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The evolutionary explanation	1	How does natural selection apply to selection of partners in humans?	Partner choice is driven by the desire to have children who survive and go on to reproduce themselves. Genes that provide a reproductive advantage will be passed on to the next generation and increase in the gene pool.
	2	What is inter-sexual selection?	The strategy of one sex picking the highest quality mate from a wide selection (favouring attractive features demonstrating good genes). In humans this is often the female due to a high investment cost in producing each child.
	3	What is intra-sexual selection?	The strategy of members of one sex competing between each other for access to a large quantity of members of the other sex (favours dominant features). In humans this is often the males due to low investment cost in producing each child.
	4	What is male-female dimorphism?	Males and females display secondary sexual characteristics (unique male/female features besides from reproductive organs) that are an indication of good physical and genetic health. These are selected for by both genders becoming more common.
	5	What characteristics of males do females look for?	Indications that the male can support the raising of a child into adulthood. Protection and resources are indicated by tall strong body, and financial security and a socially dominant position often associated with an older age.
	6	What characteristics of females do males look for?	Indications that the female will produce healthy children. Fertility is indicated by youth, larger breasts and a 0.7 hip to waist ratio indicates sexual maturity but not pregnant. Symmetrical faces in both genders indicate genetic health.
	7	What did Buss (1989) find?	In surveying 10,000 adults in 33 cultures there was a pattern of males selecting women of a younger age, chastity and good looks. Females prioritised resources, ambition and industriousness.
	8	Positively evaluate Buss (1989)	Due to the cross cultural nature of the work Buss (1989) is highly generalisable and is likely to show a behaviour that is universal across all cultures (emic construct)
	9	What did Dunbar and Waynforth (1995) find?	Content analysis of 900 dating ads demonstrated 42% of males searched for a “youthful” mate compared to 25% of females. Men were also more likely to emphasise their economic status while women were more likely to emphasise their looks.
	10	What did Clark and Hartfield (1989) find?	When asked by an attractive researcher 50% of both genders agreed to a date, but 0% of females agreed to sex compared to 75% of males
	11	Why is this research often criticised as socially sensitive	Findings can be used to legitimise a sexual double standard between males and females and a justification in shaming women for their sexual behaviour. If these differences are exaggerated it would be a type of gender bias called alpha bias.
Factors affecting attraction	12	Why is self disclosure thought to be an important factor in attraction?	We reveal more information to people we like, self disclosure from others suggests they like and trust us.
	13	Describe the theory regarding the breadth and depth of interpersonal communication.	Altman & Taylor suggest social penetration theory (SPT). Communication develops from shallow topics to deeper topics as the relationship improves and the range of topics that can be discussed increases.
	14	Define reciprocity in relation to self disclosure.	Relationships only develop if both individuals disclose information and respond appropriately.
	15	Define attributions in relation to self disclosure.	Individuals consider motivations behind self disclosure, liking people less who seem to disclose to anybody, and liking people more if we are seen as special.
	16	Define appropriateness in relation to self-disclosure.	Self-disclosure that breaks social norms such as revealing too much information too early will lower attraction.
	17	How was self disclosure studied by Sprecher and Hendrick (2004)	Longitudinal observation of students dating and their self disclosure showed men and women had similar levels of self-disclosure and there was a positive relationship (correlation) between levels of self disclosure and relationship satisfaction (love commitment)
	18	State a criticism of the above study, and why may self disclosure be culturally biased?	Correlational, we may disclose more to those we are more attracted to, not the other way around, or 3rd factor. Tang showed collectivist societies (ie china) have high satisfaction with low self disclosure.
	19	What is filter theory in relation to factors affecting attraction?	Kirchhoff and Davies (1962) suggest we are limited in our choice of partners, only becoming attracted to those who pass through a series of filters.
	20	Define the first filter	Social demography: We are more likely to come into contact with certain people than others. Factors include location, education and social class.
	21	Define the second filter	Attitudes: We are more likely to come into contact with people who share our values. E.g. religious groups, career paths. We also self disclose more to people we see as more attractive.
	22	Define the third filter	Complementarity: We are attracted to individuals who provide for emotional and practical needs. This could be differences that make up for missing abilities. For example one person is creative while the other is organised.
