Sosiale relasjoner og kommunikasjon
Kommunikasjon

- Ingen kommunikasjon
  - beslutninger, sosiallæring, normer

- Ikke-verbal kommunikasjon
  - affekt, uttrykk, inntoning

- Verbal kommunikasjon
  - fortell om ekstern verden OG intern verden
  - symboler, metaforer, fantasier, fortellinger
Sosiale bånd

- Sosial utbytte teori [Homans]
- Sosial lærings teori [Rotter]
  - primært kognitiv
- Inntoning
- Tilknytningsteori [Bowlby]
  - primært affektiv
  - sikker bånd
  - truede bånd
“Bonding between individuals and solidarity between groups both depend upon mutual trust, which in turn is usually connected to emotional as well as intellectual ties.” (p11)

“Suppose, as a basic premise, that all human beings require a sense of belonging, a web of secure social bonds, and that for most of us, this minimum is never quite achieved...” (p12)

“If that were the case, the human condition in modern societies would be one of permanent insecurity.” (p12)

Thomas R. Scheff, 1990
Social Bonds: Attachment Theory
(Bowlby, Ainsworth, Mains, etc.)

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- **Type A:** Insecure: Anxious / Avoidant*
- **Type B:** Secure Attachment (ca. 70 %)*
- **Type C:** Insecure: Ambivalent*
- **Type D:** Insecure: Disorganised / Disoriented**

* M. Ainsworth et al. (1978), *Patterns of Attachment*

### Social Bonds: Adult Attachment

<table>
<thead>
<tr>
<th></th>
<th>Infant secure</th>
<th>Infant insecure</th>
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</thead>
<tbody>
<tr>
<td><strong>Adult secure</strong></td>
<td>20</td>
<td>5</td>
</tr>
<tr>
<td><strong>Adult insecure</strong></td>
<td>9</td>
<td>16</td>
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</tbody>
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Studie av 50 personer som var testet med Strange Situation ved 1-års alderen og med Adult Attachment Interview 20 år senere.
In support of Bowlby’s speculation that the infant’s ‘capacity to cope with stress’ is correlated with certain maternal behaviors (Bowlby 1969, p. 344), the attachment relationship directly shapes the maturation of the infant’s right brain stress-coping systems that act at levels beneath awareness.

The interactive regulation of right brain attachment biology is thus the substrate of empathy.

Neuropsychological studies now also reveal that the right hemisphere, ‘the right mind’, and not the later-forming verbal-linguistic left, is the substrate of affectively-laden autobiographical memory (Fink et al. 1996).

The core of self is thus non-verbal and unconscious.

Social Bonds: Pride and Shame

“Adult shame is doubly social:
- shame arises in social monitoring of the self
- shame itself often becomes a further source of shame

The second social aspect of shame, its recursiveness, can give rise to *pathological* shame.”

Thomas J. Scheff, 1990: 84
Selv / Identitet

Personlig identitet / "Sense of self"

Sosial identitet / "Sense of community"
Sense of Self / Personal Identity

---

Sense of personal (bodily) coherence
Spatial sense of self
Sense of personal history, timing, rhythm
Sense of personal agency
Sense of personal affectivity
Sense of personal relationships, belonging
  - mother (caretaker) • family • peers • network(s) • community • nation • world, humanity, etc.
Sense of a gendered (sexual) self
Sense of a moral self
Verbal sense of self
Narrative sense of self
Creative self
Spiritual self
Social Identity Theory (SIT)

Part of our self concept (or identity) is defined in terms of group affiliations

...we assess our own group’s worth by comparing it with other groups [Tajfel & Turner’s (1986) extension of Festinger’s (1954) Social Comparison Theory]

Social Identity Theory... presumes some direct causal connection between intergroup discrimination and self-esteem

Rupert Brown, 2001: 500
Pathological Shame

**Isolation**

“In relationships marked by hidden conflict, the bond is continually threatened but in a way which makes understanding and repair of the bond extremely difficult... as difficult to form new bonds as to repair old ones.” (Scheff, 1990: 14)

**Engulfment**

“Rather than attunement... pseudobonds in nations, sects, cults, and other exclusive groups furnish only the semblance of community. In such sects, the members give up significant parts of themselves... they are engulfed” (Ibid.)
Sense of Community / Social Identity

- **Sense of collective coherence (space)**
  - Geographical coherence • Diaspora

- **Sense of collective time (pulse, rhythm, history)**
  - Here and now • Past • Future

- **Sense of collective agency**
  - Sense that group/community has control over its actions

- **Sense of collective affectivity**
  - Sense of shared feelings with other group/community members

- **Sense of common language/narratives**
  - Sense of shared meanings

- **Sense of collective membership (belonging)**
  - Who can be a member? By what criteria? • Sanctions? • Expulsion? • Freedom to leave?
    • Marking, symbols, rituals?

- **Sense of collective relationships (to other groups/communities)**
  - Positive relationships (i.e. coalitions) • Negative relationships (i.e. conflict, conflict potential)
Gruppestrukturer
Kommunikasjon
Koalisjoner
The innumerable varieties of attractions, repulsions and indifferences between individuals need a common denominator. A feeling is directed from one individual towards another. It has to be carried into distance... to express the simplest unit of feeling transmitted from one individual towards another we use the term tele... “ (Moreno, 1953: 313–14)
Coalitions in a Triad: Affiliation

Cognitive balance theories

“Min venns venn er min venn… Min venns fiende er min fiende…”

Balanced

Unbalanced

Cf. Fritz Heider (1958). *The Psychology of Interpersonal Relations*
Coalitions in a Triad: Interest

Negotiations based on gains and losses

Cf. Theory of N-person games
Coalitions in a Triad: Power

Alliances depend upon the relative power

Conservative coalition:
- does not upset the prescribed status order

Revolutionary coalition
- winning coalition that dominates the superior member of the organizational triad

Improper coalition
- coalition that is not conservative or revolutionary

Group Development
Group Development

- Dependency and inclusion ("forming" (Tuckman, 1965))
- Counterdependency and fight ("storming")
- Trust and structure ("norming")
- Work ("performing")
- Termination ("adjourning" (Tuckman & Jensen, 1977))

Susan A. Wheelan (1994). Group Processes. A Developmental Perspective
“Groupthink”
Groupthink

“A distorted style of thinking that renders group members incapable of making a rational decision.” (Forsyth, 1999: 325)

“A mode of thinking that people engage in when they are deeply involved in a cohesive ingroup, when the members’ strivings for unanimity override their motivation to realistically appraise alternative courses of actions.” (Janis, 1982: 9)
Groupthink: Symptoms

- Interpersonal pressure
- Self-censorship
- “Mindguards”
- Apparent unanimity
- Illusions of invulnerability
- Illusions of morality
- Biased perceptions of the outgroup
- Defective decision-making strategies

Source: Forsyth, 1999: 325–328
Groupthink: Prevention

- Limiting premature seeking of concurrence
- Correcting misperceptions and biases
- Using effective decision techniques