

Interplay of Psychological Momentum and Psychological Synergy in Marriage and Relationships

Samson DA*

Faculty of Formation, Via Delle Scienze, UNIPA, Palermo, Italy

*Corresponding author: Samson David Antony, Faculty of Formation, Via Delle Scienze, UNIPA, Palermo, Italy, E-mail: samsondavid.antony@yahoo.com

Rec date: Dec 29, 2015; Acc date: Dec 30, 2015; Pub date: Dec 31, 2015

Copyright: © 2015 Samson DA. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Abstract

Human relationship is an inter-personal exchange of oneself, be it superficial or in-depth. Various dimensions of the human faculties are at play in this reciprocal act of relatedness. Much of these faculties are socio-psychological and bio-anthropological interactivities. In this article we identify two of the multi-faculties that are present in human relationships, such as psychological momentum and psychological synergy. The interpersonal "I-Thou" relationship, can be actualized in marital-relationship as it comes closer to embrace all the dimensions of relationship. Hereby the process of psychological momentum and psychological synergy in marriage and relationships is fascinating and challenging to comprehend.

Keywords: Psychological momentum; Psychological synergy; Marriage; Inter-personal relationship

Introduction

Human relationship is governed by psychological dynamism. The psychological dynamism is a multifaceted force of collective-faculties that link persons in relationship for existential purposes. Two outstanding faculties of psychological dynamism of relationship can be distinguished, such as: Psychological Momentum (PM), and Psychological Synergy (PS), that sets the relationships in motion. In every human being there are two complementary tendencies such as, 'Yin' and 'Yang' (male-female, hot-cold, spirit-matter, etc.), (IEP, 2015), that complement each other and keep the life-cycle rolling. This concept of paradoxes is found in many philosophies and anthropology [1] and religious spheres, in both ancient and modern writings.

The glimpse of such complementary duality is also found in psychology in the form of Psychological Momentum (equating with 'Yin', masculine tendency) and Psychological Synergy (equating with 'Yang', the feminine tendency). We often think that 'Psychological Momentum is a component of sports or of individual personality development in games and skills,' [2] and is rightly so. But PM is also a strong influential factor in relationships. While the Psychological Synergy is a co-operative factor in relationships, "the interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects" (The American Heritage® Dictionary), as a result of which the relationship-bond becomes a complex reality especially in couples that are motivated to embrace a lasting relationship that is sealed by the socio-interpersonal-public pact called 'marriage'. "Marriage is a complex relationship"[3].

When two persons are in relationship the PM is said to have a strong influence on each other, as for example, in the vicinity of the performance of an artist (on the stage) or a sports person in the field. "Psychological momentum is generally thought of as enhanced psychological power that influences performance"[4]. "Indeed, recent evidence clearly indicates that devoted fans do experience much affect while watching their favorite team play [2,4].

Psychological dynamism of relationship is a gradual process. It's interesting to observe carefully the phenomenon that occurs in the Interplay of Psychological Momentum and Psychological Synergy in relationships and Marriage. The process develops into several stages. For practical reasons we compress them into 3 stages.

Stage-I

Identifying the symptoms of PM-PS signals

The oft used phrases: 'I don't know how I was attracted to you'... 'I wonder how it all happened' ... 'I guess it's the chemistry that attracted me to you' etc... etc...indicating the dynamics of Psychological Momentum and the interactive Psychological Synergy as unseen factors and impetus that signal and induce a relationship, "PM is inferred to be present when a shift in performance improvement has taken place" [4]. But it's the Psychological Synergy that plays a vital role in uniting the two persons' participation, as well as, maintaining uniqueness of the individuals. "This is Synergy, where each individual is psychologically independent enough not to need governing by any external entity and lives a life of personal fulfilment and freedom, and yet also willingly acts as a participant". But this PM and PS interaction may not happen in the same pattern or same intensity or have same need with the other person to whom one wants to relate. "Not all relationships are equally desirable and not all partners will be equally motivated to maintain a given relationship" [5]. Hence the PM and PS interaction is a delicate and personalized process that is unique for each individual encounter, and calls for an involved responsibility.

How does it all begin? The first initiative can occur either from a male (let's say 'A') or from a female (let's say 'B') with the PM as a launching pad. If for instance 'A' with PM initiates a simple new relationship, and the counterpart 'B' responds with PS basically with phenomenological aspects such as smile, gesture, sign etc., that is externally noticeable and recognizable, which accelerates (or decelerates) the PM in 'A' depending on the positive (or negative) response from 'B'. If the response is positive then the PM is accelerated in 'A' and by and by ignites also the PS in 'A'. In turn 'A' responds with

PS towards 'B', reciprocally doing the same process such as increasing or decreasing the PS in 'B' and by and by igniting PM in 'B'. Thus when PM starts its motion in 'B' as well, a simple-new-relationship is said to have commenced at this juncture, which in due course of time can progress towards complex-committed-relationship.

