
SOCIAL COGNITION AND IDEAL STANDARDS**SOCIAL COGNITION:**

- Social cognition relates to the process by which information about the social world is encoding, stored, retrieved, and applied to social contexts.
- Social knowledge is stored as mental structures termed schemas.
 - i.e., mental representations of the social world that guide our emotions and behaviours.
- Schemas can be activated on a conscious and unconscious level.

Social Cognitions in Relationships:

- Three critical aspects of relationship cognitions (i.e., thoughts and relationship knowledge).
- Content --> what comprises cognitions
- Structure --> how we organise our thoughts.
- Process --> how cognitions guide and shape the way we function in relationships.

Content of Cognitions:**Theory:**

- Karney, McNulty, & Bradbury (2004) distinguish between two kinds of cognitive content - beliefs and values.
- Beliefs (Fletcher & Thomas, 1996) represent general ideas, theories, assumptions or expectations about relationships.
 - Can also represent fairly specific or narrow expectations about the functioning of a given relationship
 - These general and specific beliefs seem to affect the specific experiences that individuals anticipate in relationships (Baldwin, 1992).
- Values constitute standards or ideals about the relationship that should be maintained or met.
 - Relates to what individuals think should, or wish, would occur in relationships.

Evidence:

- Beliefs seem to interact in two ways with specific experiences to influence relationship satisfaction:
 1. Beliefs can motivate relationship behaviours that bolster initial satisfaction. We engage in self-fulfilling prophecies.
(see studies on attractiveness, Snyder, Tanke, & Berscheid, 1977; personal efficacy, Fincham, Bradbury, & Grych, 1990; expectations of rejection, Downey et al., 1998, in Karney et al. (2004) chpt).
 2. Partner's beliefs may affect how they interpret specific experiences in the relationship.
(see study on rejection expectations Downey & Feldman, 1996; rejection expectations Knee, 1998, in Karney et al. (2004) chpt).
- According to Karney et al, a key issue is the consistency between experiences and expectations.
 - Experiences that are consistent with relationship functioning beliefs are more easily endorsed, as little cognitive effort is required to maintain the consistency, compared to inconsistencies.
(see relational efficacy study Vanzetti et al., 1992, in Karney et al., 2004 chpt.)
- Values can influence satisfaction in similar ways to beliefs.

- Relationship-relevant values moderate the impact of specific experiences on relationship satisfaction.
- Thus there doesn't seem to be a direct link between values and relationship satisfaction, rather partner's values interact with experiences to determine satisfaction.
 - The greater the discrepancy between experience and values, the greater the dissatisfaction if experiences fall short of values.

(See Fletcher & Kinnomonth, 1992; Kelley & Burgoon, in Karney et al., 2004 chpt).
- Is it beneficial to hold high relationship standards?
 - Epstein and colleagues say no as it results in setting unrealistic relationship standards.
 - Murray et al. (1996) say yes as high standards act as self-fulfilling prophecies leading to happier relationships over time.
 - Karney et al. (2004) suggest neither is the case. High standards are only functional to the extent that one perceives the standards are being met.
- Few studies have examined whether satisfaction is associated with the level of agreement between spouses beliefs and values.
- Dyadic and longitudinal studies are limited, however, there is tentative support to suggest that intra-individual discrepancies (i.e., whether an instance meets or exceeds one's own standards) seems to affect satisfaction rather than perceptions of partner agreement.

