

CHAPTER 1

HUMAN INTIMACY IN THE BRAVE NEW WORLD OF FAMILY DIVERSITY

Building Successful Relationships

Qualities of Strong and Resilient Families: An Overview

Can We Study Intimacy?

Optimism versus Pessimism

Making Decisions That Lead to a Fulfilling Life

Logic and Emotion in Decision Making

Decision-Making Steps

The Gift of Choosing

Theoretical Approaches to Family Study

Methods of Study

Group versus Individual Data

Strengthening the Family

Summary

LEARNING OBJECTIVES. After study of this chapter, the student should be able to:

1. Explain how the family is affected by diversity.
2. Describe an intimate relationship.
3. Explain why intimate relationships are so important.
4. Explain why it is important to study ideal relationships.
5. Discuss the impact that modernization has had on the family.
6. Discuss the family of origin.
7. Explain why it is important to study strong families.
8. Discuss the main qualities of strong families.
9. Discuss the family science approach to family research.
10. Differentiate between the optimistic and the pessimistic view of family life.
11. Explain why humans have such a long socialization period.
12. Discuss the emotional aspects of decision-making.
13. Outline the general steps in the decision-making process.
14. Explain why the ability to choose is a gift.
15. Discuss the purpose of theoretical approaches in family sociology.
16. Explain each of the six main theoretical approaches in family sociology.

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17. Describe the methods of study for family science.
18. Discuss the two major agendas for change in the national debate about the family.
19. Outline Cox's proposal for strengthening the family.

CHAPTER LECTURE OUTLINE

I. Introduction

- A. **Diversity.** The American family is indeed diverse. Experts in the field of family study can no longer agree on a definition of “family.” Yet diversity does not imply that any relationship or every behavior is acceptable.
- B. **Differences and similarities.** Despite differences, successful human relationships are built on similarities. Emphasizing similarities helps to create a foundation of shared values.

II. Building Successful Relationships

- A. **Intimate relationships.** Intimate relationships are a means of experiencing intense intellectual, emotional, and, when appropriate, physical communion with another human being. Without intimacy, the human part of the “human being” would disappear. Intimate relationships are important to social, physical, and emotional survival. Although many critics would like relationships to remain unchanged, modern relationships have adapted to the changing world and will continue to change steadily.
- B. **Ideal relationships.** Without a vision of what could be, there would be little if any change. Visualizing the ideal relationship helps develop goals or directions for life and motivates us.
- C. **The intimate relationship and decision-making.** A flourishing intimate relationship is built upon a foundation of ongoing successful choices. No relationship is stagnant and decisions must be made for improvement. Although families have many support networks available and government programs offer help, the major responsibility for the creation of strong, stable, satisfying intimate relationships remains with the individual.

III. Qualities of Strong and Resilient Families: An Overview

- A. **Family strengths model.** In the past, research has focused on what is wrong with families and little has been written about what is right in the successful family. We learn most effectively by examining how to do something correctly and by studying a positive model. Focusing on what is alike about all families rather than what is different, will be more rewarding in the long term. “Family Wellness” is used to describe the strong family that is functioning successfully. Healthy families produce healthy individuals who in turn help maintain healthy community environments. Strong families are optimistic and take the initiative to fight their problems, feeling they can solve them and control their lives.
- B. **The qualities of strong families.** Research suggests there are eight major qualities shared by strong, healthy families.
 1. **Commitment.** The family members are deeply committed to promoting each other’s happiness and welfare. They are also committed to the family group and invest much of their time and energy in the family.
 2. **Appreciation.** The family members appreciate one another and make each other feel good about themselves. Members find good qualities in one another and can express appreciation for them.
 3. **Good communication.** Members of strong families spend time talking to each other. They are good listeners, fight fairly, and share their feelings about alternative ways of dealing with problems and can select solutions that are best for everybody. Both appreciation and good communication require family members to be empathetic and trustworthy.
 4. **Desire to spend time together.** Strong families genuinely enjoy being together. These families actively structure their lifestyles so that they can spend time together, especially activities such as family rituals and routines.

5. Strong value system. The underlying factor that adds strength to a family is a strongly held and mutually shared value system. Research has found that this quality is most often expressed as a high degree of religious orientation. However, strong values can also be demonstrated in many ways such as through community involvement, education, and work.

6. Ability to deal with crisis and stress in a positive manner. Strong families have the ability to deal with crises and problems in a positive way. Such families are resilient and can bounce back from adversity. They come to rely on each other and unite during the crisis instead of being fragmented by it.

7. Resilience. Resilience is an active process of endurance, self-righting, and growth in response to challenge and crisis. Resilience enables people to heal from painful wounds and take charge of their lives.

8. Self-efficacy. Self-efficacy enhances human accomplishment and personal well being. Family members approach difficult tasks as challenges to be mastered rather than threats to be avoided.

