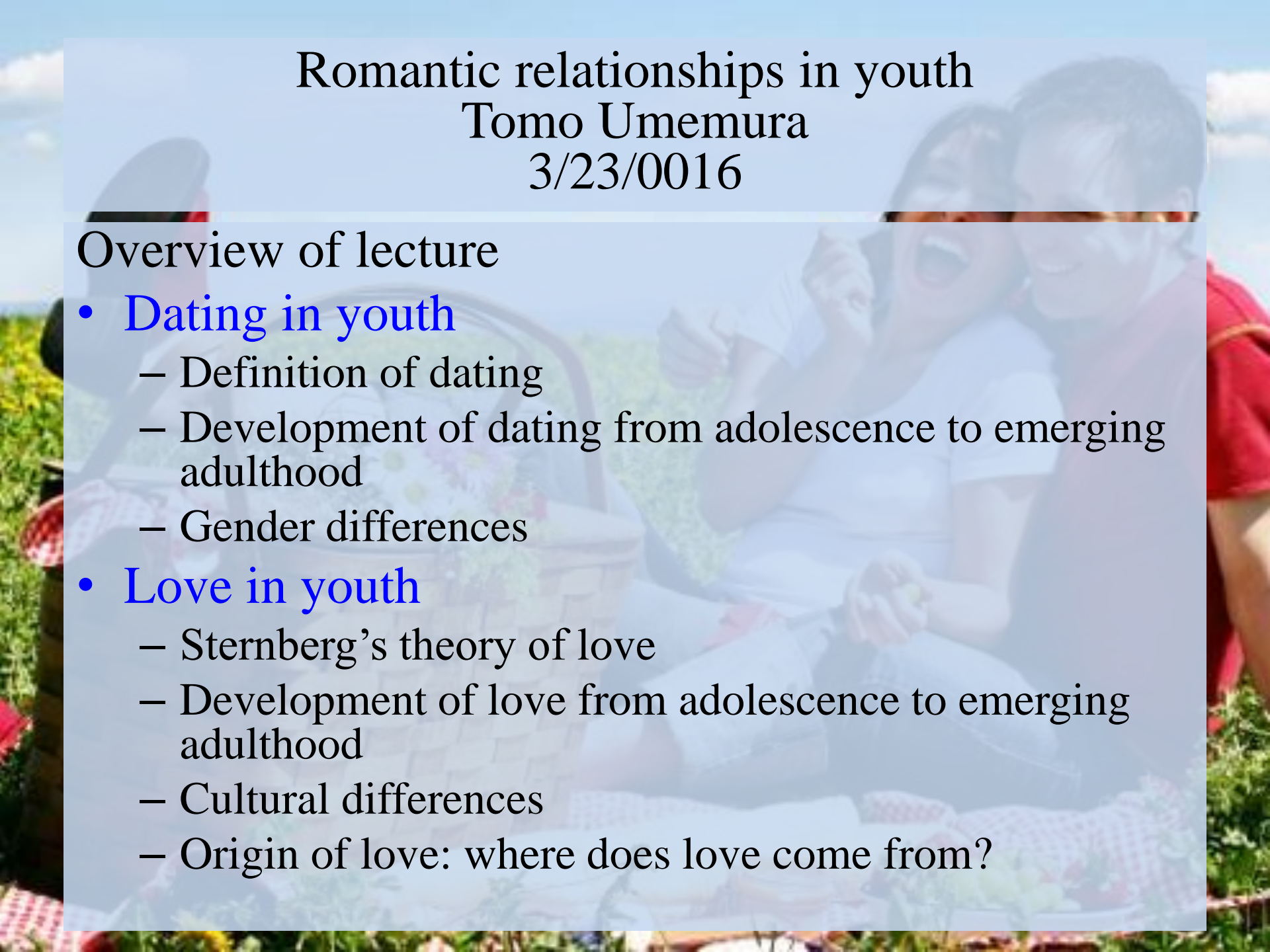


- Suppose you cannot meet your boy (girl) friend in a long time.
- And you meet your boy (girl) friend at airport. What would you do? How do you feel?
- Where does this feeling of love come from?





