

BRYAN STRONG • CHRISTINE DeVAULT • BARBARA W. SAYAD

7TH
EDITION

The Marriage and Family Experience

Intimate Relationships in a Changing Society



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The Marriage and Family Experience

D E D I C A T I O N

*To my mother Norma Kathryn Rannie and to the memory of her
mother Hilma Calkins (Mimi), strong and compassionate women,
my teachers.*

CHRISTINE DEVAULT

*To family ... my own: Bob, Sarah, Elizabeth, and Sam; and to
my parents Robert and Elise, and to Bob and Flo—who lovingly
gave us wings and a will to fly.*

BARBARA WERNER SAYAD

*All that a person does or
thinks is of consequence.*

WALT WHITMAN,
PREFACE TO *Leaves of Grass*

Preface

This seventh edition is an updated, expanded, and reorganized revision of *The Marriage and Family Experience* and comes with a new subtitle: *Intimate Relationships in a Changing Society*. We hope that instructors who have used earlier editions of this text will find this edition both comfortably familiar and provocatively new. For instructors who are just now adopting this text, we welcome you and your students to an experience which we hope will support and encourage their reflections and decisions about what constitutes well-being among families. The underlying theme of our textbook remains unchanged: our enduring belief that our families, whatever their form, are the crucibles in which our humanity is born, nurtured, and fulfilled. They are what makes us human, and they need to be cherished, honored, and supported.

As in earlier editions, we have attempted to present the study of marriage and the family in a manner that enlarges both personal and intellectual understanding. A functional approach need not exclude an academic approach; nor does an academic approach necessarily exclude a functional one. We have tried to combine the virtues of both. Ideas allow us to see beyond our own limited experiences, and our personal experience breathes life into ideas. We believe that good scholarship encourages individual understanding and that personal exploration encourages intellectual growth. *The Marriage and Family Experience* reflects a unique attempt to unify functionally oriented and academically oriented approaches into a single textbook.

We have continued our interdisciplinary approach, since the perspective of a single discipline, such as sociology or psychology, creates only a partial picture of marriage and the family. We have incorporated work from not only sociology and psychology but also history, economics, health, communication, folklore, literature, and ethnic studies. To limit ourselves to but one branch of knowledge would leave us much like the blind man who tried to describe the nature of the elephant: each mistook a part for the whole and, while they argued among themselves, the elephant walked away.

We have meticulously revised our textbook to reflect the most current research available. We have also reorganized it, making it easier to teach from.

New to the Seventh Edition

You and Your Well-Being

The concept of wellness, defined as optimal health and vitality, encompasses physical, emotional, intellectual, spiritual, social, and environmental well-being. When marriage and the family is examined from this additional perspective, it becomes apparent that the wellness model of health has a far-reaching effect on how we view ourselves, our relationships, and our community. Issues such as the effects of stress on family dynamics, dealing with parent burnout, and the role of self-esteem in communication and conflict resolution are spotlighted from a wellness perspective. This material appears as boxes titled “You and Your Well-Being” and is integrated throughout the text.

Marriage, Family, and Popular Culture

As instructors, most of us have found that our students rely on the media for much of their knowledge of the world, including marriage and family. Though not new to edition, the topic of popular culture has been updated and discussed in terms of how it affects not only adolescents and adults, but children as well.

We believe that it is important to make students aware of the role of popular culture—television, magazines, movies, and so on—in shaping their views of marriage and the family. Consequently, we have developed the theme of marriage, family, and popular culture, weaving it throughout the textbook. In the first chapter, “The Meaning of Marriage and Family,” we introduce the various norms and family structures presented in the archetypal TV family, the sitcom family. In the second chapter, “Studying Marriage and the Family,” we introduce students to pop culture’s advice/information genre (such as talk shows, advice columns, and tabloid TV), which transforms information into entertainment. In the same chapter, we introduce students to critical thinking skills which may be applied to the study of marriage and the family. Throughout the remainder of the textbook, where appropriate, we discuss various media and their role in socialization, the establishment of sexual norms, and so on.

