

Preface

The desire for intimacy is a universal need of human beings. Almost all adult men and women seek to marry or form a permanent stable relationship with another person. Most people will want to bear children and raise a family in a secure, loving, and fulfilling environment.

The real question each human being faces is, How do I create such relationships? As students studying relationships you must ask: How do families sustain relationships given the structure and changes in today's social world? This book was written to help you understand how intimate relationships are formed and maintained, and why they sometimes fail. Throughout the discussion, the focus is on motivation and commitment, on diversity and individual choice, and on our capacity to understand, grow, and change.

FIVE THEMES

Five major themes serve to organize the content and emphasis in this book:

- Cognition*—developing knowledge and understanding
- Change*—personal growth
- Challenge*—being motivated
- Choice*—making wise decisions
- Commitment*—the importance of dedication

Each of us has a tremendous capacity to grow and change, but to grow and change in ways that are best for us, we need a cognitive understanding of what is involved, what choices we have, and what the consequences of these choices may be. It is here that the information provided by the social and behavioral sciences can help. For instance, we know more about the biology of sex and reproduction than ever before, and such knowledge can contribute immeasurably to a successful marriage.

As we grow in knowledge, we may also grow in other ways, especially in objectivity and tolerance for others. The more we study intimate relationships, marriages, and family patterns, the more we see that no one way can be considered the “right way” or the ideal for everyone. We also can grow by examining and clarifying our personal attitudes and values directly. We can grow in our ability to love, to express warmth and affection, and to show empathy with others. Also, we can develop social skills and seek friendships that fulfill us and enrich our lives. We can learn to resolve interpersonal conflicts. Throughout this book we focus on these various dimensions of growth.

One of the questions most frequently asked of a therapist or counselor is, Do you believe people ever really change? The conclusion of experts and researchers is that we do change. And although we can't expect to change others and probably shouldn't try, we can change ourselves. We can change if we

want to, and sometimes we must change if we are to grow in ways that are healthy for us. Obviously, such change is more likely to be fruitful if it is the result of informed choice based on sound knowledge.

This book gives particular attention to changes that occur over the life cycle. Life is not static, and neither are intimate relationships. People change, situations change, relationships change. The love we may feel today may not be exactly the same as the love we feel ten years from now. However, there is also continuity to life; what happens now greatly influences tomorrow. And there is similarity as well as diversity in the ways humans develop and cope with events. To show students how others have responded to change and how those responses have affected the quality of their intimate relationships is an important aim of this book.

Life involves many choices. Shall I marry or remain single? What should I look for in a partner? What are my priorities in life? Do I want marriage, a career, or both? Do I want children? If I cannot have children of my own, is adoption a desirable choice? How do I raise a child? If I find myself in a troubled marriage or other relationship, do I choose to end it or try to save it? How does one choose a counselor? If divorced, will I choose to marry again? What should my relationship be with my parents, and what is the best way to help them if they cannot help themselves? One purpose of this book is to challenge and motivate readers to commit themselves to finding their own individual answers to such questions as these and to make wise choices in the light of realistic expectations.

ORGANIZATION AND CONTENT

Part One, *Social and Psychological Perspectives: Cognition and Challenge*, places our study in social and historical context. Chapter 1 examines the changes that took place in marriage and family during the 20th century and how different theoretical perspectives interpret those changes. Chapter 2 describes ways that family background influences our attitudes toward intimate relationships, gender roles, marriage and divorce, parenthood, and communication within the family. Chapter 3 reports current research about cultural and ethnic variations in families.

Part Two, *Intimate Relationships: Choices and Change*, explores relationships before marriage,

ranging from singlehood to dating to partner selection (Chapters 4–9). The chapters in this part explore such questions as these: What are the effects of race and gender on never marrying? What are successful strategies in initiating romantic relationships? Does breaking up follow a predictable script? What attributes are important for dating partners and for marriage partners? Is being in love a valid criteria for marriage? How do gender identity and gender role affect self-concept and behavior in intimate relationships? How do people express their sexual and intimacy needs? How do people find a partner and know if the partner is really the right one? What effect does living together before marriage have on marital success?

Marriage brings with it a new set of demands for growth and change. Part Three, *Marriages and Family Relationships: Challenges and Commitment*, considers first the qualities essential to happy and successful marriages (Chapter 10) and then discusses changes in marital relationships over the life cycle (Chapter 11). The remaining chapters (12–14) explore work and family roles and the effect of economic status; companionship in and outside the family; and power, decision making, and communication.

