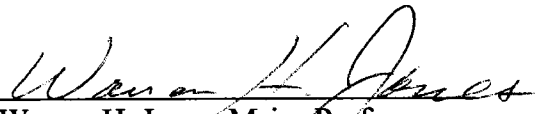
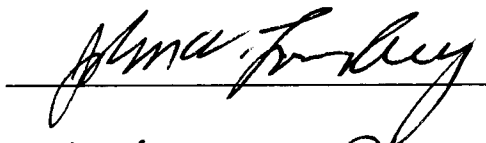


To the Graduate Council:

I am submitting herewith a thesis written by Amanda Lynn Muelchi entitled "The Fulfillment of Social Provisions and Its Relationship to Psychological Well-being." I have examined the final copy of this thesis for form and content and recommend that it be accepted in partial fulfillment of the requirements for the degree of Master of Arts, with a major in Psychology.


Warren H. Jones, Major Professor

We have read this thesis and
recommend its acceptance:




Accepted for the Council:


Associate Vice Chancellor and
Dean of The Graduate School

The Fulfillment of Social Provisions and
Its Relationship to Psychological Well-being

A Thesis Presented for
the Master of Arts Degree
The University of Tennessee, Knoxville

Amanda L. Muelchi
May 1998

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DEDICATION

This thesis is dedicated to my mother,

Jean Marie

who has offered her unconditional love,

and undying patience and support,

without which this accomplishment would not be possible.

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ABSTRACT

The present study was conducted to investigate Robert Weiss' (1974) theory of six social provisions (opportunity for nurturance, guidance, attachment, social integration, reassurance of worth, and reliable alliance) for which he proposed we seek fulfillment through engaging in various relationships. Participants consisted of 261 college undergraduates (177 females and 84 males), with a mean age of 20.8 years. They completed the relationship-specific version of the Social Provision Scale, which was designed specifically for use in this study, as well as the Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985). Results from several different types of analyses including correlations, regressions, and one-way ANOVA's were used to assess Weiss' theory. While the majority of Weiss' specific predictions were not supported in this study, explanations as to why this occurred were explored. The reports from young adults in this study partially supported both the findings based on studies of children's reports and Weiss' broad predictions of an adult population. That is to say, children tended to report their parents, especially mothers, to be the provider of a majority of the social provisions and adults were predicted to report their romantic partners to be the provider of a majority of the social provisions. In this study, young adults reported their mothers as the important provider of three of the six social provisions when predicting life satisfaction, as well as their romantic partners as the important provider of two other social provisions. It was concluded that for young adults two main relationships are important for predicting life satisfaction, mother and romantic partner.

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CHAPTER I

INTRODUCTION

Robert Weiss' theory of social support, (measured as six social provisions), and its relationship to life satisfaction is of great interest to social psychologists. Past research has studied the fulfillment of these provisions, but has not concentrated on the specific relationships which generate the provisions. The present study focused on the degree to which life satisfaction for young adults is related to the satisfaction of these social provisions across the full spectrum of their various relationships.

The social support we receive from relationships with different people is an important contribution to our psychological well-being. This is part of what makes relationships important to study, and why, in part, this field has become a popular area of research. One approach to investigating social support is to measure the fulfillment of social provisions. In 1974, Robert Weiss proposed a theory suggesting (a) relationships with others may satisfy one or more of six basic human needs called relational provisions, and (b) satisfaction of these needs through relational provisions results in increased psychological well-being. According to Weiss, one such provision is attachment, which refers to emotional support and security. Weiss proposed that this provision is most often fulfilled by one's significant other. If such a relationship is not available, women may have this provision met by a close friend, sister, or mother, and men may have this provision met by friends. A second provision, social integration, illustrated by the sharing of

concerns and interests, is often fulfilled by a network of friends. According to this model, reliable alliance, defined as the unconditional support and continuing assistance from others, is most often derived from familial relationships. The fourth provision envisioned in the model is guidance or advisement. This provision is provided by trustworthy authoritative figures such as parents, teachers, or mentors. The fifth provision proposed by Weiss is the opportunity for nurturance, or the taking of responsibility for the well-being of someone else. Weiss felt that this typically would be satisfied by having children. Last, is reassurance of worth or esteem. For persons who work outside the home, this provision may be fulfilled by colleagues who value their skills and abilities. For those who are homemakers, the need for reassurance of worth may be satisfied by members of the family who recognize their valuable and important homemaking skills.

Weiss' theory (1974) initially derived from his interview studies of coping with loss and loneliness among divorced and widowed single parents, both men and women. He proposed that relationships tend to become somewhat specialized in their provisions, although typically they do not fulfill one provision exclusively. As a result, individuals seek out and try to maintain a number of different relationships to establish the conditions necessary for well-being. Because this model was developed from observations and interviews of a somewhat narrowly defined population, it is important to examine its relevance and generalizability to other populations. For example, perhaps different relationships fulfill different provisions at various ages. In this regard, Youniss and Smollar (1989) found that from an adolescent's perspective, relationships with parents and

peers are distinctly different. Because of research findings such as these, some researchers have attempted to apply Weiss' theory to differing populations and age groups.

Social Provisions

Researchers have explored specific populations to see how different provisions are crucial at different times in life or under certain circumstances. These studies have investigated social support and its association with job loss (Mallinckrodt & Bennett, 1992), poor parental bonds in childhood (Mallinckrodt, 1992), academic achievement (Cutrona, et al., 1994), loneliness (Kraus, et al., 1993; Russell, et al., 1984; Vaux, 1988), anxiety (Montgomery, Hammerlie, & Edwards, 1991), and being a single mother (Kurdek, 1988). Although providing information on how social support and fulfillment of certain provisions aided these specific populations, these studies did not examine which specific relationships provided which provisions.

A few studies have attempted to connect Weiss' social provisions with specific relationships in various populations. Clark-Lempers, Lempers, and Ho (1991) and Lempers and Clark-Lempers (1992) studied relational attributes, which included a measure of Weiss' provisions in somewhat modified form. The alterations in the description of Weiss' original social provisions included relabeling guidance as instrumental aid, social integration as companionship, and separating attachment into two parts: affection and intimacy. These investigators studied three age groups: early adolescence (11-13 years old), middle adolescence (14-16 years old), and late adolescence

(17-19 years old.) Each of the participants in each of the groups rated the relational attributes, using the Network of Relationships Inventory (NRI), with respect to their relationship with their mother or step-mother, father or step-father, most important teacher, best same-sex friend, and most important sibling. A mean score for each attribute was calculated. There were some slight differences among the age groups but, in general, the following patterns characterized the typical results: the highest scores for mother were on affection (a component of attachment), fathers had higher scores for instrumental aid (guidance) as compared to the remaining provisions; best same-sex friends scored the highest on companionship (social integration); most important siblings had high scores on reliable alliance; and most important teachers had the highest scores under instrumental aid and reassurance of worth. These two studies provide some support for Weiss' theory of social provisions. Weiss stated that parents would be one source of guidance, and in both of these studies fathers were reported to be a significant source of this provision. Friends were found to be a source of social integration, as Weiss predicted, and siblings were sources of reliable alliance, as Weiss theorized familial relationships would be. Partial support of the theory came from results identifying mothers as the main source of affection and teachers as sources of guidance and reassurance of worth. Weiss predicted that significant others would be the main source of attachment, but perhaps these age groups are still highly attached to parents, especially mothers. Although Weiss did predict that teachers could be a source of guidance, he did not mention them as a source of reassurance of worth. But, for these age groups, school functions similar to a work

environment and they look to their teachers for recognition and reassurance of their skills as students.