Structure of Cognitions:

Theory:

- Far fewer studies have been conducted on the organisation of relationship cognitions compared to content.
- Research has focused on two aspects of the structure of cognitions:
 1. Cognitive complexity (the intricacy of our knowledge-base and how we compartmentalise and integrate this information).
 - Cognitive complexity pertains to two fundamental aspects of the structure of cognitions - differentiation and integration.
 1. Differentiation --> number of categories or kinds of information taken into account in evaluating persons or events.
 2. Integration --> degree and quality of connections amongst these pieces of information.
 - Differentiation is regarded as a pre-requisite for integration (Tetlock & Suedfeld, 1988).
 - The more complex and integrated information is, the greater the capacity for flexibility in assimilating information about the relationship (Martin, 1991).
 - Evidence:
 1. Cognitive complexity seems to be associated with more flexible and adaptive problem-solving behaviours, and possibly higher satisfaction. However, this seems to be moderated by satisfaction/distress.
 2. Accessibility (the extent to which we can retrieve certain forms of relationship-relevant information).
 - The ease with which a cognition is brought to mind is thought to influence appraisals of the relationship such as marital satisfaction.
 - It is thought that the more accessible a cognition is, the more stable it is likely to be due to the frequency with which it is being primed and accessed.

- Highly accessible cognitions should affect interpretations of specific relationship experiences, increasing the likelihood that new information will be assimilated into these highly accessible knowledge structures.
- In contrast, relatively inaccessible cognitions are less likely to influence the interpretation of information and thus are thought to be less stable over time.
- So accessibility of certain mental schema should moderate the impact of the cognition on the interpretation of certain experiences.
- Evidence:
 1. Evidence suggests that people vary in their accessibility of relationship satisfaction (e.g., Fazio, 1995).
 2. For spouses whose satisfaction was highly accessible, it moderated the association between satisfaction and actual behaviours exchanged during marital interactions.
 3. Longitudinal follow-up research by Fincham found that accessibility was related to the stability of marital satisfaction.
 4. Baldwin and colleagues work on attachment mental models suggest that different contexts prime (increase the accessibility) of different attachment models.
 5. So different social environments are more or less likely to prime different available relationship cognitions.

Process of Cognitions:

Maintenance and Enhancement:

- Cognitive processes of relationships encompass many things and include, the ways in which we evaluate, recall, integrate and seek out general and specific relationship information.
- The way that these processes operate are thought to influence our relationships in numerous ways, many which are implemented to maintain and enhance our views that the relationships we engage in are rewarding and fulfilling:
 - Derogation of alternatives
 - Selective attention
 - Rationalisation
 - Temporal comparison
 - Social comparison (discussed in lecture 9)

Derogation of Alternatives:

- A way of maintaining that one's relationship is superior to others is to emphasise the negative or costs associated with alternative partners.
- This cognitive process seems to act as a defence against a threat to the relationship, such as an attractive relationship partner (Thibaut & Kelley, 1959)
 - Study by Johnson & Rusbult (1989) provide evidence for this claim.

Selective Attention:

- As a means of maintaining positive global impressions of relationships Baucom et al. (1989) suggested that we only attend to information that is consistent with our impressions.
 - However, little research has examined this other than Miller (1997) who examined attractiveness (study discussed in Karney et al., 2004 chpt).
 - Those in committed relationships spent less time looking at slides of attractive members of the opposite sex than those not in relationships.

Rationalisation:

- Develop narratives that highlight positive elements of relationships and discount negative elements as a means of safeguarding positive global impression of the relationship.
- Evidence suggests that people will construct stories about their relationships that support the general impressions they desire to maintain.
 - (see studies by Murray & Holmes, 1993, 1994, about false feedback on relationship conflict, in Karney et al., 2004 chpt).

Temporal Comparison:

