

AQA Psychology A-level

Option 1: Relationships Flashcards

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Define self-disclosure.



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Describes the action of revealing personal information about oneself, for example your dislikes, hobbies or interests.



Describe the difference between inter-sexual selection and intra-sexual selection.



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Inter-sexual selection describes the strategies which members of one sex may use to select another sex e.g. females look for resources in men, whereas intra-sexual selection refers to members of the same sex compete with one other to mate or reproduce.



List all the stages of Duck's phase model.



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- Intra-psychic phase
- Dyadic phase
- Social phase
- Grave-dressing phase
- Resurrection phase



Describe a limitation of research into
Duck's phase model.



Describe a limitation of research into Duck's phase model.

The research can be ethically sensitive. People may not want to be reminded of the stressful, emotional times of their previous break ups. It can also be seen as an invasion of privacy. Therefore ethical issues of protection of harm, right of privacy and confidentiality must be considered when conducting this research.



Define a parasocial relationship



Define a parasocial relationship

A one-sided relationships between a person and a prominent, well-known individual, usually a celebrity, who is unaware of the other's existence.



Outline the absorption-addiction model of parasocial relationships.



Outline the absorption-addiction model of parasocial relationships.

This model explains the formation of parasocial relationships. Absorption refers to the act of seeking fulfilment through celebrity, which motivates an individual to focus their time and energy on the celebrity. Addiction results from the sense of fulfilment the fan gets from the relationship, which encourages them to deepen their relationship with the celebrity in order to increase this feeling. This often leads to extreme behaviour such as stalking.



List the different levels of parasocial relationships.



List the different levels of parasocial relationships.

- Entertainment-social
- Intense-personal
- Borderline pathological



Which childhood attachment type is most likely to form a parasocial relationship?



Which childhood attachment type is most likely to form a parasocial relationship?

Insecure-resistant as they are concerned that others will not reciprocate their desire for intimacy, therefore they instead seek out distant individuals who will not reject them.



How does absence of gating affect virtual relationships?



How does absence of gating affect virtual relationships?

A gate refers to any obstacle which prevents a relationship from forming or progressing in face-to-face relationships e.g. stammer, lack of physical attractiveness, social anxiety.

McKenna and Bargh (1999) propose that the absence of these barriers ('gates') in virtual relationships allows there to be more focus on self-disclosure rather than distracting superficial features. This also allows shy or unattractive people to have a chance at developing relationships.



Identify the features of Rusbult's investment model.



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- Satisfaction level.
- Comparison with alternatives.
- Investment size.



What application does Rusbult's Investment model have to society?



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Rusbult's investment model can explain why partners choose to stay in abusive relationships. Rusbult & Martz (1995) asked refugees why they stayed with abusive partners. They said they felt great commitment to these relationships as their investment was great and the economic alternatives were poor. Therefore the Rusbult's investment model has good explanatory power for abusive relationships.



Identify and describe the stages that social exchange theory proposes relationships develop through.



Identify the stages that social exchange theory proposes relationships develop through.

- Sampling stage - here rewards and costs are explored from either observing others or testing them in your own relationship.
- Bargaining stage - this is at the beginning of a relationship when a partner starts an exchange of rewards and costs and begins to notice what is most profitable.
- Commitment stage - This is when your relationship is stable because the rewards keep increasing whilst the costs keep decreasing.
- Institutionalisation - At this stage the rewards and costs have been firmly established and a partner feels like they're able to settle down into a relationship.



What are the different factors that influence a person's attraction to their partner?



What are the different factors that influence a person's attraction to their partner?

- Self-disclosure
- Physical attractiveness
- Social demographics



Describe commitment.



Describe commitment.

This refers to a romantic partner's intention to stay in a relationship because they feel it has a long-term future. The factors that influence a person's sense of commitment are their satisfaction level, comparison with alternatives and their size of investment in the relationship.



What are the different levels of the filter theory?



What are the different levels of the filter theory?

- Social demography.
- Similarity in attitudes.
- Complementarity.



Give one limitation of the social exchange theory.



Give one limitation of the social exchange theory.

The theory ignores that some partners desire equity. Hatfield et al (1984) found that couples in more equitable relationships were more satisfied than ones where a partner felt either under- or over-bearing. This suggests that the equity theory may be more valid in explaining relationships.



What are the various ways of dealing with inequity in a relationship?



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Dealing with inequity is known as realignment. There are two ways of doing this:

- Behavioural - this is where the overbenefitted partner works hard to make the relationship more equitable by doing more for the underbenefitted partner.
- Cognitive - this is where the underbenefitted partner revises their perceptions of the rewards and costs involved in their relationship so they see their relationship as more equitable.



Describe the matching hypothesis.



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The matching hypothesis was proposed by Walster et al (1966). It states that we form relationships with individuals of similar social value. This includes physical attractiveness - something that is particularly important in choosing romantic partners. The theory states that people assess their own physical attractiveness and then make 'realistic choices' by selecting the best available potential partner who is of a similar level of attractiveness, in order to avoid rejection.



Explain the difference between depth and breadth in terms of self-disclosure.



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Breadth describes the range of topics that can be discussed. At the start of a relationship, both breadth and depth are fairly narrow: An individual will share information about some topics like hobbies and preferences while other topics will be off-limits (limited breadth). They may also share information in a limited amount of detail (depth). As trust deepens, breadth and depth both deepen and partners feel secure sharing a wider range of information in more detail.



Describe the difference between intrinsic and extrinsic resources.



Describe the difference between intrinsic and extrinsic resources.

Intrinsic resources refer to the resources you put directly into a relationship e.g. self-disclosure or money, whereas extrinsic resources are the resources which evolve as the relationship develops e.g. children, memories.

