

APRIL

HERE AT STONY BROOK - Monday, April 2, 1984

THEME UP AND UNDER

Hi, everybody.

There was a time when the phrase "behavior modification" frightened some people. They said it smacked of personality engineering, even forced changes. But the practice itself, better known now as behavior therapy, is widespread. People are learning to diet, and to give up smoking tobacco, through behavior therapy. Today we'll be talking with a psychologist who, until recently, was the head of the ~~American~~ national Association for the Advancement of Behavior Therapy.

Later, we'll ~~be~~ talk with a sociologist ~~psychologist~~ who has ~~made~~ a study of ~~the~~ divorce and what it does to the man and woman, to the family and to the children.

Daniel O'Leary is professor of psychology at the State University of New York at Stony Brook and former president of the Association for the Advancement of Behavior Therapy. Dr. O'Leary, is the wider acceptance of the term "therapy," instead of "modification," just a matter of semantics?

INTERVIEW O'LEARY:

- Trace history from B.F. Skinner
- ~~Skinner~~ In Walden II, Skinner argues that our goal should be to go set up external influences that we will have the kind of society we wish."
- Techniques in classrooms: praise, library time
- Studies re males, esp. aggressive males/divorce
- TV in Mexico...U.S. soaps
- What can we all do to improve our lives?

13:30

BRIDGE MUSIC UP AND UNDER

~~More than~~ ~~that~~ half ~~that~~ all recent marriages are likely to end in divorce. Indeed, the 1970s have been called "the decade of divorce" by Graham B. Spanier. Dr. Spanier is professor of sociology and psychiatry at the State University of New York at

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Stony Brook and the ^{co-}author of two books being published in 1984 about divorce. One is "Parting: The Aftermath of Separation and Divorce," written with Dr. Linda Thompson of Virginia Polytechnic Institute and State University, ~~and~~ the second is "Recycling the Family: Remarriage after Divorce," written with Dr. Frank Furstenberg of the University of Pennsylvania. Dr. Spanier, despite ~~the~~ high divorce rate statistics, you state in your book, "Parting," that you do not accept the premise that this high rate dignifies the demise of the American family.

- INTERVIEW SPANIER:
- You conclude: The American family is here to stay, problems and all. Are there more problems, or are we simply counting better these days?
 - Stats: 44% of all marriages are remarr. for one 75% of all divorced persons remarry
What does that tell us?
 - Extramarital roles
 - 1/3rd of divorced find it a great relief
 - If family is here to stay, are children growing up in different family settings?
 - Have we reached peak in divorce?
 - Any words ~~about~~ ^{for} couples in dispute over divorce?

~~BRIDGE~~ BRIDGE UP AND UNDER

Sports medicine has become a field by itself in the past ~~years~~ generation. Physicians who specialize have become experts in dealing with athletes' muscles and limbs, and even their psyche. Next week, we'll talk with an ~~obstetrician~~ ^{orthopedist} and a ~~physical training expert~~ ^{sociologist who lets} ~~specializing in~~ ^{the} ~~expert~~ ^{sociology} about sports medicine. Until then, this is Al Oickle.

So long, everybody.

OUTRO UP AND OUT

The sociology of sports

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PARTING, FOR MANY COUPLES, MAY BE A RELIEF, NOT A CRISIS: THAT'S ONE CONCLUSION OF TWO BOOKS ON DIVORCE TO BE PUBLISHED THIS MONTH

STONY BROOK, N.Y. -- Demographers remember 1974 as the first year when more marriages in the United States were dissolved by divorce than by the death of a spouse.

It was in that year of ascending divorce rates that a Pennsylvania sociologist, now at the State University of New York at Stony Brook, began following the lives of couples affected by separation, divorce and the adjustments--including remarriage--that follow.

The studies have continued, amassing data that represents perhaps the longest term study of a specific group of divorced individuals ever undertaken. The results will be published this month in a book on divorce and a companion volume on remarriage.

"What we appear to have is a very clear picture, maybe the clearest yet, of divorce and remarriage during the past decade, the divorce decade," says Dr. Graham B. Spanier, vice provost for undergraduate studies and professor of sociology and psychiatry at Stony Brook.

The two books are "Parting: The Aftermath of Separation and Divorce," by Dr. Spanier and Dr. Linda Thompson, assistant professor of family development at Virginia Polytechnic Institute and State University, and "Recycling the Family: Remarriage After Divorce," by Dr. Spanier and Dr. Frank Furstenberg, Professor of Sociology at the University of Pennsylvania.

Both books are scheduled to be published during March by Sage Publications.

The authors note that social scientists "have been slow" in turning their attention to divorce and remarriage even though about half

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of all recent marriages are likely to end in divorce, about 44% of all marriages today are remarriages for at least one partner, and about 75% of all divorced persons eventually remarry.

The data reported in both books, Dr. Spanier notes, "illustrates the tremendous variability, the diversity of experiences encountered in divorce and remarriage."

The researchers verified, for example, the common belief that divorce represents a potentially traumatic crisis situation, "but only for about a third of those involved." For another third, Dr. Spanier says, "it doesn't seem to make any profound difference in well-being, and for the remaining third it's actually a relief, a positive experience."

Another popular conception about divorce--that it frequently results from extra-marital relationships--also may be in line for some revision as a result of the studies. "Extra-marital affairs just don't play as great a role as we'd assumed," Dr. Spanier observes. "The 40% or so of those divorcing who have had such involvements more often than not cited them not as the cause of their marital breakup but simply as a means of getting through an already faltering marriage."

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Effect, not cause