

Health: The Basics, 12e (Donatelle)

Chapter 5 Connecting and Communicating in the Modern World

1) Which of the following is TRUE about your family of origin?

- A) It includes the people who were living in the house during your first years of life.
- B) It includes cousins and relatives who were living in the same town during your first years of life.
- C) It includes your grandparents or other extended relatives who were living in another state during your first years of life.
- D) It includes any immediate family members, such as siblings, who were not living in the house during your first years of life.

Answer: A

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

2) Which one of the following is characteristic of intimate relationships?

- A) They involve behavioral independence.
- B) They involve a lack of emotional availability.
- C) They involve emotional detachment.
- D) They involve need fulfillment.

Answer: D

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

3) The definition of the term *family*

- A) doesn't change over time.
- B) changes over time.
- C) is determined by the local community.
- D) is determined by the family's religious beliefs.

Answer: B

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

4) Which of the following is TRUE about intimate relationships?

- A) They are relationships between romantic partners only.
- B) They can include relationships with family, friends, and romantic partners.
- C) They do not include relationships with family members.
- D) They can include relationships with family and friends, but not romantic partners.

Answer: B

Diff: 4

Skill: Analyzing

Section: Intimate Connections

Learning Outcome: 5.1

5) Rico and Chris are close friends and classmates. Each day they are an important influence on each other's actions. This example BEST demonstrates their

- A) need for social fulfillment.
- B) detachment in regard to one another's feelings.
- C) behavioral interdependence.
- D) availability for each other.

Answer: C

Diff: 3

Skill: Applying

Section: Intimate Connections

Learning Outcome: 5.1

6) Emily and Rosa are close friends who are able to share their feelings freely, providing support and reassurance. This example demonstrates their

- A) codependence.
- B) emotional availability.
- C) ability to provide objective feedback.
- D) low self-esteem.

Answer: B

Diff: 3

Skill: Applying

Section: Intimate Connections

Learning Outcome: 5.1

7) All of the following are true about intimate relationships EXCEPT that

- A) they may include sexual relationships.
- B) they may share emotional intimacy without being sexual.
- C) they may be spiritually intimate.
- D) they may lack emotional availability.

Answer: D

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

8) Relationships characterized by behavioral interdependence, need fulfillment, emotional attachment, and emotional availability are

- A) functional family relationships.
- B) family of origin relationships.
- C) intimate relationships.
- D) monogamous relationships.

Answer: C

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

9) Family consists of

- A) people related by blood who share a few main characteristics.
- B) a group of people who share the same interests.
- C) a network of people that provides support, security, and a sense of belonging.
- D) blood relatives with whom we grew up.

Answer: C

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

10) Jake and Kate have been dating for two years and have a close relationship. Kate feels that she has someone to care for who also cares for her. This example BEST demonstrates Jake and Kate's

- A) ability to socially support each other.
- B) need to be socially accepted.
- C) need to nurture each other.
- D) ability to reflect on their intimacy.

Answer: C

Diff: 3

Skill: Applying

Section: Intimate Connections

Learning Outcome: 5.1

11) Both Ben and Betty see themselves as responsible for their own choices, decisions, and actions in their relationship, thus demonstrating their

- A) communication skills.
- B) interdependence.
- C) independence.
- D) accountability.

Answer: D

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

12) Which factor would reduce the likelihood of your choosing a particular person as a partner?

- A) Your beliefs, attitudes, and values are significantly different.
- B) You live in close proximity to each other.
- C) You have similar values, interests, and socioeconomic status.
- D) You are physically attracted to each other.

Answer: A

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

13) When romance lasts beyond the four-year mark, what natural opiates give partners a sense of security, peace, and calm?

- A) amphetamines
- B) endorphins
- C) dopamine and norepinephrine
- D) oxytocin and PEA

Answer: B

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

14) According to Sternberg's triangular theory of love, love involves

- A) intimacy, similar interests, and social status.
- B) passion, impulsiveness, and sexual desire.
- C) intimacy, passion, and commitment.
- D) friendship, reliability, and commitment.

Answer: C

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

15) According to Sternberg's triangular theory of love, the most complete, ideal type of love is

- A) consummate love.
- B) intimacy.
- C) sexual compatibility.
- D) passion.