Romantic relationships in youth

Tomo Umemura
3/23/0016

Overview of lecture

- **Dating in youth**

- Definition of dating
- Development of dating from adolescence to emerging adulthood
- Gender differences

- **Love in youth**

- Sternberg's theory of love
- Development of love from adolescence to emerging adulthood
- Cultural differences
- Origin of love: where does love come from?

Definition of dating

- Defining “date” and “dating” is **not easy** today
 - Going to movies, football games, etc.
 - Picking up a girl at her house.
 - Replaced by “going with” or “hanging out with”
- **Same** as traditional concept of date
 - 15-year-old adolescents named typical dating activities:
 - Going to a movie, dinner, mall parties,
- **Different** from traditional concept of data
 - Visiting each other’s homes.
 - Hanging out at mall and school

Development of dating

- Developmental sequence of dating in **American adolescents**:
 1. Same-gender groups go to places where they **hope** to meet other gender groups.
 - Malls and fast-food restaurants
 2. Participating in social gatherings **arranged by adults**
 - Parties and school dances
 3. Mixed-gender groups go to some events together
 - Movies, dinners, concerts, etc.
 4. Couples go to date in activities
 - Movies, dinners, concerts, etc.
- Is this true? Different in other countries?

Development of dating, regardless of **physical maturity**

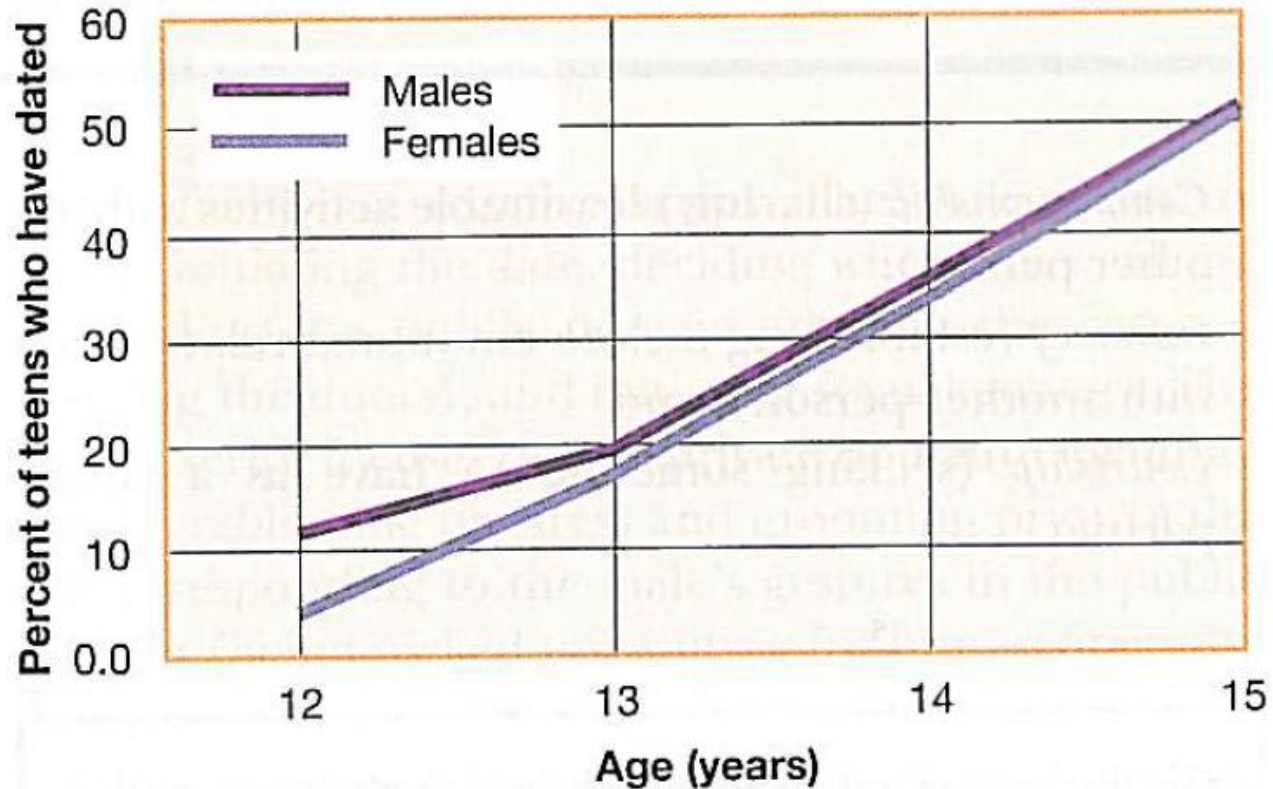


FIGURE 9.1 Proportion of adolescents at Tanner's Stage 3 of maturity who have ever had a date.

Source: Dornbusch et al. (1981).

Development of dating

- **Reasons** for dating from adolescence to emerging adulthood:
 - Adolescents:
 1. Recreation (fun and enjoyment)
 2. Intimacy (establishing a close emotional relationship) and status (impressing others)
 - College students:
 1. Intimacy
 2. Companionship (sharing pleasurable activities)
 3. Recreation
 4. Status

Gender differences of dating

- Young people have **different ideas** about what males and females do for dating.
- A study of dating scripts
- What are **scripts**?
 - **a series of behaviors** that are expected in a particular situation or environment.
 - People develop a sequence knowledge for a given situation
 - E.g., scripts of birthday
 - E.g., going to grocery store
 - We learn from past experiences and use these expectations.
 - based on one's **multiple exposure** to the same set of experiences.
 - **Cognitive models** that guide one's own behaviors.
 - Scripts help us understand what to perform.

Gender differences of dating

- Young people have **different ideas** about what males and females do for dating.