New or Expanded Topics Include:

- Further integration and expansion of America’s diverse family systems—both in terms of structure and ethnicity—as an organizing principle throughout the textbook.
- Updated and expanded coverage of African-American, Latino, Asian-American, and Native American families.
- Expansion of the historical perspective of marriage and the family. (Chapter 1)
- Inclusion of the feminist and family development perspective of theories of marriage and family. (Chapter 2)
- The relationship between friendship and love. (Chapter 4)
- Getting psychological help. (Chapter 5)
- Family problem solving loop and communication loop. (Chapter 5)
- Expanded discussion of cohabitation. (Chapter 6)
- Singlehood as a lifestyle. (Chapter 6)
- Choices in unwanted pregnancy. (Chapter 7)
- Preconception care. (Chapter 8)
- Selecting and evaluating day care. (Chapter 10)
- Women’s health. (Chapter 12)
- Abuse in gay and lesbian relationships. (Chapter 13)

- Intervention for child abuse and neglect. (Chapter 13)
- Divorce-related stressors. (Chapter 14)
- Stepfamily development process. (Chapter 15)
- Ethnic family strengths. (Chapter 16)

Reorganization

Based on our own teaching experience and that of our colleagues, we reorganized the chapters into teaching units which for us seem to present a more logical flow of material. Though the same number of chapters exist, they have been rearranged and divided into four units: *Meanings of Marriage and Family*, which includes definitions, studying marriage and the family, and gender roles; *Intimate Relationships*, including love, communication, pairing and singlehood, and sexuality; *Family Life*, covering pregnancy, family life cycles, parents and children, and work and economics; and finally, *Family Challenges and Strengths*, which encompasses family health, violence and sexual abuse, separation and divorce, single-parent families and stepfamilies, and marriage and family strengths.

Based on feedback from reviewers, we have also expanded Chapter 1 to include a broadened historical perspective of marriage and the family. While some of this material came from the 6th edition, considerably more information has been added. We hope instructors find this useful in expanding students' understanding of their roots.

Pedagogy

Over the years we have developed a number of pedagogical features to engage students in exploring the chapters from both an intellectual and personal perspective. In addition to the new "You and Your Well-Being" boxes, each chapter includes the following learning tools:

Previews

Previews open each chapter with self-quizzes that challenge students' preconceptions about marriage and the family.

Chapter Outline

Chapter outlines at the beginning of each chapter help students organize their learning.

Other Places/Other Times

Cross-cultural and historical perspectives provide depth and breadth to the textbook, showing students the cultural and historical diversity of marriage and the family. The cross-cultural perspectives were written by anthropologist Janice Stockard, Connecticut College, who specializes in the cross-cultural study of family systems. The historical perspectives demonstrate how marriages and families have changed over time in our society.

Understanding Yourself

Understanding Yourself sections use research topics and instruments as starting points for students to examine their own lives. We have found that integrating research, methodology, and self-examination brings to life what could be burdensome abstractions devoid of personal meaning.

Did You Know?

This new feature appears in the side-margin of various pages and is used to highlight or encapsulate facts and figures related to the topic. Most of the information appearing in this format is current and intended to call out a particular statistic or fact that might otherwise go unnoticed.

Perspectives

Perspectives focus on high-interest topics, such as ethnicity and communication, examining marital satisfaction, and the relationship between love and sexuality.

Reflections

Reflections are found within the margins of the text. They ask students to reflect on how the ideas discussed in the previous section may provide insights into their own lives, families, and relationships. Students are asked, for example, to look at the pluses and minuses of a relationship to illustrate exchange theory, to examine how their own families meet their intimacy needs, and to think about the kinds of traditions and rituals their families practice.

Key Terms

Key terms are boldfaced within the textbook as they appear. At the end of each chapter they are listed alphabetically along with the page number where each term first occurred. A complete list of key terms used in the textbook is found in the glossary.

Chapter Summary

At the end of each chapter, the main ideas are summarized to assist students in the reviewing the chapter material. Key terms appearing in the summary are italicized.

Suggested Readings

An annotated suggested readings list provides material for personal interest or further research.

Margin Quotes

Quotes in the margin offer unusual, thoughtful, humorous, or provocative insights. A single quotation may spark an intense class discussion or lead a person to reexamine long-held beliefs. Instructors and students alike have remarked that the margin quotes are almost like having a second book.

Glossary

A comprehensive glossary of key terms is included at the back of the textbook.

Appendixes

Three appendixes on sexual anatomy, sexual physiology, and fetal development appear at the back of the textbook. These can be used to supplement Chapter 7, "Understanding Sexuality," and Chapter 8, "Pregnancy and Childbirth."