Answer: A

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

16) Anthropologist Helen Fisher and other scientists have described attraction as

- A) a peaceful feeling due to the release of oxytocin.
- B) the degree of commitment in a relationship.
- C) feelings of elation and euphoria produced by neurochemicals.
- D) emotional reactions triggered by past experiences.

Answer: C

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

17) Anthropologist Helen Fisher and other scientists propose that the feeling that the excitement and passion is gone from a relationship is due to

- A) developmental incompatibility.
- B) a drop in adrenaline levels.
- C) a decrease in chemicals similar to amphetamines.
- D) familiarity and daily stresses.

Answer: C

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

18) Greg and Kate always support each other's interests, hoping to ensure that the other will succeed. This BEST demonstrates that they are

- A) practicing serial monogamy.
- B) intimately exclusive.
- C) fascinated by each other.
- D) advocates for each other.

Answer: D

Diff: 3

Skill: Applying

Section: Intimate Connections

Learning Outcome: 5.1

19) Sam and Kris have entered a relationship and are very preoccupied with each other. They constantly want to be with or talk to each other. This example demonstrates that they are

- A) in an exclusive relationship.
- B) fascinated by each other.
- C) sexually open with each other.
- D) advocates for each other.

Answer: B

Diff: 3

Skill: Applying

Section: Intimate Connections

Learning Outcome: 5.1

20) Lisa and Abby are sisters and best friends. Both feel they can share their worries and concerns with one another. This example demonstrates

- A) social integration.
- B) emotional detachment.
- C) spiritual independence.
- D) emotional distinction.

Answer: A

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

21) Through our relationships with others, we fulfill our needs for

- A) intimacy, social integration, and nurturance.
- B) independence, social integration, and self-actualization.
- C) autonomy, intimacy, and connection.
- D) communication, nurturance, and achievement.

Answer: A

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

22) Brett and Melissa have a very strong relationship in which they are able to give and receive emotionally without a fear of rejection or being hurt. This example demonstrates that they

- A) have strong intimate bonds.
- B) are dependent on each other's emotions and feelings.
- C) are emotionally available in their relationship.
- D) have an ability to remain emotionally detached.

Answer: C

Diff: 3

Skill: Applying

Section: Intimate Connections

Learning Outcome: 5.1

23) Which of the following traits is important in relationships and involves having a realistic appreciation of one's own worth and ability?

- A) self-awareness
- B) self-expression
- C) self-nurturance
- D) self-sufficiency

Answer: C

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

24) According to Sternberg's triangular theory of love, which type of love combines commitment and intimacy?

- A) romantic
- B) infatuation
- C) fatuous
- D) companionate

Answer: D

Diff: 1

Skill: Remembering

Section: Intimate Connections

Learning Outcome: 5.1

25) According to Sternberg's triangular theory of love, which type of love combines intimacy and passion?

- A) romantic
- B) infatuation
- C) fatuous
- D) companionate

Answer: A

Diff: 1

Skill: Remembering

Section: Intimate Connections

Learning Outcome: 5.1

26) The growth of Internet dating has made it easier to

- A) give the utmost.
- B) maintain exclusivity.
- C) meet people outside your proximity.
- D) commit.

Answer: C

Diff: 1

Skill: Remembering

Section: Intimate Connections

Learning Outcome: 5.1

27) A hormone referred to as a "cuddle chemical" that boosts feelings of satisfaction and attachment is

- A) oxytocin.
- B) adrenaline.
- C) cortisol.
- D) dopamine.

Answer: A

Diff: 1

Skill: Remembering

Section: Intimate Connections

Learning Outcome: 5.1

28) Friendships

- A) are typically the first relationships we form.
- B) require time, effort, and commitment.
- C) are usually characterized by exclusivity.
- D) usually begin by "friending" someone on Facebook.

Answer: B

Diff: 1

Skill: Remembering

Section: Intimate Connections

Learning Outcome: 5.1

29) According to attraction theory,

- A) chemical processes determine who a person falls in love with.
- B) psychological processes determine who a person falls in love with.
- C) physical attraction actually plays no role in who a person falls in love with.
- D) proximity and similarities influence who a person falls in love with.