Furman and Buhrmester (1985) conducted a study with fifth and sixth graders and also used the NRI to assess relational attributes. They asked students to complete the NRI with regard to their relationship with their mother or stepmother, father or stepfather, grandparent, older brother, younger brother, older sister, younger sister, best same-sex friend, and teacher. Reliable alliance, enhancement of worth, as well as affection (a component of attachment) were provided most often by relationships with both mother and father according to these participants. Companionship (social integration) and intimacy (a component of attachment) were reportedly provided by relationships with friends. Finally, instrumental aid (guidance) was mainly provided by fathers. Partial support for Weiss' theory was obtained in this study, because parents were the main sources of reliable alliance, reassurance of worth, and affection and fathers were strongly associated with guidance. As stated previously, young children have strong attachments to their parents and this may be why parental relationships have emerged as the apparent source of so many provisions in this age group. The finding that friends were the main sources of social integration directly supports Weiss' theory, but the finding that friends scored highest on intimacy is inconsistent with Weiss' predictions.

Another study by Furman and Buhrmester (1992) compared students in fourth grade, seventh grade, tenth grade, and college. Again the NRI was used to assess relational attributes on nine different relationships: mother or stepmother, father or

stepfather, older brother, younger brother, older sister, younger sister, grandparent, closest same-sex friend, and romantic partner. In this study, Furman and Buhrmester reported the general support perceived from each type of relationship in each age group. Fourth graders rated their mothers and fathers highest for social support. In addition, seventh graders rated their parents high on social support, followed closely by friends. Tenth graders tended to rate their friends higher than their parents, but both sources of social support were important to this age group. College students showed a gender difference with respect to sources of social support. Men tended to report their romantic partner as most supportive and women on average reported their sources of social support in the following order: mother, friends, siblings, and romantic partner. The findings regarding the receipt of general social support can be applied to Weiss' model as follows: (a) fourth and seventh graders did not support Weiss' predictions when they reported their parents as the main sources of social provisions, but this can be explained by young children's strong attachment to parents and (b) results from college students provided modest support for Weiss' predictions in that both men and women turned to significant others or romantic partners for social support. However, it was male respondents who did so primarily, whereas women reported seeking support from others before turning to their romantic partners.

Hunter and Youniss (1982) studied the same age groups as those included in the 1992 Furman and Buhrmester study; specifically, students in the fourth grade, seventh grade, tenth grade, and college. The relationships in which these researchers were

interested were mother, father, and friend. The questionnaire that was administered to these participants consisted of three sets (corresponding to the three types of relationships being tested) of eight statements used to measure the levels of intimacy and nurturance provided by each of these relationships. Hunter and Youniss described intimacy as empathy, closeness from companionship, and the engagement of disclosure in the relationship. With regard to Weiss' theory, this definition of intimacy would best be compared to the provision of social integration, because of the link to companionship. Nurturing behaviors were defined as giving and helping acts. This is the opposite of Weiss' provision, opportunity for nurturance. The questions concerning nurturance were measuring who is nurturing the participant, not the participant's nurturance of others.

Results indicated that fourth and seventh grade students turned to parents for intimacy first and then to their friends, but that tenth graders and college students tended to turn to friends first and parents second. All ages indicated that mothers were the most important sources of nurturing. For fourth and seventh graders, fathers were the second most important source of nurturance, but for tenth graders and college students, fathers were comparable to mothers as sources of nurturance. Although this study did not directly examine Weiss' theory, it affords indirect evidence regarding the utility of the model. Weiss' prediction of the fulfillment of social integration, was supported in this study. The definition of intimacy used included closeness from companionship and engaging in disclosure, which is comparable to Weiss' definition of the social provision, social integration. The finding that friends were the main source of this type of intimacy

affirmed a part of Weiss' theory. The measurement of nurturing acts indirectly supported Weiss' theory, because the results confirmed that parents are the people who would most likely have the social provision opportunity for nurturance fulfilled by having children.

When examining these studies and other research, it is difficult to completely assess Weiss' theory. This is due mainly to the variations in definitions of terms among similar constructs. Some researchers use differing terms to refer to the same attribute, for example, some use the word instrumental aid, which is defined similarly to guidance. Other researchers use the same word differently, for example, one researcher may use the term intimacy as a subcategory of attachment and another researcher may use the word intimacy as it relates to companionship and disclosure.

Another source of difficulty in assessing Weiss' theory is the variation in assessment instruments used to measure the fulfillment of social provisions. Some researchers have devised their own items, others have used the Network of Relationships Inventory (Furman & Buhrmester, 1985), and still others have used the Social Provisions Scale (Cutrona & Russell, 1987), to name just a few. The Network of Relationships Inventory and other questionnaires incorporate Weiss' provisions as part of a larger constellation of relational attributes, instead of relying on the list of six provisions as a complete list. These questionnaires add relational aspects such as conflict, satisfaction, relative power, and punishment. These additional aspects may be important parts of our relationships with others, but go beyond Weiss' model. In order to fully assess Weiss' theory, the Social Provisions Scale or a comparable scale based on the theory should be

used. Studies assessing the validity and reliability of the Social Provisions Scale confirm that this measurement tool is more than adequate when assessing Weiss' theory of social provisions and social support.

A disadvantage of the Social Provisions Scale, as Cutrona and Russell designed it, is that the scale does not reflect which relationship is associated with which provision. The original Social Provisions Scale was only concerned with determining whether or not a provision was being fulfilled at all, without regard to the person or relationship providing each provision. Assessing different types of relationships, makes possible a fuller test of Weiss' hypotheses regarding which relationships fulfill which provisions in different populations.

Psychological Well-being

Another important part of assessing Weiss' theory is investigating the relationship between social provisions and one's psychological well-being. As discussed earlier, Weiss proposed that the fulfillment or lack of fulfillment of social provisions would effect psychological well-being, and would thus, impel people to seek providers of those social provisions. Subjective psychological well-being can be defined as being composed of three parts: (a) positive affect; (b) negative affect; and (c) life satisfaction (Diener, Emmons, Larsen, & Griffin, 1985). The first two components concern one's emotional well-being whereas the latter has to do with one's global judgment of one's total well-being. The topic of subjective psychological well-being has long been of interest to researchers in several subdisciplines of psychology.

