Instructions: You will hear a university lecture about a psychological concept called reactance theory. For questions 1-8, complete the notes below.

Write **NO MORE THAN TWO WORDS** for each answer.

Lecture Notes: Reactance Theory and Social Dynamics

Understanding Reactance Theory

- A psychological concept explaining human opposition to directives.
- Reactance is triggered by a perceived threat to an individual's personal **(1)** _____.
- A common example is rejecting official health messages that are considered to be **(2)** _____.

Case Study: Romance and Reactance

- **The "Romeo and Juliet Effect" Study (1972):**
  - Involved couples who showed a high degree of **(3)** _____.
  - Finding: External opposition appeared to strengthen the bond.
  - The name for this effect was taken from the well-known story of **(4)** _____ from literature.
- **The "Social Network Effect":**
  - More recent studies indicate that external disapproval often leads to relationship failure.

Deeper Analysis

- **Types of Reactance:**
  - *Defiant:* An impulsive, oppositional reaction.
  - *Independent:* A person's drive to act in a way they personally believe is **(5)** _____.
- **Core Human Tensions:**
  - The theory highlights a fundamental tension between the human desire for independence and the need for **(6)** _____ within a group.
- **The Role of Social Support:**
  - Negative effects of disapproval can be lessened by support from a small circle of trusted **(7)** _____.
- **Final Lesson:**
  - The story of Romeo and Juliet serves as a warning about how such a(n) **(8)** _____ relationship can collapse under severe external pressure.

LIVEWORKSHEETS