

PSY540
PERSONAL RELATIONSHIPS

COURSE NAME:	Personal Relationships			
COURSE NUMBER:	PSY-540			
TEACHING PERIOD:	Spring 2022			
INSTRUCTOR	Name	Office	Phone	E-mail
	Nebi Sümer	FASS 1023	Int.: 9320	nebisumer@sabanciuniv.edu
COURSE SCHEDULE	Tuesday 14:40-15:30, FASS 1099			
READINGS	A collection of articles and book chapters given below will be used. Weekly readings with minor revision will be uploaded by Feb. 22 nd 2021			

COURSE DESCRIPTION

This course provides a broad overview of personal (close) relationships with a specific emphasis on the dynamics of romantic relationships. Major theoretical perspectives (e.g., attachment, evolution, interdependence, and attribution) and specific aspects of relationships such as attraction, sexuality, commitment, maintenance, satisfaction, jealousy, and dissolution will be covered. The main goal of this course is to generate thought-provoking discussions about close relationships by considering specific theoretical approaches and potential cultural aspects in the formation, maintenance, and termination of relationships. I am expecting high-quality discussions based on assigned readings. This course will also help you learn how to apply the knowledge you acquire to your own real-life experiences and reflect on them. Therefore, you must read the assigned materials before class and are ready to contribute with an advanced analytical discussion.

Course Format

We are going to meet in the hybrid format once a week for 3 hours. Each week you will read a combination of review chapters from edited books and research articles. You will take turns twice during the semester in facilitating and leading

discussions using the assigned materials. Everyone will choose the topics s/he would like to lead (and the presentation time) in the first meeting.

COURSE REQUIREMENTS & ASSESSMENT

ATTENDANCE, CLASS PARTICIPATION AND BONUS	<p>Reading the assigned materials is imperative to this course to effectively follow what is covered in a given day and get more out of the lecture. Therefore, I'd like every student to attend all classes, comprehend the assigned materials, and prepare critical questions via reaction papers relevant to the covered topics prior to the lectures. I also would like you to participate in the class discussions and raise questions as much as possible. Your participation in class discussions and contribution to the lectures by reviewing and bringing the recent publications in the related areas or making good comments will be rewarded as extra points.</p> <p>There are four specific requirements given below in this course</p>
LEADING AND FACILITATING DISCUSSION	<p>Twice during the semester, students will share the responsibility of leading and facilitating discussions with me. Facilitators will provide discussion questions concerning the materials covered in the given week. These questions should help us understand the topics better, clarify the complex issues and encourage us to have more dialogue during the class. The questions should be thought provoking and stimulate class discussion instead of simply repeating the reading material.</p>
REACTION PAPER	<p>Each week, students will submit a brief reaction paper (maximum two pages, double-spaced and typed) describing their reactions to the week's readings. This assignment is very open-ended, and you are expected to highlight the critical issues and bring good questions with an analytical and critical mind. That is, you should give some thoughts on what you read and come up with good ideas, critics, or testable hypotheses based on the week's readings.</p> <p>The primary goal is to make sure that you come to class not only with the readings read, but also after putting some degree of thought into the implications of the readings. You are expected to submit the reaction paper two hours before the lecture time, latest 11:30 am on Tuesdays, so that I can read and bring your contributions to the class.</p> <p>The reaction papers will be graded for their contribution to the topic, originality, clarity, and thoughtfulness (insightfulness) on a 3-point scale below.</p> <p style="margin-left: 40px;">1 = There is no relation to the reading in your paper. 2 = You sort of understood the reading, but that's it 3 = You understood the reading and contributed with coherent ideas and original comments.</p>

RESEARCH PROPOSAL	An important goal of the course is to have students choose a topic covered in the course based on their interests and develop an original research idea. Although you will not be required to carry out the research you propose, the opportunity to develop a well-thought-out proposal should be helpful to those who wish to develop new lines of research or explore ideas especially relevant to theses and dissertations.
FINAL EXAM	You will have a comprehensive final exam. I will ask general questions that aim to assess students' ability to integrate given materials, the degree of sophistication in their ideas, and the ability to connect daily experiences from an abstracted or conceptual issue.
RESEARCH PARTICIPATION AS BONUS	This involves participating in research projects as participants via the SONA system. Each one will be worth 0.5 points, and you can have max 3 points (bonus) for research participation.
ACADEMIC RULES AND INTEGRITY	Please familiarize yourself with Sabancı University's rules and regulations. Read the documents on the following web pages: https://www.sabanciuniv.edu/en/academic-integrity-statement <i>I have a zero-tolerance policy for cheating, and all ethical violations will result in failure for the course, in addition to other substantial penalties. If you have any doubts or questions about what constitutes academic misconduct, please do not hesitate to contact me.</i>
Evaluation of Student Performance	Leading Discussion20 points (10 points each) Weekly reaction papers30 (3 X 10) Proposal20 Participation10 Final Exam.....20 Total.....100 points Note: "Course content, requirements and policies are subject to change at the discretion of the instructor"
WEEK	SCHEDULE & READINGS
Week 01 01.03.2022	Get to know each other & syllabus Close Relationship: Definitions and History <ul style="list-style-type: none"> • Berscheid, E. (1999). The greening of relationship science. <i>American Psychologist</i>, 54, 260-266. • Reis, H. & Collins, A. (2004). Relationships, human behavior and psychological science. <i>Current Directions in Psychological Science</i>, 13, 233-237. • Finkel, E. J., Simpson, J. A., Eastwick, P. W. (2017). The psychology of close relationships: Fourteen core principles. <i>Annual review of psychology</i>, 68:4.1–4.29.
Week 02	Core Principles of Close Relationships, Attraction and Mating:

<p>08.03.2022</p>	<p>How and Why Do Relationships Begin?</p> <ul style="list-style-type: none"> • Finkel, E. J., & Baumeister, R. F. (2019). Attraction and rejection. In E. J. Finkel, and R. F. Baumeister (Eds.), <i>Advanced social psychology: The state of the science</i> (pp. 201-226). New York: Oxford University Press • Joel, S., Eastwick, P. W., & Finkel, E. J. (2017). Is romantic desire predictable? Machine learning applied to initial romantic attraction. <i>Psychological Science, 28</i>, 1478-1489 • Vacharkulksemsuk, V., Reit, E., Khambatta, P., Eastwick, P. W., Finkel, E. J., & Carney, D. R. (2016). Dominant, open nonverbal displays are attractive at zero-acquaintance. <i>Proceedings of the National Academy of Science, 113</i>, 4009-4014.
<p>Week 03 15.03.2022</p>	<p>Cognitive and Motivational Perspective in Close Relationships</p> <ul style="list-style-type: none"> • Baumeister, R. F., & Bratslavsky, E. (1999). Passion, intimacy, and time: Passionate love as a function of change in intimacy. <i>Personality and Social Psychology Review, 3</i>, 49-67. • Reis, H. T., & Aron, A. (2008). Love: What is it, why does it matter, and how does it operate? <i>Perspectives on Psychological Science, 3</i>, 80-86. • Fincham, F. D. (2001). Attributions in close relationships: From balkanization to integration. In C. J. O Fletcher & M. S. Clark (Eds.), <i>Blackwell handbook of social psychology: Interpersonal processes</i> (pp. 3-31). Oxford: Blackwell.
<p>Week 04 22.03.2022</p>	<p>Interdependence in Relationships and long-term love!</p> <ul style="list-style-type: none"> • Rusbult, C. E., & Van Lange, P. A. (2008). Why we need interdependence theory. <i>Social and Personality Psychology Compass, 2</i>(5), 2049-2070. • Acevedo, B.P., & Aron, A. (2009). Does a long-term relationship kill romantic love? <i>Review of General Psychology, 13</i>, 59-65.
<p>Week 05 29.03.2022</p>	<p>Evolutionary Perspective</p> <ul style="list-style-type: none"> • Eastwick PW. 2016. The emerging integration of close relationships research and evolutionary psychology. <i>Curr. Dir. Psychol. Sci. 25</i>:183–90 • Fink, B., & Penton-Voak, I. (2002). Evolutionary psychology of facial attractiveness. <i>Current Directions in Psychological Science, 11</i>, 154-158. • Miller, L. C., Putcha-Bhagavatula, A., & Pedersen, W. C. (2002). Men’s and women’s mating preferences: Distinct evolutionary mechanisms? <i>Current Directions in Psychological Science, 11</i>, 88-93. • Elliot, A. J., & Niesta, D. (2008). Romantic red: Red enhances men's attraction to women.

	<i>Journal of Personality and Social Psychology, 95, 1150-1164.</i>
Week 06 05.04.2022	<p>Attachment Theory: Introduction</p> <ul style="list-style-type: none"> • Cassidy, J. (2008). The nature of the child's ties. In J. Cassidy & P. R. Shaver (Eds.), <i>Handbook of attachment: Theory, research, and clinical applications</i> (pp. 3-20). New York: Guilford Press. • Fraley, R. C., & Roisman, G. I. (2015). Early attachment experiences and romantic functioning: Developmental pathways, emerging issues, and future directions. In J. A. Simpson & W. S. Rholes (Eds.), <i>Attachment theory and research: New directions and emerging themes</i> (pp. 9-38). New York: Guilford. • Hofer, M. (2006). Psychobiological roots of early attachment. <i>Current Directions in Psychological Science, 15</i>, 84-88.
Week 07 12.04.2022	<p>Developmental Changes in Attachment</p> <ul style="list-style-type: none"> • Szepeswol, O., & Simpson, J. A. (2019). Attachment within life history theory: An evolutionary perspective on individual differences in attachment. <i>Current opinion in psychology, 25</i>, 65-70. • Overall, N. C., & Lemay, E. P. (2015). Attachment and Dyadic Regulation Processes. In J. A. Simpson, & W. S. Rholes (Eds.), <i>Attachment theory and research: New directions and emerging themes</i> (pp. 234-261). New York: Guilford Press • Allison K. Farrell, Theodore E. A. Waters, Ethan S. Young, Michelle M. Englund, Elizabeth E. Carlson, Glenn I. Roisman & Jeffry A. Simpson (2019) Early maternal sensitivity, attachment security in young adulthood, and cardiometabolic risk at midlife, <i>Attachment & Human Development, 21:1</i>, 70-86
Week 08 19.04.2022	<p>Close Relationships, Health, and COVID19 I</p> <ul style="list-style-type: none"> • Holt-Lunstad J. Why Social Relationships Are Important for Physical Health: A Systems Approach to Understanding and Modifying Risk and Protection. <i>Annu Rev Psychol.</i> 2018 Jan 4;69:437-458. • Pietromonaco, P. R., & Collins, N. L. (2017). Interpersonal mechanisms linking close relationships to health. <i>American Psychologist, 72</i>(6), 531. • Stadler, G., Snyder, K.A., Horn, A.B., Shrout, P.E., Bolger, N.P. (2012). Close relationships and health in daily life: A review and empirical data on intimacy and somatic symptoms. <i>Psychosomatic Medicine, 74</i>, 398-409.

