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Choices in RELATIONSHIPS

14th Edition

14th Edition

Choices in RELATIONSHIPS

David Knox • Caroline Schacht • I. Joyce Chang

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Choices in Relationships

Fourteenth Edition

To the people of Ukraine.

—David Knox and Caroline Schacht

To people who make the world a better place.

—I. Joyce Chang

Choices in Relationships

Fourteenth Edition

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Cultural Diversity: Teenagers in France, Germany, and the Netherlands
Technology and Family Spotlight: Fertility Enhancement

CHAPTER 12

Focus on Research: Student Perception of Their Parents and Parenting
Cultural Diversity: Canadian and American Fathers Compared

Family Policy: Childhood Vaccinations: Public Policy and Parental Rights
Technology and Family Spotlight: Toddlers and Media Consumption
Cultural Diversity: France and Smartphones in the Classroom
Personal Choices: Should Parents Use Corporal Punishment?
Self-Assessment: Spanking Versus Time-Out Scale

CHAPTER 13

Self-Assessment: Job Satisfaction Scale
Personal Choices: Work or Relationships?
Family Policy: Government and Corporate Work–Family Programs
Cultural Diversity: Women and "Family Rush Hour"
Technology and Family Spotlight: Telework
Cultural Diversity: Gender and Leisure Quality
Focus on Research: Anger Over Romantic Partner's Video Game Playing

CHAPTER 14

Focus on Research: "Crazy in Love": Mental Health and Romantic Relationships Among College Students
Technology and Family Spotlight: An App for Whatever You Need
Self-Assessment: Attitudes Toward Infidelity Scale
Cultural Diversity
Personal Choices: Deciding to Stay Together After Infidelity
Family Policy: Alcohol Abuse on Campus

CHAPTER 15

Cultural Diversity: Divorce in Other Countries
Cultural Diversity: Divorce in India
Personal Choices: To Continue or End a Long-Term Relationship?
Family Policy: Child Support and Societal/Family Reentry After Incarceration
Focus on Research: Divorce and Family Estrangement
Self-Assessment: Acrimony Scale (Short Version)
Technology and the Family Spotlight: Virtual Visitation Following Divorce

CHAPTER 16

Self-Assessment: Attitudes Toward Taking Care of Older Parents Scale
Personal Choices: Making Decisions About Long-term Care for an Aging Parent
Family Policy: Physician-Assisted Suicide in the United States
Cultural Diversity: Treatment of the Elderly
Technology and Family Spotlight: Aging
Focus on Research: Views of Successful Aging Among Adults Age 75+

PREFACE

This 14th edition, with over 1,000 new citations, reflects the **DEI** cultural imperative that courses in marriage and the family promote **d**iversity, **e**quity, and **i**nclusion. The National Council on Family Relations defines diversity as "acknowledging that all groups do not live in the world in the same way . . . and focuses attention on the strengths, wisdom and competencies of different individuals, couples, families, groups, and societies." A focus on diversity, equity, and inclusion begins with an awareness that relationships vary by race/ethnicity, gender identity, sexual orientation, marital status, age, and socioeconomic status.

These variations impact the choices individuals make in reference to their relationships, marriages, and families and have consequences for their happiness, health, and well-being. By making deliberate, informed choices, everyone wins. Taking our relationship choices seriously maximizes our ability to live our best lives—to realize our own individual potential as well as to form and maintain satisfying relationships.

Since the last edition, the cultural landscape has been altered by the COVID-19 pandemic, the invasion of Ukraine, and an unprecedented political divide and threat to U.S. democracy. Diversity, equity, and inclusion are being threatened by political actions at local, state, and federal levels. A powerful minority is intent on rolling back gains made in civil rights for not just women, but people of color and for LGBTQ+ individuals. It is important to recognize that such cultural events and context impact individuals, couples, and families.

UNIQUE FEATURES OF THE TEXT

In addition to being student friendly, *Choices in Relationships* has several unique features that are included in every chapter.

Cultural Diversity

As noted, rather than one chapter on diversity and inclusiveness, these themes are woven throughout the chapters. Some chapters emphasize diversity more than others. Chapter 6 on "Diversity in Marriage Relationships" includes sections on African American families, Hispanic/Latino families, Asian American families, Muslim American families, Indigenous families, immigrant families, poly families, military families, interracial marriages, international marriages, age-discrepant relationships/marriages, college marriages, and forced marriages.

