

## **Chapter 3 – Social Connections**

### **Multiple-Choice Questions**

1. Friendship is a(n) \_\_\_\_\_ relationship.
- A. public
  - B. reciprocal
  - C. exclusive
  - D. brief and intense

Answer: B

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Bloom's: Remember

Topic: Healthy Personal Relationships

Learning Objective: Describe the various types of healthy relationships.

2. According to a recent survey, \_\_\_\_\_ of Americans report having people in their lives they can trust and turn to for support.
- A. only about half
  - B. 60 percent
  - C. 75 percent
  - D. almost all

Answer: D

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Bloom's: Understand

Topic: Healthy Personal Relationships

Learning Objective: Describe the various types of healthy relationships.

3. We are more likely to be happy if we have a close friend living within a mile, but this requirement may be changing due to which of the following?
- A. lower fuel prices
  - B. social media forums and smartphones
  - C. increased variety of at-home entertainment
  - D. "Millennial generation" focus on self

Answer: B

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Bloom's: Remember

Topic: Healthy Personal Relationships

Learning Objective: Describe the various types of healthy relationships.

4. Which of the following is NOT a difference between friendships and intimate partnerships?
- A. Partnerships involve deeper levels of connection.
  - B. Friendships tend to be more stable and longer lasting.
  - C. Friendships are more exclusive.
  - D. Partnerships have a sexual component.

Answer: C

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Bloom's: Understand

Topic: Healthy Personal Relationships

Learning Objective: Describe the various types of healthy relationships.

5. Which of the following makes it more likely that two people will develop a romantic relationship?
- A. proximity
  - B. having different opinions and attitudes
  - C. differing physical characteristics such as age and attractiveness
  - D. differing levels of educational attainment

Answer: A

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Bloom's: Understand

Topic: Looking for a Partner

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

6. The theory that people look for someone who fills our emotional needs as well as our need for security, money, and goods is known as \_\_\_\_\_ theory.
- A. similarity
  - B. social exchange
  - C. love triangle
  - D. companionate

Answer: B

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

7. Researchers believe that the experience of being “lovesick” involves an increase in levels of which of the following?
- A. serotonin
  - B. adrenaline
  - C. melatonin
  - D. dopamine

Answer: D

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

8. In Sternberg's Love Triangle, the emotional component of love is called
- A. intimacy.
  - B. commitment.
  - C. cohabitation.
  - D. passion.

Answer: A

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

9. Which of the following is NOT one of the dimensions in Sternberg's Love Triangle?
- A. intimacy
  - B. passion
  - C. commitment
  - D. romance

Answer: D

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

10. Research generally suggests that being \_\_\_\_\_ is NOT an effective strategy in finding a life partner.
- A. indirect
  - B. respectful
  - C. flexible
  - D. straightforward

Answer: A

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Bloom's: Remember

Topic: Looking for a Partner

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

11. Which of the following means standing up for yourself without violating the rights of others?
- A. aggressiveness
  - B. assertiveness
  - C. passiveness
  - D. companionship

Answer: B

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Bloom's: Remember

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

12. The meaning behind the message, conveyed by nonverbal behavior and situational factors, is called the
- A. metamessage.
  - B. true message.
  - C. nonverbal communication.
  - D. alpha message.

Answer: A

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Bloom's: Remember

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

13. According to Tannen, men are more likely than women to use communication to
- A. compete.
  - B. connect.
  - C. create intimacy.
  - D. look for common ground.

Answer: A

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Bloom's: Understand

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

14. The use of "I" statements when speaking
- A. makes the listener feel insignificant.
  - B. is less productive than the use of "you" statements.
  - C. gives you a competitive advantage in the conversation.
  - D. allows you to be clear without blaming or accusing.

Answer: D

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Bloom's: Understand

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

15. Which of the following is typically characteristic of men rather than women, according to the gender differences in communication found by Deborah Tannen?
- A. Men tend to believe a question is not simply a question but the opening for a negotiation.
  - B. Men tend to believe the goal is to "fix" the problem being communicated.
  - C. Men tend to appreciate discussion as evidence of involvement.
  - D. Men are inclined to do what is asked of them.

Answer: B

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Bloom's: Remember

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

16. Behaviors and characteristics considered appropriate for a male or female in a particular culture is called one's
- A. sex.
  - B. gender.
  - C. orientation.
  - D. gender identity.