<p>Week 09 26.04.2021</p>	<p>Close Relationships, Health, and COVID19 II</p> <ul style="list-style-type: none"> Holt-Lunstad, J., & Steptoe, A. (2022). Social isolation: An underappreciated determinant of physical health. <i>Current opinion in psychology</i>, 43, 232-237. Pietromonaco, P. R., & Overall, N. C. (2021). Applying relationship science to evaluate how the COVID-19 pandemic may impact couples' relationships. <i>American Psychologist</i>, 76(3), 438–450. https://doi.org/10.1037/amp0000714 Reis, H. T., Smith, S. M., Carmichael, C. L., Caprariello, P. A., Tsai, F.-F., Rodrigues, A., & Maniaci, M. R. (2010). Are you happy for me? How sharing positive events with others provides personal and interpersonal benefits. <i>Journal of Personality and Social Psychology</i>, 99(2), 311–329.
<p>Week 10 03.05.2022</p>	<p>RAMADAN BAYRAM AND SPRING BREAK</p>
<p>Week 11 10.05.2022</p>	<p>Affect and Satisfaction (Last day for proposal topic)</p> <ul style="list-style-type: none"> Berscheid, E., & Ammazalorso, H. (2001). Emotional experience in close relationships. In G. J. O Fletcher & M. S. Clark (Eds.), <i>Blackwell handbook of social psychology: Interpersonal processes</i> (pp. 308-330). Oxford: Blackwell. Bradbury, T. N., Fincham, F. D., & Beach, S. R. H. (2000). Research on the nature and determinants of marital satisfaction: A decade in review. <i>Journal of Marriage and Family</i>, 62, 964-980. Kane, H. S., Slatcher, R. B., Reynolds, B. M., Repetti, R. L., & Robles, T. F. (2014). Daily self-disclosure and sleep in couples. <i>Health Psychology</i>, 33(8), 813.
<p>Week 12 17.05.2022</p>	<p>Conflict, Jealousy and Divorce</p> <ul style="list-style-type: none"> Salvatore, J.E., Kuo, S.I., Steele, R.D., Simpson, J.A., Collins, W.A. (2011). Recovering from conflict in romantic relationships: A developmental perspective. <i>Psychological Science</i>, 22, 376-383. Scheinkman, M., & Werneck, D. (2010). Disarming jealousy in couples relationships: A multidimensional approach. <i>Family Process</i>, 49, 486-502. Gottman, J., & Levenson, R. (2000). The timing of divorce: Predicting when a couple will divorce over a 14-year period. <i>Journal of Marriage and the Family</i>, 62, 737-745. Richardson, D.S. (2014). Everyday aggression takes many forms. <i>Current Directions in Psychological Science</i>, 23, 220-224.

<p>Week 13 24.05.2022</p>	<p>Culture and personal relationships</p> <ul style="list-style-type: none"> • Sümer, N & Kağıtçıbaşı,Ç. (2010). Culturally Relevant Parenting Predictors of Attachment Security: Perspectives from Turkey. In P. Erdman & N. Kok-Mun (Eds.). <i>Attachment: Expanding the Cultural Connections</i>. Routledge Press. • Schmitt, D.P. (2010). Romantic attachment from Argentina to Zimbabwe: Patterns of adaptive variation across contexts, cultures, and local ecologies. In K. Ng & P. Erdman (Eds.), <i>Cross-cultural attachment across the life-span (pp. 211-226)</i>. New York: Routledge. • Kito, m., Yuki, m., & Thomson, R. (2017). Relational mobility and close relationships: Spcioecological approach to explain cross-cultural differences. <i>Personal Relationships</i>.
<p>Week 14 31.05.2022</p>	<p>PRESENTATION OF THE PROPOSALS I</p>
<p>Week 15 08.06.2022</p>	<p>PRESENTATION OF THE PROPOSALS I</p>

A	90-100
A-	85-89.99
B+	80-84.99
B	75-79.99
B-	70-74.99
C+	65-69.99
C	60-64.99
C-	55-59.99
D+	50-54.99
D	45-49.99
F	0-44.99