Technology and Family Spotlight

The field of family studies has developed a relatively new area of focus that is concerned with the ways in which technology affects relationships. In this text, each chapter includes a Technology and Family Spotlight feature relevant to the topic of the chapter. For example, in the chapter on LGBTQ+, the technology spotlight is on gender-affirming surgery.

Self-Assessment Scales

Each chapter features one or more Self-Assessment Scales that allow students to explore a particular aspect of themselves or their relationships. Examples include the "Attitudes Toward Marriage Scale," the "Romantic–Realistic Attitudes Toward Love Scale," and the "Communication Danger Signs Scale." These Self-Assessment Scales are presented in the chapter and are scored for the student in the electronic version of the text.

Focus on Research

To emphasize that the 14th edition of *Choices in Relationships* is not a self-help trade book but a researched-based college textbook, in addition to the more than 1,000 new research citations, we highlight a research study in each chapter. Examples of topics covered in the Focus on Research feature include positive and negative influences of one's romantic partner, vetting a potential romantic partner, and "ghosting" in relationships.

Family Policy

Local, state, and federal government as well as corporations and other entities enact various policies that affect individuals, relationships, and families. In each chapter, we review policies relevant to marriage and the family, as well as highlight a particular policy in a Family Policy feature. Examples include "Policies That Recognize and Protect Nonbinary, Transgender, and Intersex Individuals," "Religious Exemption Policies and LGBTQ+ Discrimination," and "Singlism Policies That Discriminate Against Singles."

Personal Choices

An enduring popular feature of the text is the Personal Choices feature, which discusses personal choice dilemmas. Examples include "Making Decisions About Long-Term Care for My Aging Parent," "Should I Get Involved in a Long-Distance Relationship?," and "How Much Do I Tell My Partner About My Past?"

Original Data

To supplement national and international data, the 14th edition provides original data from nearly 15,000 undergraduates, collected by the authors and their colleagues.

Learning Objectives and Chapter Summaries

Each chapter ends with a summary, formatted as questions and answers, with each question relating to the Learning Objectives listed at the beginning of every chapter.

Key Terms

Boldface type indicates key terms, which are defined and featured in the margin of the text as well as in the glossary at the end of the text.

Special Topics

The special topic section on careers in marriage and the family has been revised.

EXAMPLES OF WHAT'S NEW IN THE 14TH EDITION: CHAPTER BY CHAPTER

Chapter 1: Introduction to Choices in Relationships

Impact of pandemic on isolation/loneliness

Impact of pandemic on delay in having children

Pandemic associated with increased commitment of spouses to each other

World Happiness Report of 2022

Identification of 100 choices in relationships

Feminist perspective challenges perspective that only persons with children = family

Federal support for relationship education for first 15 years was $1.25 billion

Increase in intermarriage

Variations by gender, race/ethnicity, sexual orientation on marriage as the top value

Research Focus on positive and negative influences of romantic partners

Men are still expected to pay on first and subsequent dates.

Marriage is the goal of 70+% of Match.com subscribers.

Utah has decriminalized having multiple spouses from a felony to a misdemeanor.

LGBTQ+ individuals are stressed if they're not "out" to their parents.

Robots are gaining increased use and acceptance in the family.

Chapter 2: Love Relationships

Links between love languages and relationship outcomes

The trouble with Valentine's Day

Focus on Research: Vetting a new potential romantic partner

Up to 5% of the U.S. adult population (1.4 million) are polyamorous.

Loneliness is a state of profound distress; we are hard-wired to belong for survival.

The capacity to love is learned in one's family of origin.

We are more likely to forgive someone we love than a stranger.

While reproductive bonding is based on biology, love is based on social context.

Being romantically in love is positively associated with one's mental health.

Eros, storge, pragma, and agape love styles provided positive outcomes during COVID-19.

Sexual desire is linked to viewing another as appealing and instigates approach behavior.

Gaslighting strategies to be aware of

Jealousy is associated with conflicts, arguments, and interpersonal violence.

Love is a culturally universal experience, which may have a biological basis.

Developing love relationships with robots is rare.

COVID-19 lockdown associated with lower scores on love, passion, and intimacy.

Chapter 3: Gender Diversity and Relationships

One's sex is not a single binary trait but exists on a spectrum.

About 2% of the global population are born with intersex characteristics.

Gender transitioning is merging one's social identity with their gender identity.

Individuals may be aware of gender dysphoria at age 7 but begin transition at 20.

A small percentage of transgender individuals who transition later detransition.

Misgendering is a form of disrespect of the individual.

The U.S. State Department will offer a nonbinary "X" option on passports.