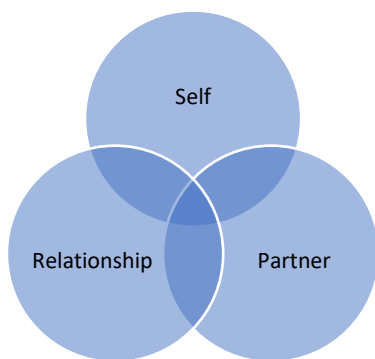
- Comparing the current state of the relationship with past points in time (Albert, 1977).
- Carver and Scheier (1990) argued that:
 - People's perceptions of change are geared towards emotional responses to their current state.
 - If growth, then seen as rewarding; if current relationship perceived as stagnate/declining, then perceived as distressing.
- Karney and Coombs (2000) provide evidence for this in a longitudinal study of wives emotional quality of their marriages (see in Karney et al. 2004 chpt).
 - 10 year prospective ratings showed marital perceptions became less positive.
 - Yet retrospectively, wives believed relationships were more positive.
 - Those wives that bucked the trend were more likely to divorce.
 - Temporal comparisons may be driven by a need to maintain positive views of relationships.
- Recent work by McNulty and colleagues suggests that an important interaction effect occurs when you combine time with holding overly positive or biased relationship cognitions
- Four independent longitudinal studies of newlyweds indicate:
 - Positive cognitions and related-processes (derogating alternative, etc.) may not only fail to help distressed couples, but further damage the couple.
 - For couples who have infrequent or minor problems: more-positive expectation, more-positive attributions, less-negative behaviour, and more forgiveness most effectively maintained satisfaction
 - For couples who have frequent and severe problems: less-positive expectations, less-positive attributions, more-negative behaviour, and less forgiveness most effectively maintained satisfaction
 - These processes helped spouses acknowledge, address, and resolve problems.
 - Distressed and at-risk couples may benefit from interventions that teach them to think and behave in ways that motivate them to resolve their problems, even if those thoughts and behaviours are associated with negative emotions in the moment.

Accuracy and Verification:

- As partners become more dependent on one another there is also a need to understand and predict partner's behaviour.
- So there is a desire to acquire accurate information about the relationship irrespective of whether its positive or negative (de la Ronde & Swann, 1998; Newman & Langer, 1988).
- However, Swann and colleagues have shown that people feel closer to their partners if their partners view them as they view themselves (Swann et al., 1994), but reject information that is inconsistent with their views of their partners.
- The desire for accurate information may vary as a function of the stage or phase of the relationship, and as a diagnostic tool.

IDEAL STANDARDS:

- We don't launch into romantic relationships without using social cognition to guide us
- The grounds upon which we seek out and commit to a partner and relationship partners is driven by standards we term ideals.
 - Ideals --> mental images of something or someone that serves as a standard of excellence and is highly desirable
- The ideal standards model (ISM, Fletcher et al., 1999; Simpson et al., 2001) was developed to understand:
 - What ideals people hold (what is the content of their ideals)
 - The function(s) they fulfill in romantic relationships
- According to ISM, our ideals comprise three related types of mental representations:
 - The self
 - The partner
 - The relationship



E.g., of Ideal standards encompass self, ideal partner and ideal relationship.

"If laughter and humour are deemed important features of a relationship, then these characteristics should be valued in a partner as the partner can help cultivate this in the relationship as well"



- The ISM drew on Gangestad & Simpson's (2000) evolutionary theory of mating known as the "strategic pluralism model"
 - Strategic pluralism model: People are attracted to a mate depending on what is important to them.
 - In evolutionary terms, this can be reduced to: (1) good genes; (2) good investment - both are important for reproductive fitness
 - Good genes: relates to attractiveness and vitality - the person possess health (and other positive qualities) to pass onto offspring
 - Good investment --> relates to warmth/trustworthiness, having status/resources - the person possess emotional and material support so as to foster and invest in offspring
- THE ISM also drew on relationship theories (e.g. Berscheid & Walster, 1978; Reis & Shaver, 1988; Sternberg, 1987) suggesting that people also evaluate relationships in terms of:
 - Intimacy and loyalty --> foster emotional closeness and commitment/stability
 - Passion --> excitement and passion fosters attraction and proximity

Partner Ideals = Warmth/Trustworthiness + Vitality/Attractiveness + Status/Resources

Relationship Ideals = Intimacy/Loyalty + Passion

- Fletcher et al. (1999) found support for the model across six studies
- Since then, numerous studies have found these reliable factors that make up the ISM (e.g. Campbell et al., 2001; Lackenbauer & Campbell, 2013; Overall et al., 200X).
- But there appear to be gender differences (Fletcher et al., 2004)