For example, epidemiologists have studied the effects of social support in relation to health and well-being (Atkins, Kaplan & Toshima, 1991). Having social support has been found to improve adherence to medical regimens and appears to be important in protecting people from threats to well-being (Cobb & Jones, 1984; Rook, 1990). There have been several studies linking social support to mortality and disease. In a 1991 review of the literature, Atkins, Kaplan and Toshima listed a number of studies which investigated this link. Among others, the review considered: a study which found a significant relationship between an index of social connectedness and longevity (Berkman & Syme, 1979); a study which found a significant relationship between mortality and social relationship variables (House, Robbins, & Metzner, 1982); a series of studies which found that social networks can be predictive of lowered mortality (Blazer, 1982; Schoenbach et al., 1986; Marmot et al., 1975; Welin et al., 1985); a study which found female clerical workers with non-supportive bosses to be at increased risk for cardiovascular disease (Haynes & Feinleib, 1980); and a study which found family problems to be an important predictor of angina pectoris (Medalie & Goldbourt, 1976). Epidemiologists have designed two models suggesting how close relationships protect against coronary heart disease (Atkins, et al., 1991). The first model, the Stress-Buffering model, assumes that stress leads to poor health outcomes and social relationships buffer the impact of stress. The second model, the Main-Effects model, assumes stress and relationships independently produce health outcomes. As is evident by the research mentioned above, epidemiologists

have been successful in finding relationships between social support and health and have, in turn, used this information to derive theories to help fight disease and mortality.

Gerontologists have shown interest in how social relationships affect the emotional and physical health of older adults (Rook, 1990). Maladaptive thinking and behaviors have been associated with having few supportive relationships, especially when lacking support from one's family (Rook, 1984). There have been many studies using the elderly as participants that investigate the link between social support and psychological well-being. One study, involving 82 older adults ranging in age from 63 to 90, examined the relationship between the fulfillment of social provisions by kin (spouses, children, siblings, in-laws, and all other relatives) and nonkin and their emotional well-being (Felton & Berry, 1992). Results showed that, although most provisions were valuable despite their source, reassurance of worth was more beneficial when provided by nonkin than by kin, and reliable alliance was more strongly related to emotional well-being when provided by kin rather than nonkin.

Psychologists have been especially focused on how social relationships assist in adjustment to stressful life events (Rook, 1990). They have found social support to be linked to stress buffering and it appears to moderate the relationship between certain life stresses and the strains that usually result from them (Cobb & Jones, 1984). Absence of worthwhile social interactions is thought to predispose people to both emotional and psychiatric problems, such as depression, as well as poor physical health (Reiss, 1984; Cobb & Jones, 1984). Maintaining various types of relationships was associated with lack

of loneliness and tended to benefit one's well-being (Schultz & Saklofske, 1983).

According to research findings, it is not enough just to have several people in one's social network. The types of relationships a person has with others effects his or her subjective sense of social support, which in turn effects his or her sense of subjective well-being (Cobb & Jones, 1984). It is important to assess the specific outcomes of social relations because there can be negative relational qualities that effect well-being (Rook, 1984; Cauce, Felner, & Primavera, 1982). This type of assessment was implemented in a study of high-risk adolescents, where social support received from friends was associated with poor academic achievement. The authors suggested that for this population of adolescents (who were generally low-achieving) their close ties with peers made them feel better about themselves, but created greater pressure to conform to negative attitudes towards school. Thus, having what would be considered "good" social support from friends, was related to poorer academic achievement in these high-risk adolescents (Cauce, Felner, Primavera, 1982).

Most of the current research by psychologists focuses on social support and psychological well-being as it applies to the reduction of the adverse effects of life stresses (Rook & Pietromonaco, 1987). It is important to examine how relationships are related to, and can help to predict, how people respond to different life events. A strategy of studying which components of social support show the greatest health-protective or stress-reducing function, is investigating groups of individuals who have experienced the same stressful event. Two studies have taken this approach, one studying public school

teachers (Russell, Altmaier, & Van Velzen, 1987), and another studying nurses (Constable & Russell, 1986). Both of these populations are prone to high levels of burnout or emotional exhaustion.

Public school teachers face many stresses and strains in their day to day job activities. Unsympathetic administrators, unappreciative parents, unmotivated students, and low salaries all contribute to this daily stress. Findings showed that the fulfillment of the social provision, reassurance of worth was most strongly related to less emotional exhaustion or burnout. Also, the support received from supervisors was the only significant predictor of burnout. It seems that if teachers were receiving reassurance of worth from their supervisors, which included praise for the quality of their work, they were able to keep sight of the contributions they were making to the goal of educating their students (Russell, Altmaier, & Van Velzen, 1987).

The study concerning the burnout of nurses, found similar results to those from the public school teachers study. The nurses were characterized as underpaid hospital-based nurses who faced both physical and emotional demands from patients, as well as dealing with the sight of human suffering day in and day out. Those who felt their positions evoked a high degree of pressure felt more emotional exhaustion. As was found in the public school teachers study, the fulfillment of the social provision, reassurance of worth accounted for feelings of personal achievement and less burnout. Again, this provision predicted lower nurse burnout when provided by supervisors (Constable & Russell, 1986).

Both of these studies involved professionals who have a desire to make meaningful contributions to their careers. These individuals must expend considerable effort to attain their valued goals, often in the face of little recognition or reward. Gaining reassurance of worth from supervisors, enabled these hard workers to cope with interactions, whether with administrators or with unappreciative patients, that would have otherwise worn down their motivation and commitment to their duties.

Psychologists have also focused on specific forms of negative psychological well-being such as loneliness or depression. If a person is lonely, he or she may be described as having negative emotional affect. Weiss (1973) himself divided loneliness into two types: social and emotional loneliness. Other studies further investigated these two distinctions including a study by Russell, Cutrona, Rose, and Yurko (1984) which found emotional loneliness to occur when the attachment provision was not being provided by at least one of a person's social relationships. It was also found to lead to feelings of depression. Social loneliness was predicted by the lack of fulfillment of the social provision, reassurance of worth. This type of loneliness was related to the quantity and quality of friendship relationships and tended to lead to feelings of anxiety, as well as depression.

Another group that has been studied were those women who were going through the transition to parenthood, specifically women with postpartum depression (Cutrona, 1984). In this study, deficiencies in the social provisions social integration and reliable alliance were most strongly predictive of post partum depression. Cutrona proposed that those women who had the social integration provision met may have known other mothers

with whom they could share their experiences. This perhaps eased their stress and depression. Also, those women who had the reliable alliance provision met knew that there were others available to help them in times of need, even if those people were never called upon for their help. These studies are examples of psychologists' interest in specific forms of negative psychological well-being

Present Study

Social support research is concerned with different types of help provided by social relationships and how that help aids in coping with life stresses. In assessing Weiss' hypotheses, applying past research has been difficult for a number of reasons. It is advantageous to use Weiss' social provisions as a basis for the measurement of social support because they are intended to be a comprehensive list of provisions for which one seeks fulfillment through creating different relationships. The present study, described below, was designed to assess the prediction and implications of Weiss' theory as it applied to young adults.