Answer: D

Diff: 1

Skill: Remembering

Section: Intimate Connections

Learning Outcome: 5.1

30) When Hiro confessed to Mina that he was attracted to her intelligence, sense of humor, and concern for others, Mina told him that she admired the same qualities in him. This is an example of

- A) companionship.
- B) infatuation.
- C) reciprocity.
- D) "opposites attract."

Answer: C

Diff: 3

Skill: Applying

Section: Intimate Connections

Learning Outcome: 5.1

31) Which of the following statements about intimate relationships is TRUE?

- A) The only intimate relationship known to be good for our health is marriage.
- B) Supportive intimate relationships are associated with a longer life span.
- C) People in supportive intimate relationships tend to have higher than normal blood pressure.
- D) Having strong intimate ties increases the risk for depression.

Answer: B

Diff: 1

Skill: Remembering

Section: The Value of Relationships

Learning Outcome: 5.2

32) When Marcy moved into her dorm, her parents and her best friend helped. This example BEST illustrates

- A) emotional support.
- B) instrumental support.
- C) informational support.
- D) appraisal support.

Answer: B

Diff: 3

Skill: Applying

Section: The Value of Relationships

Learning Outcome: 5.2

33) As the end of the term approached, Hakim became increasingly anxious about failing calculus and losing his scholarship. His best friend, who had taken the class the semester before, reminded Hakim that he'd aced every exam thus far, and that the final would cover the same topics. This example BEST illustrates

- A) emotional support.
- B) instrumental support.
- C) informational support.
- D) appraisal support.

Answer: D

Diff: 3

Skill: Applying

Section: The Value of Relationships

Learning Outcome: 5.2

34) Our neighbors and coworkers are members of our

- A) social network.
- B) social capital.
- C) constellation of confidants.
- D) support team.

Answer: A

Diff: 2

Skill: Understanding

Section: The Value of Relationships

Learning Outcome: 5.2

35) By deciding that he didn't have time to vote in the last election, Derrick missed an opportunity to build

- A) his level of emotional support.
- B) relational connectedness.
- C) collective connectedness.
- D) collective competition.

Answer: C

Diff: 3

Skill: Applying

Section: The Value of Relationships

Learning Outcome: 5.2

36) Relational connectedness is MOST likely to be enhanced by

- A) sending a friend a birthday card.
- B) meeting a friend for lunch.
- C) texting a friend to say you're running late.
- D) phoning a friend to invite him to a party.

Answer: B

Diff: 3

Skill: Applying

Section: The Value of Relationships

Learning Outcome: 5.2

37) Which of the following statements about connectedness is TRUE?

- A) Fewer than 25 percent of Americans belong to any type of local group.
- B) According to annual surveys, each year, the percentage of Americans who know their neighbors by name decreases.
- C) Feeling connected to your community has very little connection to improved health.
- D) Collective connectedness appears to be on the rise in the United States.

Answer: D

Diff: 1

Skill: Remembering

Section: The Value of Relationships

Learning Outcome: 5.2

38) What is social capital?

- A) the value of all of the cash, savings, investments, and equity owned by every member of your family, yourself included
- B) a collective term for all of the people you know, including distant acquaintances and even people you don't like
- C) the collective value of all of the people in your social network and the likelihood of them providing social support
- D) built not by strengthening existing ties, but by seeking out new relationships

Answer: C

Diff: 2

Skill: Understanding

Section: The Value of Relationships

Learning Outcome: 5.2

39) Which of the following is the BEST example of emotional support?

- A) Eduardo hands his sister a tissue as she tearfully informs their mother that she and her boyfriend have broken up.
- B) Eduardo listens to his sister as she describes to him how her boyfriend broke up with her.
- C) Eduardo tells his sister that a majority of relationships don't work out.
- D) Eduardo reminds his sister how quickly she bounced back from her last break-up.

Answer: B

Diff: 3

Skill: Applying

Section: The Value of Relationships

Learning Outcome: 5.2

40) Social support may BEST help reduce stress by

- A) making challenges look less forbidding.
- B) increasing the body's release of cortisol.
- C) providing role models of others facing stressors.
- D) increasing our social commitments, which can distract us from our problems.

Answer: A

Diff: 2

Skill: Understanding

Section: The Value of Relationships

Learning Outcome: 5.2

41) Which of the following is TRUE about communication patterns between men and women?

