



Interpersonal Acceptance NEWSLETTER

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Congratulations!

to our newly-elected Officer and
Regional Representatives
2019 Elections

PRESIDENT-ELECT

2020-2022



Prof. Nadia Koltcheva
Sofia, Bulgaria

Regional Representative for North Africa & the Middle East



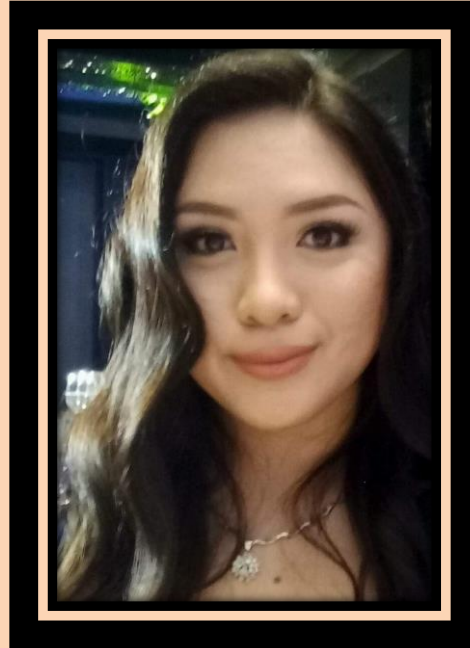
Ebru Akun, PhD
Ankara, Turkey

Regional Representative for Sub-Saharan Africa



Oladimeji (Deji) H. Ogundipe
Abeokuta, Nigeria, Africa

Regional Representative for Southeast Asia



Maria Cristina (Kit) B. Diaz, MD
Manila, The Philippines

Regional Representative for the Insular Pacific and Australia

Nominee withdrew from candidacy

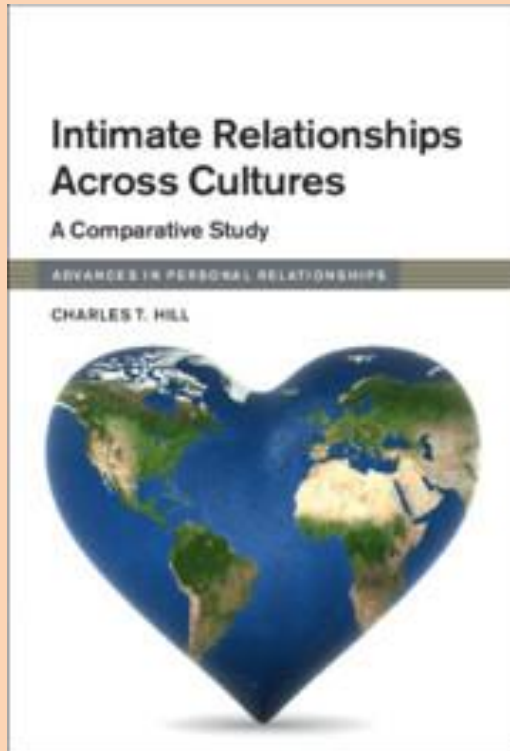
**This position will be left vacant until a successor
is appointed or elected**

Intimate Relationships Across Cultures: A Comparative Study

Reviewed by-Tatiana Melendez-Rhodes, PhD,

LMFT, Central Connecticut State University

Email: tmelendezm@hotmail.com



In this compelling work, Charles Hill did an excellent job providing relevant information about the way in which couples' relationships operate in different cultures and about the most important characteristics that shape relationship satisfaction and relationship commitment. The book focuses on findings from a cross-cultural study of intimate relationships with the purpose of a) updating the findings of the Boston Couple Study, b) developing a coherent model that combines the findings of this study, and c) comparing the model across relationship types and cultures.

The sample was composed of almost 9,000 participants (69% women) from nine cultural regions around the world. Ages ranged from 18 through 84 years. Eighty-four percent of participants reported having an opposite-sex partner, 16% reported having a same-sex partner. Twenty-five percent of the partners were married. Participants responded to online questionnaires, which were translated into needed languages.

The book begins with an overview of the study and a description of recruitment and sample composition. Also, the author provided a summary of how variables were measured, and how data were analyzed. The volume is divided into thirteen chapters addressing different aspects of the study such as its theoretical foundation, previous findings from the Boston Couple Study, current research questions, instruments used in the study, and a very detailed description of statistical results. One of the strengths of the book is a feature called SPOTLIGHT. Here, authors from different countries describe specific and detailed characteristics of intimate relationships in those countries. This section is offered in each chapter. Several SPOTLIGHTs are important additions to the book in helping readers understand the nuances of intimate relationships in those cultures. In addition, every chapter ends with a set of self-reflection questions based on the predictors analyzed in that chapter.

