

Psychology



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Journal article reflection Raymond Knee's article divulges into the concept that individuals who believe in romantic destiny, which is when someone is or is not meant for another, have stronger satisfaction and longevity in their relationships. These individuals also take more care and responsibility when trying to end a relationship with their significant other, accepting the fate that they were not meant to be together. There are two theories that are discussed in this article about the development and success of relationships. The first theory, as previously mentioned, is that of destiny and the ideal that people are either meant to be together or they are not meant to be together. The second theory deals with the ideal that successful relationships must be grown and developed. Through various surveys, including those done in past experiments, Knee reveals that the most successful relationships come from those where the belief of destiny is present. Belief in destiny also includes believing that there is only one person for everyone and that love can be at first sight. When individuals act on this, they are doing so out of intuition, or destiny. Numerous surveys were implemented that measured destiny and growth beliefs. These surveys looked into aspects that varied from dating behavior to whether or not a person can change themselves or their relationship. Another important characteristic that was measured was how individuals coped to stressful events in the relationship. The surveys were used to measure beliefs in both destiny and growth. After the results had been gathered and analyzed, it was determined that more successful relationships come from beliefs of destiny because these individuals believe that they have no control in the course of the relationship. They do not try to make a relationship work, which can cause further stress. By accepting destiny and by letting the relationship to progress as it should, more

individuals found themselves in more successful situations with their significant others. Some people find the concept of love at first sight to be impulsive. They meet someone, believe that they are meant to be, and immediately jump into a relationship. While this may seem impulsive to others, the belief of destiny also provides similar feelings when a relationship will not work out. Someone who acts based on destiny will also deny people that they feel they may not be compatible with. Similarly, if something in the relationship goes awry or they begin to feel that it is not going to work out, they terminate the relationship. These individuals do not allow themselves to remain in relationships that they know will not work out. It may come as a surprise to some people that destiny-driven relationships are more successful than growth-driven relationships. People in growth-driven relationships allow for time to see if the relationship will be successful or not. However, unlike destiny-based relationships, those that believe that growth is the key factor will also stay in bad relationships longer with the hopes that it will improve over time. The longer someone stays in a relationship such as this, the more damage that will be done. Individuals that believe in and abide by the rules of destiny are quicker to accept when a relationship does not work and move on. References Knee, C. R. (1998). Implicit theories of relationships: Assessment and prediction of romantic relationship initiation, coping, and longevity. *Journal of Personality and Social Psychology*, 74, 360-370.