

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.