IV. Can We Study Intimacy?

- A. Intimacy is found in marriage and family relationships.** We usually find intimacy within marriage but to study the family is also to study intimacy. The study of family cuts across numerous disciplines, including psychology, sociology, and anthropology. The term family science is used to more clearly identify the study of marriage and family.
- B. Optimism vs. pessimism.** Some feel that families today are in deep trouble because they are different from their own family of origin. Pessimists point to the high divorce rate, increasing number of children born out of wedlock, and mothers entering the workforce as signs of family decline. Optimists feel the wide variety of acceptable relationships available allow people to create a family that is best for themselves. People who know the scientific facts as well as their personal feelings about marriage and family are in a better position to understand themselves and build successful and satisfying intimate relationships.

V. Making Decisions that Lead to a Fulfilling Life.

- A. Socialization and decision-making.** Humans learn the patterns of their culture and develop a value system as they grow into adulthood. These qualities and behaviors are learned through socialization in the family. A child can be socialized in both negative and positive ways. If a child is socialized in negative ways, antisocial behavior can result as well as negative self-feelings. A child needs loving attention to develop a positive self-image, which helps the decision-making process.
- B. Logic and emotions in decision-making.** Some decisions are made unconsciously (without knowing or without awareness) while other decisions are made consciously (being aware and knowing). Decisions made by doing nothing at all can have just as much impact as those made by deliberate effort. Decision-making requires emotions as well as intellect. A successful decision is one that strikes a balance between both the rational and emotional aspects of a given situation.
- C. Decision making steps.** There are six important steps in the decision making process.
 - 1. Define what you need or want.** The first step is to determine what you need or want. Indecision may occur due to fear of assuming responsibility for making the decision. Consideration must be given to the short-term and the long-term consequences of the decision.
 - 2. Look carefully at your resources.** Next you must evaluate your resources. One important way of discovering your resources is by seeking the advice of knowledgeable people that you respect. Poor decisions result in not taking time to judge what your resources are or when pressured by others.
 - 3. Gather information on all your choices.** Without correct and sufficient information, making a good decision is impossible. Sort out only the most relevant information, as too much information can contribute to indecisiveness. Using common sense and intuition can be powerful decision-making tools when based on relevant information. Intuition is the immediate understanding of something without conscious reasoning or thinking about it. Common sense is practical intelligence or ordinary good sense. Care should be taken in using words that have multiple or emotional meanings.
 - 4. Identify, evaluate, and compare choices.** Many times people feel that they have little or no freedom to make decisions or determine their own lives. The feeling of being trapped and without

choice often indicates a lack of understanding of the possible alternatives. It takes time to identify and evaluate choices.

5. Make your decision, develop a plan, and get started. By basing a decision on relevant information and comparing the choices, a person can avoid making a “snap” decision. Once you have made your decision, it is important to plan how to put it into effect and get started.

6. Evaluate your decision and readjust it if necessary staying flexible. You need to remain flexible and open in making decisions. Rigid attitudes and set opinions may cause a person to overlook facts and information highly relevant to the decision. Be aware that as circumstances change, decisions that were correct at first can become incorrect. Although we cannot always be assured of making perfect decisions, to let others make all of our decisions or to avoid the responsibility of choices is to give away the “human” aspect of being a human being.

- D. The gift of choosing.** Even with guidelines, making perfect decisions cannot be assured. Because we are humans, we have the ability to learn and choose much of our behavior. To give that up would be to make choices by default or “simply letting things take their course.”

VI. Theoretical Approaches to Family Study

- A. Purpose of theory.** Theory is used to examine the family from many different points of view. Research is always based on some theoretical foundation. The purpose of theory is to serve as a guide for further research, to generalize and summarize our knowledge, and to predict.
- B. Categories of theory.** Theories can be categorized by level, time and sources of change. Level describes whether the theory is based on the individual, the family, or the institution. Theory categorized by time can be placed on a continuum between static and dynamic. Theories may also be examined to see if family change came from within or from outside sources.
- C. Views of theory.** The realistic view of theory claims that there are real things existing outside of human consciousness such as institutions that dictate family behavior. The idealistic view suggests that it is the individual’s and family’s reactions to outside forces that are crucial to understanding behavior.
- D. Family science based theories.** Although no one theory can completely explain the family, there are numerous theories on which family science is based.
- 1. Exchange theory.** The exchange theory focuses on the individual level where change results from within the family based on individual choices. The exchange theory is derived from the study of economics. People try to maximize their rewards and minimize their costs.
- 2. Symbolic interaction theory.** This theory tends to see the relationships between people as the ultimate determinate of behavior. This viewpoint examines the personal interactions in terms of meanings and symbols. It is within this interaction that a person develops both a self-concept and an identity.
- 3. Family development theory.** This theory focuses on the family rather than the individual. It assumes that individuals, relationships, and family roles all change over time as a result of changes both within and outside of the family. Time is an important marker for this theory.
- 4. Systems theory.** The systems theory focuses on interconnectedness. The idea is that if one piece of the family changes then the rest of the family will change. This theory recognizes the dynamic nature of the family.
- 5. Conflict theory.** This theory finds that the normal state of the family is one of conflict and change rather than harmony and status quo. Within the family, the partner that holds the most power tends to dominate most conflicts.
- 6. Ecological theory.** The ecological theory is relatively new to modern sociology and psychology and places emphasis on adaption and considers pressures from within and without the family. Although the family is where human development takes place, they also come into contact with outside influences that pressure the family.