- A study of dating scripts
 - Boys:
 - **Proactive:**
 - Initiating date, deciding where to go, controlling the public domain (driving and opening doors), initiating sexual contact
 - Girls:
 - **Reactive:**
 - Focusing on private domains (dressing and grooming), responding to male's gestures (being picked up, waiting male to open door)
 - Girls have become a lot more assertive **today**, but this pattern seems to still remain today.
 - As youths become **older** (e.g., in college), females are more likely to initiate dating more than before.

Dating scripts for boys

“I think boys have it really hard. Once you get to be a teenager, suddenly everybody expects you to start calling up girls and going out with them. But, hey, I think it takes a lot of courage to call a girl up and ask her out. You know, you always worry that she’ll say no.... It’s not so easy for me to just pick up the phone and act cool. I get nervous.” (Bell, 1988, p. 68)

Dating scripts for girls

“Sitting around waiting for the phone to ring is a big part of my life—you know, wondering if some boy’s going to call and ask you out for the weekend. Like on Monday night I’ll sit there and say to myself, ‘Well, the phone’s going to ring by the time I count to twenty-five.’ Then if it doesn’t ring I count to a new number. It makes me so nervous I can’t concentrate on anything else and I’m always yelling at everybody else in my family to get off the phone if they’re using it.” (Bell, 1988, p. 68)

Gender differences of dating

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Dating during adolescence is **good**?

- Adolescence who date regularly are likely to:
 - Be more popular
 - Have more positive self-image
- **Early adolescent girls** who date:
 - **Depressive mood**
 - Maybe because they are in a sexual pressure from their partner (**according to textbook**)
 - Too early to transfer from parents to the romantic partner (**I believe**)
 - Parents do not support or provide love to their youths
 - Young people seek emotional support and love to their partner

Parenting Styles

- Dianna Baumrind's 4 patterns of parenting styles

	Demandingness (Control)		
		High	Low
Responsiveness (Warmth)	High	Authoritative	Indulgent
	Low	Authoritarian	Indifferent

Parenting Styles



- Authoritarian Parenting Style
 - Parents want **compliance**.
 - They want to control over their children.
 - **No warmth** and nurturance.
 - They expect the child to be mature.
 - Parents have very strict, rigid rules.
 - They're not very interested in what the child thinks or feels.
 - **No conversation**.