- Women (relative to men) placed greater importance on warmth/trustworthiness and status/resources in a potential mate but less importance on attractiveness/vitality (men placed greater importance in this ideal)
- Ideal standards partly mediated the link between sex and mate choices
 - Women's ideal standards were important to choosing a long-term partner who was warm/trustworthy and had status/resources
- Sex differences were higher for long-term (compared to short-term) mate choice
- But when asked to choose between partners who vary in ideals (i.e., "who would I choose - someone who has money or someone who is warm?") all (regardless of gender) choose a warm person
- Evidence also suggests people experience discrepancies between their ideals and extent partner/relationship meet ideals (e.g., Fletcher et al., 1999; Campbell, 2001; Lackenbauer & Campbell, 2013; Overall et al., 2012)
 - Smaller the discrepancy > relationship satisfaction

Functions:

- Ideal standards appear to serve various functions:
 1. Evaluation --> assessing or estimating the quality of partners and relationships (examining the quality of current or potential partners and relationships).
 2. Explanation --> better understanding of what is happening in the relationship (cause and effect, attribution)
 3. Regulation --> control and adjust one's relationship or partner.

Motives and Consequences:

- Two motives are thought to guide how individuals evaluate, explain, and regulate their relationships:
 1. Partner/relationship enhancement (i.e., idealisation) motives
 2. Accuracy motives
- Simpson et al. (2001) argue that these motives function best under different circumstances and so are differentially activated due to a variety of factors:
 1. Generally, the enhancements of reality are functional in that they produce mild distortions of the truth and thus not enough to cause serious mis-judgements
 2. Variation in cognitive styles means that people vary in the degree that they seek enhancement or accuracy
 3. Relationship threats are likely to increase enhancement
 4. Critical relationship periods involving major decision (forming relationship, marriage, parenthood) are likely associated with accuracy

Idealisation:

- Enhancement is more dominant and accessible when the relationship is stable and highly committed. Thus discrepancies will be handled by:
 1. Changing one's perception of current partner/relationship so that it more closely matches ideal standards
 2. Change the ideal standard (i.e., flexibility - lower the standard) so that standards match current partner/relationship, or
 3. Derogate/discount the importance of ideal standards as the partner is unlikely to meet these standards
- Enhancement is all about narrowing any gaps between ideals and actual perceptions of partner
- Cognitive processes discussed under section on social cognition help protect and sustain the idealised positive illusions of current partner/relationship

- These processes are likely to occur on an unconscious level

Accuracy:

- Accuracy as a motive is used when the discrepancy is too large to ignore or relationship is at an important juncture/transition.
- Accuracy involves in depth processing of the discrepancies and can result in:
 - Diagnosing or explaining own relationship problems
 - Alter own behaviour, partner's behaviour or both
 - If conclusion is reached that the ideal is important and cannot be reached in the current circumstance then may pursue other partner alternatives or other life domains for fulfilment.

Flexibility:

- Ideal standards have been found to be malleable/flexible.
 - Flexibility of ideal standards relates to degree to which a partner can fall below an ideal standard and deemed acceptable
 - Setting an ideal standard and degree of flexibility will determine how a relationship is evaluated, explained and regulated.
 - Thus self assessments on the same dimension should influence the setting of ideal standards and flexibility
- Campbell et al. (2001) --> A study on flexibility
 - Higher scores on ideal standards were associated with less flexibility
 - Relationship quality was higher if more flexible. However...
 - Ideal standards were higher if partner more closely matched their ideal standards.
 - Moderated effect: If partner matched ideals and individual's ideals were less flexible on warmth/trustworthiness and status/resources --> highest relationship quality.
 - Less the ideal-current discrepancy, the higher the satisfaction as determined by both members of the couple.