VII. Methods of Study

- A. The experiment.** The experimental method is the basic tool of all sciences. It is made up of an independent variable, a dependent variable, and controls. When the experimental method is applied to

- humans, problems arise such as generalization from animals to humans, awareness that gets in the way of the experiment, and the complexity of the human being.
- B. The survey.** The survey method compliments the experimental method by making available certain areas of behavior not available by experiment. Using the survey, data can be collected after the fact. Validity of the answers, unclear or misleading questions, and obtaining a representative and proportional sample are problems for the survey method.
 - C. The clinical method.** The purpose of the clinical or applied fields of family science is to help solve practical problems of human behavior for individuals and families. The advantage of the clinical method is its usefulness in producing ideas and theories about human behavior and gathering new data. However, the sample of clients is negatively biased making it difficult to generalize to the larger population.
 - D. Natural or field observation.** Because the laboratory setting influences behavior, the success of natural observation is to keep observation unobtrusive. Observers must be trained to be objective and accurate and finding what it is you want to observe at the time you want to observe it. People are often confused by what appears to be an inconsistency between research data and their own individual experiences.

VIII. Strengthening the Family

- A. Two national agendas for change.** Among the agendas for change that have been put forth, two extremes stand out as particularly prominent in the national debate about the decline of the family. The first is a return to the structure of the traditional nuclear family characteristic of the 1950s. This alternative has major drawbacks including women leaving the workforce. The second major proposal for change is the development of extensive government programs offering monetary support and social services for all types of families. This is the path followed by the European welfare states. Many European nations have been more successful than the United States in minimizing the negative economic impact on family decline. A major drawback to this proposal is the idea that we should strengthen the family, not replace it. Americans have mixed feelings about the government formally declaring an interest in their families.
- B. A third alternative for change.** The author suggests a plan to reinvigorate the cultural ideals of the family, parents, and children within the changed circumstances of our time. He suggests that what is needed is a new social movement whose purpose is the promotion of families and their values as a part of the larger community. This movement should point out the importance of strong families in society, while suggesting ways the family can adapt to the modern conditions.

VIX. Summary

KEY TERMS AND CONCEPTS

intimate	unconscious decisions	Self-concept
family of origin	conscious decisions	Identity
family wellness	intuition	Family Development theory
empathy	common sense	Systems theory
spiritual wellness	connotative meaning	Conflict theory
resilience	snap decision	Ecological theory
self-efficacy	default	Experiment
family science	Exchange theory	Survey
decision making process	Symbolic- interaction theory	Clinical Method
		Natural or Field Observation

CLASS PROJECTS/LECTURE IDEAS

1. Have students write an essay identifying the strengths of their families. Compare to the strengths identified by researchers.

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2. Have students collect family photographs or make videotapes of their families. Ask them to evaluate these visual materials to see if they project any family strengths.
3. Invite local politicians (e. g., democrat, republican, libertarian) to discuss their ideas for strengthening families.
4. Have students interview an elderly family member about the “good old days.” Discuss the positive and negative features as it relates to the family from their point of view.
5. Have students list their ten most important values. Ask them to obtain a parallel list from their parents or siblings. Have them write an essay that centers on the conflicting values identified by the two lists.
6. Present a lecture on current information about families such as R. M. Milardo (Ed.) (2001) Understanding Families Into the New Millennium: A Decade in Review. Minneapolis: National Council on Family Relations.
7. Create a student debate to discuss the opposing issues raised by the pessimistic and optimistic views of family change.
8. Have students individually or in a group investigate a particular family theory more in-depth using resources such as B. B. Ingoldsby, S. R. Smith, & J. E. Miller (2004). Exploring Family Theories. Los Angeles: Roxbury Publishing.
9. Have students present oral reports on family reform in European Welfare states.
10. Have students review current journal articles about the family to identify the method of research used to collect the data. Have a discussion about why particular methods are chosen over other methods.

INTERNET/INFOTRAC ACTIVITIES

1. Have students use the Internet to search for websites that give suggestions for strengthening the family. Examples of such websites are <http://www.familytrack.com>; <http://www.marriagetools.com>; <http://www.fatherhood.org>
2. Have students use the Internet to search for current statistics on the state of the American family. Examples of such websites are <http://www.census.gov>; <http://www.cdc.gov/nchs/fastats/marriage.htm>; <http://newfederalism.urban.org/nsaf/forward99.html>
3. Ask students to search InfoTrac for an example of a family theory used as the basis for research. Discuss the theories used in class. Key words might include: exchange theory, symbolic interaction theory, family development theory, systems theory, conflict theory, ecological theory.
4. Have students use InfoTrac to examine the issues that surround the national debate about the decline of the family and the governmental policies that have been proposed to help families. Discuss the various arguments presented. Key words might include: decline of the family, family values, family policy.

