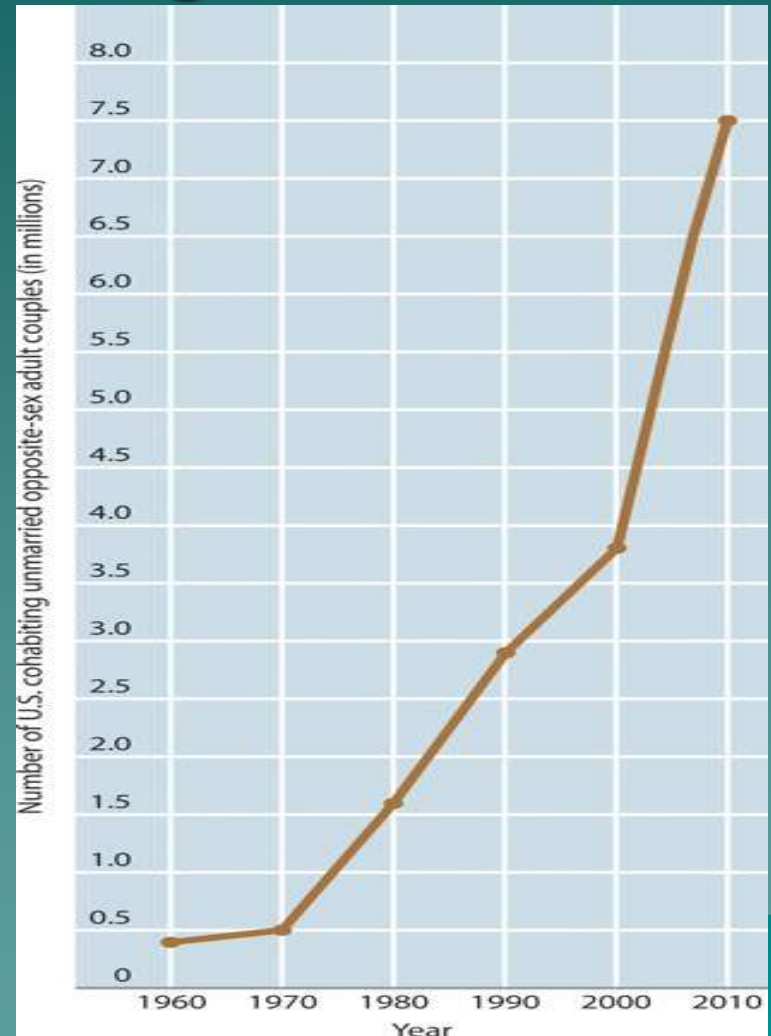
Singleness

- ◆ Singlehood:
 - Has many myths and stereotypes.
 - ◆ What are some of the stereotypes of being single?
 - Has its advantages and disadvantages.
 - ◆ Give some advantages and disadvantages.
- ◆ Some adults choose to never marry but may still desire to have children.
- ◆ Many singles feel pressure from a marriage-oriented society to settle down and get married.



Cohabiting

- ◆ Cohabiting adults
 - Living together in a sexual relationship without being married
 - Reasons for cohabiting
 - ◆ Spend time together
 - ◆ Share expenses
 - ◆ Evaluate compatibility
 - Lower marital satisfaction and increased likelihood of divorce



Marriage

◆ Married adults

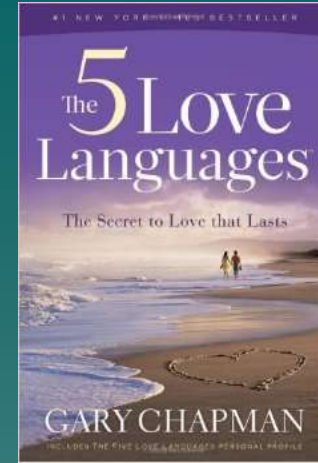
– Marital trends

- ◆ Marriage rates in the U.S. have declined in recent years
- ◆ In 2011, the U.S. average age for a first marriage climbed to 28.7 years for men and 26.5 years for women
- ◆ Marriage in adolescence is more likely to end in divorce

– Benefits of a good marriage

- ◆ Happily married people live longer, healthier lives
- ◆ Feel less physical and emotional stress

