INTIMACY

- Intimacy refers to sharing that which is inmost with others.
- The word itself is derived from the Latin *intimus*, which means "inner" or "inmost"
What is attachment

• Attachment refers to the strong emotional bond between an infant and a caregiver

• Parent-child attachment patterns influence later childhood peer relations and intimate adult relationship

• People with a secure attachment style have more successful intimate relationships later in life than those who are insecurely attached
ATTACHMENT STYLE

• Secure Attachment Style
• Preoccupied Attachment Style
• Dismissing-Avoidant Attachment Style
• Fearful-Avoidant Attachment Style

Secure Attachment Style
• Attachments marked by trust that the other person will continue to provide love and support

Preoccupied Attachment Style
• An expectation about social relationships characterized by trust but combined with a feeling of being unworthy of others love and fear of abandonment
Dismissing-avoidant Attachment Style

• An expectation about social relationships characterized by low trust and avoidance of intimacy, combined with high self-esteem and compulsive self-reliance

Fearful-Avoidant Attachment Style

• An expectation about social relationships characterized by low trust and avoidance of intimacy, combined with a feeling of being unworthy of other's love and a fear of rejection

FRIENDSHIP
Friendship

• As we mature, we not only form emotional ties with our family members, we also form friendship outside the home.

Friendship

• Relationships based on friendship are primarily voluntary and mutually satisfying.

SELF-DISCLOSER SHAPES FRIENDSHIP DEVELOPMENT AND MAINTENANCE

• Self-disclosure
  – The revealing of personal information about oneself to other people
SELF-DISCLOSER SHAPES FRIENDSHIP DEVELOPMENT AND MAINTENANCE

- Social Penetration Theory
  - A theory that describe the development of close relationship in terms of increasing self-disclosure

GENDER DIFFERENCES EXIST IN HETEROSEXUAL FRIENDSHIP

- Intimacy
  - Women’s friendships tend to be more intimate and involve more emotional sharing than men’s relationship
  - Men are more dominant and women are more agreeable and nurturing

GENDER DIFFERENCES EXIST IN HETEROSEXUAL FRIENDSHIP

- Self-Disclosure
  - Women generally self-disclose more than men, especially in intimate relationship
- Physical Touching
  - Male friends less touching than did either female friends or mixed-sex friends
**Cross-Sex Heterosexual Friendships Gravitate to an “Intimacy Mean”**

- Men tend to be more emotionally open and self-disclosing than they are with their male friends, while women disclose less and are not as intimate as they are with their women friends.

- Men and women are more likely to form and maintain friendships with the other sex when they have interests.
- The biggest problem in cross-sex friendship is sexual tension.

**Gender Differences Disappear in Same Sex Homosexual Friendship**

- Same-sex relationships of gay men are as intimate as those of lesbians.
Romantic Relationships and Love

- The experience of romantic love differs from person to person, culture to culture, and over historical time.

Love

- Social psychologists have recognized that a good definition of love must include the passionate, giddy feelings of romantic love as well as the deep, long term devotion of a long-married couple, lifelong friends or siblings.
LOVE

- Triangular Theory of Love
  - The idea that different kinds of love consist of varying degrees of three components: intimacy, passion and commitment

Figure 9.1: The Triangle love

Triangular Theory of Love

- Intimacy
  - Refers to feelings of being close to and bonded with a partner
- Passion
  - Refers to the "hot" parts of a relationship – the arousal you experience toward your partner, including sexual attraction
Triangular Theory of Love

- Commitment
  - Consists of two decisions: the short-term one that you love your partner and the long-term one to maintain that love and stay with your partner.

Marriage

- A general definition of marriage is that it is a social contract between two individuals that unites their lives legally, economically and emotionally.
Marriage

• Broderick (1984) stated that marriage has 9 characteristics

1. Marriage is a social event
2. Marriage is a relationship between two families and social network
3. Marriage is a legal agreement between individual and state
4. Marriage is an economy united
5. Marriage is a common order for adult

6. Marriage is a context for sex
7. Marriage is a reproductive unit
8. Marriage is for socialization
9. Marriage is to build intimate relationship and sharing
Types of Marriage

• Monogamy
  – having only one husband or wife at a time

• Serial Monogamy
  – practice of having series of partners: the idea or practice of having only one sexual partner at a time and entering another relationship when one comes to an end

Types of Marriage

• Polygamy
  – having several wives or husbands at the same time

• Polygyny
  – A man has two or more wives at the same time

• Polyandry
  – A woman has two or more husbands at the same time

ENDING INTIMATE RELATIONSHIP
People used different strategies to cope with a troubled relationship

• In dealing with relationship dissatisfaction, we employ four distinct strategies:
  – Loyalty
  – Neglect
  – Voice
  – Exit

• Loyalty
  – Passively but optimistically waiting for conditions to improve (hoping things to improve, pray, being supportive instead of fighting)

• Neglect
  – Passively allow conditions to deteriorate (refusing to deal with problems, ignoring partner/spending less time together, putting no energy into the relationship)

• Voice
  – Actively & constructively attempting to improve condition (discuss problems, try to change, going to therapist)

• Exit
  – Actively harming or terminating the relationship (abusing partner, threaten to break up, actually leaving)
Researches have begun to examine what makes people end their relationship and the disengagement strategies they use.

The Process of Breaking Up

According to Steve Duck, relationship dissolution occurs in four stages:

1. **Intrapersonal phase**
   - Think a lot about dissatisfaction with the relationship

2. **Dyadic Phase**
   - The individual discuss the break up with the partner

3. **Social Phase**
   - The breakup is announced to other people

4. **Intrapersonal Phase**
   - The individual recover from the breakup and forms an account of how and why it happened
THE EXPERIENCE OF BREAKING UP

• Akert (1998) found that the role people played in the decision to end the relationship was the single most powerful predictor of their experiences.
• Breakups were most upset

THE EXPERIENCE OF BREAKING UP

• Women experienced somewhat more negative emotions than men
• When the breakup is mutual, partners are more likely to remain friends after the relationship