- A) Women tend to be more expressive.
- B) Men often believe that it is acceptable to show emotion.
- C) Men are more likely to share their innermost thoughts.
- D) Women tend to be more task-oriented.

Answer: A

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

42) Which of the following is TRUE about appropriate self-disclosure?

- A) It mostly involves story telling.
- B) It involves sharing secrets and gossip about friends and acquaintances.
- C) It involves sharing feelings and information as a means of getting to know a person.
- D) It is a key element in unhealthy communication.

Answer: C

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

43) Julio wants to strengthen his relationship with LaVonne by sharing personal information with her. To get over his fear of disclosing his feelings, Julio can do all of the following EXCEPT

- A) learn to accept his imperfections.
- B) be open to discussing his sexual past.
- C) select a safe, comfortable place for the conversation.
- D) blame his parents for his imperfections.

Answer: D

Diff: 3

Skill: Applying

Section: Building Communication Skills

Learning Outcome: 5.3

44) You are most likely to listen BEST when

- A) you are worried.
- B) you believe the speaker's message does not concern you.
- C) you are distracted by a project that is due the next day.
- D) you believe the speaker is saying something you can relate to.

Answer: D

Diff: 3

Skill: Applying

Section: Building Communication Skills

Learning Outcome: 5.3

45) Steve and Janelle are friends. When they meet weekly for coffee, they greet each other with a hug. This is an example of

- A) betrayal of their partners.
- B) nonverbal communication.
- C) physical compatibility.
- D) sexual intimacy.

Answer: B

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

46) In relationships, the process of resolving differences peacefully and creatively is

- A) anger management.
- B) conflict resolution.
- C) self-disclosure.
- D) intimacy.

Answer: B

Diff: 1

Skill: Remembering

Section: Building Communication Skills

Learning Outcome: 5.3

47) Direct eye contact is

- A) universally recognized as essential to honest communication.
- B) better than indirect eye contact.
- C) offensive in some cultures.
- D) a form of verbal communication.

Answer: C

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

48) Self-disclosure can be a double-edged sword because

- A) you risk hurting the other person.
- B) you risk the possibility that the other person will reject you.
- C) you might find out more about the other person than you really wish to know.
- D) it allows you to tell stories about others without their knowledge or consent.

Answer: B

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

49) In face-to-face conversations,

- A) men frown more often than women, and women smile more often than men.
- B) women interrupt more often than men.
- C) women provide less feedback via body language than men.
- D) men are more likely to ask for help than women, but men and women are equally likely to offer help.

Answer: A

Diff: 1

Skill: Remembering

Section: Building Communication Skills

Learning Outcome: 5.3

50) After stubbing his toe, Tom told Connie that he was in agonizing pain. Connie said she believed him, but rolled her eyes. Tom most likely

- A) felt that Connie was being supportive.
- B) believed that Connie felt he was exaggerating his pain.
- C) would feel comfortable sharing more of his feelings with Connie.
- D) decided that Connie had not heard him.

Answer: B

Diff: 4

Skill: Analyzing

Section: Building Communication Skills

Learning Outcome: 5.3

51) People who frequently use social networking sites

- A) score lower in social support than people who have never used them.
- B) become more and more isolated the longer they use them.
- C) don't need to be concerned about self-disclosure.
- D) have larger social networks than non-users, including offline.

Answer: D

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

52) A likely reason that people may be meaner online than in person is that

- A) rudeness on social media sites is common and acceptable.
- B) their name is attached to the messages they post.
- C) users cannot see the person with whom they are communicating.
- D) they would like to increase their number of followers.

Answer: C

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

53) Hedda and Kate have been sharing an apartment for two months, but they're both frustrated. Hedda is tired of nagging Kate about cleaning up after herself, and Kate is tired of being nagged every time she leaves an unwashed coffee cup in the sink. Which of the following strategies might help them resolve their conflict?

- A) They should use "you" messages that clearly tell the listener what she is doing wrong.
- B) They should use "I" messages that clearly state how the speaker feels and what she wants.
- C) They should avoid talking about the problem until they have thought of a workable solution for solving it.
- D) After agreeing to a solution, they should permanently drop the subject.

Answer: B

Diff: 3

Skill: Applying

Section: Building Communication Skills

Learning Outcome: 5.3

54) What is conflict?