Making Marriage Work

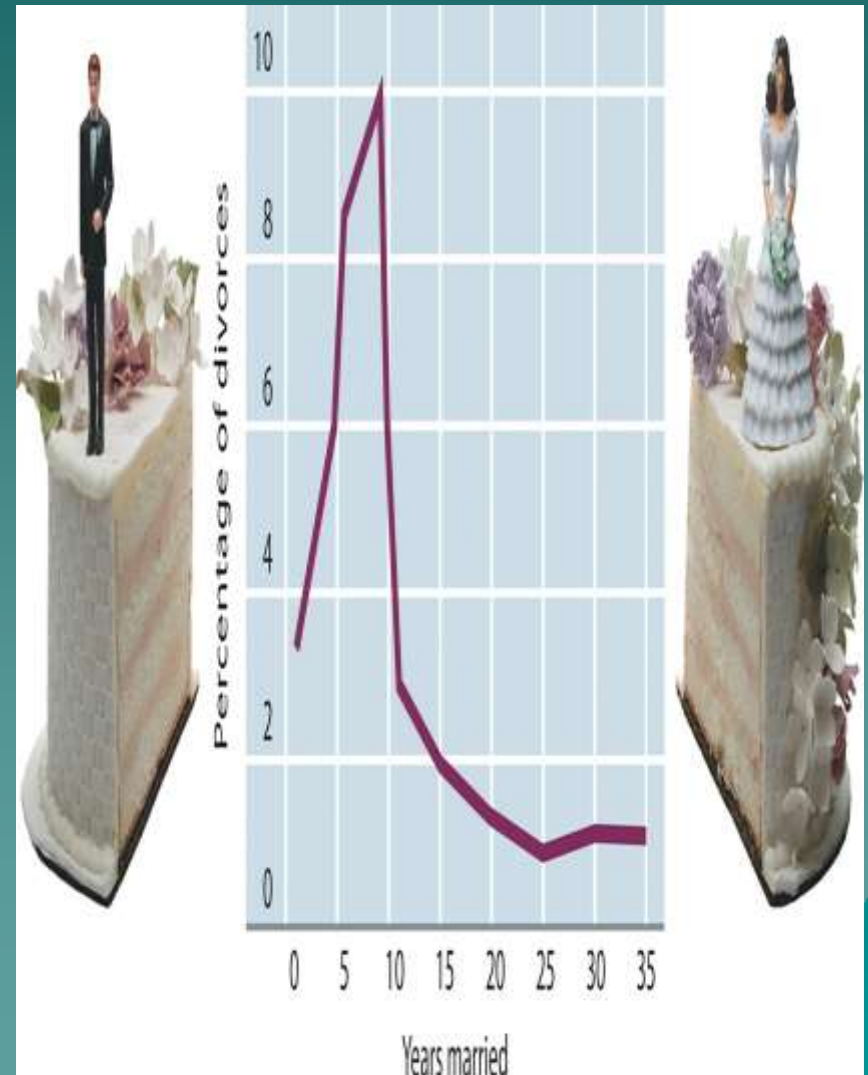


- ◆ Making marriage work
 - 7 principles of a working marriage
 - ◆ Establishing love maps
 - ◆ Nurturing fondness and admiration
 - ◆ Turning toward each other instead of away
 - ◆ Letting your partner influence you
 - ◆ Creating shared meaning
- ◆ <http://rachelasussman.com/lovemap/>

How to relate to a person with this love language...	COMMUNICATION	ACTION	WHAT TO AVOID
Words of Affirmation	Compliments Affirmations Kind words	Send notes or cards.	Criticism
Quality Time	One-on-one time. Not interrupting. Face-to-face conversation.	Take long walks together. Do things together. Take trips.	Long periods of being apart. More time with friends than with partner.
Receiving Gifts	Positive, fact-oriented information.	Give gifts on special occasions and also on not so special occasions.	Forgetting special days.
Acts of Service	Action words like "I can," "I will," "What else can I do?"	Helping with house and yard chores. Repair/maintenance. Acts of kindness.	Ignoring partner's requests while helping others.
Physical Touch	A lot of non-verbal. Verbal needs to be "word pictures".	Touches Hugs Pats Kisses	Physical neglect or abuse.

Divorce and Remarriage

- ◆ Divorce rates have increased dramatically in all socioeconomic groups, from 2% in 1950 to 10% in 2002.
 - Divorce rates are higher in disadvantaged group.
- ◆ Adults experience change, stress, and difficulties during and after a divorce.
- ◆ Remarried couples face many changes and challenges:
 - Custodial and noncustodial parenting issues.
 - Negotiating rules for reconstituted families and stepfamilies.
- ◆ Many remarriages occur to reduce loneliness and improve financial circumstances.
- ◆ Negative behaviors from earlier marriages may carry over into the remarriage.