Parenting Styles

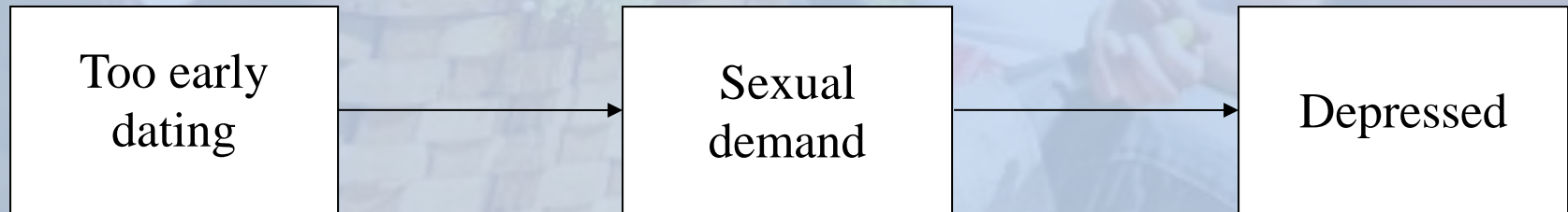
- Indifferent Parenting style
 - Parents are somewhat **neglectful**.
 - They are **not aware of the child's needs**.
 - There is **very little communication**.
 - Parents place few demands on the child.
 - They are **not involved in their life**.
 - Parents are relatively **detached** from the child's mental/emotional needs.
 - They will provide the basic needs.
 - But after that, there is not much connection there.

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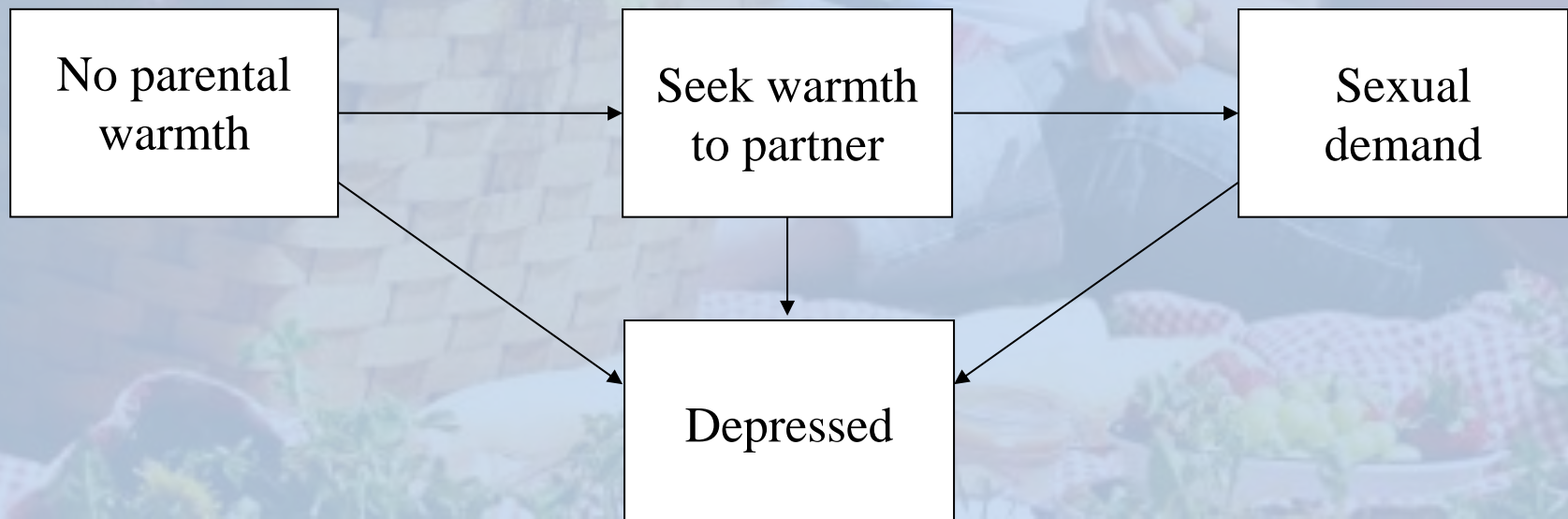
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 - Too early to transfer from parents to the romantic partner (**I believe**)
 - Parents do not support or provide love to their youths
 - Young people seek emotional support and love to their partner
 - What you all think about dating in adolescence?