As the PM-PS interaction in each person is so unique and loaded with potency and at the same time vulnerable in its nature, if not driven in the right direction or not guided efficiently, it can lead the individuals into state of undesired feelings of distortion, confusion, discouragement, and psychological dissipation depending on the intensity of the relationship. "Given the vulnerability that such dependence implies, individuals need to possess a sense of conviction in the belief that the relationship really is a good one and that the partner can be counted on to be caring and responsive across time and situations" [6,7].

Therefore the person who realizes that the PM is growing stronger in oneself (than the counterpart) or the PS response from the other person is fake or negative, then, it implies that it is not opportune to relate. "Relationship well-being and stability depend on individuals relinquishing such seemingly naïve perceptions in favor of more accurate and realistic appraisals of their partners' true virtues and faults [8-10]. Therefore, the prudent thing to do is to try to moderate or diminish generating impulse from oneself, till the other person resonates with same wave length to 'enter into relationship'. If at the initial stage of the process of relationship there is turbulence and conflict, it's an indication that the individuals are not well-prepared in both the dimensions, intrinsically (PM) and extrinsically (PS) to enter into relationship. "Although the sense of attachment security may be quite general, it is also common for people to develop relationship - specific beliefs organized around actual experiences with a specific partner" [11].

The process of marital relationship traces its PM-PS reciprocity right from the early stage where two persons get attracted, two hearts passionately-bond in love, intimately-knit in deep sharing and romance. "Romantic love is conceptualized as a combination of intimacy and passion" [12]. Interaction of PM-PS thus stabilizes a psychological attachment to one another driven by secure assurance and promulgated by gender compatibility. "Securely attached people held more optimistic beliefs about love relationships and marriage" [11,13]. This takes us to the 2nd stage.

Stage-II

Interactive progress into committed relationship

Interactive relationship is said to develop into committed relationship right from falling in love and proceeding further. 'Falling in love' sparks up a flash of attraction in an unguarded moment like a lightning impulse when neither party expects [13]. Consequently, in due course of events between the two persons the PM sets ablaze a magnetic field what is commonly known as desire for the other person who are in love. This desire can mature and bear fruit when there is a corresponding accord between the related persons in thoughts, words and deeds, "partners who can accurately infer each other's thoughts and feelings should be more successful in maintaining satisfying and stable relationships than partners who cannot" [14]. Once the desire is set on motion between two related persons it spreads rapidly like a whirlwind of wild-fire wanting to proclaim to the whole world, culminating into matrimonial union. Thus the individuals' private

relationship matures into public committed relationship. "Marriage is concerned with moving from a dependency relationship with one's parents to a peer relationship with one's spouse. This is the major focus of the marital relationship in large, dynamic terms" [15]. "Marriage involves learning to be both separate and together, learning to allocate power, learning to play and to work together, and [for some] perhaps the greatest challenge of all, learning to rear another generation" [3,16].

Fundamentally, what is marriage all about? The social understanding of marriage is an act by which a male and female of different family freely accept to enter into legal pact "reciprocal alliances between individuals in different families are likely not only to be tolerated by but also appreciated by other family members" [5], to live together as husband and wife, as a result of which, form a new family, complement each other and to procreate. "Although human mating arrangements vary from culture to culture, all involve long-term cooperative relationships in which both the male and female contribute to the offspring's welfare [5,17,18]. Legally every nation registers this union as fundamental option to live together and have rights of custody over property of the partners' possession and all legality, eventually attesting in the passport as legitimate care-takers of each other.

Thus, marriage is an act of entering into committed relationship. Marriage Relationship is not a static reality but an interactive momentum between persons that creates psychological performance, sociological recognition, and complex interrelatedness. "Spouses with more complex views of the marriage are also more satisfied with their relationships" [18]. It's through this psychological momentum that relationship gets strengthened. Marriage Relationship is a dynamic momentum that instills performance of meaningful human existence [11,19]. One of such meaningful marital-performances is Marital-intimacy which is the most sublime-conjugal-inter-connectivity, respecting the freedom and dignity of the persons in marital-love. The PM-PS interactivity accelerates [4]. In both the persons an urge that is immensely pleasurable and irresistible, initiating with touches, caresses, kisses, (fore-play), and finally entering into the genital-union, resonating with rhythm, that leads to climax, ('orgasm') [20]. The PM-PS strikes a perfect-vibration between the two persons, at this moment the Masculine and feminine genders find complementary fulfillment, shed their inhibitions, infuse into each other's entire-self, becoming a single entity in a trance of indescribable status called 'ecstasy'.