Answer: B

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

17. One's biological status as a male or female, usually established at birth by the appearance of external genitals, is referred to as one's
- A. gender identity.
  - B. gender.
  - C. orientation.
  - D. sex.

Answer: D

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

18. Which of the following is NOT a defining characteristic of transgender individuals?
- A. experiencing emotional and sexual attraction to members of the same sex
  - B. identifying strongly with the other sex
  - C. experiencing a sense of inappropriateness about one's sex
  - D. having a sense of identity as male or female that conflicts with one's biological sex

Answer: A

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Bloom's: Understand

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

19. A person with female genitals usually has XX chromosomes, and a person with male genitals usually has \_\_\_\_\_ chromosomes.
- A. YY
  - B. XY
  - C. XXY
  - D. XO

Answer: B

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

20. "Masculine" and "feminine" traits are
- A. universal and recognized in all human cultures.
  - B. fixed before birth, except in the case of certain kinds of mutation.
  - C. largely learned via the process of socialization during childhood.
  - D. also referred to as "gender dysphoria."

Answer: C

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Bloom's: Understand

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

21. Which of the following is NOT among the best predictors of a happy marriage?
- A. agreement on religious and ethical values
  - B. realistic attitudes about the relationship and the challenges of marriage
  - C. a high value placed on independence
  - D. egalitarian roles

Answer: C

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Bloom's: Remember

Topic: Committed Relationships and Lifestyle Choices

Learning Objective: Explain types of committed relationships and lifestyle choices.

22. In the United States, who specifies the rights and responsibilities of the partners in a marriage?
- A. federal government
  - B. city government
  - C. religious organizations
  - D. state government

Answer: D

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Bloom's: Remember

Topic: Committed Relationships and Lifestyle Choices

Learning Objective: Explain types of committed relationships and lifestyle choices.

23. Same-sex couples often have to deal with
- A. homophobia.
  - B. rigid roles and responsibilities.
  - C. poor communication skills.
  - D. increased risk of sexually transmitted diseases.

Answer: A

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Bloom's: Understand

Topic: Committed Relationships and Lifestyle Choices

Learning Objective: Explain types of committed relationships and lifestyle choices.

24. Which of the following statements about cohabitation is true?
- A. Cohabitation is defined by the U.S. government as two people of the same or opposite sex living together as unmarried partners.
  - B. Fewer than 50 percent of women enter a cohabiting relationship in their lifetime.
  - C. Only about 30 percent of marriages are preceded by a cohabiting relationship.
  - D. Some studies have shown that cohabitation decreases the likelihood of success in marriage.

Answer: D

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Bloom's: Remember

Topic: Committed Relationships and Lifestyle Choices

Learning Objective: Explain types of committed relationships and lifestyle choices.



25. Which of the following statements about spirituality is FALSE?
- A. Spirituality is defined as a connection to self, others, and community.
  - B. Spirituality involves a personal value system.
  - C. Spirituality requires participation in organized religion.
  - D. Spirituality provides a sense of purpose and meaning.

Answer: C

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

26. Studies have shown that spiritual practices such as meditation and prayer
- A. cause individuals to become disassociated with reality.
  - B. reduce the secretion of stress hormones.
  - C. are valuable only when practiced in organized groups.
  - D. are believed by practitioners to be helpful but have no measurable clinical benefits.

Answer: B

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

27. In comparison with the general public, spiritually connected people
- A. tend to have poor dietary habits.
  - B. are reluctant to alter their health habits.
  - C. tend to avoid seeking medical treatment.
  - D. are likely to receive support from others.

Answer: D

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Bloom's: Understand

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

28. Sandy has euphoric feelings while working with children at the Ronald McDonald House. She is experiencing
- A. a helper's high.
  - B. volunteerism bliss.
  - C. resilience.
  - D. a flowthrough.

Answer: A

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Bloom's: Apply

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

29. How does service learning encourage students to take on a positive role in their community?
- A. Service learning teaches students to be leaders in their community.
  - B. Service learning makes students more self-aware.
  - C. Service learning teaches students how to get involved in the lives of others.
  - D. Service learning teaches students the proper way to resolve community issues.

Answer: C

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Bloom's: Understand

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

### True/False Questions

30. In June 2015, the Supreme Court ruled that same-sex marriage is legal in the United States.

Answer: False

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Bloom's: Understand

Topic: Healthy Personal Relationships

Learning Objective: Describe the various types of healthy relationships.