- A) an intellectual state
- B) always bad
- C) a deliberate attempt to sabotage another person's success or happiness
- D) inevitable when people live or work together

Answer: D

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

55) What is social media screening?

- A) something practiced by some U.S. employers in order to find information about job applicants
- B) a technique in which you compare the quality of a variety of social networking sites
- C) a course you can take to help you learn about managing your privacy settings
- D) an illegal practice

Answer: A

Diff: 1

Skill: Remembering

Section: Building Communication Skills

Learning Outcome: 5.3

56) Jealousy can be based on all of the following EXCEPT

- A) a person's irrational fears.
- B) a person's low self-esteem.
- C) a valid concern.
- D) intense devotion.

Answer: D

Diff: 2

Skill: Understanding

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

57) Angel broke up with her boyfriend of two years. In order to cope with the failed relationship, she should

- A) spend a lot of time analyzing the negative aspects of the relationship.
- B) seek another relationship as soon as possible to get over the failed one.
- C) put a positive spin on the breakup and act as if nothing is wrong.
- D) reach out to trusted friends and share her feelings with them.

Answer: D

Diff: 3

Skill: Applying

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

58) In troubled relationships, an example of criticism would be

- A) "You're the most self-centered person I've ever met!"
- B) "Stop acting like a two-year old!"
- C) "You're the one who chose this lousy restaurant, not me!"
- D) "I don't see anything to get upset about."

Answer: A

Diff: 4

Skill: Analyzing

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

59) Javier wants to talk with Stephan about his frustration related to Stephan's excessive spending, but as he is speaking, Stephan keeps texting on his cell phone. This is an example of what pattern common in troubled relationships?

- A) criticism
- B) defensiveness
- C) stonewalling
- D) contempt

Answer: C

Diff: 4

Skill: Analyzing

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

60) Which of the following is TRUE about power in relationships?

- A) In relationships, power is the ability to make more money than one's partner.
- B) In relationships, power is the ability to make and implement decisions.
- C) Over the last century, the power dynamics between men and women have remained largely the same.
- D) The increased divorce rate in the past century was largely due to men feeling uncomfortable sharing power.

Answer: B

Diff: 4

Skill: Analyzing

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

61) The U.S. Bureau of Labor Statistics estimates that, on a typical day,

- A) over 90 percent of men do household chores like laundry.
- B) over 90 percent of women do household chores like laundry.
- C) over two-thirds of men cook and clean up after meals.
- D) over two-thirds of women cook and clean up after meals.

Answer: D

Diff: 1

Skill: Remembering

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

62) In a healthy relationship,

- A) you need to be willing to share nearly everything with your partner.
- B) you often find yourself making excuses for the other person.
- C) it's natural to feel stifled, trapped, and stagnant.
- D) you're honest with yourself and each other.

Answer: D

Diff: 2

Skill: Understanding

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

63) Predictability is a fundamental element of

- A) trust.
- B) faith.
- C) power.
- D) jealousy.

Answer: A

Diff: 2

Skill: Understanding

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

- 64) The first hint that a relationship may be in trouble is often
- A) a change in communication.
 - B) that one partner stops respecting the other's sexual boundaries.
 - C) an escalation in the frequency of arguments.
 - D) physical assault.

Answer: A

Diff: 4

Skill: Analyzing

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

- 65) Jealousy is more common in
- A) people who have a high sense of self-esteem.
 - B) people who feel the need for a high level of control.
 - C) people over the age of 65.
 - D) women than men.

Answer: B

Diff: 2

Skill: Understanding

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

- 66) Daniel has been involved in four sexually exclusive relationships over the past six years. This is an example of
- A) infidelity.
 - B) open relationships.
 - C) cohabitation.
 - D) serial monogamy.

Answer: D

Diff: 3

Skill: Applying

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

- 67) Jeff and Dana have been married for two years. Their relationship involves exclusive sexual involvement with each other. This demonstrates
- A) an open relationship.
 - B) a monogamous relationship.
 - C) serial monogamy.
 - D) a formalized partnership.

Answer: B

Diff: 3

Skill: Applying

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

- 68) A healthy marriage contributes to reducing stress by
- A) increasing financial stability and expanding support networks.
 - B) limiting the support network to only the immediate family.
 - C) contributing to less-than-optimal personal behaviors.
 - D) reducing the need to impress others.

