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ROMANSA KAO STABILNO ISKUSTVO ODRASLIH: POKUŠAJ MERENJA

Romansa je termin koji se u novijoj literaturi ustalio za određenu formu partnerskih, ljubavnih veza. Reč je o kompleksu osećanja koja se razvijaju u partnerskoj vezi i koja su negde između romantične ljubavi, zaljubljenosti i ljubavi (od romantične ljubavi razlikuje se po seksualnoj strastvenosti, od zaljubljenosti po kapacitetu da traje, a od ljubavi po idealizaciji i agresivnosti). Dakle, romansu odlikuju: strastvena seksualnost (erotizam), idealizacija partnera i veze i moguća agresija kao odgovor na predavanje, zavisnost i ranjivost u odnosu na partnera. Tradicionalno psihološko tumačenje je da je romansa faza u ljubavnom odnosu koja traje kratko. U analizi razloga zbog kojih romansa obično traje kratko najvažnijim faktorom smatra se netolerancija napetosti koju stvaraju brojni rizici: idealizacija, seksualna strastvenost i agresivnost. U susretu sa napetošću, pobeđuje čovekova potreba za sigurnošću. Otuda, romansa biva pretvorena u ljubav. Ljubav je kompleks koji se sastoji iz tri sistema: sistema afektivne vezanosti, sistema pažnje i sistema seksualnog ponašanja. Pretpostavljamo da je jedan od sistema odgovoran za prevođenje romanse u ljubav i da je to upravo sistem afektivne vezanosti. Sa ciljem provere navedene pretpostavke, formulisano je očekivanje da će postojati razlike između obrazaca afektivne vezanosti u odnosu na preferiranje tipa partnerske veze. Organizovano je dvofazno istraživanje: U prvoj fazi sačinjen je upitnik za procenu partnerske veze i sprovedeno istraživanje na uzorku (N = 297) studenata Filozofskog fakulteta u Nišu. Faktorskom analizom izdvojena su dva faktora, imenovana kao Sigurna baza i Romansa. U drugoj fazi (N = 200), uz upitnik ljubavnih odnosa (Ljubavni odnosi: romansa, Stefanović Stanojević, Nedeljković, Dragičević, 2012) zadat je i upitnik za procenjivanje individualnih razlika u afektivnoj vezanosti (Experiences in Close

Relationships – Revised (ECR-R) questionnaire, Fraley, Waller, Brennan, 2000). Rezultati analize varijanse potvrđuju očekivanje da će se ispitanici koji pripadaju različitim obrascima vezanosti statistički značajno razlikovati i po potrebi za partnerom kao sigurnom bazom, i po potrebi za romansom u ljubavnoj vezi. Analizom značajnosti razlika (post hoc) utvrđeno je: Sigurno i preokupirano vezani ispitanici značajno češće preferiraju kvalitet sigurne baze u ljubavnoj vezi od izbegavajuće, i bojažljivo vezanih ispitanika. Bojažljivo vezani ispitanici značajno su skloniji romansi od sigurno, i izbegavajuće vezanih ispitanika. Preokupirano vezani ispitanici značajno su skloniji romansi od sigurno, i izbegavajuće vezanih ispitanika. Dobijeni rezultati doprinose dubljem razumevanju individualnih razlika u sklonostima partnerskim vezama, pre svega identifikujući sigurni obrazac afektivne vezanosti kao obrazac odgovoran za prevođenje romanse u ljubav. Pretpostavljamo da osobe koje pripadaju sigurnom obrascu, budući da su odrastale u ambijentu sigurne baze, kada u romansi postane napeto, rade ono što su naučile: vezuju se i pretvaraju partnera u sigurnu bazu za istraživanje ili u utočište u slučaju nevolje, u svakom slučaju u osobu koja je predvidljiva i lako im dostupna. Nalaz o sklonosti bojažljivo i preokupirano vezanih osoba romansi razumljiv je iz ugla negativne slike o sebi koja im je zajednička i koja ih preporučuje za trijas simptoma romanse. Naime, usled nepoverenja u sebe mogli bi biti skloni ljubomori i agresivnosti, kao i strastvenosti u zamenu za bliskost. Takođe, u nastojanju da sačuvaju partnersku vezu, a bez kapaciteta da je prevedu u stabilniju kategoriju, mogli bi pribegavati njenoj idealizaciji.