Stage-III

Maturing and promoting new creative dimensions in relationship

There is a gradual development of the PM-PS between the related persons. In the marital relationship the interactivity of PM-PS is at its peak, [20], because it's through PM-PS that one person loses oneself into the other person and finds oneself in the other person. PM-PS interaction devoid of manipulation triggers the involvement of the entire person into harmonious union, "based on a foundation of trust, respect, honesty, caring, and commitment" [9,12]. Treating the other person with mutual love and dignity in an 'I-Thou' type of relationship, in all aspects, such as body, mind, heart, desires, aspirations and goals. "During this process, couples develop deep empathy and compassion for one another. They discover that, not only can they handle their partners' intense emotions, but they can also offer their partner comfort through holding and touch when they are in pain" [20].

Thus PM-PS matures into a progressive-interactivity, urging married couples to enter into conjugal-union, which explodes into tremendous human warmth and ecstasy, leading them to self-abandonment, [18,19], almost like non-entities into the depth of the other person, leading them to be saturated. It's at this significant moment a new life comes into existence. The woman conceives (when sperm fertilizes with ovum), thereby intrinsically and extrinsically a new life begins its existence. "Yes, the birth is miraculous. Yes, it's amazing what the female body can do" [7]. The procreation of new life, of new-relationships establishes a basic unit of the society, the family. This performance of giving birth to children fulfils one of the purposes of the marriage-contract. This consummation of marital-act of procreation is not possible in the same-gender-sexual-acts, rendering the word 'marriage' inappropriate to be used in such situation.

Therefore the so called marriage between the same gender such as 'male-and-male' (gay-union) or 'female-and-female' (lesbian-union) does not fulfill this fundamental age-old concept called 'marriage.' Hence, instead of disputing and condemning, or debating and arguing for legal rights about 'gay-marriage' or 'lesbian-marriage' the simplest thing is not to use the word 'marriage'. It could be called as 'gay-riage' for male-to-male-union and 'lesbinarriage' for female-union or whatever word is suitable. It's a question of creating a new term so that there is no harm done to anybody. We are not here to dispute about the moral and conjugal and non-procreative aspects of same-gender-sexual-acts that is biologically unnatural* and un-hygienic**. Therefore the concept of marriage could never be in any sense applied to the same-gender-unions, as for the purpose and the end of marital-act in terms of biological and copulative performance is null and void in the 'same-gender-union'. Besides, marriage is a platform that provides an ambient for the psychological, biological, sociological, and physical emancipation of complementary dimension of masculine and feminine aspects of the individuals.

The consequent dimension of PM-PS keeps the ripples of the vibration in the married couple growing day by day, creating more urges for re-union and to repeat this process endlessly into a reciprocal sharing and growth and fulfillment. 'In an ideal marriage, you'd meet each other's needs halfway, on the 50-yard line, all the time' [21]. They realize that individual PM-PS finds its counterpart to accelerate its velocity and reach immense explosive satisfaction in the other person than in one-self alone. "They experience directly and observe in others how an intimate relationship generates intense emotions about bonding, belonging, needing one another, never leaving, and being loved for oneself. They learn that the expression of these powerfully intense emotions cements their bond at the deepest of levels and can restore passion to their relationship".

Conclusion

Therefore the culmination of interpersonal 'I-thou' relationship finds its foundation in human relationship involving psychological momentum and psychological synergy in a reciprocal commitment. Hence a secure ambient is a-prior necessity for 'setting PM-PS on motion.' The best secure ambient is a genuine love for one another in marital relationship. Thus Psychological Momentum interacting with Psychological Synergy becomes a fundamental-key that opens the door to realize the end and purpose of marriage and relationship. "As the partners learn more about each other and move toward closeness by becoming increasingly dependent on each other's activities for the performance of their daily behavioral routines and the fulfillment of their plans and goals, the number and strength of their expectancies

about each other increase". This PM-PS also initiates the path towards self-actualization. This invites us to further explore the dynamics of interplay of Psychological Momentum and Psychological Synergy in the process of self-actualization.

