Theories of Formation, Maintenance, and Breakdown of Romantic Relationships

Reward/Need Satisfaction: Theory that the reason we form relationships & friendships is for rewards or reinforcements that we receive from others.

They consist of: approval & smiling etc, Foa & Foa- argued it includes - sex, status, love, help, money and agreement with opinions - rewards meet social needs.

Byrne: Argued Classical conditioning played a role on deciding the effects of reinforcement on interpersonal attraction. Behaviourist theory- reward directly/indirectly.

Human study - Griffit & Guay- - Someone give reward/punishment to several PP's in the presence of an uninvolved bystander. The bystander was liked more by Participants who were rewarded than punished.

Argyle: Acronym -BADDASS- 7 motivational systems:
  Biological needs - collective eating and drinking behaviours.
  Affiliation - Seeking the company and approval of others.
  Dependency - Being comforted or nurtured.
  Dominance - Making decisions for other people.
  Aggression - Engaging in football violence.
  Sex - Flirting, making love, sexual intercourse.
  Self-esteem - Being valued by others.

Byrne & Clore:
Most stimuli rewarding/punishing - + valued to seek rewards, reflect unmet needs.
Mutual attraction - each partner meets the other person's needs.
Rewards & Punishments:
  + stimuli - happy
  - stimuli - unhappy
  Stimuli = Other people
Operant conditioning - repeat behaviour that leads to desirable outcome, avoid behaviours that lead to undesirable outcome.
The theory suggests we enter relationships, presence of individuals is directly associated with reinforcement - more attractive.

Attraction Through Association:
Like people associated with pleasant events, meet people happy more inclined to like them/unhappy not likely to like them.
Previous mental stimulus can become + valued because of their association with a pleasant event. Balance of + & - is crucial in the formation of a relationship. More positive more likely to develop and succeed, - outweigh + less likely to succeed.

Reward/need - Byrne, Clore and Smeaton: Two Stages in The Formation of Relationships; People sort potential partners for dissimilarity - avoiding who appear too different to themselves. Those that remain, most likely to choose somebody who is similar to themselves.

Personality: Research shows people are more attracted to others who have a similar personality traits than those who are dissimilar. Some opposites are couples, often the rule is similarity for long term relationships. Having similar attitudes to our own is in itself