Weiss' theory was based on a "healthy" population. This means that, although individuals in his specific population may have had daily stresses or strains, the population was not, for example, clinically depressed or fighting a disease. Thus, his theory should be assessed using a "healthy" population. Clark-Lempers and Lempers (1991), Lempers, et al. (1992), Furman and Buhrmester (1985 & 1992), and Hunter and Youniss (1982) studied participants from elementary schools, middle schools, high schools, and colleges in

their investigations. The present study used college students as a sample of the young adult population. For many college students, particularly those who are away from home, this time represents a transition from old to new social networks. It is often "the first time to be on one's own constructing a social network without the help of parents, older siblings, and extant interpersonal involvements" (Jones & Moore, 1987, p.147).

Weiss' theory refers to relationships held within the context of a social network and thus it is important to test several different relationships for each participant. Clark-Lempers and Lempers (1991), Lempers, et al. (1992), and both Furman and Buhrmester studies (1985 & 1992), measured several different relationships. The present study included investigation into relationships with: one's mother, father, sibling, best same-sex friend, extended family member, and romantic partner.

The measurement of social provisions was accomplished with the relationship-specific version of the Social Provisions Scale. This version of the Social Provisions Scale was derived specifically for use in this study. Since the original Social Provisions Scale (Cutrona & Russell, 1987) was designed to assess Weiss' social provisions, this scale was appropriate for the present research.

The final concern in the present study, was the measurement of life satisfaction. Investigating the relationship between the fulfillment of the social provisions and life satisfaction aided in assessing Weiss' hypothesis. There are several validated measuring tools for assessing life satisfaction including: the Campbell, Converse, and Rodgers Index of Well-being (1976), the Satisfaction with Life Scale (Diener, et. al., 1985), the

Andrews/Withey Scale (1976) and the Fordyce Global Happiness Scale (1978). The present study assessed life satisfaction with the Satisfaction with Life Scale. It allowed the participant to use his or her own criterion to judge his or her global life satisfaction. Because of this, the Satisfaction with Life Scale did not measure specific domains of one's life such as finances, health, or love life, but allowed the participant to include all aspects of his or her life which he or she felt was relevant in judging his or her total life satisfaction.

The present study explored Weiss' theory of social provisions as it applied to a young adult population. It was designed to assess how the fulfillment of social provisions by specific relationships is related to life satisfaction.

CHAPTER II

METHOD

Participants and Procedure

Participants consisted of 261 college undergraduates enrolled at the University of Tennessee, Knoxville (177 females and 84 males), with a mean age of 20.8 years. They were given a questionnaire and asked to complete all of the questions which applied to them. For their participation, their instructors gave them extra credit in their psychology classes.

Materials

The questionnaire consisted of demographic questions, the revised relationship-specific version of the Social Provisions Scale and the Satisfaction with Life Scale.

Relationship-Specific Social Provisions Scale.

The original Social Provisions Scale was designed by Cutrona and Russell (1987) specifically to investigate Weiss' theory of social provisions. The measure consists of 24 items, four items (two positively worded and two negatively worded) representing each of the six provisions: attachment, reliable alliance, opportunity for nurturance, guidance, social integration, and reassurance of worth. The scale gives a total score and individual scores for each of the provisions. Cutrona and Russell (1987) evaluated the reliability and validity of the instrument from responses of 1183 introductory psychology students, 303

public school teachers, and 306 nurses from a military hospital. Reliability of the total social provisions score was .92. The reliabilities of the individual social provision subscales ranged from .65 to .76. A factor analysis was also conducted on these data. The item loadings on appropriate scales ranged from .39 to .79 indicating that each item adequately to strongly represented the construct that it was designed to assess. Convergent and discriminate validity were also evaluated by Cutrona and Russell (1987). They found the scale to have convergent validity with such variables as satisfaction with support and number of supportive persons. They also found the scale to have discriminate validity because correlations with depression and neuroticism were much lower than the correlations between the Social Provisions Scale and other measures of social support. Construct validity of the scale was supported by findings concerning the relationship between the social provisions and measures of loneliness and interpersonal relationships (Russell, Cutrona, Rose, & Yurko, 1984).

The relationship-specific version of the Social Provisions Scale was designed specifically for use in the present study and can be seen in Appendix A. Instructions asked participants to answer the Social Provisions Scale while thinking about a specific relationship, for example his/her current relationship with his/her mother. Items of the original Social Provisions Scale were slightly adjusted to measure the fulfillment of the social provisions in specific relationships. For instance, an item, which assessed attachment on the original Social Provisions Scale, was "I lack a feeling of intimacy with

another person.” This item was changed on the relationship-specific version of the Social Provisions Scale to “I lack a feeling of intimacy with this person.”

Satisfaction with Life Scale.

The Satisfaction with Life Scale was designed to measure the participant's subjective view of his/her life satisfaction (Pavot & Diener, 1993). It is concerned with the global judgment of the participant's subjective well-being rather than satisfaction with specific domains of life. In creating this scale, the authors produced 48 items, which were reduced to 10, and finally to five positively worded items. The final cut was to eliminate redundancies in wording (Diener, Emmons, Larsen, & Griffin, 1985; Pavot & Diener, 1993). The item-total correlations for the items were .81, .63, .61, .75, and .66, which shows a good level of internal consistency for the scale (Diener, et al., 1985). The items are scored from 1 to 4 from strongly disagree to strongly agree, therefore the lowest score is 5 and the highest score is 20.

The Satisfaction with Life Scale has been given to many different populations: older adults, prisoners, alcohol abuse inpatients, abused women, psychotherapy clients, elderly caregivers of disturbed spouses, and persons with physical disabilities, as well as college student samples (Pavot & Diener, 1993). The scale has also been administered among various cultures, subcultures, and ethnicities including French, Dutch, Russian, Latinos, etc. No significant gender differences were found for the composite score on the Satisfaction with Life Scale (Pavot, Diener, Colvin, & Sandvik, 1991).

Strong internal reliability and moderate temporal stability have been shown for this scale. Even though evidence suggests that the Satisfaction with Life Scale can detect changes in life satisfaction over time, Pavot and Diener (1993) found a test-retest reliability coefficient of .84 at two weeks and at one month, and .82 over two months (Pavot, et al., 1991). A factor analysis showed only one factor, which accounted for 66% of the variance of the scale (Diener, et al., 1985; Pavot & Diener, 1993). Correlations of the Satisfaction with Life Scale with other measures of subjective well-being, such as the Andrews/Withey Scale (1976) and the Fordyce Global Happiness Scale (1978), ranged from .35 to .82. The scale was also moderately correlated with extraversion and inversely correlated with neuroticism. These results support the scale's validity (Pavot & Diener, 1993).

CHAPTER III

RESULTS

Results were analyzed using a series of correlations, regressions, and one-way analysis of variance (ANOVA's.)

Gender Differences

With few exceptions, Weiss did not hypothesize that the fulfillment of social provisions by specific relationships would vary with respect to gender. Therefore, analyses do not focus on gender as an independent variable. However, gender could be related to some variables and to determine those relationships analyses were conducted on social provision scores by relationship as in Appendix B. In 8 of 37 comparisons, 21.6%, significant gender differences were observed.