Same-sex couples have more egalitarian household division of labor than other sex couples.

Men are more approving of household division of labor than women.

Girls learn to cooperate and to "behave"; boys learn to be aggressive and to misbehave.

Many religions emphasize traditional marital roles for women and men.

Robotic machines are gendered—for example, they use a female voice.

Only 12 of 190 countries afford women equal economic legal rights as men.

Of female householders with children, 38% live in poverty, while 18% of men with children do.

In 2021, women were more likely than men (46% vs. 36%) to have a bachelor's degree.

Gender nonconforming individuals are more at risk for abuse by intimate partners.

Focus on Research: Mental health of trans and nonbinary youth

Chapter 4: Singlehood, Cohabitation, and Living Apart Together

Being lonely is often viewed as the absence of being in a love relationship.

Feeling socially isolated is associated with negative outcomes for one's mental health.

Living together (particularly for women) is associated with improved mental health.

China considers unmarried women aged 27 "left-over women" (who internalize the belief).

Cohabitation does not have a positive or negative impact on future marital stability.

Younger adults believe (falsely) that cohabitation prevents divorce/is a good trial marriage.

Focus on Research: "Love Me, Love My Dog": Cohabitation, Dogs, and Romance

Some cohabitants "live apart together" to stay together for the children.

Children benefit from cohabitation as well as marriage.

One in five cohabitors who initially intended to marry change their mind.

Being pregnant while cohabitating increases the chance that a couple will marry.

Three-fourths of couples who marry have cohabited before marriage.

Hooking up may be a new pathway, rather than a roadblock, to romantic relationships.

Chapter 5: Selecting a Partner

Facebook dating is available in 19 countries and features 200 million single individuals.

Twelve percent of those of go online to find a partner end up in a committed relationship.

Many free dating apps do not screen their users who may be registered sex offenders.

Persons least likely to go online to find a partner are high in religiosity.

Focus on Research: Ghosting the "Ghoster" and the "Ghosted"

Romantic partners who met online are more likely to differ in race, education, and religion.

The shortage of educated high-income men will result in more women remaining unmarried.

Persons who make spelling/grammar errors in their online dating profile are less attractive.

Educational homogamy of spouses is associated with positive infant health.

International marriages have increased, with educated women seeking homogamy online.

Half of men/women report previous involvement in a "poaching" relationship.

Physical attractiveness remains a primary selection criterion among Tinder users.

Persons seeking an online partner specifically target one with similar political values.

Attending a family ritual of a potential partner can be of great diagnostic value.

Research on "getting cold feet"—engaged couples calling off wedding

Light skin tone African Americans are more open to interracial relationships.

Heterosexual college women view dating apps as dangerous; men view them as fun.

The disabled are viewed as not being able to meet one's physical and emotional needs.

Chapter 6: Diversity in Marriage Relationships

Individuals who cohabitated before marriage report a deepening of the relationship.

The relationship of a couple before a deployment predicts the relationship after deployment.

Emotional capital makes positive attributions and forgiveness easier.

Over half of families experience the ritual of the family meal at least five times a week.

Not responding to the anger of a military spouse returning from deployment is the best response.

The higher education of a spouse and the higher rank of a military person, the higher marital quality.

The wife in the dual military marriage reports lower marital quality than the husband.

A decrease in marital satisfaction over time is not inevitable.

Some transnational marriages are motivated by pragmatic desires/escape from one's country.

Some mixed-race families change the racial identification of their children over time.

Marital satisfaction increased for most spouses during COVID-19.

African American parents are more likely to have talks with children about racial bias.

Muslin American marriages and families are discussed.

Chapter 7 LGBTQ+ Relationships

In the United States, 7.5% adults identify as LGBTQ+ or as other than heterosexual.

There is no one factor that fully explains sexual orientation diversity.

About half the states have banned "conversion therapy."

In 2022, Florida passed the "Don't Say Gay" bill prohibiting LGBTQ+ content in primary grades.

Religious exemption policies allow for the discrimination of LGBTQ+ individuals.

Thirty percent of young Australian women changed their sexual identity at least once.

Women report psychological arousal to women and men independent of sexual identity.

Transgender persons = positive psychological outcomes from gender-affirming surgery

Some Chinese textbooks identify homosexuality as a mental disorder.

Status of conversion therapy in the United States

Microaggressions against LGBTQ+ individuals = a bruise that keeps getting bumped

Sixty-nine countries criminalize same-sex relationships, from fines to the death penalty.