Answer: A

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

- 69) Which of the following statements is TRUE regarding gay and lesbian couples?
- A) They seek the same things in primary relationships that heterosexuals do.
 - B) The number of gay and lesbian households has decreased over the past 10 years.
 - C) They have low levels of attachment and satisfaction.
 - D) They can legally marry in nearly all countries of the world.

Answer: A

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

- 70) All of the following are true about cohabitation EXCEPT that
- A) after a number of years, it can constitute a common-law marriage.
 - B) it can offer love, companionship, and sex.
 - C) it may become legally binding.
 - D) it is a predictor for divorce.

Answer: D

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

- 71) Which of the following is TRUE about being single in the United States?
- A) The number of adults electing to remain single is increasing.
 - B) Singles have trouble achieving intimacy with others.
 - C) Most singles have a hard time finding fulfillment in life.
 - D) The number of adults electing to remain single is decreasing.

Answer: A

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

72) A relationship in which the partners are sexually involved only with each other is

- A) consensual.
- B) open.
- C) intimate.
- D) monogamous.

Answer: D

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

73) When two partners in an intimate relationship live together without being married, this is

- A) cohabitation.
- B) common-law marriage.
- C) an open relationship.
- D) an informal relationship.

Answer: A

Diff: 1

Skill: Remembering

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

74) Lengthy cohabitation that is considered legally binding in some states is

- A) cohabitation.
- B) common-law marriage.
- C) an open relationship.
- D) an informal relationship.

Answer: B

Diff: 1

Skill: Remembering

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

75) Which of the following statements about marital status in the United States is TRUE?

- A) The percentage of males who have never married is higher than that of females.
- B) The percentage of males who are widowed is higher than that of females.
- C) The percentage of males who are divorced is higher than that of females.
- D) Nearly 77% of U.S. adults are married.

Answer: A

Diff: 1

Skill: Remembering

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

- 76) Which of the following statements about the benefits of marriage is TRUE?
- A) Being in an unhealthy marriage is better for psychological wellness than being unmarried.
 - B) The health benefits of marriage are not enjoyed by unmarried romantic partners who live together.
 - C) Rates of smoking and alcohol abuse are lower in married couples.
 - D) Married men are more likely to maintain a healthful body weight than unmarried men.

Answer: C

Diff: 1

Skill: Remembering

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

77) Amelia and Geoff married when Amelia was 20 years old and Geoff was 23. Presuming that their marriage reflects population statistics,

- A) they most likely married around the year 2015.
- B) they most likely married around the year 1960.
- C) they are much more likely to divorce within ten years than to remain married.
- D) they are more likely than not to have an open relationship.

Answer: B

Diff: 3

Skill: Applying

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

78) In a relationship, commitment means that

- A) both partners in a relationship agree to practice monogamy.
- B) couples agree to remain married no matter what.
- C) the partners agree to shared decision making on all concerns involving the couple.
- D) each partner intends to act over time in a way that perpetuates the well-being of the other.

Answer: D

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

79) Chris and Robin have been romantic partners for almost a decade, and have lived together unmarried for the last four years. Their relationship is considered

- A) a religious sacrament.
- B) a common-law marriage.
- C) cohabitation.
- D) a prelude to marriage.

Answer: C

Diff: 3

Skill: Applying

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

- 80) A benefit of cohabitation is that
- A) the partners won't have to deal with pressure to marry.
 - B) the partners won't have to deal with pressure to have children.
 - C) it allows the partners to share housing costs and utility bills.
 - D) in the great majority of cases, it leads to marriage.