In Part Four, *Parenthood: Cognition and Challenges*, the presentation shifts from an emphasis on couples to a focus on the family. Chapter 15 discusses the decisions involved in parenthood and family planning, and Chapter 16 follows the birth process from conception through pregnancy and the preparations made by the family for a new baby. Chapter 17 examines parent-child relationships, while Chapter 18 considers relationships among members of the extended family, especially aging relatives.

Most families at one time or another experience some conflict or face a period of crisis. Part Five, *Family Stress and Reorganization: Choices and Commitment*, explores conflict and family crises (Chapter 19), causes and effects of divorce (Chapter 20), and the special challenges of remarriage and stepparenting (Chapter 21).

SPECIAL FEATURES

Several features distinguish *Intimate Relationships, Marriage, and Families* from other textbooks.

First is its emphasis on understanding ourselves by examining our family backgrounds. Throughout

this book, especially in Chapter 2, Family Backgrounds and How They Influence Us, the family and social experiences that shape our personal roles, values, and attitudes about intimacy and relationships are examined in detail.

As students become aware of the remarkable range of individual and cultural differences in human relationships, they not only gain tolerance for others but also control over their own lives; yet few textbooks devote much attention to such diversity. This book emphasizes diversity from the outset, especially in Chapter 3, Cultural and Ethnic Differences in Families. While acknowledging differences, however, this text stresses that there are also many universals in intimate and family relationships.

New information is most meaningful to students when it is placed within the context of the personal narrative, the case study, the carefully chosen excerpt from a client interview. This book offers students the benefit of many real experiences drawn from the notes of counselors and therapists, including one of the authors. Although the details have been altered to protect the anonymity of clients, the experiences described are real.

Though concrete and thoroughly practical in its aims, this book gives students a sound research base for the information it offers. Family theories are now discussed in Chapter 1 (rather than in the Appendix), and a new discussion of feminist theory has been added. Where appropriate throughout the text, specific theories are discussed in relation to particular topics. For example, Chapter 7, on gender, considers applications of cognitive developmental theory, gender schema theory, social structure and cultural theories, and evolutionary theories. Information from some 2,000 research references has been incorporated into the text; more than 400 new references have been added to this edition to replace older references.

Two types of special-focus boxes appear throughout this book. *Perspective* boxes present interesting research findings or viewpoints related to the chapters. Among the topics these boxes cover are the dating preferences of university women, messages that magazine covers send about women's weight, cybersex, Viagra, and Gen-X college students' goals for the future. *Family Issues* boxes present important situations or problems facing families today. Lesbian couples with children, grandparents who par-

ent their grandchildren, fathers' participation in child care, and the effects of welfare reform are some of the issues discussed in these boxes.

Pedagogical aids for the student include detailed outlines and learning objectives at the beginning of each chapter; and a summary, key terms, questions for thought, and a list of suggested readings at the end of each chapter.

NEW TO THE FIFTH EDITION

For the fifth edition, all chapters were carefully revised and updated to incorporate current research and statistics and newly emerging topics. The following list gives a sample of some of the new, updated, or expanded topics addressed in this edition:

- Grandparents as parents
- The influence of family-of-origin experiences on intimate relationships, with a focus on social learning theory and attachment theory
- The relationship between parental approval and children's self-concept
- The feminization of poverty
- Variations among African American families
- The socialization of children in African American families
- The strength of intergenerational relationships in Mexican American families
- Power in Mexican American marriages
- The effect of gaming on Native American tribes
- The dilemma of discrimination for third-, fourth-, and fifth-generation Japanese and Chinese Americans
- The current trends of delaying marriage and the greater social acceptance of single adults
- The effects of age, ethnicity, and gender on never marrying
- Social support and life satisfaction among the never-married
- Young adults living with their parents
- "Getting together" as a current trend in dating
- Ideal qualities sought in intimate partners
- Changing gender roles

