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| 10510226_892779600736742_1250687136_n.jpgName: **Joshua F. Tulod**Yr./Sec: **IV-7 BSE Values Education**Reporter # **3** Topic: **Belongingness Hypothesis** |
| 1. **Objectives:**

At the end of the session, the participants are expected to:1. identify the concept of Belongingness Hypothesis;
2. strengthen the importance of cooperation to accomplish a common goal; and
3. commit oneself to develop a healthy relationship with others.
4. **Materials:**

Papers for puzzled peicesLaptop and Projector1. **References:**

Webpage:The “need to belong”- part of what makes us humans. Retrieve October 30, 2015, from <http://www.scienceofrelationships.com/home/2012/4/16/the-need-to-belong-part-of-what-makes-us-human.html>Belongingness hypothesis. Retrieve October 30, 2015, from <http://www.psychologyconcepts.com/belongingness-hypothesis/>The need to belong: desire for interpersonal attachment as a fundemental human motivation. Retrieve October 30, 2015, from talk, point, or communicate in any way with the other people in the group. .Players may give pieces to other participants but may not just take pieces from another person. .Players may not throw their pieces into the center for others to take;they must give the pieces directly to an individual. .Players may give away pieces to their puzzle, even after they have already formed a square.**Processing Questions:**1. Did you find the activity hard? Why or why not?
2. Based on this experience, what did you foucus on, individual success or group success? Why?
3. Do you think, you were able to contribute to the success of your team? Why do you say so?
4. Why is it really important to feel the sense of belonging within the group?

**Abstraction:**Why are people so strongly motivated to have relationships? According to a landmark paper by psychologists [Roy Baumeister](http://www.psy.fsu.edu/faculty/baumeister.dp.html) and [Mark Leary](http://www.duke.edu/~leary/) it’s because of a fundamental “need to belong.”**The “belongingness hypothesis”** states that people have a basic psychological need to feel closely connected to others, and that caring, affectionate bonds from close relationships are a major part of human behavior. * Satiation and substitution – There is such a thing as too many close relationships. People strongly prefer to have (and are only capable of having) a few very close friendships and a larger number of casual friendships.
* Innateness, universality, and [evolutionary perspectives](http://www.scienceofrelationships.com/home/tag/evolutionary-psychology) – People throughout the world are born with the ability and motivation to form close relationships, and this universal tendency is adaptive.
 | [http://www.ncbi.nlm.nih.gov/pubmed/](http://www.ncbi.nlm.nih.gov/pubmed/7777651)Book:Baumeister, R. F. & Leary, M. R. (1995). *The need to belong: Desire for interpersonal attachments as a fundamental human motivation.* Psychological Bulletin, 117, 497-529.1. **Activity:**

**“A Silent Puzzled Game”**1. The class will be divided into groups of five students. Each group has their five (5) envelope that consist of mixed up pieces of papers inside.

The goal is for each everyone else on your team has to form a square that is exual in size.Envelope A: pieces I. H, E Envelope B: A A A C Envelope C: pieces A J Envelope D: D, FEnvelope E: pieces G, B, F, C 1. Strictly observe: Players may not

Here is an overview of the evidence for this hypothesis, point by point:* Forming social bonds – People readily form relationships with others without being paid or forced
* Not breaking bonds – People are eager to have close relationships and are reluctant to break them once formed, even when the relationship is marked by distress, conflict, or even abuse. People often avoid permanent separation (breakups, divorce, death), even when the costs of staying in the relationship are greater than leaving.
* Cognition – When we feel close to others, our thoughts change such that a cognitive “merging” effect occurs; people begin to [include aspects of their relationship partner in their own self-concept](http://www.scienceofrelationships.com/home/2011/11/21/me-and-you-and-us-im-confused.html).
* Emotional highs and lows – No matter how you slice it, relationships carry immense emotional weight. People feel a great deal of positive emotion (e.g., joy, bliss, love), especially during [the early stages of relationships](http://www.scienceofrelationships.com/home/2012/2/16/love-sick.html). People also feel lots of negative emotions and distress (e.g., anxiety, anger, jealousy) when things aren’t going well.
* Consequences of deprivation – When people lack meaningful close relationships with others, they suffer. Specifically, married individuals are healthier, less stressed out, and are expected to live longer than single individuals (not to [stigmatize singles](http://www.scienceofrelationships.com/home/2012/3/21/are-single-people-stigmatized-by-society.html) here). Close relationships boost people’s immune systems.
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**GRAPHIC ORGANIZER**

Belongingness