Chapter two addressed the question why people seek intimate relationships. These reasons include desire for emotional closeness, commitment to stay together, exclusivity (monogamy), sexual activities, financial security, having a child, and someone to cook and clean. Having a current partner was correlated with more desire for sexual activity, but less desire for financial security or having someone to cook and clean. *Relationship satisfaction* was correlated with desire for emotional closeness and for commitment to stay together, and less desire for someone to cook or clean. On the other hand, *relationship commitment* was correlated with desire for emotional closeness, for commitment to stay together, and for desire for exclusivity.

SEM models revealed that the goal of having a committed relationship is an important factor in predicting relationship satisfaction.

Also, while studying attitudes in intimate relationships, Hill found that relationship satisfaction was positively correlated with the feeling that true love lasts forever, and that love guarantees getting along. Relationship satisfaction was negatively correlated with anxious attachment, avoidant attachment, concern about rejection, concern about losing friendship, looking for a partner, and difficulty finding a partner.

Chapter three addressed the question how intimate partners are selected. In this study, researchers used factor analysis and SEM to identify the characteristics people seek in a partner. Selected factors in order of importance were personality (e.g., personality, attitudes, and values), attractiveness (physical attractiveness, height, and weight), social status (social status, wealth, education), and ethnicity (ethnicity, race, cultural background). Both *relationship satisfaction* and *relationship commitment* were positively correlated with personality similarity, social status similarity, attractiveness similarity, and ethnicity similarity.

Chapter four addressed the question “What is love, and how is intimacy expressed?” Participants answered the following questions: “To what extent would you say that you and your current partner are in love?” and, “How emotionally close would you say your relationship with your current partner is right now?” Factor analysis indicated that love has four components, namely caring, attachment, intimacy and passion. These components loaded on one factor. The four-component love scale was strongly correlated with *relationship satisfaction* and *relationship commitment*. One’s own feelings of affection toward the partner, and the perception of partner’s affection (verbal and non-verbal) were moderately correlated with *relationship satisfaction* and *relationship commitment*.

Chapter five explored sexual attitudes and behaviors. Sexual approval of non-marital sex was measured through a question that examined approval of sex for unmarried partners (by gender). Findings indicated more approval of sex between men and women who are in love with their partner than among men and women who are not. Sexual behaviors were measured by physical activities such as kissing on the lips, affectionate touching, sexual intercourse, and other such behaviors. The most common frequency of sexual behavior between partners was once or twice a week. Moreover, sexual satisfaction was moderately correlated with *relationship satisfaction*, and somewhat correlated with *relationship commitment*. SEM models revealed that sexual satisfaction is an important factor in predicting relationship satisfaction.

Chapter six explored the dynamics of interpersonal exchange and power in relationships. Equal power and equal involvement correlated with *relationship satisfaction* and with *relationship commitment*. Those with equal power and those with equal involvement had greater relationship satisfaction and relationship commitment.

Chapter seven explored information about the way in which couples cope with conflict. Factor analysis revealed four factors that were related to sources of conflict with current partner. These factors were: 1) Highest sources is understood as more frequent issues presented in the relationship (time management, poor communication, our personalities, and leisure activities); 2) issues related to “living together” (money, household chores, sexual activities, etc.); 3) issues about “expectations” (of others, others’ disapproval of the couple, couple’s attitudes and values, public displays of affection, etc.); and, 4) “uncertainties” understood as issues related to marital complaints that are associated to mental health issues (irresponsibility, addiction to alcohol or drugs, exclusivity (monogamy), and future plans). All these areas of conflict were associated with lower *relationship satisfaction*. *Relationship commitment* was correlated with the living together scale. Conflict was more common among people who lived together. Ways of dealing with conflict were measured through negotiation styles such as avoidance, collaboration, accommodation, and competition (e.g., imposing on your partners your own way of doing things). Also, responses to negative comments or criticism (negative and positive) were measured. Negative responses tend to decrease satisfaction, whereas positive responses tend to increase both *relationship satisfaction* and *relationship commitment*.

Chapter eight explored the extent to which parents, friends, and co-workers or classmates influence the relationship. *Relationship satisfaction* and *relationship commitment* were positively correlated with these factors. Parental approval and approval of others moderately correlated with *relationship satisfaction* and *relationship commitment*.

Chapter nine explored the way in which intimate relationships relate to a sense of personal well-being. The author reported that happiness is somewhat correlated with having a current partner, and strongly correlated with *relationship satisfaction* and *relationship commitment*. Those without a partner, and those who have low relationship satisfaction or low relationship commitment tended to be depressed. Additionally, people who are more depressed tended to have lower relationship satisfaction and lower relationship commitment. And those with low relationship satisfaction or low relationship commitment tended to experience more anxiety.