	23	How has filter theory been studied? (1962)	Kirchhoff and Davies (1962) seven month questionnaire for student couples together less than 18 months. found similar attitudes most important for short term, complementarity for long term relationships. Generalisable?
	24	Give two ways filter theory may lack temporal validity.	Use of dating apps like tinder breaks down filters like social demography, which doesn't filter for social class or education, making physical attraction more important. Also due to increased globalisation and migration relationships are more likely to form across cultures
	25	Why are we attracted to people who are physically good looking? And what is the halo effect?	Evolutionarily theory suggests good looks is an indication of good genes. (facial symmetry). Halo effect is people associate other positive characteristics to people who are attractive.
	26	What is the matching hypothesis?	We all wish to mate with attractive individuals, but we pick our partner after a realistic appraisal of our own attractiveness level. This avoids the pain of rejection or our partner leaving us.
	27	How has the matching hypothesis been studied?(1972)	Mursten (1972) Photographs of 197 couples where cut and each individual in the couple judged individually for attractiveness. Couples were given a similar attractiveness rating compared to randomly matched pairs.
	28	How is the above supported (1988)	Feingold (1988) Metanalysis of matching hypothesis in 18 studies including 1644 couples found an overall positive correlation in attractiveness ratings of couples.
Theories of romantic relationships	29	How is social exchange theory defined.	Thibault and Kelly (1959) an economic theory with partners seeing relationships as similar to a business performing cost benefit analysis, maximising rewards and minimising losses. This is the min max principle.
	30	Suggest 3 rewards and three costs considered in social exchange theory.	Rewards: self esteem, entertainment, financial security, friendship, sex. Costs: giving up time, emotional instability, stress, loss of money, opportunity cost
	31	What is a comparison level according to social exchange theory?	Comparing our relationship to previous relationships/ other peoples relationships/ relationships in the media to get an idea of how rewarding relationships should be. Linked to feelings of self worth.
	32	What is a comparison with alternatives according to social exchange theory?	Looking at other potential partners and considering if they would give a higher profit, if so original relationship will end.
	33	How has social exchange theory been studied (1983)?	Rusbult (1983) longitudinal questionnaire on costs, rewards, investment and comparisons. 17 males 17 females. Results showed cost benefit analysis applied less to the start of relationship but considered as relationship developed.
	34	How has social exchange theory been studied (2001)?	Sprecher (2001) 101 dating couples. If availability of alternative partners increased levels of satisfaction and commitment decreased. Suggesting when no alternatives satisfaction is higher, or alternatives are less attractive when satisfied.
	35	Define equity theory.	Development of social exchange theory economic model by Hatfield, including equality in the economic model. Equality is the balance of rewards and costs being the same for both partners, even if particular rewards and costs are different. One puts more in, gets more out
	36	What are over benefits according to equity theory?	If one partner feels they get more over all profit they will feel shame, pity and guilt and may end the relationship.
	37	What are under benefits according to equity theory?	If one partner feels they get more over all costs they will feel resentful, angry and may end the relationship
	38	How has equity theory been studied (1984)?	Utne et al (1984) self report on married couples, measuring perceived equity and contentment/relationship stability. Found partners in equal relationships = higher commitment/ happier than either over or under benefited partners. No sex differences in desire for equality
	39	What is investment theory and include the formula.	Development of social exchange theory, including a consideration of how much has been invested in the current relationship, not just current satisfaction. Commitment = satisfaction—alternatives + investment.
	40	How are investments different to rewards and costs?	Once invested into a relationship, cannot be easily recovered in a breakup (difficult to divide)
	41	What are the categories of investment?	Intrinsic: resources placed directly into the relationship like emotional work, time and self disclosures. Extrinsic: resources originally outside of the relationship that are now connected to relationship. Shared friends, material possessions,
	42	How has investment been studied (1983)?	Rusbult (1983) longitudinal questionnaire on costs, rewards, investment and comparisons. 17 males 17 females. Results showed as a relationship developed investment size increased resulting in greater commitment and reduction in quality of alternatives.
	43	What can investment theory explain that SET and equality theory not explain?	Why many relationships stay together when SET and equity theory suggest they should not, such as abused partners, and why satisfying relationships with low investments and a attractive alternative will end.