ESSAY - DISCUSSION QUESTIONS

1. How is the family affected by diversity?
2. What is an intimate relationship? Why is it important to study intimate relationships? Why is it important to study ideal relationships?
3. What is the main argument of the critics who want to return to the “good old days?”

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4. What is the family of origin? How has your own family of origin influenced your concept of family?
5. Why do we know so little about strong families? Why do we need to do more research on these kinship units?
6. What are the main qualities of strong families? What is the advantage of living in a strong family?
7. What is the optimistic view of family change? How does it differ from the pessimistic view?
8. What is the relationship between socialization and decision-making?
9. What does Cox mean when he says that skillful decision-making includes emotions and intellect?
10. What are the general steps in the decision-making process? What tasks must be accomplished in each step?
11. Why does Cox use the term “family science” to describe marriage and family research?
12. How do sociologists categorize theories? What do these categories mean?
13. What are the main theoretical approaches in family science? How do these approaches differ from one another?
14. What are the methods of study used to examine families? What are the advantages and disadvantages of each method?
15. What does Cox think we should do to strengthen the family? Do you agree with his position? Why, or why not?
16. What agendas for change emerged from the national debate about family change? How does the author of your text feel about these proposals?

MULTIPLE-CHOICE QUESTIONS

1. Society can create a foundation of shared values necessary to survive and remain vital by
 - A. resolving conflict.
 - B. emphasizing similarities.
 - C. emphasizing differences.
 - D. embracing change.ANS: B
PG: 2
LEV: 1
2. _____ relationships are characterized by intense intellectual, emotional, and when appropriate, physical communion.
 - A. Satisfactory
 - B. Intimate
 - C. Consummate
 - D. ConnectedANS: B
PG: 3
LEV: 1

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3. Cox suggests that intimacy allows us to
- A. process complex information.
 - B. be human.
 - C. function like automatons.
 - D. control others.
- ANS: B
PG: 3
LEV: 1
4. Modern marriages and families have
- A. undergone dramatic changes and are still evolving.
 - B. stopped changing and have remained constant over the past few years.
 - C. experienced dramatic change and continue to change at a rapid rate.
 - D. have remained unchanged over time.
- ANS: A
PG: 3
LEV: 1
5. Critics who long for the “good old days” attribute current family problems to
- A. individualism.
 - B. poor socialization.
 - C. gender inequality.
 - D. modernization.
- ANS: D
PG: 3
LEV: 1
6. In the past, there were no societal problems of the aged because
- A. the elderly controlled all the wealth.
 - B. there were more laws to protect old people.
 - C. most people died before they got old.
 - D. schools taught young people to respect the elderly.
- ANS: C
PG: 3
LEV: 1
7. In the past, adolescence wasn't a difficult stage in the life cycle because
- A. there was less peer pressure.
 - B. it didn't exist.
 - C. children were the center of family life.
 - D. young people were more obedient.
- ANS: B
PG: 4
LEV: 1
8. The dismay at the current state of the family and the desire to return to the “good old days” has created
- A. a host of alternative family forms.
 - B. a new wave of liberalism.
 - C. the myth of family decline.
 - D. more opportunities for working women.
- ANS: C
PG: 4
LEV: 1

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9. Cox believes that it is important to discuss ideals because they give us
- A. the capacity to be compassionate.
 - B. direction in life.
 - C. important information about other people.
 - D. a sense of immortality.
- ANS: B
PG: 4
LEV: 1
10. The family that we are born into is called the
- A. ideal family.
 - B. functional family.
 - C. family of origin.
 - D. extended family.
- ANS: C
PG: 4
LEV: 1
11. Cox assigns the major responsibility of creating intimate relationships to
- A. religious practitioners.
 - B. the individual.
 - C. stable extended families.
 - D. intense social networks.
- ANS: B
PG: 5
LEV: 1
12. Discovering the strengths of enduring intimate relationships may enable us to
- A. understand the causes of jealousy.
 - B. build a successful marriage and fulfilling family life.
 - C. predict divorce rates.
 - D. make choices by default.
- ANS: B
PG: 6
LEV: 1
13. Vera and Mace coined the phrase “family wellness” to describe
- A. the love and affection that families provide during an illness.
 - B. a strong family that is functioning successfully.
 - C. intellectual, emotional, and physical communion.
 - D. medical plans which are designed for couples with children.
- ANS: B
PG: 6
LEV: 1
14. Vera and David Mace believe that the quality of life in our communities is determined, in part, by
- A. objective conditions like crime and poverty.
 - B. a common set of moral and ethical factors.
 - C. subjective factors like people's perceptions of local community issues.
 - D. the quality of relationships in the families that make up the communities.
- ANS: D
PG: 6
LEV: 1