Regulation:

Overall and colleagues (2006, 2008, 2012) using observational and diary method has studied ideal standards and regulation of partner behaviour

- The greater the discrepancies between ideals and perceptions of partner, the greater the attempts to regulate partner behaviour - both in terms of tactics used and duration of time tactics employed
 - Direct negative attempts (demanding, anger, threats) to change partner's behaviour (most likely in response to discrepancies) does not increase satisfaction but partner behaviour can change over time
 - Positive direct strategies like using logic and explaining reasons yield change in partner's behaviour but with less negative outcomes for relationship
 - Indirect positive strategies (e.g. highlight good points of your partner while discussing things that might like changed) are perceived as successful but do not produce change over time

NOTES FROM LEARNING MODULE

Social cognition plays a very important role when it comes to our relationships. Social cognition is central in influencing our actions, emotions and judgements about our relationships.

Ideal standards are very specific types of social cognitions. These cognitions relate to the things we value as important in a relationship partner and a romantic relationship. Ideal standards are

important in guiding how we select a romantic partner and evaluate our relationship with them over time. A good place to start when studying relationships is the factors that shape our seeking out and selection of a romantic partner.

SOCIAL COGNITIONS IN RELATIONSHIPS:

Social cognitions relate to the thoughts we have about our relationships. Because of the powerful role that our thoughts play in our judgments, actions and feelings when it comes to relationships, much research has focused on understanding social cognitions. As a result, researchers turned their attention to understanding the content and structure of people's thoughts, and in turn, how thoughts shape people's evaluations and behaviours in relationships.

Content of Cognitions:

In relation to the content of cognitions the Karney, McNulty & Bradbury (2004) reading notes that cognitions contain two components - beliefs and values.

Structure of Cognitions:

Research has focused on two specific aspects about the structure of cognitions: (1) cognitive complexity and (2) accessibility. Evidence suggests that both cognitive complexity and accessibility seem to moderate (i.e., interact) with behaviours and appraisals to influence satisfaction.

Process of Cognitions:

There exist numerous cognitive processes that shape the extent to which we maintain our relationships and view our relationships in positive terms. These various processes influence how we evaluate, recall, integrate and seek out information about our relationships. These cognitive processes include: derogation of alternatives, selective attention, rationalisation, temporal comparison and social comparison. Each of these cognitive strategies fulfils a specific function, and people vary in the extent that they use these strategies. There are also instances when we seek the truth in relationships and are driven to make accurate assessments of our relationships and relationship partners.

IDEAL STANDARDS:

Fletcher et al. (1999) articulate that the evaluations/judgments people make about their current partner/relationship are determined by the extent to which their actual experience meets their ideal notion of what they expect out of a partner/relationship. Ideal standards are however thought to be flexible and function to help evaluate and understand relationships, and to assist in the regulation of oneself or partner.

Our reactions to discrepancies between our ideal standards and current partner/relationship yield different consequences in the way we feel and act in our relationship depending on two key motives: (1) partner/relationship enhancement/idealisation and (2) accuracy.

In the Tran et al. (2008) reading, it appears the ideal standards are flexible, and that flexibility is related to relationship outcomes.

Evidence has been found to suggest that ideal standards can influence the regulation of behaviour.

INTERPRETING THE MEANING OF RELATIONSHIP RESEARCH FINDINGS - WHAT IS A MODERATOR AND WHAT IS A MEDIATOR?

Much of the research that is summarised across the various readings for this unit frequently use some statistical terminology to communicate findings. Two of the most common terms used are moderator (or moderated) and mediator (or mediated).

Independent Variable (IV):

Is a variable or factor that a researcher uses to predict an outcome.

Dependent Variable (DV):

Is the variable a researcher chooses to measure an outcome.

For instance, if a researcher was interested in the effects of gender on relationship satisfaction, then gender would be deemed the IV and relationship satisfaction would be deemed the DV.

Moderator:

A moderator is an IV that interacts with another IV to effect a DV. That is, the effect that an IV has on a DV is strengthened as a function of the second IV. For example, let's say that the relationship between intimacy and marital satisfaction became stronger as a function of communication. We would then conclude that communication moderated the relationship between intimacy and marital satisfaction. This is represented in Figures 1a and 1b. In figure 1a the dotted arrow represents a weak relationship between intimacy and marital satisfaction. However, by multiplying intimacy by communication in Figure 1b, the relationship with marital satisfaction becomes stronger as denoted by the stronger arrow.