31. Assets in forming healthy relationships include a healthy sense of self, reasonably high self-esteem, and the ability to be alone and to be with others.

Answer: True

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Bloom's: Remember

Topic: Healthy Personal Relationships

Learning Objective: Describe the various types of healthy relationships.

32. Based on Sternberg's triangular model, love with intimacy and passion but no commitment is known as *empty love*.

Answer: False

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

33. In Sternberg's triangular theory of love, love with intimacy, passion, and commitment is known as *companionate love*.

Answer: False

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

34. The emotional component of love that includes feelings of closeness, warmth, openness, and affection is known as *intimacy*.

Answer: True

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

35. Based on Sternberg's triangular model, love with intimacy and commitment but no passion is companionate love.

Answer: True

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

36. When searching for a partner, casting a wide net makes sense.

Answer: True

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Bloom's: Understand

Topic: Looking for a Partner

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

37. The "lovesick" phenomenon is actually a myth.

Answer: False

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Bloom's: Remember

Topic: Looking for a Partner

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

38. People tend to monitor their verbal behavior much more carefully than their nonverbal behavior.

Answer: True

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Bloom's: Remember

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

39. Effective communication employs generalizations and passionate defense of arguments.

Answer: False

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Bloom's: Understand

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

40. When attempting to resolve conflict with a partner, keep the topic narrow.

Answer: True

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Bloom's: Understand

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

41. Androgynous individuals display characteristics or perform tasks traditionally associated with the both sexes.

Answer: True

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

42. In long-term relationships, both sexes tend to prefer a partner who integrates masculine and feminine traits.

Answer: True

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

43. The term *gender dysphoria* is used to describe a person who does not display overt characteristics of either sex.

Answer: False

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

44. The percentage of Americans who marry and live together as married couples has continuously declined over the years.
- Answer: True  
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Bloom's: Remember  
Topic: Healthy Personal Relationships  
Learning Objective: Explain types of committed relationships and lifestyle choices.
45. Married people tend to live longer than single or divorced people do.
- Answer: True  
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Bloom's: Remember  
Topic: Committed Relationships and Lifestyle Choices  
Learning Objective: Explain types of committed relationships and lifestyle choices.
46. Over the past few decades, the divorce rate has increased at an almost constant rate.
- Answer: False  
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Bloom's: Remember  
Topic: Committed Relationships and Lifestyle Choices  
Learning Objective: Explain types of committed relationships and lifestyle choices.
47. Men are more likely than women to have a sexual affair during marriage.
- Answer: True  
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Bloom's: Remember  
Topic: Committed Relationships and Lifestyle Choices  
Learning Objective: Explain types of committed relationships and lifestyle choices.
48. Divorce is a leading cause of poverty.
- Answer: True  
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Bloom's: Remember  
Topic: Committed Relationships and Lifestyle Choices  
Learning Objective: Explain types of committed relationships and lifestyle choices.

49. Organized religion and spirituality are synonymous.

Answer: False

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Bloom's: Understand

Topic: Committed Relationships and Lifestyle Choices

Learning Objective: Define the various types of relationships and communities that people form.

50. Having strong personal relationships improves health and self-esteem.

Answer: True

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

51. More than half of the nation's medical schools now offer courses on spirituality and medicine.

Answer: True

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

52. One of the most consistent research findings is that spiritually involved persons stay healthier and live longer.

Answer: True

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

53. Individuals who volunteer may experience a “helper’s high” that is similar to a “runner’s high.”

Answer: True

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Bloom’s: Understand

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

54. The purpose of service learning is to integrate community service with academic study by enriching learning, teaching civic responsibility, and strengthening communities.

Answer: True

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Bloom’s: Understand

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

55. All people who volunteer experience similar health benefits.

Answer: False

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Bloom’s: Understand

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

56. Donating money is associated with the same health benefits as volunteer work that involves direct contact.

Answer: False

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Bloom’s: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.



57. Volunteers who experience “helper’s high” report health benefits, including a reduction in arthritis pain and fewer asthma attacks.

Answer: True

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Bloom’s: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

### Short-Answer Questions

58. Compared with friendships, partnerships are more exclusive, involve deeper levels of commitment and caring, and have a(n) \_\_\_\_\_ component.

Answer: sexual

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Bloom’s: Remember

Topic: Healthy Personal Relationships

Learning Objective: Describe the various types of healthy relationships.