- Successful strategies used in initiating romantic relationships
- Sexual activity outside a dating relationship
- Closeness and distance in relationships, discussed in terms of attachment theory
- Sexual aggression and violence in dating relationships
- Date and acquaintance rape
- Breaking up and relationship dissolution scripts, discussed in terms of process theory and social exchange theory
- Current body ideals, including extremely thin fashion models and buffed athletes
- Body dissatisfaction among younger women
- Decrease in passion over time in a relationship
- Gendered messages on magazine covers about women and weight
- Transgendered people and transsexuals in terms of gender identity
- Representation of men and women on television during the last three decades
- Gender roles and body image, including the effect of gender differences in media presentations on self-esteem and body satisfaction
- Ethnic variations in gender-role behaviors
- The effect of pornography on men and women
- The correlation between communication about sexual preferences and satisfaction with the relationship
- A comparison of the importance men and women place on various types of intimacy
- Differences in qualities of mates selected for cohabitation and for marriage
- Definition of common-law marriage
- Happy and unhappy marriages, based on research into communication patterns and attributions
- Life stages and parental roles in gay and lesbian families
- Fathers as primary caregivers for young children
- The effect of wives' income on marital discord and the dynamics of power in marriage
- The "gender wage gap"
- Families living below the poverty line and the minimum costs of supporting a family
- Homeless families
- The widening gap between the rich and the poor
- The psychological need for power discussed in terms of attachment theory, social control theory, and feminist theory
- Gender barriers to communication over the lifespan
- How to argue constructively
- Parent-child differences in terms of developmental stake theory and intergenerational stake theory
- Interdependence between generations as parents age
- Divorce statistics and trends through the 1990s
- Causes of marital breakup, including critical periods of a marriage and the failure to show positive affect
- Legal aspects of divorce
- Child custody arrangements and the quality of father-child relationships across time (based on the National Survey of Families and Households)
- Poverty in single-parent families and child-support payments
- Effects of divorce on children versus effects of high levels of parental conflict in intact families
- Success in remarriage
- Stages of separation with an ex-spouse and the effect on a new marriage
- Stepparents' attempts to discipline stepchildren
- Factors that affect stepchildren's adjustment in stepfamilies
- Affinity-seeking strategies of stepparents toward their stepchildren

ANCILLARY MATERIALS

This book is accompanied by a complete package of supplemental materials. New to this edition is an Instructor's CD-ROM that includes PowerPoint slides, an Image Set, and the Instructor's Research Guide. Also new to this edition is a book-specific

Web site (www.mhhe.com/relationships5) with materials for both students and instructors. It includes an online study guide, Internet activities, Web links, key terms, and more.

The Instructor's Manual has been revised by Elizabeth Butchart Carroll of East Carolina University and includes learning objectives for each chapter; lecture outlines; teaching strategies; individual and classroom activities; and a list of key journals. A set of transparency masters that augment material in the textbook is also included.

The Test Bank, also revised by Elizabeth Butchart Carroll consists of over 1,500 items, including, for every chapter, true/false, multiple choice, matching, short-answer, and essay questions. It is available both in printed form and on CD for IBM-compatible and Macintosh computers. The computerized test bank allows the instructor to select, edit, and add questions, randomize them, keep a record of their use, and print tests (with an answer key) for individual classes.

The *Study Guide to Accompany Intimate Relationships, Marriages, and Families*, by Jeanne Kohl-Welles of the University of Washington and Kyle Jenkins helps students to master and retain the concepts in each chapter of the textbook, prepare for examinations, assess their own personal attitudes and beliefs, and (through exercises) apply their knowledge to real-life situations.

Each chapter of the *Study Guide* has three parts. The first part contains learning objectives, a chapter summary, and a practice test. These components are designed to facilitate student mastery of the content. The types of questions in the Test Bank are also in the practice test.

The second part, the Personal Involvement Assessment, gives students the opportunity to examine in depth one of the important issues discussed or referred to in the textbook chapter and to apply the knowledge gained from the chapter to their own lives (for example, exploring personal stereotypes, testing their awareness of the consequences of AIDS, considering how they would react to a spouse's having extramarital affairs).

The final part of each chapter, Knowledge in Action, highlights key research studies on a specific topic from the textbook. Following a review of the topic, the section suggests a project or projects in which students apply what they have learned to "real-life" situations involving others. Examples of

such projects are content analyses of sex roles found in the media, interviews with single parents and married couples about child-care arrangements, and surveys of youth attitudes about alcohol or marijuana use.

The 13 segments on this videotape (each 5 to 15 minutes in length) *Mayfield Relationships and Intimacy Videotape* were selected and edited to complement the topics covered in the text. They include such subjects as gender roles, interracial marriages, parenthood, the "sandwich generation," children of divorce, and stepparenting.

Also available is *Mayfield's Quick View Guide to the Internet for Intimate Relationships, Sexuality, Marriage, and Family*, Version 2.0. Available free with the text, this guide includes tutorials on using the World Wide Web, how to find Web sites related to the study of relationships, family and gender, and how to use them. Throughout the guide, students are taken through the steps needed to find information on the Internet, including library resources, listservs, APA writing guides, and more.

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