Correlations

To determine the relationship between each of the social provisions within each relationship a correlation matrix was formed. All social provisions were correlated with one another within specific relationships. These analyses, reported in Appendix C, show that respondents' ratings of the social provisions were highly related within each relationship. For example, the reliable alliance score for sibling was correlated ($p < .01$)

with attachment, guidance, opportunity for nurturance, social integration, and reassurance of worth scores for sibling. Analyses for other relationships showed similar patterns.

Another set of correlations were completed to determine the relationships between fulfillment of social provisions and life satisfaction within each relationship. Life satisfaction scores were correlated with social provision scores in most comparisons with the following exceptions: reliable alliance, attachment, guidance and opportunity for nurturance scores for sibling, reliable alliance score for same-sex friend, opportunity for nurturance score for father, and opportunity for nurturance score for extended family member (see Table 1). Another important finding was that all social provision scores for mother and romantic partner were significantly correlated with life satisfaction scores.

Regressions

A stepwise linear regression was used to determine which of 36 variables (6 relationships X 6 social provisions) predicted life satisfaction. As Table 2 indicates, four variables were selected: romantic partner/reassurance of worth score, father/social integration score, mother/guidance score, and same-sex friend/reliable alliance score. A series of six regressions were used to identify which relationships were significant predictors of life satisfaction scores within each of the six social provisions. The first regression focused on attachment and found the score for mother significantly predicted life satisfaction ($p < .01$.) Next, the regression for guidance found that life satisfaction was predicted by the score for mother ($p < .05$.) The third regression identified mother's score

Table 1

Correlations with Life Satisfaction Score

Social Provisions	Relationship				
	Sibling	Romantic Partner	Mother	Same-sex Friend	Father
Total Social Provisions Score	0.157*	0.342**	0.316**	0.240**	0.278**
Reliable Alliance Scores	0.117	0.220**	0.149*	0.080	0.130*
Attachment Scores	0.010	0.235**	0.309**	0.208**	0.246**
Guidance Scores	0.108	0.203*	0.272**	0.179**	0.278**
Opportunity for Nurturance Scores	0.125	0.255**	0.162*	0.202**	0.103
Social Integration Scores	0.201**	0.299**	0.325**	0.144*	0.315**
Reassurance of Worth Scores	0.216**	0.324**	0.248**	0.241**	0.298**
Extended Family					0.247**

Note: * $p < .05$; ** $p < .01$.

Table 2

Summary of Hierarchical Regression Analysis for Variables Predicting Life Satisfaction

Variable	<u>B</u>	<u>SE B</u>	β
Constant	6.449	3.488	
Romantic Partner/Reassurance of Worth Score	.568	.179	.269**
Father/Social Integration Score	.327	.122	.236**
Mother/Guidance Score	.284	.130	.191*
Same-sex Friend/Reliable Alliance Score	-.319	.155	-.171*

Note: * $p < .05$; ** $p < .01$. $R^2 = .241$ for model.

for opportunity for nurturance as predictive of life satisfaction ($p < .05$.) Social integration was the focus of the fourth regression which found the score for romantic partner significantly predicted life satisfaction ($p < .05$) and the score for father was nearly a significant predictor ($p = .057$.) Next, the reassurance of worth associated with romantic partner significantly predicted life satisfaction ($p < .05$.) Finally, the sixth regression determined the reliable alliance score to be predictive of life satisfaction regarding same-sex friend ($p < .05$.) These results can be seen in Tables 3 - 8.

Table 3

Summary of Simultaneous Regression Analysis for Relationship Predicting Life Satisfaction Within the Social Provision Attachment

Variable	<u>B</u>	<u>SE B</u>	β
Constant	5.139	3.581	
Sibling	-.050	.050	-.091
Romantic Partner	.336	.199	.155
Mother	.403	.141	.268**
Same-sex Friend	.097	.142	.064
Father	.132	.106	.121
Extended Family Member	-.016	.125	-.125

Note: ** $p < .01$. $R^2 = .142$ for model.

Table 4

Summary of Simultaneous Regression Analysis for Relationship Predicting Life Satisfaction Within the Social Provision Guidance

Variable	<u>B</u>	<u>SE B</u>	β
Constant	9.005	3.252	
Sibling	.008	.092	.009
Romantic Partner	.183	.195	.091
Mother	.327	.154	.219*
Same-sex Friend	.062	.173	-.036
Father	.191	.153	.145
Extended Family Member	-.042	.157	-.003

Note: * $p < .05$. $R^2 = .114$ for model.

Table 5

Summary of Simultaneous Regression Analysis for Relationship Predicting Life Satisfaction Within the Social Provision Opportunity for Nurturance

Variable	B	SE B	β
Constant	10.542	2.186	
Sibling	.191	.154	.124
Romantic Partner	.190	.147	.126
Mother	.330	.135	.258*
Same-sex Friend	-.039	.169	-.027
Father	.133	.166	.099
Extended Family Member	-.212	.168	-.146

Note: * $p < .05$. $R^2 = .133$ for model.

Table 6

Summary of Simultaneous Regression Analysis for Relationship Predicting Life Satisfaction Within the Social Provision Social Integration

Variable	B	SE B	β
Constant	9.114	3.185	
Sibling	.106	.137	-.071
Romantic Partner	.508	.206	.239*
Mother	.135	.158	.089
Same-sex Friend	-.357	.191	-.173
Father	.304	.158	.219
Extended Family Member	.018	.148	.013

Note: * $p < .05$. $R^2 = .186$ for model.

Table 7

Summary of Simultaneous Regression Analysis for Relationship Predicting Life Satisfaction Within the Social Provision Reassurance of Worth

Variable	<u>B</u>	<u>SE B</u>	β
Constant	1.758	3.579	
Sibling	.172	.159	.107
Romantic Partner	.586	.197	.276**
Mother	.294	.181	.154
Same-sex Friend	-.154	.191	-.078
Father	.199	.147	.138
Extended Family Member	.036	.184	.020

Note: ** $p < .01$. $R^2 = .195$ for model.

Table 8

Summary of Simultaneous Regression Analysis for Relationship Predicting Life Satisfaction Within the Social Provision Reliable Alliance

Variable	<u>B</u>	<u>SE B</u>	β
Constant	8.450	4.151	
Sibling	.145	.174	.078
Romantic Partner	.334	.215	.159
Mother	.270	.182	.140
Same-sex Friend	-.365	.177	-.194*
Father	.198	.141	.133
Extended Family Member	.041	.167	.025

Note: * $p < .05$. $R^2 = .111$ for model.

One-way ANOVA's

A series of six one-way analysis of variance (ANOVA's), reported in Table 9, were used to determine the differences between relationships within each social provision. First, romantic partner and mother did not differ in their fulfillment of reliable alliance, but differed significantly from father, extended family member, sibling, and same-sex friend. The latter relationships did not differ significantly from one another. Second, for the social provision attachment, scores for romantic partner differed significantly from those for all other relationships. Mother, same-sex friend, and sibling did not differ from one another, and sibling, extended family member, and father did not differ significantly from one another. Mother and same-sex friend did, however, differ significantly from extended family member and father. Third, for guidance, scores for romantic partner differed significantly from scores for all other relationships and guidance from same-sex friends and mothers differed significantly from that available from sibling, father, and extended family member.