59. Friendships are \_\_\_\_\_ relationships based on mutual liking and caring.

Answer: reciprocal

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Bloom’s: Remember

Topic: Healthy Personal Relationships

Learning Objective: Describe the various types of healthy relationships.

60. Researchers think the experience of love involves increased levels of the neurotransmitter \_\_\_\_\_.

Answer: dopamine

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Bloom’s: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

61. In Sternberg's love triangle, the sexual component of love is called \_\_\_\_\_.

Answer: passion

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

62. In Sternberg's love triangle, the decision aspect of a relationship is called \_\_\_\_\_.

Answer: commitment

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Bloom's: Remember

Topic: What Is Love?

Learning Objective: Understand love and intimacy, including attraction and finding a partner.

63. A good deal of communication takes place through facial expressions, eye contact, gestures, body position, and other forms of \_\_\_\_\_ communication.

Answer: nonverbal

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Bloom's: Understand

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

64. The \_\_\_\_\_ is the unspoken message sent or received in communication.

Answer: metamessage

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Bloom's: Remember

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

65. When you are the listener in a conversation, the most important thing you can do is \_\_\_\_\_.

Answer: listen

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Bloom's: Remember

Topic: Communication Skills and Styles

Learning Objective: Define communication and describe communication skills and styles.

66. The term \_\_\_\_\_ refers to a person's emotional, sexual, and romantic attraction to a member of the same sex, the other sex, or both.

Answer: sexual orientation

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

67. The masculine or feminine behaviors and characteristics considered appropriate for a male or female in a particular culture are known as \_\_\_\_\_.

Answer: gender

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

68. Individuals that are \_\_\_\_\_ experience emotional and sexual attraction to members of the opposite sex.

Answer: heterosexual

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

69. Individuals that are \_\_\_\_\_ experience emotional and sexual attraction to members of the same sex.

Answer: homosexual

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Bloom's: Remember

Topic: Sex and Gender

Learning Objective: Explain the difference between sex and gender.

70. When a person has a sense of identity as a male or female that conflicts with his or her biological sex, the person is said to be \_\_\_\_\_.  
Answer: transgender  
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Bloom's: Remember  
Topic: Sex and Gender  
Learning Objective: Explain the difference between sex and gender.
71. A(n) \_\_\_\_\_ role is a set of behaviors and activities a person engages in to conform to society's expectations of his or her sex.  
Answer: gender  
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Bloom's: Remember  
Topic: Sex and Gender  
Learning Objective: Explain the difference between sex and gender.
72. Families known as \_\_\_\_\_ families, in which one or more partners bring children from a previous marriage, are becoming very common in the United States.  
Answer: blended  
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Bloom's: Remember  
Topic: Committed Relationships and Lifestyle Choices  
Learning Objective: Explain types of committed relationships and lifestyle choices.
73. The arrangement known as \_\_\_\_\_, in which an unmarried couple shares living quarters, is increasingly common.  
Answer: cohabitation  
Page(s): 65  
Bloom's: Remember  
Topic: Committed Relationships and Lifestyle Choices  
Learning Objective: Explain types of committed relationships and lifestyle choices.
74. The dynamic balance between separateness and togetherness in both couple and family relationships is known as \_\_\_\_\_.  
Answer: cohesion  
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Bloom's: Remember  
Topic: Committed Relationships and Lifestyle Choices  
Learning Objective: Explain types of committed relationships and lifestyle choices.

75. The dynamic balance between stability and change in both couple and family relationships is known as \_\_\_\_\_.

Answer: flexibility

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Bloom's: Remember

Topic: Committed Relationships and Lifestyle Choices

Learning Objective: Explain types of committed relationships and lifestyle choices.

76. In health promotion literature, \_\_\_\_\_ is commonly defined as a person's connection to self, significant others, and the community at large.

Answer: spirituality

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

77. Spirituality involves a personal belief or \_\_\_\_\_ system that gives meaning and purpose to life.

Answer: value

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

78. Spiritual connectedness appears to be associated with high levels of \_\_\_\_\_ quality of life, which is the physical, psychological, social, and spiritual aspects of a person's daily experience.

Answer: health-related

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Bloom's: Understand

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

79. People who volunteer and provide community service may experience a(n) \_\_\_\_\_ similar to what is experienced by runners.

Answer: helper's high

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.

80. Education that combines academic study with community service is called \_\_\_\_\_.

Answer: service learning

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Bloom's: Remember

Topic: Communities

Learning Objective: Define the various types of relationships and communities that people form.