Mediation:

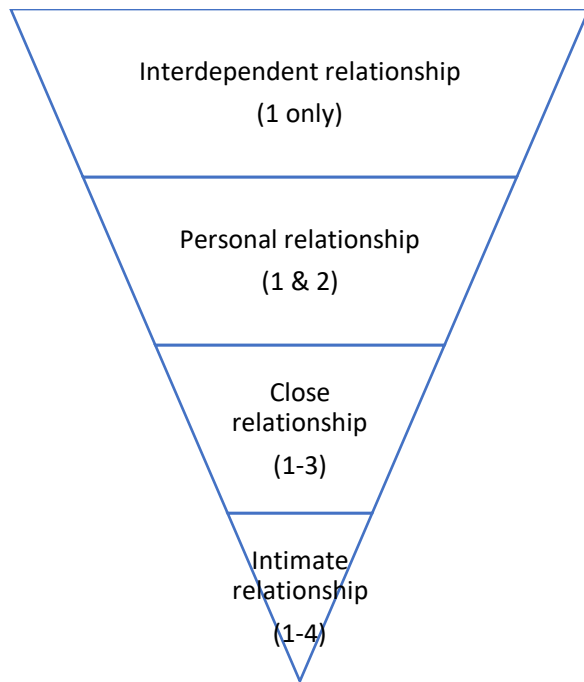
A mediation effect occurs when the relationship between the IV and the DV no longer exists (or is substantially reduced) due to the inclusion of a third variable termed the mediating variable (MV). The definition of mediation can be further explained through the following example. Suppose that I find an association between relationship conflict (IV) and relationship distress (DV) as shown in Figure 2a. However, when I include a third variable, "constructive conflict resolution" in Figure 2b, the relationship between conflict and distress no longer exists. Moreover, you will notice that Figure 2b consists of two solid arrows. The first of these arrows connects distress to constructive conflict resolution and the second connects constructive conflict resolution to distress. These solid arrows suggest that the effect of conflict on distress passes through constructive conflict resolution to distress. Thus, the ability to engage in constructive conflict resolution "mediates" the relationship between conflict and relationship distress. Therefore the interpretation of Figure 2b is conflict activates people's constructive conflict resolution abilities, and in turn, constructive conflict resolution influences relationship distress.

NOTES FROM INTRODUCTION CLASS**RELATIONSHIPS:**

"Like other great forces in nature - such as gravity, electricity, and the four winds - a relationship itself is invisible; its existence can be discerned only by observing its effects" Ellen Bercheid (1999, p. 261).

Defining features of relationships (Bradbury & Karney, 2014)

1. Partners are interdependent
2. They consider each other special and unique
3. They are close (strong, frequent, and diverse interdependence)
4. Mutual sexual passion



Adapted from Bradbury & Karney 2014

Notes:

- Interdependence – the mutual influence that two people have over each other. So the thoughts feelings and behaviours in one partner impacts the thoughts feelings and behaviours in the other partner. Give examples. As you remember from HPS204, this is a core aspect of social psychology (behaviour is a product of our social environment – Kurt Lewin $B = (P \times E)$). The key is that this influence is bidirectional (i.e., both partners have influence over the other. It cannot just be one partner but not the other) We will discuss this notion more later. Although interdependence is necessary to achieve intimacy it does not mean relationships that are interdependent are intimate
- As opposed to seeing someone as certain role (e.g., shopkeeper), they see that person as unique and special. Those that are not personal take a more formal and task orientated approach. Seeing someone as unique takes the relationship to a deeper emotional relationship – swapping one partner out with another person would change the nature of the interaction.
- Harold Kelley “the close relationship is one of strong, frequent, and diverse interdependence that lasts over a considerable period of time” (Kelley et al., 1983, p. 38)
- Lustful, sexual passion for each other and an expectation that it will be consummated. SOME DEGREE.
- Other subdisciplines (e.g., clinical) tend to understand people’s thoughts feelings and behaviours by understanding intrapersonal factors (individual coping etc.) BUT as you can see here, you cannot understand a person’s thoughts feelings and behaviours without looking to the social environment. It is a product of our interactions with others.