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15. Strong families take the initiative to fight their problems and are
- A. optimistic.
 - B. pessimistic.
 - C. egocentric.
 - D. self-defeating.
- ANS: A
PG: 7
LEV: 1
16. Strong families tend to exhibit all of the following qualities **EXCEPT**
- A. high incomes.
 - B. commitment.
 - C. good communication patterns.
 - D. appreciation.
- ANS: A
PG: 7
LEV: 1
17. Strong families are committed to
- A. material success.
 - B. promoting each other's happiness and welfare.
 - C. traditional gender roles.
 - D. the principle of individualism.
- ANS: B
PG: 7
LEV: 1
18. Investing time and energy into your family is an example of the family strength of
- A. appreciation.
 - B. resilience.
 - C. good communication patterns.
 - D. commitment.
- ANS: D
PG: 7
LEV: 2
19. _____ prevents individualism from turning into egocentrism.
- A. Appreciation
 - B. Good communication
 - C. Commitment
 - D. Spending time together
- ANS: C
PG: 7
LEV: 2
20. A family relationship that includes mutual affection and respect illustrates the quality of
- A. appreciation.
 - B. commitment.
 - C. empathy.
 - D. resilience.
- ANS: B
PG: 7
LEV: 1

21. Families that communicate well tend to
A. promote egocentrism.
B. fight fairly.
C. communicate indirectly.
D. enjoy passive activities.
ANS: B
PG: 8
LEV: 1
22. A family strength where members continue to share rituals such as eating special foods during holidays is
A. the desire to spend time together.
B. commitment.
C. a strong value system.
D. self-efficacy.
ANS: A
PG: 8
LEV: 2
23. Stinnett and DeFrain found that a strong value system is most often expressed as
A. an unorthodox way of dealing with problems.
B. an extraordinary commitment to open communication.
C. a high degree of religious orientation.
D. a desire to spend time together.
ANS: C
PG: 8
LEV: 1
24. Families who share a strong value system tend to experience
A. a “smothering” togetherness.
B. a sense of “wellness” that overpowers the individual.
C. shorter socialization periods.
D. spiritual wellness.
ANS: D
PG: 8
LEV: 1
25. Strong values can be demonstrated through all of the following activities **EXCEPT**
A. community involvement.
B. education.
C. last-minute decision-making.
D. work.
ANS: C
PG: 8
LEV: 1
26. The family strength that allow families to rebound from adversity is
A. good communication patterns.
B. appreciation.
C. commitment.
D. resilience.
ANS: D
PG: 9
LEV: 1

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27. When confronted by a crisis, strong families tend to
- A. retreat.
 - B. expand.
 - C. unite.
 - D. shrink.
- ANS: C
PG: 9
LEV: 1
28. Family members who see difficulties as challenges exhibit the family strength called
- A. self-efficacy.
 - B. commitment.
 - C. a strong value system.
 - D. resilience.
- ANS: A
PG: 9
LEV: 2
29. The United Nations has proclaimed The International Year of the Family every ten years based on the idea that
- A. families are the foundation for the well-being of individuals, societies, and nations.
 - B. families all over the world need help from the United Nations.
 - C. every ten years a famine occurs.
 - D. families rights have been violated.
- ANS: A
PG: 10
LEV: 1
30. Family science is
- A. a decision making process.
 - B. interdisciplinary.
 - C. highly subjective.
 - D. a branch of medicine.
- ANS: B
PG: 11
LEV: 1
31. About _____ percent of Americans will marry and establish a family at some point in their lives.
- A. ninety
 - B. seventy-five
 - C. sixty
 - D. forty-two
- ANS: A
PG: 11
LEV: 1
32. There is little agreement about how families are changing and what the changes mean because
- A. the birthrate in the United States is increasing.
 - B. the personal experience each person may not describe the conditions of all families.
 - C. researchers disagree on the method of research needed.
 - D. most professionals do not see the family as making any changes.
- ANS: B
PG: 11
LEV: 2

33. Pessimists believe that America's high divorce rate is
A. a sign of family decline.
B. part of our frontier tradition.
C. a manifestation of sound decision making.
D. an important measure of women's liberation.
ANS: A
PG: 11
LEV: 1
34. Optimists tend to believe that divorce is
A. immoral.
B. symbolic.
C. normal.
D. intuitive.
ANS: C
PG: 12
LEV: 1
35. The process that enables us to develop a value system to guide our decisions is called
A. discovery.
B. symbolic-interaction.
C. socialization.
D. regeneration.
ANS: C
PG: 12
LEV: 1
36. Lack of confidence and negative self-image may result from growing up in a/an
A. strong family.
B. highly emotional family.
C. optimistic family.
D. highly critical family.
ANS: D
PG: 13
LEV: 1
37. Cox believes that decision making requires logic and
A. luck.
B. idealism.
C. emotion.
D. egocentrism.
ANS: C
PG: 13
LEV: 1
38. A successful decision is one that strikes a balance between
A. needs and long-term resources.
B. personal intelligence and alternative outcomes.
C. the rational and emotional aspects of a situation.
D. intuition and unconscious thought patterns.
ANS: C
PG: 14
LEV: 1