Romantic relationships in youth

Tomo Umemura

3/23/0016

- Dating in youth

- Definition of dating

- Not easy to define due to diverse ideas.
 - Some ideas remain similar to traditional dating, but some new ideas emerge today.

- Development of dating from adolescence to emerging adulthood

- Group dating to couple dating
 - Different reasons for dating
 - No link to physical maturity

- Gender differences

- Script knowledge about gender roles in dating
 - Boys = more proactive vs. girls = reactive
 - Today = more equal
 - Adolescents vs. emerging adults

- Early dating: good vs. bad?

- Early-adolescent dating girls are likely to be depressed. Why?

Love

- Sternberg's theory of love

1. **Passion**

- Physical attraction and sexual desire
- Involves intense emotion: desire, anxiety, delight, anger, jealousy

2. **Intimacy**

- Feeling of closeness and emotional attachment
 - Mutual understanding, support, and open communication

3. **Commitment**

- Pledge to love someone long time
- Through ups and downs

Love in youth

- Developmental trajectory:
 - During **adolescence**:
 - Most relationships last only a few weeks or months
 - Only a few relationships last a year or longer
 - In many industrialized countries today, young people do not get married until mid- to late-twenties.
 - So, **less commitment**, but more passion and intimacy
 - During **emerging adulthood**:
 - **More commitment** than before.

Cultural differences on dating and love

- European youths date **less formally** than do American youths.
 - European youths do pair up as boyfriends and girlfriends.
 - But more **rarely distinguish** a specific event for their partner.
 - More typically going out **in mixed-gender groups**.
 - Going out **simply as friends** without thinking of potential paring.
 - **Non-Western cultures**, dating is also **rare**.
- **All youths experience delight and despair of passionate love**
 - Regardless of geographical region, economic characteristics, and many other ways
- **Marriage** as a **outcome of romantic love** is a new cultural idea:
 - In most cultures, marriage **has been arranged by parents**
 - Many cultures have some versions of **Romeo and Juliet story**.
- Please discuss with classmates about cultural differences.
 - Do you have a different version of Romeo and Juliet story?

Falling in love

- People tend to choose romantic partners who are **alike**.
 - Intelligence
 - Social class
 - Ethnic background
 - Religious beliefs
 - Psychological attractiveness
- This phenomenon is called “**Consensual validation**”
 - People like to find in others an agreement with their own characteristics
 - And validate their own way of looking at the world.
 - E.g., one goes to religious service vs. the other believes that it is a waste of time.
 - E.g., one believes watching stars is romantic vs. the other believes it is boring.

Where does the love come from?

- Romantic relationships and parent-child relationships are **similar**.
- Freud (1940. p. 188) “**Love has its origin in attachment to the satisfied need for nourishment.**”
- Attachment theory:
 - Similarities between attachment to romantic partners and to parents.
 - Partners try to **maintain closeness** to each other
 - Children also maintain closeness to parents
 - Partners **seek each other for comfort** in time of crisis
 - Children also seek comfort to parents
 - Extended **separation** from partner generate distress
 - Children also get distressed by expended separation

Where does the love come from?

- This is a **psychological assessment** to measure one's experiences about **secure relationships**
 - with mother (Doctor's office)
 - with partner (Sue's accident)
- Using the following words, please make a story. **Please elaborate your story as much as you can.**
- You should be able to make nice stories if you have secure attachment with your mother and with your partner.

Doctor's Office

Tommy	hurry	mother
bike	doctor	toy
hurt	cry	stop
mother	shot	hold

Sue's Accident

Sue	wait	home
road	Mike	dinner
accident	tears	bed
hospital	doctor	hug

Where does the love come from?