Fourth, similar to attachment and guidance, scores for romantic partners differed significantly from all other relationships for the social provision opportunity for nurturance. Siblings did not differ from mother or same-sex friend in this regard, but the latter two differed significantly from each other. In addition, father and extended family member did not differ significantly from each other, but differed from the other relationships. Fifth, for social integration, romantic partner and same-sex friend did not differ from one another, but differed from all other relationships. Also, sibling and mother

did not differ from each other, but differed significantly from all other relationships, and father and extended family member did not differ from each other, but differed significantly from all other relationships. Finally, romantic partner and mother did not differ significantly from one other for the social provision reassurance of worth. Mother and same-sex friend also did not differ significantly from one another, yet extended family member, father, and sibling differed significantly from all other relationships, but not from one another.

Table 9

One-way Analysis of Variance for Relationships by Social Provision

<u>Means</u>	<u>Relationship</u>				
	Romantic Partner	Mother	Same-sex Friend	Sibling	Father
Social Provision					Extended Family
Reliable Alliance	14.69 _a	14.61 _a	13.92 _b	13.86 _b	14.03 _b
Attachment	14.90 _a	13.50 _b	12.96 _b	12.64 _{bc}	11.49 _c
Guidance	14.31 _a	13.43 _b	13.59 _b	12.30 _c	11.84 _c
Opportunity for Nurturance	12.52 _a	11.15 _b	10.54 _c	10.82 _{bc}	9.45 _d
Social Integration	13.76 _a	11.39 _b	13.44 _a	11.80 _b	10.75 _c
Reassurance of Worth	14.37 _a	14.10 _{ab}	13.75 _b	12.98 _c	13.10 _c

Note: Means in a row not having the same subscript differ significantly ($p < .05$).

Social Provisions

CHAPTER IV

DISCUSSION

Results suggested (a) each of the social provisions within each of the six relationships were significantly related to one another, (b) many of the social provisions within each of the six relationships were significantly related to life satisfaction, (c) reassurance of worth scores for romantic partners, social integration scores for father, guidance scores for mother, and reliable alliance scores for same-sex friend emerged as predictors of life satisfaction when all variables were investigated simultaneously, (d) certain relationships were predictive of life satisfaction when they fulfilled specific social provisions, and (e) not all social provisions were fulfilled equally by all relationships. The major findings, which include predictions of life satisfaction and the differences in fulfillment of the social provisions by specific relationships, can be further analyzed and explained in terms of how Weiss' theory of social provisions may be applied to young adults.

Predicting Life Satisfaction

Weiss theorized that at different times in life each of the social provisions would vary as to its importance and as to which relationship fulfilled each provision. In this young adult sample, the results from the correlations and regressions confirmed this overall prediction and indicated that, the fulfillment of the provisions by different

relationships vary in importance when predicting life satisfaction. However, most of Weiss' specific predictions concerning the relationship associated with each of the social provisions were not supported, with the exception of mother being associated with guidance and social integration being associated with one's romantic partner, assuming that one's romantic partner is also one's friend.

In his theory, Weiss predicted that attachment would be provided by relationships from which a sense of emotional support and security is gained, more specifically by one's significant other or romantic partner. For this young adult sample, the degree to which attachment was provided by one's mother was most predictive of life satisfaction scores. Perhaps this was because for many students serious romantic relationships were just beginning and the fulfillment of attachment had not yet shifted to one's romantic partner.

Weiss also predicted that a network of friends who share one's concerns and interests would fulfill social integration. In this study, the degree of social integration provided by one's romantic partner was predictive of life satisfaction. During college, many young adults, spend a great deal of time with their romantic partners. This may be why these respondents rated their romantic partner as satisfying the provision social integration and why it was predictive of life satisfaction.

Reliable alliance or unconditional support and assistance, was inversely related to life satisfaction for one's same-sex friend. Weiss theorized that this provision would be provided by one's familial relationships. Consequently, this result was unexpected and reasons for it are not clearly evident suggesting the need for further investigation.

Weiss anticipated that guidance would be provided by a trustworthy authoritative figure such as a parent, teacher, or mentor. In this study, when mother provided guidance it was predictive of life satisfaction. As mentioned previously, this population may still be strongly attached to mother and so continue to turn to her for advice.

According to Weiss, having children typically provides the social provision opportunity for nurturance. Few young adults in this study reported having children, yet the degree to which opportunity for nurturance was fulfilled by one's mother was associated with life satisfaction. Perhaps there a sense of emotional nurturance which takes place between mother and child. After her child leaves home, it is often a difficult time for mother and the young adult may feel a certain responsibility for the physical and emotional well-being of his/her mother.

Finally, Weiss predicted that reassurance of worth could be satisfied by different relationships, depending on one's vocation. If one worked outside the home, then this provision would be fulfilled by colleagues who value one's skills and abilities. Or, if one was a homemaker, then the provision would be fulfilled by family members who recognize important homemaking skills. Perhaps because this sample consisted only of students, Weiss' predictions were not confirmed. Young adults in this sample were more satisfied with life when the social provision reassurance of worth was associated with romantic partner. As a college student, one may not depend on professors, as young children were found to depend on teachers, to affirm one's sense of worth because that relationship is often too distant, and the professor must give constructive criticism in order for the

student to learn. This may be why a young adult would turn to his/her romantic partner to affirm a sense of worth.

These results indicated that young adults' relationships with their mother and romantic partner appeared to be the most significant for fulfillment of social provisions as they related to life satisfaction. In this population, in order to predict life satisfaction, one's relationship with mother should be characterized by attachment and guidance, as well as a sense of taking responsibility for her. For many college students this is the first time one is able to establish new friendships without the help of family members. Yet, there may still be a strong attachment to mother until those friendships and romantic relationships are established and perhaps thereafter as well.

Even though mothers' fulfillment of three social provisions was predictive of life satisfaction, one's romantic partner was also important. Having reassurance of worth and social integration fulfilled by this person was predictive of life satisfaction. This can be explained, perhaps, by the fact that this is often the time when one finds a marriage partner or life-partner and it becomes important for that person to provide certain social provisions.

Differences in the Fulfillment Social Provisions

The findings mentioned above do not mean, for example, that a score for mother on attachment, which was predictive of life satisfaction, meant that mother's score was the highest for attachment, or that mother was the only provider of attachment. Weiss noted

that while he theorized that a relationship would specialize in the provision it fulfilled, a relationship would not fulfill one provision exclusively. Results from the one-way ANOVA's confirmed this statement.

