

# Life-Span Development Thirteenth Edition

## Chapter 14: Socioemotional Development in Early Adulthood

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### Stability and Change From Childhood to Adulthood

- Temperament
  - Researchers have linked several dimensions of childhood temperament with characteristics of adult personality
    - Easy and difficult temperaments
  - Inhibition
  - Ability to control one's emotions

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### Stability and Change From Childhood to Adulthood

- Attachment
  - Romantic partners fulfill some of the same needs for adults as parents do for children
    - Adults may count on their romantic partners to be a secure base
  - Securely attached infants were securely attached 20 years later in their adult romantic relationships

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### Stability and Change 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

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## Attraction, Love, and Close Relationships

- Attraction
  - Familiarity and Similarity
    - Familiarity is necessary for a close relationship
  - People seek others who have similar attitudes, values, and lifestyles
    - Consensual Validation: our own attitudes and values are supported when someone else's are similar to ours

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## Attraction, Love, and Close Relationships

- Attraction
  - Physical Attractiveness
    - The criteria for beauty can differ
      - Standards of what is attractive change over time and across cultures
    - Matching Hypothesis: we choose partners who match our own level of attractiveness

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## Attraction, Love, and Close Relationships

- The Faces of Love
  - Intimacy:
    - Self-disclosure and the sharing of private thoughts
  - Erikson: Intimacy vs. 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

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## Attraction, Love, and Close Relationships

- The Faces of Love
  - Friendship
    - Adulthood brings opportunities for new friendships
  - Gender Differences in Friendships
    - Women have more friends than men; female friendships involve more self-disclosure and exchange of mutual support
  - Male relationships are more competitive

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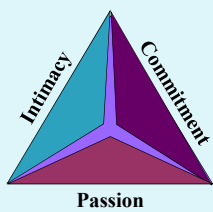
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## Attraction, Love, and Close Relationships

- The Faces of Love
  - Friendships Between Women and Men
    - Romantic love: also called passionate love, or eros
      - Strong components of sexuality and infatuation
  - Affectionate love: also called companionate love
    - Based on a deep and caring affection
  - Consummate love: the strongest form of love

## Attraction, Love, and Close Relationships

- The Faces of Love
  - Sternberg's Triarchic Theory of Love
    - Triangle with three main dimensions:
      - Passion: physical and sexual attraction to another
      - Intimacy: emotional feelings of warmth, closeness, and sharing
      - Commitment: cognitive appraisal of the relationship and the intent to maintain the relationship even in the face of problems



### 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			
Affectionate			
Fatuous			
Consummate			

## Attraction, Love, and Close Relationships

- Falling Out of Love
  - Ending a close relationship may be wise if:
    - You are obsessed with a person who repeatedly betrays your trust
    - You are involved with someone who is draining you emotionally or financially or both
    - You are desperately in love with someone who does not return your feelings

## Adult Lifestyles

- Single Adults:
  - Dramatic rise in the last 30 years
  - Common problems:
    - Forming intimate relationships with other adults
    - Confronting loneliness
    - Finding a place in a society that is marriage-oriented

## Adult Lifestyles

- Cohabiting Adults:
  - Living together in a sexual relationship without being married
  - Some couples choose to cohabit permanently, rather than get married
  - Lower marital satisfaction and increased likelihood of divorce

## Adult Lifestyles

Insert Figure 14.4

## Adult Lifestyles

- Married Adults
  - Marital Trends
    - Marriage rates in the U.S. have declined in recent years
    - Average age for a first marriage is 27.5 for men and 25.6 for women
    - Marriage in adolescence is more likely to end in divorce

## Adult Lifestyles

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## Adult Lifestyles

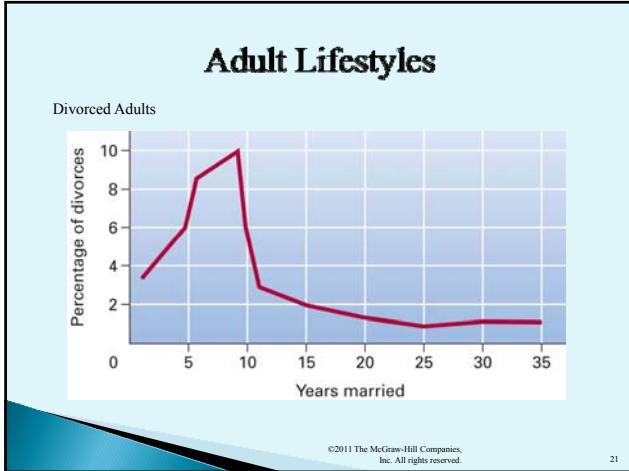
- Married Adults
  - Cross-Cultural Comparisons
    - Aspects of marriage vary across cultures
    - Domesticity is valued in some cultures but not others
    - Religion plays an important role in marriage in many cultures

## Adult Lifestyles

- Married Adults
  - Benefits of a Good Marriage
    - Happily married people live longer, healthier lives
    - Feel less physical and emotional stress

## Adult Lifestyles

- Divorced Adults
  - Divorce has become epidemic in the U.S.
  - Some groups have a higher incidence of divorce:
    - Youthful marriage
    - Low educational level
    - Low income level
    - Not having a religious affiliation
    - Having divorced parents
    - Having a baby before marriage



- ### Adult Lifestyles
- Remarried Adults:
    - Most adults remarry within three years after divorce
    - More unstable than first marriages
    - Remarried adults have higher rates of depression but improved financial status
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- ### Adult Lifestyles
- Gay Male and Lesbian Adults:
    - Are similar to heterosexual relationships in satisfactions and conflicts
  - Misconceptions:
    - Masculine/feminine roles are relatively uncommon
    - Only a small segment of the gay male population has a large number of sexual partners
    - Gay male couples have an open relationship while lesbian couples usually do not
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- ### Marriage and the Family
- 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
      - Solving solvable conflicts
      - Overcoming gridlock
      - Creating shared meaning
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## Marriage and the Family

- Becoming a Parent
  - Parenting Myths and Reality
    - Myths:
      - The birth of a child will save a failing marriage
      - The child will think, feel, and behave like the parents did in their childhood
      - Having a child gives the parents a “second chance” at achievement
      - Parenting is an instinct and requires no training

## Marriage and the Family

- Becoming a Parent
  - Trends in Childbearing
    - By giving birth to fewer children and reducing the demands of child care, women free up a significant portion of their life spans for other endeavors
    - Men are apt to invest a greater amount of time in fathering
    - Parental care is often supplemented by institutional care

## Marriage and the Family

- Dealing with Divorce
  - After a Divorce:
    - Difficulty in trusting someone else in a romantic relationship
  - Six Pathways in Exiting Divorce
    - The enhancers
    - The “good enoughs”
    - The seekers
    - The libertines
    - The competent loners
    - The defeated

## Gender, Relationships, and Self-Development

- Gender and Communication
  - Differences in Communication
    - Two ways of communications (Tannen, 1990)
      - Women prefer rapport talk: the language of conversation; a way of establishing connections and negotiating relationships
      - Men prefer report talk: designed to give information, which includes public speaking

## Gender, Relationships, and Self-Development

- Women's Development
  - Women place high value on relationships and focus on nurturing connections with others
  - It is important for women to maintain their competency in relationships but to also be self-motivated
  - Women are more relationship-oriented than men

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## Gender, Relationships, and Self-Development

- Men's Development
  - Pleck's role-strain view: male roles are contradictory and inconsistent
    - Men experience stress when they violate men's roles *and* when they act in accord with men's roles
  - Men experience considerable stress in:
    - Health
    - Male-female relationships
    - Male-male relationships

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