- What are **scripts**?
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Where does the love come from?
Script studies: Using the following words, please make a story. **Please elaborate your story as much as you can.**

- In both stories:
 - One person **hurts**.
 - The other person **helps**.
 - The other person **comfort** him/her.
 - One person get **recovered**.
 - Both people are **happy**.

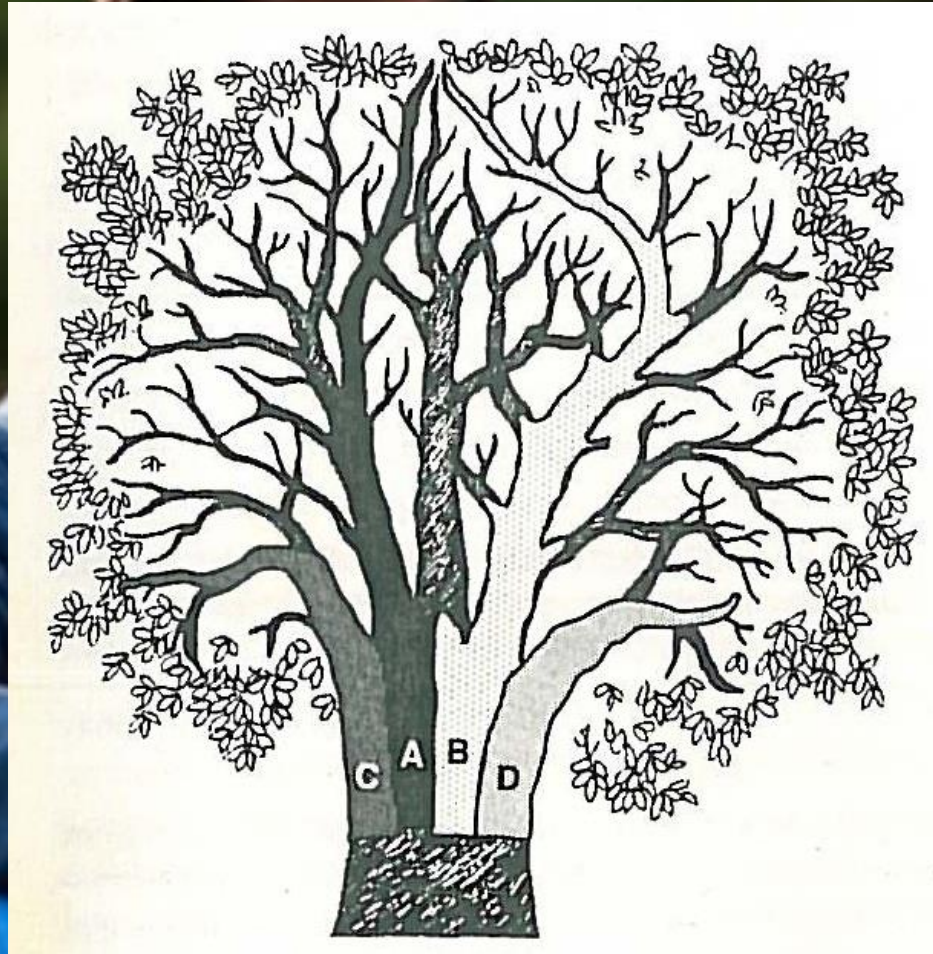
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Attachment Relationships from Infancy to Adulthood



