

Can familiarity lead to attraction?

Being in a fulfilling long-term relationship or marriage which is a big life goal for most people (Baumeister & Leary, 1995; Roberts & Robins, 2000). Agreeing with this is a Gallup poll done by (Whitehead & Popenoe, 2001) which found nearly 90% of single young Americans want a faithful and loyal long-term relationship or marriage. So, who are we more compatible with? Do birds of a feather flock together” or do Opposites attract?” and can Familiarity lead into a long-term relationship and marriage. One study I found was by Zajonc (1968) and his work that was first presented as “the mere exposure effect” which he used to describe what the positive effects were when something was repeated with unreinforced view on their attitudes towards a person’s perception, you have a more positive attitude towards another person when you are in a person’s presence often. Current research has shown more evidence that the effect can enhance your feelings especially if they are kind and nice towards you then you want to reciprocate their feelings back to the person. The Mere Exposure Effect is said to be viewed as a classical conditioning (Zajonc, 2001).

(Bornstein & D’Agostino, 1994; Reber, Winkielman, & Schwarz, 1998; Season et al., 1995). Another study I looked at and found very interesting was a 1992 study by Mooreland & Beach where they took 4 different women of similar physical attractive and looked like each other. They had to go to lectures in a college and attend a number of classes. Each woman attends the lectures each a different number of times, one did not go to one single lecture while one went 15 times to the classes and they did not have any interactions or communications with any of the other students while they were attending the lecture. When the semester was over with all the students were given pictures and had to rate the classes pictures from a number of things on a scale e.g. physical attractive. The results showed that even though they never spoke or had communicated with the women that the women they had seen the most were rated higher and seen more positively than the women that did not attend any of the lectures was rated and were seen less positively in all aspects. This is more evidence that the more familiar we are with someone the more likely we are going to develop deeper feelings for that person and it is shown the more social interactions we have with an individual the more positive our attitudes are towards each other (Bovard, 1951; Festinger, 1951; Homans, 1961; Newcomb, 1963.). Harrison (1968); Martin (1970) study showed that the more and further time that we spend with a person then we are going to start to get attracted to someone and when we do start being friends with someone we can start to compare the similar things we can have in common. When we are familiar with someone then we feel secure with this person and feel safe and comfortable with them. The more interactions you have and the more something is around the more your feelings will develop

Rhodes et al (2001) discovered that individual faces are regarded as more likeable when repeat viewing. Regular familiar faces that you always see are thought to be more attractive.) Rhodes et al (2001) Harrison (1968); Martin (1970) says that the more and more time that we spend with a person the more that it is likely we will like them more. Mere exposure can have an effect on attraction to people under different conditions (Mooreland and Zajonc)., the more time we spend with someone the more attracted we can then get to them.

It’s like when we hear a song but really don’t like it when you hear it but over time you keep listening to it and then suddenly you love the music. We have a habit of liking things more when it is around us more making it more likely to become familiar and trust this person leading to a relationship. Knowing each other over time you may find that you have more in common than you first thought.

Argyle (1983) said the more time that we spend around each other the more attractive they become, and individual's will favour the faces of people that look familiar than those who do not (Little & Perrett, 2002.). so to conclude through the studies have looked at I have found that even though at first we might not like some one or some thing that does not matter as over time people, food etc and be something that over time you can develop a relationship and began to become very attracted to it and loving it so it doesn't matter if we are initially attracted to someone feeling's can develop especially if you are around this person often and regularly than that can over come the initially feeling's of attraction and of all the studies I have found that it can also go the other way spending time with a person can make you dislike something even more and find it or them annoying the more your around and the more you see them. Through the studies it seems that the more you feel you have a connection with someone and trust and feel secure is the reason that we find someone similar the more we develop and have more of a chance at the relationships will be long term or lead to marriage.

Reference

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