Resource Center

The newly updated Resource Center at the end of the textbook contains a self-help directory and practical information on finances and budgeting, personal

health, birth control, sexually transmitted diseases, infertility, and other topics relating to individual and family well-being. In addition, it contains study guides for marriage and family studies, women's studies, and African-American, Latino, Asian-American, Native American, and ethnic studies to assist students in their research. A new feature of the 7th edition is a listing of web sites by topic.

Readings in Marriage and the Family

The readings that formerly appeared at the end of each chapter have been taken out of the textbook and now appear in an expanded reader: *Readings in Marriage and Family Experience: Intimate Relationships in a Changing Society*. They include essays, articles, and excerpts from books, journals, magazines, and newspapers. We have retained a number of popular readings, but many are new. All were carefully chosen to present ideas, information, and points of view that both professors and students will find diverse and stimulating. In order to encourage discussion and introspection, reflections (critical thinking questions) are included for each reading.

Study Guide

The *Study Guide* by Carol Mertens of the University of Iowa, has been revised and updated with detailed outlines of each chapter, review questions, self-discoveries, and other helpful devices to reinforce chapter material. The guide provides mini-assignments, which sometimes involve activities outside the classroom, and "just for fun sections," which include self-tests of ideas, values, or personality, and humorous inserts.

Acknowledgments

Many hands assisted us in the production of this new edition. We were fortunate to have the expertise of Professor Gregory Kennedy, Department of Family Studies, Central Missouri State University, in researching and revising Chapter 2, "Studying Marriage and the Family," and Chapter 11, "Family, Work, and Economics." Professor Janice Stockard, Department of Anthropology, Connecticut College, contributed the cross-cultural material for the "Other Places/Other Times" features.

In doing our research we have been kindly assisted by the reference staff of the Dean McHenry Library at the University of California, Santa Cruz, and the library staff at California State University, Monterey Bay. Terence Crowley, Professor of Library Science at California State University, San Jose, continues to assist us with difficult research questions. Thanks are also due to his students Thom Ball, Evelyn Kobayashi, and Ruth Ann Moore for tracking down reference sources for the Resource Center. Eddy Goldberg was most diligent in the pursuit of elusive statistics. Professor Arthur Aron of State University of New York at Stonybrook reviewed Chapter 4, "Friendship, Love, and Commitment." Fran Bussard, LCSW, remains a rich source of insight into personal relationships and communication. Lynne DeSpelder of Cabrillo College helped us redesign the order of the chapters into more coherent teaching units. Grateful acknowledgment is also due to the staff at Networking and Computing at California State University, Monterey Bay, for on-the-spot help, follow-up, and trouble shooting.

Very special appreciation is due to our former editor at West Publishing, Carole Grumney, who shepherded this book through five editions. Her belief in *The Marriage and Family Experience* and her steady support and encouragement

are largely responsible for the success the book enjoys today. At Wadsworth Publishing we thank Eve Howard, Publisher, and Susan Badger, President, for their enthusiasm and confidence in us. Many thanks are also due to editors Denise Simon and Bob Jucha, project editor Jerilyn Emori, editorial assistant Angela Nava, permissions editor Veronica Oliva, and marketing manager Chaun Hightower. At Electronic Publishing Services, Patty O'Connell and Jason Jones were diligent and helpful. Gerry Madigan was our intrepid copyeditor.

James Honeycutt of Louisiana State University and Marsesa Murray and Kathleen Gilbert of Indiana University helped us by sharing their unpublished work on TV families and by reading relevant material from the textbook. Daniel Friedman of Antioch College was especially helpful in the early stages by pointing us to many fine sources. He suggested the idea of "Television and the World We Live In" found in Chapter 1. Members of FAMLYSCI, an Internet group for family scholars founded by Greg Brock, Ph.D., University of Kentucky, gave valuable critiques of material we posted on the family and popular culture.

Each edition has benefited from the insightful comments and thoughtful suggestions of our many reviewers. They have been exceptionally aware of the dual requirements of a good textbook—academic integrity and student interest—and have helped us maintain our commitment to both. The professors and consultants who assisted us in this edition are listed below in alphabetical order. We are greatly indebted to them all.

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University of Florida
Frank R. Williams
University of Arizona
John Worobey
Rutgers University

From the Authors

It has been my privilege to co-author this book with Bryan Strong, my husband, since its second edition in 1983. In May of 1993, Bryan was diagnosed with malignant melanoma. Our next few years were filled with love, work, tears, laughter, and the deep appreciation of life and humanity that we seem to find when we are face to face with our own mortality. Bryan died at home on August 10, 1996. He was valiant, steadfast, optimistic, and generous always. Through his teaching and writing, he inspired and encouraged countless students, both known and unknown to him. Part of his legacy is the seventh edition of this textbook. My hope is that through these pages Bryan will continue to touch the lives of those who encounter him.