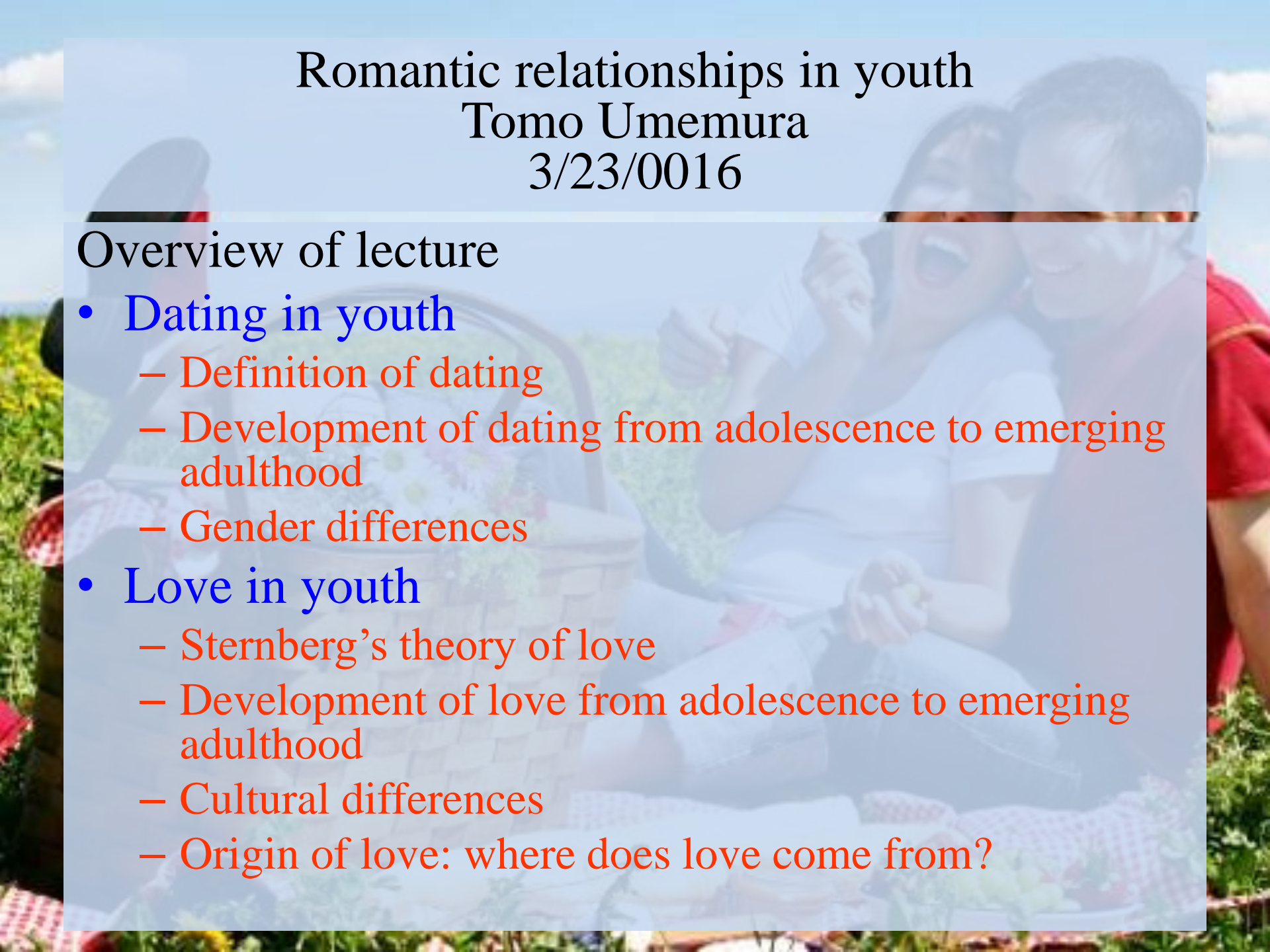
Developmental Perspective

Romantic relationships in youth

Tomo Umemura

3/23/0016

- Love in youth
 - Sternberg's theory of love
 - 1. Passion; 2. Intimacy; 3. Commitment
 - Development of love
 - adolescence – less commitment
 - emerging adults – more commitment
 - Cultural differences
 - European vs. American dating
 - Non-Western vs. Western dating
 - Passionate love as universal
 - Fall in love
 - Consensual validation: choose a partner who are alike.
 - Origin of love
 - Similarities between romantic love and parent-child love
 - Attachment theory
 - (Evolutionary perspective)

A young couple is laughing and sitting on a picnic blanket outdoors. The woman is wearing a white t-shirt and the man is wearing a red t-shirt. They are both smiling and laughing. The background shows a grassy field and a blue sky with some clouds.

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