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39. The first step in the decision making process is
- A. comparing your choices.
 - B. defining what you need or want.
 - C. examining your resources.
 - D. developing a plan.
- ANS: B
PG: 14
LEV: 1
40. The decision making process includes all of the following steps **EXCEPT**
- A. looking carefully at your resources.
 - B. identifying choices.
 - C. evaluating decisions.
 - D. building commitment.
- ANS: D
PG: 14
LEV: 1
41. The second step in the decision making process is to
- A. gather information on your choices.
 - B. look carefully at your resources.
 - C. compare your choices.
 - E. define what you need.
- ANS: B
PG: 14
LEV: 1
42. The third step in the decision making process is to
- A. make your decision.
 - B. define your needs.
 - C. gather information on your choices.
 - D. develop a plan.
- ANS: C
PG: 14
LEV: 1
43. In the decision making process, seeking the advice of knowledgeable people is an important way of
- A. discovering your resources.
 - B. defining your wants and needs.
 - C. evaluating your decisions.
 - D. comparing your choices.
- ANS: A
PG: 15
LEV: 1
44. In the decision making process, too much information can contribute to
- A. unconscious decision-making.
 - B. indecisiveness.
 - C. short-term thinking.
 - D. idealism.
- ANS: B
PG: 15
LEV: 1

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45. Sorting out relevant influences involves finding influences that are
- A. based on intuition.
 - B. important to your decision.
 - C. characterized by connotative meaning.
 - D. devoid of long-term consequences.
- ANS: B
PG: 15
LEV: 1
46. The immediate understanding of something without thinking about it is called
- A. sorting.
 - B. choosing.
 - C. rationality.
 - D. intuition.
- ANS: D
PG: 15
LEV: 1
47. Practical intelligence is called
- A. common sense.
 - B. unconscious awareness.
 - C. optimism.
 - D. long-term thinking.
- ANS: A
PG: 15
LEV: 1
48. The connotative meaning of a word conveys
- A. unimportant information.
 - B. alternative choices.
 - C. emotional content.
 - D. cultural expectations.
- ANS: C
PG: 15
LEV: 1
49. A person identifies, evaluates, and compares his or her choice during the _____ step of the decision making process.
- A. first
 - B. second
 - C. third
 - D. fourth
- ANS: D
PG: 16
LEV: 1
50. During the fifth step in the decision making process, an individual is should
- A. evaluate his/her decision.
 - B. compare his/her choices.
 - C. make a decision.
 - D. examine the available resources.
- ANS: C
PG: 16
LEV: 1

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51. A snap decision is a quick decision that is made without
- A. connotative meanings.
 - B. considering all of the choices.
 - C. evaluating the degree of short-term pleasure.
 - D. a subjective foundation.
- ANS: B
PG: 16
LEV: 1
52. The last step in the decision making process is
- A. dealing with the crisis.
 - B. evaluating the decision.
 - C. making the decision.
 - D. looking carefully at your resources.
- ANS: B
PG: 16
LEV: 1
53. People who make choices by default tend to
- A. predict long-term outcomes.
 - B. operate in an emotionally charged environment.
 - C. misinterpret intuitive messages.
 - D. let things take their course.
- ANS: D
PG: 17
LEV: 2
54. Family science is
- A. subjective.
 - B. eclectic.
 - C. deterministic.
 - D. traditional.
- ANS: B
PG: 17
LEV: 1
55. A sociologist who is interested in determining the level of a particular family theory would consider all of the following **EXCEPT**
- A. family organization.
 - B. the concept of time.
 - C. family relationships.
 - D. the institutions surrounding the family.
- ANS: B
PG: 18
LEV: 1
56. Sociologists categorize theories by focusing on all of the following factors **EXCEPT**
- A. connotative meanings.
 - B. level.
 - C. time.
 - D. sources of change.
- ANS: A
PG: 18
LEV: 1