Throughout Bryan's illness we were supported by the loving hands and hearts of family and friends. I want to especially acknowledge our children—Gabe, Will, and Maria, and Bryan's daughter Kristin—for their love, patience, understanding, and help during difficult times. I am also immeasurably grateful to Barbara Sayad, a friend indeed, who with great good will shouldered a major portion of the work of this revision.

Christine DeVault

I take special pride in thanking Bryan and Christine for the opportunity to become a part of this book. Their scholarly research, poetry, inspiration and hard work have made my involvement in this book a joy and a testament to the goodness in individuals and family.

At home, a shared office phone and computer line sometimes created competition for time and space in order to get work done on time. I thank each member of my family for their patience and support but more importantly for the love that flows so freely through our family.

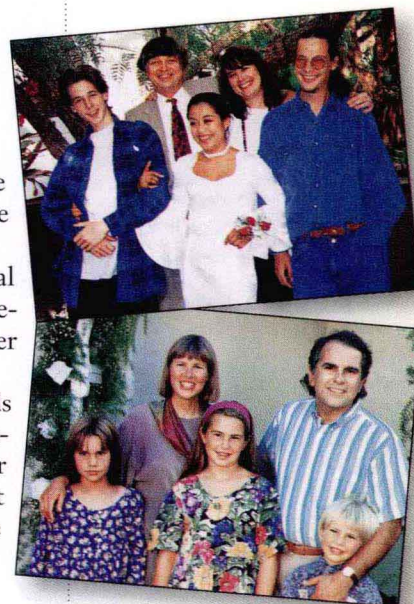
Barbara Werner Sayad

About the Authors

Bryan Strong received his doctorate from Stanford University and taught at the University of California, Santa Cruz. His fields of expertise included marriage and the family, human sexuality, and American social history.

Christine DeVault, a Certified Family Life Educator, is an educational writer and consultant and an instructor at Cabrillo College. She received her degree in sociology from the University of California, Berkeley. She lives with her children in Felton, California.

Barbara Werner Sayad is a wife, mother, teacher, and writer. She holds a master's degree in Public Health and currently teaches wellness, human sexuality, and women's health at California State University, Monterey Bay. Other areas of research and expertise include marriage and the family and adolescent health. Three young children and a husband share her days in their hillside home overlooking Carmel Valley.



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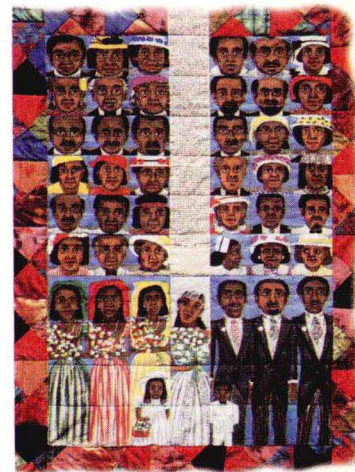
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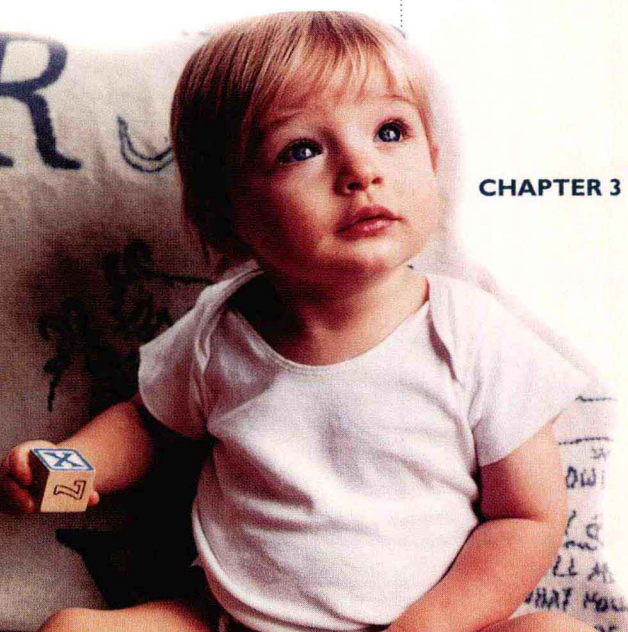
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