THE IMPORTANCE OF RELATIONSHIPS:

Why are relationships important? (Baumeister & Leary, 1995)

Some examples:

- Seeking social connectedness is innate and universal
- Close (and intimate) relationships have survival and reproduction benefits
- They have a profound impact on us (e.g., our cognition, thoughts, feelings, and behaviour as well as our physical and mental health).
- Predictors of overall happiness. Satisfaction in...

- Marriage (0.41)
- Family (0.29)
- Friendships (0.20)
- Community (p.19)
- Work (0.14)
- Finances (0.16)
- Hobbies (0.21)
- Health (0.25)

DO WE NEED RELATIONSHIP SCIENCE?

- Getting support from someone can lead to an increase in distress/stress
- Opposites don't attract (most of the time)
- Sometimes negative behaviour is good for the relationship
- Women engage in roughly equal/sometimes more domestic violence than men

We need relationship science to help us really understand the complexities that exist within relationship processes!

NOTES FROM TRAN, SIMPSON AND FLETCHER (2008) READING

THE IDEAL STANDARDS MODEL:

Relationship and partner ideals are key components of the social mind that people use to guide their interpersonal and motivational strategies. An ideal is a mental image of someone or something that serves as a standard of excellence and is highly desirable. According to the ISM (Fletcher et al., 1999; Simpson et al., 2001), partner and relationship ideals operate as chronically accessible knowledge structures that predate specific relationships.

Relationship-based knowledge structures involve three interlocking components: (a) the self, (b) the partner, and (c.) the relationship (Fletcher & Thomas, 1996). Goals, expectations, and beliefs about ideals should exist where the self, the partner, and the relationship intersect. Ideal standards, therefore, combine elements of the actual self, the ideal partner, and the ideal relationship. Figure 25.1 shows that ideal partner and ideal relationship standards should be stored and represented cognitively as separate, semi-independent constructs. However, ideal partner and ideal relationship categories are likely to overlap because people should prefer ideal partners who can help them achieve their ideal relationships.

Evaluative Dimensions:

The ISM postulates that individuals evaluate prospective or current partners on three dimensions:

- a. Warmth and trustworthiness,
- b. Attractiveness and vitality, and
- c. Status and resources.

Each dimension may reflect a different route - focusing on good investment or on "good genes" - to obtain a mate and, ultimately, to promote one's reproductive fitness.

According to the ISM, individuals also evaluate relationships on two dimensions: (a) the importance of intimacy and stability (labelled *relationship intimacy and loyalty*), and (b) how passionate and exciting the relationship is expected to be (labelled *relationship passion*). Both partner ideals and relationship ideals should play a role in determining relationship quality and longevity.

Functions of Ideal Standards:

The ISM proposes that partner and relationship ideals serve three core functions:

- a. Evaluation --> estimating and evaluating the quality of partners and relationships (e.g. to assess the appropriateness of potential or current partners and relationships);
- b. Explanation --> explaining and understanding what is currently happening in relationships (e.g., the generation of plausible causal accounts that explain current relationship satisfaction, problems, or conflicts); and
- c. Regulation --> regulating and making adjustments in relationships (e.g., to predict and possibly control or change current partners and relationships).

According to the ISM, relationship evaluations include mental components that people access and use automatically to make important decisions and judgements.

Enhancement and Accuracy Motives:

Simpson et al. (2001) suggested that two basic motives should guide how individuals evaluate, explain, and regulate their relationships: (a) partner and relationship *enhancement motives*, and (b) partner and relationship *accuracy motives*.