Human Intimacy in the Brave New World of Family Diversity

57. David Klein and James White use the term “time” to underscore the fact that family theories can be
- A. shaped by larger historical trends and events.
 - B. divided into old and new theories.
 - C. judged by the longevity of their influence.
 - D. placed on a continuum between static and dynamic.
- ANS: D
PG: 18
LEV: 2
58. When Klein and White compared theories by sources of change, they wanted to know if the sources were
- A. idealistic or realistic.
 - B. social or biological.
 - C. within the family or external to the family.
 - D. measured objectively or subjectively.
- ANS: C
PG: 18
LEV: 2
59. A realistic view claims that
- A. human behavior is subject to the laws of science.
 - B. reality is grounded in a person's attitudes and beliefs.
 - C. there are real things existing outside of human consciousness.
 - D. the concept of time is based on human emotions.
- ANS: C
PG: 18
LEV: 1
60. The idealistic view suggests that the key to understanding human behavior is to focus on the individual's reaction to
- A. biological drives.
 - B. outside forces.
 - C. emotional demands.
 - D. intuitive thoughts.
- ANS: B
PG: 18
LEV: 1
61. The Exchange theory focuses on the _____ level.
- A. individual
 - B. societal
 - C. institutional
 - D. structural
- ANS: A
PG: 18
LEV: 1
62. The Exchange theory is derived from the study of
- A. power relationships.
 - B. adaptation.
 - C. social interaction.
 - D. economics.
- ANS: D
PG: 18
LEV: 1

Chapter 1

63. The _____ theory tends to see the relationship between people as the ultimate determinant of behavior.
- A. Exchange
 - B. Systems
 - C. Family development
 - D. Symbolic-interaction
- ANS: D
PG: 19
LEV: 1
64. Time is an important component of
- A. Conflict theory.
 - B. Family Development theory.
 - C. Ecological theory.
 - D. Symbolic-interaction theory.
- ANS: B
PG: 19
LEV: 1
65. Systems theory focuses on
- A. individual choice.
 - B. evolution.
 - C. interconnectedness.
 - D. personal interactions.
- ANS: C
PG: 19
LEV: 1
66. The theory that emphasizes the dynamic nature of the family is the
- A. Systems theory
 - B. Exchange theory
 - C. Conflict theory
 - D. Symbolic-interaction theory
- ANS: A
PG: 20
LEV: 1
67. Using the ideas of the Systems Theory, the goal of family therapy is
- A. change for the whole family, not just the individual.
 - B. realizing that the normal state of the family is conflict.
 - C. accounting for outside influences.
 - D. to equalize power.
- ANS: A
PG: 20
LEV: 2
68. The ongoing debate over abortion is best viewed from the _____ perspective.
- A. Symbolic-interaction
 - B. Exchange
 - C. Family Development
 - D. Conflict
- ANS: D
PG: 20
LEV: 1

69. Conflict theorists tend to focus on
A. stability.
B. inequality.
C. values.
D. emotions.
ANS: B
PG: 20
LEV: 2
70. The theory that has shown the most interest in the civil rights movements is the
A. Symbolic-interaction theory
B. Ecological theory
C. Conflict theory
D. Systems theory
ANS: C
PG: 20
LEV: 3
71. The Ecological theory places emphasis on
A. family roles.
B. adaptation.
C. the status quo.
D. idealism.
ANS: B
PG: 20
LEV: 2
72. The Ecological theory focuses on the interplay between the individual and
A. the environment.
B. his conscience.
C. the concept of time.
D. subconscious processes.
ANS: A
PG: 20
LEV: 1
73. The experiment is made up of all **EXCEPT**
A. an independent variable.
B. a dependent variable.
C. a data set.
D. controls.
ANS: C
PG: 21
LEV: 1
74. Researchers can gather data from a sample population after the fact by
A. asking questions on a survey.
B. setting up a control group.
C. creating an experiment.
D. observing behavior.
ANS: A
PG: 22
LEV: 1

Chapter 1

75. Cox argues that European welfare states have established policies making it easier for women to
- A. sue for sexual harassment.
 - B. become “deliberated.”
 - C. receive alimony payments.
 - D. combine work with children.
- ANS: D
PG: 25
LEV: 1
76. Cox warns that the policies of many European welfare states are
- A. making it more difficult for women to obtain an abortion.
 - B. creating a dangerous environment for the elderly.
 - C. causing the breakup of the family unit.
 - D. compromising the integrity of child labor laws.
- ANS: C
PG: 25
LEV: 1
77. Americans have mixed feelings about the role of government in their family life and fear
- A. a replacement of the family as an institution.
 - B. support for unmarried parents.
 - C. the consequences of family decline.
 - D. policies that lead to government interference.
- ANS: D
PG: 26
LEV: 1
78. Cox believes that the best way to strengthen the family is to
- A. reinvigorate the cultural ideals of family, parents and children.
 - B. introduce welfare policies that soften the economic burden of families.
 - C. replicate the traditional family practices of the 1950s.
 - D. reduce the size of the extended family.
- ANS: A
PG: 26
LEV: 1
79. The author of your textbook believes that the family endures because it is
- A. based on biological needs.
 - B. a flexible institution.
 - C. supported by religion.
 - D. protected by welfare policies.
- ANS: B
PG: 26
LEV: 2
80. Despite the many criticisms, the family remains
- A. the basic unit of society.
 - B. in decline.
 - C. traditional.
 - D. pessimistic.
- ANS: A
PG: 26
LEV: 1