Chapter ten summarized the predictions studied in this research, and it combined these predictions into a Comprehensive Partner Model and Comprehensive Commitment Model that is comprised of four categories: partner suitability, intimacy dimensions, exchange processes, and conflict resolution.

Chapter 11 explored the degree to which the level of factors vary that predict Having a Current Partner and the levels of factors that predict Relationship Satisfaction. These variations are explained in terms of means and standard deviations. Limitations of the study, and implications of its findings are discussed in Chapter 12. Finally, chapter 13 described the way in which the findings might apply to other kinds of social relationships.

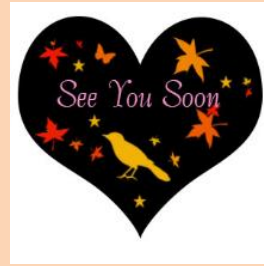
In conclusion, this volume is a good resource for undergraduate and graduate students in mental health fields, professors, therapists, and researchers. Daniel Perlman acknowledged in the Foreword to the book that the volume helped him understand more about “what most importantly predicts key elements of relationship success” (p. xxv). Couples therapists and therapists in training will benefit greatly from understanding these predictors and applying them in their clinical work during assessment and intervention.

Reference

Hill, C. T. (2019). *Intimate Relationships Across Cultures: A Comparative Study*. Cambridge, UK: Cambridge University Press.

ISIPAR Members' Discount

8th International Congress on Interpersonal Acceptance and Rejection



Please note that ISIPAR members get a deep discount up to 50% in the registration fee. Please share this email and Call for Papers with anyone who might be interested, and please distribute the flyer as widely as you can.



We look forward to seeing you in Porto.



8th International Congress on Interpersonal Acceptance and Rejection

Biennial Meeting, Porto, Portugal from June 30th through July 3rd, 2020

Congress website: <https://www.isipar2020.com/>

Abstract Submission Deadline: February 28, 2020

Congress Dates: June 30th through July 3rd, 2020

Location: University Institute of Maia (ISMAI) in Porto, Portugal

Avenida Carlos de Oliveira Campos - Castelo da Maia / 4475-690 Maia, Portugal

Local Organizer: Dr. Francisco Machado, ISIPAR's President, email:

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Program Chair: Dr. Brien Ashdown, ISIPAR's President-Elect, email: ashdown@hws.edu

Call for Papers

8th International Congress on Interpersonal Acceptance
and Rejection

30 June through 3 July, 2020

www.isipar2020.com

CONGRESS VENUE

Instituto Universitário da Maia,
(ISMAI), Maia, Porto,
Portugal

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PORTO, PORTUGAL



Chair of local Arrangements:
Francisco Machado, PhD
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FOR A CONFERENCE ON
INTERPERSONAL RELATIONS

Program Chair:
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NATIONAL HUGGING DAY JANUARY 21



National Hugging Day occurs on January 21, and is officially recognized by the United States Copyright Office, but is not a public holiday. The purpose of the day is to help everyone show more emotion in public. There is only one way you are supposed to celebrate the holiday—offer a hug to anyone and everyone you want. While National Hug Day and the Free Hugs Campaign share many similarities, there is no association between the two. Whether you hug a family member or a stranger, the mental and physical health benefits are the same.



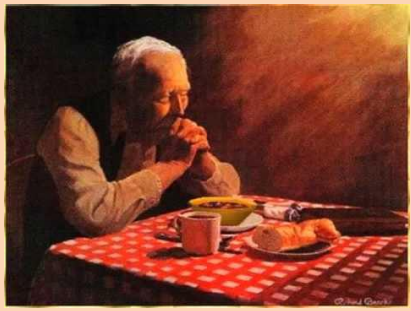
THE WOODEN BOWL



A frail old man went to live with his son, daughter-in-law, and four-year-old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the table cloth. The son and daughter-in-law became irritated with the mess.

"We must do something about father," said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor.

So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner. Since Grandfather had broken a dish or two, his food was served in a **wooden bowl**.



LOVE LIKE
YOU HAVE
NEVER BEEN
HURT BEFORE

THE WOODEN BOWL

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.



One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, *"Oh, I am making a little bowl for you and Mama to eat your food in when I grow up."* The four-year-old smiled and went back to work. The words so struck the parents that they were speechless. Then tears started to stream down their cheeks.



Photo credit: Google Images

Though no word was spoken, both knew what must be done. That evening the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

--Anonymous