

Love & The Breakdown Of Relationships.



Breakdown of relationships

Theories of relationship dissolution.

- An approach to the breaking up part of relationships would be to consider the move in stages.
- An alternative is to consider the 'risk factors' that are likely to trigger a breakdown.
- Lets look at two theories contrasting theories.....

Lee's stage model.

Breakdown in relationships should be viewed as a process that takes place over time, according to Lee there are 5 stages:



1. **Dissatisfaction**-Recognising there is a problem
2. **Exposure**- Problem brought out into open.
3. **Negotiation**- Discussion about issue raised
4. **Resolution Attempts**-Each partner attempts to problem solve.
5. **Termination**-Resolution attempts are unsuccessful.

Lee's stage model

- Lee discovered these stages whilst studying over 100 premarital romantic break-ups.

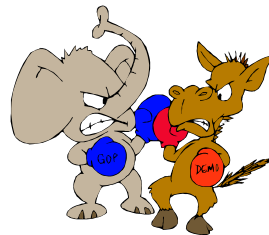


- The two most intense stages were the exposure and negotiation.
- Another key finding was that in relationships that had been strong it took the longest time to work through the 5 stages.....
- Why might this be the case???????

Duck's stage model.

Duck supposed there were five stages which could be triggered by a threshold.

1. Breakdown-Dissatisfaction leads to crisis- repair strategy: correct own faults
2. Intra-psychic phase-Thinking about relationship in private, then with close friend
repair strategy- re-establish liking for partner.

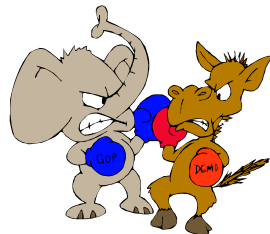


3. Dyadic phase- Deciding to break up/repair: repair strategy- recalculate rules for future.
4. Social phase-Include others in your argument i.e. take your side- repair strategy- outsiders encourage reunion.
5. Grave Dressing- Public & private dissection of relationship. Repair strategy- Try to salvage friendship and agree upon acceptable version of events.

What are risk factors?

Duck (1982)

- His findings were from longitudinal studies, he established there were factors that threatened a relationship both *dispositional* (personal) and *Situational* (environmental) and could be classified as *predisposing* and *precipitating*



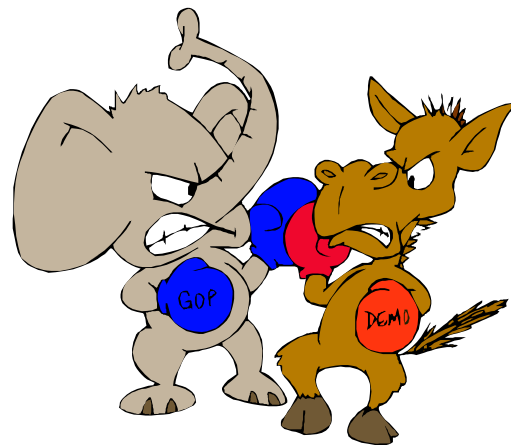
What are risk factors?

Predisposing:

1. Bad personal habits
2. Change in interests
3. Poor social skills

Precipitating

1. Boredom
2. Relocation
3. Conflict



An evaluation of these factors..

- ✓ These factors offer a plausible explanation for why some relationships fail to last.
- × Conversely one may argue that many relationships do last, even with the presence of these factors.



- × Furthermore one could argue that these factors are contributing factors...not causes of relationship breakdown.

An evaluation of these factors..

- ✓ These models may be useful in marriage guidance, to identify the stage of dissolution and suggest an appropriate course of action..
- × Both models are very descriptive, they do not explain why relationships breakdown they only explain what actually happens..



- × Furthermore Duck's model is concerned mainly with what happens after the breakdown, conversely Lee's model is concerned with what occurs **leading up to** the event. are still left with little insight into what occurs during.