Divorce in Middle Adulthood

- ◆ **Some of the main reasons men and women seek divorce in middle adulthood:**
 - **Women:**
 - ◆ Verbal, physical, or emotional abuse.
 - ◆ Alcohol or drug abuse.
 - ◆ Cheating.
 - **Men:**
 - ◆ No obvious reason; just fell out of love.
 - ◆ Cheating.
 - ◆ Different values or lifestyles.
- ◆ **Divorce can have both positive and negative effects, and reasons greatly vary among individuals.**
- ◆ **Many who divorce in their 40s or later, had stayed together for the children—one study showed more women than men initiating the divorce.**



Empty Nest Syndrome

- ◆ Contrary to what would be expected from the empty nest syndrome, marital satisfaction may increase after the children have left.
- ◆ In today's world, stress often results when the empty nest refills with adult children returning home to live for various reasons.
- ◆ The most common complaint from children returning to refill the nest is "loss of privacy" and parents' restrictions on behaviors.



Personality in Adulthood

**In Middle adulthood Erikson discusses
Generativity vs Stagnation**

- ◆ Levinson's research: Transition to middle adulthood lasts about 5 years (ages 40 to 45) and requires that men come to grips with conflicts existing since adolescence
 - Midlife crisis has been exaggerated – individuals vary in middle adulthood development.



Personality in Adulthood

- ◆ Adult stage theories
 - Erikson's stage of generativity versus stagnation
 - ◆ **Generativity:** Adults' desire to leave legacies of themselves to the next generation
 - ◆ **Stagnation:** Develops when individuals sense that they have done nothing for the next generation
 - ◆ Generativity can be developed in a number of ways
 - Biological generativity
 - Parental generativity
 - Work generativity
 - Cultural generativity

Erikson's theory in Completion

- ◆ Theories Related Adult Development:
 - Erikson's stage: "integrity versus despair"—those in late adulthood reflect on past efforts or do a life review, evaluating and then reinterpreting their lives.

Old age	Existential identity
Middle adulthood	Empathy, concern, caring for others
Early adulthood	Sense of complexity of relationships
Adolescence	Sense of complexity of life
School age	Humility and acceptance in life
Early childhood	Humor, empathy, and resilience
Toddlerhood	Acceptance of life cycle
Infancy	Appreciation of interdependence

Five Big Factors of Personality

Extraversion:

Sociable or retiring
Fun-loving or somber
Affectionate or reserved

Agreeableness:

Softhearted or ruthless
Trusting or suspicious
Helpful or uncooperative

Openness:

Imaginative or practical
Interested in variety or routine
Independent or conforming

Emotional stability:

Calm or anxious
Secure or insecure
Self-satisfied or self-pitying

Conscientiousness:

Organized or disorganized
Careful or careless
Disciplined or impulsive

How to Deal with Aging

- ◆ **Selective optimization with compensation theory:** Successful aging is linked with three main factors:
 - **Selection** - Older adults have a reduced capacity and loss of functioning, which require a reduction in performance in most life domains
 - **Optimization** - It is possible to maintain performance in some areas through continued practice and the use of new technologies
 - **Compensation** - Older adults need to compensate when life tasks require a higher level of capacity

Cohort Effects

- ◆ Middle-age development appears to be influenced by historical contexts, gender, and culture.
- ◆ Historical changes have affected values, attitudes, behaviors, and expectations of cohort groups.
- ◆ Cohorts can alter the “social clock” that guides our lives.
- ◆ Each cohort decides what is the “right age” for major life events and achievements.
- ◆ How does our cohort look at relationships differently than that of our parents?



Ageism and Stereotypes of Old Age

- ◆ Ageism is a negative form of prejudice.
- ◆ Some social policies contribute to stereotyping.
- ◆ Some families reject their older members.
- ◆ Older members of action groups have gained political clout and lobbying power.
- ◆ Social issues associated with aging include:
 - **Social security and economic stability.**
 - **Medicare and health-care costs.**





The Lifestyle of Older Adults

◆ Lifestyles of older adults are changing:

- One-third will marry, divorce, and remarry, replacing the traditional marriage that ends only in widowhood.
- 74% of men, and only 43% of older women are married. Half of older adult women are widows.
- Those married or partnered in late adulthood are happier than those who are single.
- Marital satisfaction is often greater for older women than older men.

