A Safe Harbor in the Perfect Storm Called Academia: Relationships and Family

Emre Selçuk, March 20, 2014, METU GSNAS
Relationships as a “safe haven” to retreat and as a “secure base” from which to thrive

(e.g., Hazan & Selçuk, in press; Gillath, Johnson, Selçuk, & Teel, 2011; Gillath, Selçuk, & Shaver, 2008; Günaydın, Selçuk, Hazan, 2013; Selçuk & Gillath, 2009; Selçuk & Ong, 2013; Selçuk et al., 2010a, 2010b, 2012)
House et al, 1988, Science
<table>
<thead>
<tr>
<th>Social Relationships: Overall findings from this meta-analysis</th>
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<tbody>
<tr>
<td>Social Relationships: High vs. low social support contrasted</td>
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<td>Social Relationships: Complex measures of social integration</td>
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**Smoking < 15 cigarettes daily**

**Smoking Cessation**: Cease vs. Continue smoking among patients with CHD

**Alcohol Consumption**: Abstinence vs. Excessive drinking (> 6 drinks/day)

**Flu Vaccine**: Pneumococcal vaccination in adults (for pneumonia mortality)

**Cardiac Rehabilitation (exercise)** for patients with CHD

**Physical Activity (controlling for adiposity)**

**BMI**: Lean vs. obese

**Drug Treatment for Hypertension (vs. controls)** in populations > 59 years

**Air Pollution**: Low vs. high

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Holt-Lunstad et al., 2010, PLOS Medicine
Killingsworth & Gilbert, 2010, Science
Killingsworth & Gilbert, 2010, Science
Session 1

Describe upsetting event

Session 2

Recall the event

Recovery

Session 3

Health problems

Negative Affect

Partner  Control

Effect of Attachment Figures on Recover from Upsetting Memories

Session 1
Describe upsetting event

Session 2
Recall the event

Session 3
Health problems

Recovery

1 week

> 1 month

Recovery in the partner condition

Health problems

Perceived Partner Responsiveness & Received Partner Support

Physical Health

Health Behaviors

Mental Health

Personality Traits

10 years

Mortality

Selçuk & Ong, 2013, Health Psychology
Perceived Partner Responsiveness

Happiness

Meaning in Life

Personality

10 years

Selçuk, Günaydın, & Ong, in prep
Perceived Partner Responsiveness

Young Adults; 14-day daily diary study

Middle-Aged & Older Adults; 8-day daily diary study

Quality of daily work

Selçuk, Günaydın, Hazan, & O’Donnell, in prep.
Probability of Decline in Quality of Daily Work

PPR = very low
PPR = low
PPR = high
PPR = very high

no-stress days
stress days

Selçuk, Günaydin, Hazan, & O’Donnell, in prep.
Mom’s perception of her husband → Mom’s caregiving sensitivity observed at home → Child’s perception of the mother

Selçuk, Günaydın, Sümer, Harma, Salman, Hazan et al., 2010, Journal of Research in Personality
Choose your mates wisely

Devote time & effort to your relationships, you will be more productive

Maintain a 5:1 ratio
Engage in novel experiences
Share the good news
Express your gratitude
THANK YOU!