

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.