	44	Why may research in SET, Equity theory and investment theory have low validity.	Uses self report questionnaire in most research designs and looks for correlations. Meaning results could be influenced by variables like social desirability bias, and the relationship may not be causal.
	45	How could SET and Equity theory be considered in regards to cultural bias?	May be culturally biased, taking a western perspective. Collectivist cultures may have less of a focus on personal satisfaction, also shame will be a factor in ending an arranged marriage. However family will consider cost benefit analysis in arranging marriage.

Duck's phase mode	46	Give two of the three reasons for breakdown according to Duck	Pre-existing doom: individuals are not compatible from the beginning of the relationship. Mechanical Failure: compatible people are no longer able to function as a couple. Sudden death: Traumatic event. For example cheating or a big argument.
	47	Give the third reason for breakdown according to Duck	Pre-existing doom: individuals are not compatible from the beginning of the relationship. Mechanical Failure: compatible people are no longer able to function as a couple. Sudden death: Traumatic event. For example cheating or a big argument.
	48	Why does Duck suggest a phase model for relationship breakdown.	Duck thinks relationships are not a sudden one off event. A relationship ends as a result of a process/ passing through stages.
	49	What are the four stages (plus name of extra stage)	Intra-psychic phase. Dyadic Phase, Social Phase, Grave dressing phase (resurrection phase).
	50	What is the first stage and describe	Intra-psychic phase: one/both partners consider feeling about relationship problems, plans confrontation and considers alternatives to the relationship. May confide in friends.
	51	What is the second stage and describe	Dyadic phase: Partners confront each other to discuss relationship issues and have conversations relating to inequity, intimacy and the costs of breakup.
	52	What is the third stage and describe	Social phase: Splitting couples tell their social network about the breakup and take part in social activities to get over the relationship and practical aspects of the break up are negotiated. Social network members pick sides and provide support.
	53	What is the fourth stage and describe	Grave-dressing phase: Partners create narrative of break-up so they can save face. They blame partner or circumstances out of their control. May question their decision and consider how the break-up has impacted their social network.
	54	Study in (2003) supporting relationship breakdown in stages	Tashiro and Frazer (2003) using a self report survey method of 96 graduates on their breakups. Findings indicated that relationships broke down in stages as expected by theory especially grave dressing stage.
	55	Why may the above study lack validity?	Low population validity: As this study uses young educated university students, breakup for the wider population may be very different. Low validity as
	56	Study in 2012 supporting grave dressing phase	LeFeverve (2012) Applying to over 200 virtual relationships found social phase behaviours such as removing tagged pictures and changing status to “its complicated”. Also grave dressing and resurrection stages with pictures after emphasising fun.
	57	Name and describe the stage Duck added to improve his model in 2006	Resurrection stage: after the relationship ends each partner will focus on reconfiguring themselves as an individual, developing new hobbies and interests.
	58	What is the practical applications of Ducks theory?	Relationship councillors can support couples and prevent breakups by improving communication styles in the dyadic phase.
Virtual relationships	59	Why may Ducks model contain Beta bias?	Ducks phase model gives the same process for men and women, minimising potential differences. however both may experience break-downs in different ways and give different reasons men often cite lack of sex and women the lack of emotional support.
	60	Duck’s theory has what type of validity when people apply it to their own experiences and why?	Face validity: Duck’s theory is highly relatable to many individuals experiences of relationship breakdown. However could be due to inaccurate recall, with people only recalling aspects of the breakdown that fit the model.
	61	What are psychologists particularly interested in about the nature of virtual relationships?	Why people in online communication disclose more and develop intimacy sooner
	62	What do virtual relationships lack that act as filters in face to face interactions? Give 2 examples	Gating mechanisms (absence of in virtual relationships) physical attractiveness, speech defects, age group, different social or ethnic backgrounds. We are often less likely to interact with these people in real life.
	63	What is the idea that computers lack certain features of face to face encounters and why important?	Reduced cue theories, Non verbal communication like body language is missing, this could result in people miss interpreting text or reading too much into typed communication.
	64	What process does anonymity have on communication? Describe the process	Deindividuation. - sense of individual identity is lost. Results in reduced feelings of responsibility, inhibition, individuals feel able to say things they wouldn't in real life. This lack of distancing behaviours lead to both feelings of closeness but all sexting and trolling.
