promotes her own commitment, leading her to display relationship maintenance behaviors of her own. Unless something happens to weaken one partner’s dependence, the couple should continue to experience a stable, satisfying union.

**CHAPTER SUMMARY**

- People affiliate when they’re afraid, because they want the emotional comfort other people provide and because they want information about what’s going to happen.
- Women are more apt to affiliate under stress than men are. This may be due to the influence of the hormone oxytocin.
- Social relationships provide many health benefits. People who are socially active are less susceptible to a variety of illnesses and live longer than those who are more socially isolated. The perception that one is loved and cared for is particularly important under periods of high stress.
- Men and women benefit from marriage, but men benefit more. This is because a bad marriage has positive effects on men’s health but a negative effect on women’s health.