References

1. Donceel JF (1967) *Philosophical anthropology*. Sheed and Ward, USA.
2. Zillman D, Sapolsky BS, Bryant J (1979) The enjoyment of watching sport contests. In: Goldstein JH (ed.), *Sports, games, and play: Social and psychological viewpoints*, Hillsdale, USA.
3. Nichols WC (2005) The First Years of Marital Commitment. In: Michele Harway (eds) *Handbook of couples therapy*. John Wiley & Sons, Inc, USA.
4. Vallerand RJ, Colavecchio PG, Quellaie LG (1988) Psychological Momentum and Performance Inferences: A Preliminary Test of the Antecedents-Consequences Psychological Momentum Model. *Journal of Sport & Exercise Psychology* 10: 92-108.
5. Kenrick DT, Li NP, Butner J (2003) *Dynamical Evolutionary Psychology: Individual Decision Rules and Emergent Social Norms*. Psychological Review. The American Psychological Association, Inc, USA.
6. Holmes JG, Rempel JK (1989) Trust in close relationships. In: Hendrick C (ed.), *Review of personality and social psychology: Close relationships* 10: 187-219.
7. Murray SL (2000) Seeking a Sense of Conviction: Motivated Cognition in Close Relationships. In: Fletcher G, Clark MS (eds.) *Blackwell handbook of social psychology. Interpersonal processes*. Library of Congress Cataloging-in-Publication Data. Blackwell Publishers Ltd, UK.
8. Brickman P (1987) Commitment, conflict, and caring. Englewood Cliffs, NJ: Prentice-Hall. In: Fletcher G, Clark MS (eds.) *Blackwell handbook of social psychology. Interpersonal processes*. Library of Congress Cataloging-in-Publication Data. Blackwell Publishers Ltd, UK.
9. Brehm SS (1992) Intimate relationships. Random House. In: Fehr B, Fletcher G, Clark MS (eds.) *The Status of Theory and Research on Love and Commitment*. Blackwell handbook of social psychology. Interpersonal processes. Library of Congress Cataloging-in-Publication Data. Blackwell Publishers Ltd, UK.
10. Mikulincer M, Florian V, Cowan PA, Cowan C (2002) Attachment Security in Couple Relationships: A Systemic Model and Its Implications for Family Dynamics. *Family Process*, FPI, Inc.
11. Fehr B (1999) The Status of Theory and Research on Love and Commitment. In: Fletcher G, Clark MS (eds.), *Blackwell handbook of social psychology. Interpersonal processes*. Library of Congress Cataloging-in-Publication Data. Blackwell Publishers Ltd, UK.
12. Carnelley KB, Janoff-Bulman R (1992) Optimism about love relationships: General vs specific lessons from one's personal experiences. *Journal of Social and Personal Relationships* 9: 5-20.
13. Ickes W, Simpson JA (1997) Motivational Aspects of Empathic Accuracy. In: Fletcher G, Clark MS (eds.) *Blackwell handbook of social psychology. Interpersonal processes*. Library of Congress Cataloging-in-Publication Data. Blackwell Publishers Ltd, UK.
14. Nichols WC (2003) The First Years of Marital Commitment. In: Harway M (ed.) *Handbook of couples therapy*. John Wiley & Sons, Inc, USA.
15. Napier AY (2000) Making a marriage. In: Nichols WC, Pace-Nichols MA, Becvar DS, Napier AY (eds.), *Handbook of family development and intervention*, USA.
16. Daly M, Wilson M (1983) *Sex, evolution, and behavior*. (2nd edn), Boston: Willard Grant Press, USA.
17. Geary DC (1998) *Male, female: The evolution of human sex differences*. American Psychological Association, USA.
18. Cowan PA, Cowan CP (2001) A couple perspective on the transmission of attachment patterns. In: Clulow C (ed.) *Adult attachment and couple psychotherapy: The "secure base" in practice and research*. London: Brunner-Routledge.

19. Rusbult CE (1983) A longitudinal test of the investment model: The development (and deterioration) of satisfaction and commitment in heterosexual involvements. *Journal of Personality and Social Psychology* 45: 101-117.
20. Fletcher G, Clark MS (2003) *Blackwell handbook of social psychology: Interpersonal processes*. Library of Congress Cataloging-in-Publication Data. Blackwell Publishers Ltd, UK.
21. Berscheid E, Ammazalorso H (1998) Emotional Experience in Close Relationships. In: Fletcher G, Clark MS (eds) *Blackwell handbook of social psychology: Interpersonal processes*. Library of Congress Cataloging-in-Publication Data. Blackwell Publishers Ltd, UK.