TRUE-FALSE QUESTIONS

1. Experts agree on a definition of family
ANS: False
PG: 2
LEV: 1
2. Despite our differences, successful human relationships are built on similarities.
ANS: True
PG: 2
LEV: 1
3. Unhappy, conflict-ridden marriages do not last a lifetime.
ANS: False
PG: 2
LEV: 1
4. Your family of origin is the one in which you were born and grew up
ANS: True
PG: 4
LEV: 1
5. Despite a growing interest in building family strengths, the major responsibility for creating a strong relationship remains with the individual.
ANS: True
PG: 5
LEV: 1
6. Little has been written about what is right in successful families.
ANS: True
PG: 6
LEV: 1
7. The basic thrust of your textbook is to encourage the return to family values.
ANS: False
PG: 6
LEV: 1
8. Empathy is a desire to spend time together.
ANS: False
PG: 8
LEV: 1
9. Religion has a monopoly on spirituality.
ANS: False
PG: 9
LEV: 1
10. Only about 50% of people will marry and establish a family at some time in their lives.
ANS: False
PG: 11
LEV: 1

Chapter 1

11. Optimists feel that the wide variety of acceptable relationships now available to Americans allows people to create the family that is best for them.
ANS: True
PG: 12
LEV: 1
12. Human beings have the shortest dependency period of any mammal.
ANS: False
PG: 12
LEV: 1
13. Conscious decisions are made without knowing or without awareness.
ANS: False
PG: 13
LEV: 1
14. Some decisions are made by doing nothing at all.
ANS: True
PG: 13
LEV: 1
15. Many societies have formal procedures for teaching decision-making skills.
ANS: False
PG: 13
LEV: 1
16. In India, some families employ marriage brokers to find a proper mate for their son or daughter.
ANS: True
PG: 14
LEV: 1
17. The first step in the decision-making process is to evaluate your resources.
ANS: False
PG: 14
LEV: 1
18. There is usually a perfectly logical basis for making an intuitive or common sense decision.
ANS: True
PG: 15
LEV: 1
19. Quick decisions are always bad decisions.
ANS: False
PG: 16
LEV: 1
20. We have the ability to learn and choose much of our behavior.
ANS: True
PG: 17
LEV: 1

21. A theory must always be factually correct in order to make successful predictions.
ANS: False
PG: 17
LEV: 1
22. Exchange theory examines personal interactions in terms of meanings and symbols.
ANS: False
PG: 18
LEV: 1
23. Systems theory stresses the importance of subjective awareness.
ANS: False
PG: 19
LEV: 1
24. Problems arise when the experimental method is applied to humans.
ANS: True
PG: 22
LEV: 1
25. The family endures because it is a flexible institution with great resilience.
ANS: True
PG: 26
LEV: 1

SHORT ANSWER QUESTIONS

1. Why is it important to focus on the similarities and lay aside the differences when discussing successful human relationships?
ANS: Emphasizing similarities helps to create a foundation of shared values.
PG: 2
LEV: 1
2. How can any type of family be successful?
ANS: Any family that understands the characteristics that make intimate relationships grow and flourish; by making good decisions.
PG: 5
LEV: 1
3. Research has found that strong families are optimistic. Develop a profile of how a strong family views life.
ANS: They take initiative to solve their own problems; have control of their own lives; do not just react, but make things happen; exercise the ability to make life more enjoyable.
PG: 7
LEV: 3
4. Differentiate between the optimists' and pessimists' views of the family.
ANS: Optimists feel a wide variety of relationships allow people to create a family that is best for themselves and see divorce as normal; Pessimists see the high divorce rate, children born out of wedlock, and devaluation of children because mothers are working as signs of family decline.
PG: 11
LEV: 3

Chapter 1

5. How do different connotative meanings affect decisions?
ANS: Different words have different meanings to people. When making decisions that affect others, the different meanings of words may cause confusion and differing expectations about the decision.
PG: 15
LEV: 1
6. What are the purposes of theory?
ANS: Serves as a guide for further research; serves to generalize and summarize knowledge; serves to predict
PG: 17
LEV: 1
7. What is the difference between the realistic view and the idealistic view of the family as it relates to family theory?
ANS: The realistic view claims that outside forces or institutions determine family behavior; the idealistic view suggests that the family's reactions to outside forces determine behavior.
PG: 18
LEV: 3
8. A family who attends weekly group counseling sessions with an alcoholic family member emphasizes what family theory?
ANS: Systems theory.
PG: 19
LEV: 2
9. What are the problems associated with using humans for experimental methods of research?
ANS: Humans are not always available for experimental purposes; their awareness gets in the way of the experiment; the complexity of human beings in which many factors must be controlled.
PG: 22
LEV: 1
10. Why do Americans have mixed feelings about government involvement with families?
ANS: While help for families is needed, some fear government interference and effects of government policies will harm the family.
PG: 26
LEV: 2