Attraction, Social Attraction, and Social Exclusion (Rejection)

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The Need to Belong:

• is the desire to form and maintain close, lasting relationships with some other individuals (Axelord&Hamilton, 1981; Buss, 1990; Baumeister & Leary, 1995)

• the need to belong has two parts {regular social contacts (breakfast together) and aversive social contacts,( as fighting and arguing)
The Need to Belong:

• Forming bonds is a large part of human life. Social relationship involves securing acceptance, which often depends on getting others to feel and think positively about you.

• Social animals survive and reproduce mainly by way of their relationship with others.
The Need to Belong:

- People do not continue to form relationships
- Most people look for four to six close relationships
- In rich people-environments, most people form social circles of about six people
- Ex. {Al Quran Kareem verse} (Inxalaqnakum mn zakarin wa aunsa....jaalnakum....)
Two ingredients to belongingness.

– Regular social contact with others

Not Belonging Is Bad for You

• Failure to satisfy a need to belong leads to significant health problems
• People without a good social network have more physical and mental health problems
• E.g. Interracial couples and interracial marriage
• Black- white marriage