Ključne reči: Obrasci afektivne vezanosti, romansa, ljubav

ROMANCE AS A STABLE ADULT EXPERIENCE: ATTEMPT TO MEASURE

Romance is a term that is commonly used in modern literature to refer to a certain form of partner or love relationships. It is a complex of feelings that develop in a partner relationship and that fall somewhere between romantic love, being in love and love (what makes it different from romantic love is sexual passion, from being in love its capacity to last, and from love its idealisation and aggressiveness). Therefore, romance is characterised by: passionate sexuality (eroticism), idealisation of the partner and relationship and possible aggression as a response to surrender, dependence and vulnerability in relation to the partner. A traditional psychological interpretation is that romance is a phase in a love relationship

which lasts short. When analysing the reasons because of which romance lasts short, the factor that is regarded as the most important one is the intolerance of the anxiety caused by numerous risks: idealisation, sexual passion and aggressiveness. Faced with anxiety, a human need for security wins. Thence, romance becomes transformed into love. Love is a complex consisting of three systems: system of affective attachment, system of caregiving and system of sexual behavior. We assume that one of the systems is responsible for turning romance into love and it is precisely the system of affective attachment. With a view to checking the above mentioned assumptions, an expectation has been formulated that there will be differences in the patterns of affective attachment depending on the preferred type of the partner relationship. A two – phase research was conducted: in the first phase, a questionnaire for assessing partner relationship was made and research was conducted on the sample of students (N=297) of the Faculty of Philosophy in Nis. Using the factor analysis, two factors were isolated, named Secure Base and Romance. In the second phase (N=200), together with the questionnaire about love relations (Love Relations: Romance, Stefanović Stanojević, Nedeljković, Dragičević, 2012), respondents were also given a questionnaire for assessing individual differences in affective attachment (Experiences in Close Relationships – Revised (ECR-R) questionnaire, Fraley, Waller, Brennan, 2000). The results of the analysis of the variances confirm the expectation that the respondents who belong to different patterns of attachment will statistically significantly differ both in the need for partner as a secure base, and in the need for romance in a love relationship. Analysing the significance of differences (posthoc) it was determined: Respondents who belong to secure and preoccupied attachment type significantly more often prefer quality of the secure base in a love relationship than respondents who belong to dismissive-avoidant and fearful-avoidant type of attachment. Respondents belonging to fearful-avoidant type are significantly more prone to romance than respondents belonging to secure and dismissive-avoidant attachment type. Respondents who belong to preoccupied attachment type are significantly more prone to romance than respondents who belong to secure and dismissive-avoidant type of attachment. The obtained results contribute to a deeper understanding of individual differences in inclinations to partner relationships, primarily by identifying the secure pattern of affective attachment as a pattern responsible for turning romance into love. We assume that persons who belong to the secure pattern, since they grew up in the secure base environment, when it becomes tense in romance, do what they have learnt: they get attached and turn a partner into a secure base for research or a refuge in case of trouble, or in different words, into a person who is

predictable and easily available. The findings related to the inclination to romance of persons belonging to dismissive-fearful and preoccupied attachment types are understandable from the point of view of the negative image of the self which is common to them and which *recommends* them for the triad of the symptoms of romance. Namely, due to self-distrust they could be prone to jealousy and aggressiveness, as well as passion in exchange for closeness. In addition, attempting to save a partner relationship, and without the capacity of turning it into a more stable category, they could resort to idealising it.

Keywords: patterns of affective attachment, romance, love