For the social provision reliable alliance, mean scores for mother and romantic partner were the highest and differed significantly from all other relationships. This could signify that the respondents felt they could differentially turn to their mother and/or romantic partner versus the other four relationships which included sibling, same-sex friend, father, and extended family member. Weiss predicted that familial relationships would provide this provision, and other researchers have found that fifth and sixth graders reported parents as the providers of reliable alliance (Furman & Buhrmester, 1985.) Perhaps the fact that many of these students were away from home and perhaps still attached to mother can help explain why romantic partners and mothers aided in the fulfillment of this social provision versus the other relationships.

The fulfillment of attachment differed among the several relationships. First, scores for romantic partners differed significantly from all other relationships. Next, scores for mother and same-sex friend differed from scores for father and extended family member. Finally, scores for sibling only differed significantly from scores for romantic partner. The differences between these scores indicated, perhaps, the different types of attachment young adults may have among their many relationships. Weiss predicted that adults would have attachment fulfilled by their significant other, but in studies by Furman and Buhrmester (1985), Clark-Lempers, Lempers, and Ho (1991), and Lempers and

Clark-Lempers (1992) children reported that they had this provision fulfilled by parents, specifically mother. Again, the transition from adolescent to young adult in this college sample may explain the varied pattern of attachment.

Similar to attachment, fulfillment of guidance by romantic partners differed significantly from all other relationships. Scores for mother and same-sex friend differed from sibling, father, and extended family member. Young adults indicated that they differentially turned to their romantic partner as well as mother and same-sex friend for advice versus their other relationships. This finding differed from Weiss' prediction that an authority figure would provide guidance. Perhaps the study was limited in that it did not investigate authority figures other than parents.

Scores for the social provision opportunity for nurturance also varied among the different relationships. Romantic partner again differed significantly from all other relationships. Mother's score differed from all other scores except sibling, as did the score for same-sex friend. Scores for father and extended family member differed significantly from all other relationships, but not from each other. This indicated that perhaps respondents nurtured each person in their social network differently. Because this sample did not report having children, Weiss' prediction could not be fulfilled. Other researchers have not chosen to investigate this social provision, therefore other results could not be compared to these findings.

The fulfillment of social integration by romantic partner and same-sex friend differed significantly from all other relationships. This may be evidence of the fact that

young adults establish their own social networks during their college years and identify their friends as well as romantic partners as those with whom they share their concerns and ideas. Social integration fulfilled by mother and sibling differed significantly from all other relationships, but not from one another. This may be explained by the fact that families often share common ideas and thus why mother and sibling differed from the other relationships. Also scores for father and extended family member differed from all other relationships, but did not differ from one another.

Finally, for the social provision reassurance of worth, romantic partner differed significantly from all other relationships except mother, and mother also did not differ significantly from same-sex friend. Same-sex friend did, however, differ from romantic partner. Sibling, father, and extended family member did not differ from one another. Weiss proposed that this social provision would be fulfilled by coworkers, for those who worked outside the home, and by family members for those who were homemakers. Perhaps because these young college adults may have been trying to establish a sense of esteem, they looked to what they consider "important" relationships for the fulfillment of reassurance of worth.

It is interesting that these respondents' scores for their relationship with their fathers on all social provisions were related to their scores for extended family members. Studies interested in children (Furman & Buhrmester, 1985 & 1992; Clark-Lempers, Lempers, & Ho, 1991; Lempers & Clark-Lempers, 1992) did not investigate relationships with extended family members, but it would be interesting to note if children viewed their

fathers similar to extended family members regarding the fulfillment of social provisions rather than part of the immediate family, which the sample of young adults in this study indicated.

These findings suggest that young adults are still having many of their social provisions fulfilled by mother similar to the studies assessing children, (Furman & Buhrmester, 1985 & 1992; Clark-Lempers, Lempers, & Ho, 1991; Lempers & Clark-Lempers, 1992) yet the extent of fulfillment has started to blend with the fulfillment received by other relationships, mainly one's romantic partner, but also with one's same-sex friend and sibling. In this sample, all social provisions were fulfilled by more than one relationship, confirming Weiss' prediction that a relationship would not fulfill one provision exclusively.

Limitations and Implications for Future Research

This study contains several limitations which must be addressed. First, the disproportionate number of males to females in this sample is undesirable and may be the reason for finding few gender differences among responses. This may also mean that the findings are only generalizable to females. Future research should attempt to gather a sample of equal males and females. However, Weiss does not note overall gender differences in his theory and thus, was not a focus of the present study.

Second, the use of a college sample may mean that these findings can only be generalized to other college samples. If other young adults, such as those working and

living alone or those working and living at home, were sampled different results may be found due to the different relationships in their social networks. However, if the purpose of this study was to measure social provisions of young adults in college, then the use of this sample was appropriate.

Third, more relationships should be investigated. Although the six relationships which were chosen for examination were important ones, other relationships such as those with, for example, professors, religious leaders, step-parents and siblings, and even one's pet also merit exploration. This is especially so for persons who lack many of the relationships used in this study.

Finally, longitudinal studies measuring social provisions and life satisfaction would help to identify the shifts in fulfillment of social provisions by different relationships across the lifespan. This method along with the use of interviews would aid in determining duration and importance of relationships as well as individual differences due to experiences within relationships.

Summary

While the majority of Weiss' specific predictions were not supported in this study, explanations as to why this occurred were explored. The reports from young adults in this study partially supported both the findings based on studies of children's reports and Weiss' broad predictions of an adult population. That is to say, children tended to report their parents, especially mothers, to be the provider of a majority of the social provisions and adults were predicted to report their romantic partners to be the provider of a majority

of the social provisions. In this study, young adults reported their mothers as the important provider of three of the six social provisions when predicting life satisfaction, as well as their romantic partners as the important provider of two other social provisions. It was concluded that for young adults two main relationships are important for predicting life satisfaction, mother and romantic partner.

Weiss also theorized that a specific relationship would fulfill more than one social provision. This was confirmed through the analysis of mean ratings of the social provisions by relationship. All six relationships fulfilled more than one social provision. While scores for mothers and romantic partners mostly differed from the scores for other relationships, scores for fathers and extended family members also differed from scores for other relationships, but not from each other.

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APPENDIXES

Appendix A

***Relationship-Specific Social Provision Scale**

For the following items, think about your relationship with your **romantic partner**. Please indicate the extent to which you agree with each statement as a description of your current relationship. Use the following scale to give your opinion. If this relationship does not apply to you, please disregard this page.