	65	What type of behaviours are reduced due to this process and what does this lead to.	Normal distancing behaviours - This lack of distancing behaviours lead to both feelings of closeness but all sexting and trolling.
	66	What is the term for people manipulating their image online, and what is the name of the researcher?	Hyper personal Model (Walther 1996)
	67	What two ways do they do people do the process above and how do they do it?	People appear as a hyper honest or dishonest version of themselves. They do this by manipulating their online identity and carefully controlling interactions.
	68	What was found in a 2013 study on virtual relationships?	Smith and Duggan. Large scale survey of over 2000 Americans. Online dating becoming more acceptance. 53% agreeing
	69	What was found in a 2000 study on virtual relationships?	McKenna and Bargh (2000) showed both that people felt more able to express themselves online, and after two years 70% of relationships that formed online survived, compared to 50% of relationships that started in the real world.
	70	Why may theories of virtual relationships be out of date and what criticism is this?	Lack of temporal validity. Theories constructed when online interaction was mainly text based. Now it is unusual for people to not share images and videos using apps like snapchat and skype.
	71	Why may virtual relationships be seen as positive for some people?	Allow people who may find it difficult to form relationships due to social gating mechanisms around class, age, ethnicity and disability to form meaningful relationships, reducing loneliness
Para-social relationships	72	How may depending on virtual relationships be seen as negative for some people?	Lack of face to face communication and practicing reading NVC can lead to difficulty in developing real life relationships due to a lack of social skills.
	73	Why may the fact that not all virtual relationships/ environments are same impact our understanding?	There may be a large variability in the level of self disclosure, with individuals that you are never likely to meet in person there may be more disclosure due to low consequences, however on dating sites, lower disclosure/more guarded as expecting a face to face meeting.
	74	How may online communication replace the non verbal communication seen in real life?	Online communication uses other cues to underling emotions like emoji.
	75	Cultural differences in the effects of social interaction.	Cultural differences in the effects of social interaction.
	76	Define a para-social relationship.	A one sided relationship, meaning one member is heavily invested in the relationship, while the other member has limited or no awareness of the others existence.
	77	Give three examples of para-social relationships	Celebrities-fans, brands-customers, fictional characters— readers.
	78	Why are these relationships thought to form?	McCutcheon (2002) make up for deficits in real life relationships, providing a sense of identity that is otherwise missing. Can become addictive as becomes more intense.
	79	How are para-social relationships ranked, and what are the three levels in order of severity?	Celebrity Attitude Scale (CAS). Entertainment social, Intense personal, Borderline pathological.
	80	Define the least severe of the three levels.	Entertainment social - Celebrities are discussed with friends for entertainment,
	81	Define the next of the three levels.	Intense personal - Obsessive thoughts and emotions, feeling that the relationship is in some way real
	82	Define the most severe of the three levels	Borderline pathological - extreme uncontrollable behaviours for celebrity.
	83	What the two aspects model of para-social relationships suggesting people are escaping their own lives?	(absorption addiction model) Absorption—feel closer to celebrity by intense involvement, finding out everything there is to know. Addiction - Behaviours escalate to point of attempting contact.
	84	Which aspects of attachment theory is an alternate explanation for para-social relationships?	Bowlby's attachment theory: Lack of an effective internal working model for adult relationships. Likely due to insecure resistant (type C) attachment.
	85	What did Maltby (2006) find in studying para-social relationships	Found in students (N=307) a positive correlation between responses on a CAS questionnaire and a questionnaire that measured mental health aspects such as depression and anxiety. Entertainment social = social dysfunction. Intense personal = high depression/anxiety
	86	What did McCutchen (2016) find in studying para-social relationships?	High CAS scores in students (N=330) were linked with poor quality intimate relationships.
	87	What is the research evidence against the attachment theory of para-social relationships?	McCutcheon provided evidence from 299 participants that showed no link between attachment types and likelihood of forming a parasocial relationship.
	88	What is a weakness of the method of both Maltby (2006) and McCutchen (2016)	Studies in this area are correlational and difficult to test objectively. Cannot say there is a cause and effect relationship between a high score in CAS and negative emotional traits.
	89	How could para-social relationships be seen positively?	Jenson and Jenkins (1992) suggest an active view. that the development of these para-social relationships help to form social networks between fans who would usually find it difficult to develop social links.
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