**AQA A Level Psychology – Relationships Knowledge Organiser – Term 1**

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| **Key Words** | **Evolutionary Explanations**Specification: The evolutionary explanations for partner preferences, including the relationship between sexual selection and human reproductive behaviour. | **ATTRACTION – Self disclosure, Physical Attractiveness, Filter Theory, Social Exchange Theory, Equity Theory, Investment Model, Duck’s Phase Model** |
| **Absence of Gating**:way that virtual relationships are relatively anonymous.**Absorption:** is a disposition or personality trait in which a person becomes absorbed in their mental imagery, particularly fantasy.**Addiction:** People pursue parasocial relationships due to deficits within their real life**Anisogamy:** a form of sexual reproduction wherein males and females produce sex cells, or gametes, of different sizes**Equity:** the quality of being fair and impartial.**Sexual Selection:** Sexual selection is a mode of natural selection in which members of one biological sex choose mates of the other sex to mate with**Body Language:** how a person communicates with their gestures**Duck’s Phase Model:** Duck's model proposes that during a breakup, individuals go through six phases**Dyadic:** a pair of persons in an interactional situation.**Equity Theory****Filter Theory****Gating:** discernible physical features such as attractiveness or age to help them decide who would be a suitable partner**Halo Effect:** type of cognitive bias in which our overall impression of a person influences how we feel and think about them**Investment****Intra-Psychic:** retaining to impulses, ideas, conflicts, or other psychological phenomena that arise or occur within the psyche or mind**Parasocial:** kind of psychological relationship experienced by an audience in their mediated encounters with performers | **Evolutionary Approach**Evolutionary approaches explain human behaviour in terms of **adaptiveness** and **reproductive** **success.**-à (**natural selection**) attract a mate and have healthy offspring (**sexual selection**).**Sexual Selection and Human Reproductive Behaviour****Anisogamy**Part of the sexual selection explanation of relationships includes explaining differences in partnerpreferences between males and females. **anisogamy** –differences between the male and female sex cells.; àMale sex cells (sperm) are produced in large quantities, replenish quickly and are created continuouslyàFemale sex cells (eggs or ova) take a lot of energy to produce, are created in limited numbers during specific time intervals**Inter-Sexual Selection**Anisogamy can also explain the existence of two types of sexual selection: **inter-sexual selection** and **intrasexual****selection.** **Inter-sexual selection -à** ‘female choice'. **Intra-sexual selection**,-à features that allow a male to compete with other males for a female mate**physical dimorphism à** Intra-sexual selection also can explain the differences in the body size and physical appearance between males and femalesLimitations - Evolutionary explanations ignore the significant social and cultural changes that Western societies/There are many **methodological weaknesses/**Mate choice may be more complicated than suggested by evolutionary explanations | **Self-Disclosure****Self-disclosure** is a term coined by **Jourard (1971)** based on the idea that relationship formation is built on trust with another personà*Social Penetration Theory***à**two dimensions: breadth and depth.**Physical Attractiveness**Psychologists have long noticed that physical attractiveness =Important.**Matching Hypothesis-à**go for a partner who is same attractiveness as them**Filter Theory****Kerckhoff and Davis (1962)** studied student couples (mainly in short-term relationships of fewer than 18 months) and discovered several important criteria people use to choose a partner:sociodemographic characteristics -à physical proximity, level of education, social class and religionsimilarity of attitudesà core beliefs/valuescomplementarity à fulfil needs with traits other person lacks**Social Exchange Theory – ‘economics’ of relationships (exchange)****Thibaut and Kelly (1959)** describe romantic relationships using the economic terminology of profit (rewards) and loss (costs)**Comparison Level for alternatives (CLalt) -à** **Sampling stage**: where people explore potential rewards and costs of relationships, not justromantic ones, either by direct experience or by observing others.**Bargaining stage**: is the first stage of any romantic relationship. At this stage, partners exchangerewards and costs, figure out the most profitable exchanges and negotiate the dynamics of therelationship.**Commitment stage**: when relationships become more stable and partners become familiar withsources of rewards and costs and each other's expectations.**Institutionalisation stage**: when costs and rewards are well established.**Equity Theory---à** people are concerned about fairness in a relationship and that this is achievedwhen people feel they get approximately what they deserve from a relationship.**Rusbult’s Investment Model**The **Investment Model** was proposed by **Rusbult (1980)** as a development of Social Exchange Theory (SET)**Duck's Phase Model of Relationship Breakdown**Relationship breakdown stages:1. Intra-psychic stage.
2. Dyadic
3. Social phase
4. 'grave-dressing',
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| **Virtual Relationships** | **Para social Relationships** |
| The prominence of **virtual relationships** in people's life has made it a fascinating topic for psychologists to study; even more so as initial research suggests that the nature of online communication is distinctly different from our social interactions in real life.Virtual relationships is very close to the ***'stranger on the train'*** phenomenon, described by **Rubin (1975)🡪** we are more likely to share personal information with a stranger because we are likely never to see them again.**Sproull and Kiesler (1986) -->** online relationships might be less open and honest than face-toface ones, because in real life we rely on subtle cues, such as facial expressions and tone of voice; these cues are absent in virtual communications (Reduced Cues Theory).**Absence of gating -🡪**In virtual interactions, attraction to mannerisms, appearance etc are absent. These are barriers ('gates')**Self-disclosure** in virtual relationships tends to occur at a much faster rate**Whitty and Joinson’s (2009**) – self disclosure = more direct in online forums**Walther (1996, 2011)** -🡪 *Hyperpersonal Model* of virtual relationships = with self disclosure in online relationships, relationships quickly become more intense and feel more intimate and meaningful.**Rosenfeld and Thomas (2012)** showed the importance of online communication for developing romantic relationships.**Baker and Oswald (2010)** suggest that the absence of gating in virtual relationships may be particularly useful for shy people**Hollenbaugh and Everett (2013)** Aim: To investigate virtual relationships in social media. | **Parasocial relationships** refer to one-sided relationships with celebrities, a prominent person in the community, or a fictional character. Often a ‘fan’ will know everything about the person and feel very close to them, even though there is no chance of reciprocity.**Absorption Addiction Model McCutcheon (2002**) proposed the Absorption-Addiction Model to explain parasocial relationships. People engage in celebrity worship to compensate for some deficiencies in their life, such as difficulty forming intimate relationships, poor psychological adjustment, and lack of identity**Giles and Maltby (2006)** take this model further by identifying three levels of parasocial relationships, using the Celebrity Attitude Scale (CAS) in a large-scale survey.Stage 1: Entertainment – Social LevelStage 2: Intense – Personal LevelStage 3: Borderline Pathological Level**Attachment Theory Explanation:** Alternative explanations of parasocial relationships attempt to use Bowlby’s (1969) attachment theory and Ainsworth’s (1971) types of attachment to explain celebrity worshipResearch supports a link between loneliness and engaging in parasocial relationships. For example, **Greenwood and Long (2009)** found some evidence that people may develop celebrity worships as a way of dealing with a recent loss or loneliness |