- 4 = Strongly Agree
 3 = Agree
 2 = Disagree
 1 = Strongly Disagree

- _____ 1. I can depend on this person to help me if I really need it.
- _____ 2. I feel that I do not have a close relationship with this person.
- _____ 3. I can not turn to this person for guidance in times of stress.
- _____ 4. This person depends on me for help.
- _____ 5. This person enjoys the same social activities I do.
- _____ 6. This person does not respect my opinions on issues.
- _____ 7. I feel personally responsible for the well-being of this person.
- _____ 8. This person shares my attitudes and beliefs.
- _____ 9. This person does not know or value me.
- _____ 10. If something went wrong, this person would not come to my assistance.
- _____ 11. This person and I have a close relationship that provides me with a sense of emotional security and well-being.
- _____ 12. I can talk to this person about important decisions in my life.
- _____ 13. This person recognizes my competence and skill.
- _____ 14. This person does not share my interests and concerns.
- _____ 15. This person does not rely on me for his/her well-being.
- _____ 16. I can turn to this person for advice if I were having problems.
- _____ 17. I feel a strong emotional bond with this person.
- _____ 18. I can not depend on this person for aid if I really need it.
- _____ 19. I do not feel comfortable talking about problems with this person.
- _____ 20. This person admires my talents and abilities.
- _____ 21. I lack a feeling of intimacy with this person.
- _____ 22. This person does not like to do the things I do.
- _____ 23. I can count on this person in an emergency.
- _____ 24. This person does not need me to care for him/her.

* Cutrona & Russell (1987) designed the original Social Provision Scale.

Appendix B
Gender Differences

Variable	Male Mean	Female Mean	t	p
Life Satisfaction	16.46	17.43	-1.540	.126
Sibling/Reliable Alliance	13.81	13.72	.274	.784
Sibling/Attachment	11.82	12.65	-1.026	.306
Sibling/Guidance	12.09	12.37	-.534	.594
Sibling/Opportunity for Nurturance	10.04	11.03	-2.438	.016
Sibling/Social Integration	11.66	11.77	-.300	.764
Sibling/Reassurance of Worth	12.85	13.14	-.811	.418
Romantic Partner/Reliable Alliance	14.11	14.94	-2.371	.019
Romantic Partner/Attachment	14.70	14.83	-.340	.734
Romantic Partner/Guidance	13.92	14.44	-1.288	.204
Romantic Partner/Opportunity for Nurturance	12.68	12.43	.486	.628
Romantic Partner/Social Integration	13.84	13.68	.425	.672
Romantic Partner/Reassurance of Worth	14.38	14.38	-.018	.985
Mother/Reliable Alliance	14.66	14.62	.142	.887
Mother/Attachment	13.15	13.56	-1.028	.305
Mother/Guidance	13.12	13.36	-.653	.514

Appendix B (Cont.)
Gender Differences

Variable	Male Mean	Female Mean	t	p
Mother/Opportunity for Nurturance	10.88	11.52	-1.591	.113
Mother/Social Integration	10.32	11.66	-3.610	.000
Mother/Reassurance of Worth	14.10	14.07	.104	.917
Same-sex Friend/Reliable Alliance	13.58	14.22	-2.141	.033
Same-sex Friend/Attachment	12.27	13.54	-3.753	.000
Same-sex Friend/Guidance	12.99	14.04	-3.661	.000
Same-sex Friend/Opportunity for Nurturance	9.62	11.17	-4.278	.000
Same-sex Friend/Social Integration	13.42	13.66	-.733	.464
Same-sex Friend/Reassurance of Worth	13.44	13.94	-1.837	.067
Father/Reliable Alliance	13.60	13.95	-.841	.401
Father/Attachment	11.27	11.57	-.596	.552
Father/Guidance	11.57	11.96	-.881	.379
Father/Opportunity for Nurturance	8.77	9.63	-2.168	.031
Father/Social Integration	10.36	10.72	-.870	.385
Father/Reassurance of Worth	12.58	13.03	-1.099	.273

Appendix B (Cont.)
Gender Differences

Variable	Male Mean	Female Mean	t	p
Extended Family Member/Reliable Alliance	13.22	13.83	-1.870	.063
Extended Family Member/Attachment	11.87	11.98	-.273	.785
Extended Family Member/Guidance	12.10	12.07	.077	.938
Extended Family Member/Opportunity for Nurturance	9.10	9.56	-1.096	.274
Extended Family Member/Social Integration	10.73	10.78	-.112	.911
Extended Family Member/Reassurance of Worth	13.44	13.50	-.221	.826

Appendix C					
Correlations Among Social Provisions by Relationship					
Sibling	Reliable Alliance	Attachment	Guidance	Opportunity for Nurturance	Social Integration
Reliable Alliance	--				
Attachment	0.403**	--			
Guidance	0.455**	0.336*	--		
Opportunity for Nurturance	0.172**	0.183**	0.209**	--	
Social Integration	0.409**	0.421**	0.332**	0.431**	--
Reassurance of Worth	0.620**	0.443**	0.473**	0.325**	0.645**
Romantic Partner					
Reliable Alliance	--				
Attachment	0.629**	--			
Guidance	0.601**	0.584**	--		
Opportunity for Nurturance	0.337**	0.451**	0.312**	--	
Social Integration	0.327**	0.416**	0.500**	0.424**	--
Reassurance of Worth	0.492**	0.582**	0.542**	0.452**	0.563**
Mother					
Reliable Alliance	--				
Attachment	0.569**	--			
Guidance	0.529**	0.778**	--		
Opportunity for Nurturance	0.200**	0.280**	0.203**	--	
Social Integration	0.286**	0.624**	0.591**	0.330**	--
Reassurance of Worth	0.569**	0.770**	0.754**	0.306**	0.586**

Appendix C (Cont.)
Correlations Among Social Provisions by Relationship

Friend	<u>Reliable Alliance</u>	<u>Attachment</u>	<u>Guidance</u>	<u>Opportunity for Nurture</u>	<u>Social Integration</u>	<u>Social Integration</u>
Reliable Alliance	--					
Attachment	0.618**	--				
Guidance	0.575**	0.730**	--			
Opportunity for Nurture	0.299**	0.389**	0.292**	--		
Social Integration	0.301**	0.367**	0.389**	0.196**	--	
Reassurance of Worth	0.562**	0.675**	0.694**	0.281**	0.492**	
Father						
Reliable Alliance	--					
Attachment	0.591**	--				
Guidance	0.594**	0.809**	--			
Opportunity for Nurture	0.395**	0.488**	0.470**	--		
Social Integration	0.491**	0.693**	0.725**	0.530**	--	
Reassurance of Worth	0.696**	0.790**	0.829**	0.510**	0.729**	
Extended Family						
Reliable Alliance	--					
Attachment	0.539**	--				
Guidance	0.546**	0.719**	--			
Opportunity for Nurture	0.334**	0.472**	0.332**	--		
Social Integration	0.319**	0.497**	0.540**	0.256**	--	
Reassurance of Worth	0.549**	0.653**	0.671**	0.324**	0.427**	

Note: *p < .05; **p < .01

VITA

Amanda Lynn Muelchi was born in Raleigh, North Carolina on July 19, 1974. She graduated from Cape Fear Academy in Wilmington, North Carolina in June, 1992. In the fall of 1992, she enrolled at Wake Forest University. Amanda graduated cum laude in December 1995 and received a Bachelor of Arts in Psychology with a minor in Speech Communication. In August of 1996, she entered the Master's program in Experimental Psychology at the University of Tennessee, Knoxville. Her Master's degree was awarded in May, 1998. Continuing her education at The University of Tennessee, Amanda will be pursuing her Ph.D. in Counseling Psychology in the fall of 1998.