Genetics:

**XYY gene: Sandberg**
- Aggression in males caused by having an extra Y chromosome, known as XYY gene. As men show more aggression than women and carry a Y chromosome, it is assumed that another Y chromosome would increase aggression levels further.
- Men with the XYY gene also produce more testosterone which is related to aggression.

*Jacobs* - sample of male prisoners - 3% had XYY gene compared to 0.1% of normal outside population. They also had higher testosterone levels and lower intelligence.

**MAOA-L gene:**
- *Bruner* identified faulty gene on X chromosome of men called the MAOA-L gene. The MAOA gene is known to regulate an enzyme which breaks down neurotransmitters, such as serotonin and dopamine, linked with aggression. When this gene is faulty (MAOA-L gene), lower levels of the enzyme are produced than normal. Neurotransmitters in the brain become imbalanced causing aggressive behaviour.

*Bruner* - all males in Dutch family carried MAOA-L gene. Gene wasn't present in the non-violent members. Urine of violent men high in levels of neurotransmitters normally broken down by the gene.

**Twin and adoption studies:**
- Twins - compare the concordance rates in Mz and Dz twins.
- Adoption - link between aggression in parents and child, even though they were not raised by their natural parents.

*Christianson* - concordance rate for aggression of 35% for aggressive behaviour in Mz twins, compared to 13% in Dz twins.

**IDA -**
- *Reductionist - Caspi* - longitudinal study, 25 years, 1000+ ppts, compared aggression, childhood abuse and presence of MAOA-L gene. All ppts who experienced abuse showed showed anti-social behaviour. Only 12% of sample had experienced abuse and had the MAOA-L gene.
Relationships:

Formation of relationships:

Reward and need for satisfaction model (Byrne and Clore):

• Direct reinforcement (operant conditioning) - someone directly provides positive reinforcement because they meet our needs and provide satisfaction in themselves. In this way we are more likely to form/maintain a relationship with them because of the reward they provide.

Smith and Mackie - people in happy relationships reported their needs were met whereas those in unhappy relationships did not.

• Indirect (vicarious) reinforcement - someone indirectly provides positive reinforcement because they are associated with pleasurable events. In this way we are more likely to form/maintain a relationship with them because of the reward provided by the things we do with them.

May and Hamilton - female students - attractiveness of male photographs - pleasant/unpleasant music - pleasant music = more attractive - associated music with the picture.

Matching hypothesis:

• Walster et al - people are attracted to others who have a similar levels of physical attractiveness to ourselves. Similar in other attributes e.g. IQ, athleticism.

• Self esteem - low self-esteem - more likely they will target someone less likely to reject them. High self-esteem - might believe no one can reject them and target people they would otherwise consider to be out of their league.

Walster computer dance - 752 males and females - physical attractiveness most important in liking - especially important for men.

Similarity theory:

• People are likely to be attracted to those who have similar personality traits to ourselves.

• Similarity in personality and attitudes promotes liking.

IDA -

• Eurocentric - theory developed in Western cultures and unfairly applied to other cultures - focuses on needs of individual (individualist cultures) - Hill - relationships in non-Western cultures do not depend on rewards, as the model argues.
Breakdown of relationships:

Duck proposed 3 broad categories of why relationships breakdown:
- **Pre-existing doom** - couple are incompatible and failure is predicted.
- **Mechanical failure** - 2 people grow apart and find they can no longer live together.
- **Sudden death** - discovery of betrayal or infidelity leads to immediate termination of relationship.

**Duck’s 4 stage model:**
The breakdown will move from one stage to another once the person reaches a threshold (of emotion) at each stage.
1. **Intra-Psychic stage** - one partner has thoughts of dissatisfaction.
2. **Dyadic stage** - dissatisfaction discussed by both partners - may be an argument.
3. **Social stage** - problems made public to friends and family - may take sides.
4. **Grave-dressing stage** - relationship officially dissolved - each partner tries to present themselves in a positive light as an *ego-defence mechanism* to enable them both to move on and form new relationships.

**Harvey** - individuals report different versions of why their relationship broke down to different people. Shows people do artificially ‘dress’ their relationship breakdown to be seen in a positive light.

**Lee’s 5 phase model:**
112 heterosexual, non-marital student relationships
1. **Dissatisfaction** - one person has thoughts of dissatisfaction.
2. **Exposure** - dissatisfaction revealed to other partner (usually non-verbal communication first).
3. **Negotiation** - partners discuss causes of dissatisfaction and consider ways to re-establish equity.
4. **(Attempted) resolution** - attempts are made to restore equity through maintenance strategies.
5. **Termination** - dissatisfaction is not resolved and the relationship ends.

It is possible to miss out any phases and immediately terminate the relationship.

**Lee** - couples with less intimate or committed relationships were more likely to miss phases, choosing a more speedy dissolution. Those who passed through all 5 phases over a longer period of time felt more lonely as they had invested more into the breakdown process.

**IDA** -
- **Gender bias - Kassin** - women were more likely to blame unhappiness for breakdown whereas men blamed lack of sex. Women were more likely to want to remain friends after breakdown, whereas men wanted a clean break.
- **Descriptive, not explanatory** - process of breakdown and not initial reasons for dissatisfaction - May have some **practical applications** - predictive value - can be used during counselling to help individuals understand why their relationship broke down or develop strategies to maintain a relationship, limited as focuses on aftermath of relationships.