

This material may be protected by copyright law. (Title 17
U.S. Code)

OCLC FirstSearch: Display

Your requested information from your library JOHNSON CNTY COMMUN COL LIBR



Return

PENDING - Lender**Record number: 2 Total records: 6**

54408614

GENERAL RECORD INFORMATION

Request Identifier: 54408614 **Status:** PENDING 20090528
Request Date: 20090528 **Source:** VDX
OCLC Number: 244068467
Borrower: CRU **Need Before:** 20090627
Receive Date: **Renewal Request:**
Due Date: **New Due Date:**
Lenders: ILU, MRY, *KCJ
Request Type: Copy

BIBLIOGRAPHIC INFORMATION

Call Number: *Ref HM1106, E53 2009*
Author: Reis, Harry T.
Title: Encyclopedia of human relationships
ISBN: 9781412958462
Imprint: SAGE Publications/Thousand Oaks Calif. \ Thousand Oaks Calif. \ 2009
Article: Lyubomirsky, S., & Sin, N. L. "Positive affectivity and interpersonal relationships" (Could we also have the exact page reference of this article?) Many thanks!! **
Date: 2009
Verified: MELVYL-UCLinks-ucr.worldcat.org:worldcat

BORROWING INFORMATION

Patron: Johnson, Denise Marie (Undergraduate)
Ship To: ILL, Rivera Library, UCR/P.O. Box 5900/Riverside, CA 92517/University of California/P.O. Box 5900 Ariel: 138.23.83.37 Fax: (951)827-5743 E-mail: interlib@ucr.edu
Bill To: ILL, Rivera Library, UCR/P.O. Box 5900/Riverside, CA 92517/University of California/P.O. Box 5900 Ariel: 138.23.83.37 Fax: (951)827-5743 E-mail: interlib@ucr.edu
Ship Via: Electronic Mail
Electronic Delivery:
Maximum Cost: IFM - 45.00
Copyright Compliance: CCG

138.23.83.37

Although future studies need to better discriminate the different effects of pornography versus erotica on romantic relationships, it is encouraging that researchers are beginning to examine how such materials affect not only individuals, but also couples. Given how accessible such materials are, an increased understanding can help couples better manage such use for their long-term relationship happiness and success.

Ana J. Bridges and Raymond M. Bergner

See also Media Depictions of Relationships; Media Influences on Relationships

Further Readings

- Bridges, A. J., Bergner, R. M., & Hesson-McInnis, M. (2003). Romantic partners' use of pornography: Its significance for women. *Journal of Sex and Marital Therapy, 29*, 1–14.
- Kenrick, D. T., Gutierrez, S. E., & Goldberg, L. L. (1989). Influence of popular erotica on judgments of strangers and mates. *Journal of Experimental Social Psychology, 25*, 159–167.
- Mulac, A., Jansma, L. L., & Linz, D. G. (2002). Men's behavior toward women after viewing sexually explicit films: Degradation makes a difference. *Communication Monographs, 69*, 311–328.
- Paul, P. (2004, January 19). The porn factor. *Time* magazine. Retrieved January 25, 2007, from http://www.time.com/time/2004/sex/article/the_porn_factor_in_the_01a.html
- Zillmann, D., & Bryant, J. (1984). Effects of massive exposure to pornography. In N. M. Malamuth & E. Donnerstein (Eds.), *Pornography and sexual aggression* (pp. 115–138). New York: Academic Press.

POSITIVE AFFECTIVITY

Conventional wisdom holds that happy people have stronger social relationships than their less happy peers, and empirical research supports this popular belief. In this chapter, we examine how social relationships are influenced by positive affect (PA)—the feelings reflecting one's level of pleasurable engagement with the environment. High PA is characterized by excitement, alertness, and enthusiasm. High negative affect (NA), by contrast, is a

state of subjective distress and encompasses a number of unpleasant moods, such as anger, disgust, fear, and nervousness. Both PA and NA play important roles in interpersonal relationships; however, this entry is limited to discussing PA.