Answer: C

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

- 81) The need for intimacy means the need for someone with whom we can share our feelings freely.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

- 82) A relationship is intimate only if sex is involved.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

- 83) The intimacy level that two people experience is usually obvious to others.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Intimate Connections

Learning Outcome: 5.1

- 84) College students today are having sex more frequently and with a greater number of partners than students did 30 years ago.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: The Value of Relationships

Learning Outcome: 5.2

- 85) All types of close relationships, not just marriage, are good for our health.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: The Value of Relationships

Learning Outcome: 5.2

86) Men and women often communicate in gender-specific ways, but the bigger difference lies in how they interpret or process the same message.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

87) The new etiquette of relationships established under social media has made it perfectly acceptable to break up with someone online.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

88) Intimacy is unlikely in relationships lacking self-disclosure.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Building Communication Skills

Learning Outcome: 5.3

89) Women are more likely than men to pick up subtle messages about status or social hierarchy.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: Building Communication Skills

Learning Outcome: 5.3

90) The U.S. divorce rate has increased over the past several decades.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

91) Feeling that you have to share everything with your partner is a sign of a healthy relationship.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

92) Challenges to successful gay and lesbian relationships often stem from discrimination.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

93) Serial monogamy means that partners have sexual involvement outside their primary relationship.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

94) A majority of Americans identify similar ideas about having and raising children as the most important trait they look for in a partner.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5

95) Why do you think that many people agree you must love yourself before you can love someone else, and what two personal qualities are especially important to be able to bring to relationships? Provide information from the chapter to support your answer.

Answer: Knowing yourself—for example, knowing how the strengths and challenges of your family history and personality affect the choices you make and how you respond to life emotionally—is key. Without this self-knowledge in place, you are more likely to make decisions and to react to experiences in ways that are not conscious and that may be harmful to the relationship. Another key is the ability to nurture yourself, because if you cannot meet your own needs, you're likely to make unreasonable demands on your partner, or alternatively, to nurture your partner to the exclusion of your own needs, a behavior that tends to build resentment. Self-nurturance is therefore one of the two personal qualities especially important in relationships. The other is accountability—taking responsibility for your own actions.

Diff: 4

Skill: Analyzing

Section: Intimate Connections

Learning Outcome: 5.1

96) Identify the three elements that, according to Sternberg's triangular theory of love, are characteristic of loving relationships, and their association with consummate love.

Answer: The three elements common to loving relationships are intimacy, passion, and commitment. Consummate love combines a high level of these three elements in balance.

Diff: 4

Skill: Analyzing

Section: Intimate Connections

Learning Outcome: 5.1

97) Identify the reason researchers give for the recent rise in collective connectedness in the United States.

Answer: The economic challenges of the last decade have prompted people to turn to their neighbors and communities for social support.

Diff: 2

Skill: Understanding

Section: The Value of Relationships

Learning Outcome: 5.2

98) Identify and describe three types of listening, and explain the effect of each on strengthening or undermining relationships.

Answer:

1. Competitive listening is characterized by a stronger desire to explain our own point of view than to understand someone else's. This type of listening undermines relationships by impeding our grasp of our partner's information, experiences, and concerns

2. Passive listening is characterized by persistent silence and a failure to provide feedback that ensures the speaker that his or her message is being received. This type of listening undermines relationships by causing the speaker to question whether the listener has truly heard, understood, and cares about the speaker's concerns.

3. Active listening is characterized by an attempt not only to hear the speaker's words, but also to understand the speaker's message. The listener confirms understanding by restating or paraphrasing the message before responding. This type of listening shows the speaker that the listener has understood the message and cares about what the speaker is thinking and feeling.

Diff: 4

Skill: Analyzing

Section: Building Communication Skills

Learning Outcome: 5.3

99) Do you think jealousy is present in a healthy relationship? Provide information from the chapter to support your answer.

Answer: A certain amount of jealousy is expected in any loving relationship; it doesn't have to threaten a relationship as long as partners communicate openly about it. Jealousy can indicate underlying problems that may prove to be a significant barrier to a healthy, intimate relationship if not talked about and may lead to dangerous consequences.

Diff: 4

Skill: Analyzing

Section: Relationships: For Better and Worse

Learning Outcome: 5.4

100) Why do you think that a great majority of adults age 20 to 34 in the United States, and 25 percent of adults age 25 and older—as compared to just 9 percent in 1960—have never been married? Provide information from the chapter to support your answer.

Answer: Many community organizations support the single lifestyle, providing opportunities for single people to lead rich, rewarding lives and maintain a supportive network of friends as well as family. Moreover, cohabitation has become an increasingly common choice for Americans, and the great majority of couples now cohabit before marriage. People who have "never married" are not necessarily people who are not in an intimate relationship.

Diff: 4

Skill: Analyzing

Section: Marriage, Partnering, and Singlehood

Learning Outcome: 5.5