Assessing PA

PA Measures

PA is commonly measured using self-report questionnaires that require participants to rate various mood descriptors. Disagreement exists, however, regarding the subcomponents of PA, and this is evident in the discrepancies in content among PA measures. Consider, for example, the widely used Positive and Negative Affect Schedule (PANAS). Its PA scale contains 10 descriptors (e.g., *enthusiastic*, *confident*, and *alert*) that assess the PA subcomponents of Joviality, Self-Assurance, and Attentiveness. In contrast, the Profile of Mood States scale only assesses the Vigor subcomponent of PA (e.g., *active*, *lively*, and *energetic*). The Center for Epidemiological Studies Depression Scale contains four items measuring enjoyment, happiness, optimism, and self-esteem. The Multiple Affect Adjective Checklist–Revised divides positive mood into two subscales—Positive Affect (e.g., *friendly*, *happy*, and *satisfied*) and Sensation Seeking (e.g., *active*, *daring*, and *enthusiastic*).

In addition to self-report questionnaires, PA is also assessed using a number of other methods, including observer ratings, counts of positive emotional words in narratives or essays, and the coding of facial expressions (i.e., sincere or so-called “Duchenne” smiles).

Despite the diverse approaches in PA assessment, both self-report and non-self-report measures of PA evidence high convergent validity, suggesting that they are tapping the same construct. Nevertheless, it remains unknown how different PA assessment tools might impact studies of interpersonal relationships.

Related Constructs

PA is closely related to other positive psychology constructs and is sometimes considered equivalent to them. The most common of these is the Extraversion personality factor, which is strongly

correlated ($r = .46$) with the PANAS PA scale. Measures of subjective well-being and self-esteem are also closely related to PA. However, these measures do not directly assess pure PA, and they often contain a low NA component in addition to a high PA component.

Stability

Trait PA has been found to be remarkably stable across time, suggesting that people typically return to their individual baseline affect levels soon after the occurrence of significant life events. However, although PA is often studied as an enduring trait, it also can be measured and manipulated as a short-term state.

PA and Relationships

Frequency of Social Interactions

What are the implications of individual differences in trait PA for social relations? Anecdotal evidence suggests that people who experience frequent positive moods are viewed more favorably by others and are more likely to engage in social interactions than those with rare positive moods. This association between level of PA and frequency of social activity has, in fact, been demonstrated in several studies. For example, in one study, researchers tracked participants' daily moods and social activities over a 6- to 7-week period and found a significant correlation between PA and socializing.

Sociability

High- and low-PA individuals appear to differ in their temperaments. As mentioned earlier, those high in trait PA are likely to have extraverted personalities—that is, they are warm, energetic, and seek to affiliate with others. Their sociable, pleasant natures may lead them to actively search for opportunities for interpersonal contact; likewise, others enjoy interacting with them. For example, one study examined the influence of affect on social interactions between unacquainted dyads. The results showed that participants who interacted with high-PA partners rated their experiences as more enjoyable than those paired with low-PA partners. Additionally, independent observers

judged the videotaped interactions involving high-PA partners to be of relatively better quality.

Social Networks

One of the most robust findings in the literature on PA is that happy people have relatively stronger interpersonal relationships. Indeed, given that high-PA individuals are generally sociable, it is not surprising that they are more likely to be involved in a romantic relationship than their low-PA peers. In a longitudinal study, women whose facial expressions showed high levels of genuine PA in their college photos were relatively more likely to be married 6 years later and less likely to have remained single 22 years later. PA is also significantly associated with the number of friends one has, as well as one's amount of social support and perceived companionship.

Satisfaction and Quality of Relationships

Studies further suggest a link between PA and satisfaction with social relationships. In the context of romantic relationships, this effect has been found among both married and dating samples. High-PA individuals rate themselves as relatively more committed to their intimate relationships, and they evaluate their relationships as being of higher quality. Those high in PA are also more likely than their low-PA counterparts to feel close to a friend, to experience few friendship conflicts, to report having high-quality friendships, and to be rated by their peers as having high-quality relationships. Furthermore, high-PA individuals are not the only ones who benefit from their abundance of positive emotion: The spouses of high-PA individuals are relatively more likely to experience increases in marital well-being across time.

Conclusion

Throughout much of the history of psychology, researchers have emphasized negative affect. This entry reflects newfound attention to PA and its role in interpersonal relationships. Studies conducted in recent decades have reliably demonstrated that PA is correlated with numerous indicators of social bonds, including social activity, sociability, size of

social network, and satisfaction and quality of relationships. However, the direction of causality remains unclear. In particular, researchers do not yet know which is the stronger influence—namely, whether PA promotes these social indicators or whether these social indicators foster PA. Currently, empirical evidence points to both paths. For example, longitudinal studies have shown that happier individuals are relatively more likely to attract friends and marriage partners, and laboratory experiments have demonstrated that those induced to feel happy are more likely to socialize, self-disclose, and show interest in social activities than those induced to feel neutral or sad. Conversely, high-quality relationships and frequent social engagement are associated with positive emotions and overall well-being, both cross-sectionally and across time. This growing evidence supports the folk belief that happy people have better relationships than unhappy people.

Sonja Lyubomirsky and Nancy Sin

See also Emotion in Relationships; Extraversion and Introversion; Happiness and Relationships; Mood and Relationships; Personality Traits, Effects on Relationships

Further Readings

- Berry, D. S., & Hansen, J. S. (1996). Positive affect, negative affect, and social interaction. *Journal of Personality and Social Psychology*, 71(4), 796–809.
- Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin*, 131(6), 803–855.
- Watson, D., Clark, L. A., McIntyre, C. W., & Hamaker, S. (1992). Affect, personality, and social activity. *Journal of Personality and Social Psychology*, 63(6), 1011–1025.
- Watson, D., & Naragon, K. (in press). Positive affectivity: The disposition to experience pleasurable emotional states. In S. J. Lopez (Ed.), *Handbook of positive psychology*. Oxford, UK: Oxford University Press.

POSTDIVORCE RELATIONSHIPS

Americans continue to favor marriage as a desired and normative adult life transition, but divorce

rates remain near 50 percent, and marital dissolution is now an accepted feature of our social landscape. Indeed, the recent advent of “divorce announcement” stationary appears to signal a new level of public acceptance of postdivorce life as a normative life transition. Popular media, for example, are increasingly likely to represent postdivorce adults and single-parent and stepfamilies as valid and functional examples of family. Such trends reflect evolving social norms and expectations of marriage and divorce across the life span, and they represent the larger context in which individuals shape their own personal expectations of postdivorce relationships. This entry focuses on the postdivorce relationship between former spouses in particular, with the understanding that divorce affects the entire family and social network of a couple.

The postdivorce relationship between former spouses builds, by definition, on prior marital dissolution. Divorce is nearly always a disruptive and disturbing experience for the former spouses and their family members. Postdivorce couples often face diminished financial resources and a reduced standard of living, particularly among women. Former spouses must often relocate to new home(s). When children are involved, the postdivorce relationship between former spouses is likely to be much more complicated, but ultimately more significant, given parental responsibilities to provide continuity and care for children experiencing a reconfiguration of their family. Researchers and mental health clinicians (therapists) who study the long-term effects of divorce on adults and children have sought to explain those factors that contribute to positive and negative outcomes of postdivorce relationships. This entry summarizes relevant constructs and highlights significant findings regarding postdivorce relationships between former spouses. Suggestions for future directions in research and interventions are considered.

Concepts Relevant to Postdivorce Relationships

Despite a greater acceptance of divorce in American culture, individuals who divorce generally experience a profound sense of loss, sadness, and even failure. Although the end of a difficult marriage can be a relief and opportunity for growth, divorce