

Gender Differences In Emotional Reactions
And Coping Strategies Following A Break-up

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Running head: GENDER INFLUENCES IN BREAK-UPS

Abstract

This study explored two questions: First, do men and women differ in their emotional reactions to break-ups? Second, do men and women use different strategies to cope with the loss of a love? College undergraduates were surveyed to determine how they thought they ought to react after a break-up versus how they actually reacted. Several differences between men and women were observed. First, men and women differed little in the emotions they actually reported in general, but differed significantly in the amount of anger they thought they should have felt. Second, women used more reflective/ruminative strategies in coping with the break-up as compared to men. Finally, both men and women thought they should have used various coping responses more than they actually did.

Implications and limitations of these results are explored, and future research directions are suggested.

Introduction

Recently, there has been a burgeoning interest in identifying the factors that shape the initiation, maintenance, deterioration and repair of love and intimate relationships (Duck & Gilmour 1981a, 1981b; Duck, 1982; Brehm, 1985; Kelley et al., 1983), as well as in the factors which predict how emotionally distressed couples will be when a relationship ends (Simpson, 1987; Berscheid, 1983; Hill, Rubin & Peplau, 1976). Unfortunately, researchers are still unclear as to how men and women typically respond when their relationships fall apart. What emotions do they feel? What coping strategies do they use to get over their dissolved relationships? How well do these strategies work? In this study, we will be focusing on how men and women react to and deal with such losses. We are especially interested in determining the relationship between gender and emotional and coping responses following relationship break-ups.

The Emotions Men and Women Feel

There is some evidence to suggest that men and women may differ in how upset they become when their

relationships end. Historically, women have been stereotyped as the more "emotional" of the sexes, especially in their close relationships (Broverman, Vogel, Broverman, Clarkson & Rosenkrantz, 1972; Sprecher & Hatfield, 1987; Hatfield, Schmitz, Parpart & Weaver, 1987; Rubin, 1983). There are some data in support of this contention.

First, there is evidence that people think women should be more warm and expressive than men (Broverman, et al., 1972). Second, women report that they are more emotional-- experiencing more emotions (more love and more anger) in their intimate relationships than do men (Sprecher & Hatfield, 1987; Rubin, 1983). Women also get depressed more often than men (Nolen-Hoeksema, 1987), and report more loneliness when they do not have a meaningful relationship with the opposite sex (Wheeler, Reis & Nezlek, 1983). Third, women and men are differentially rewarded for emotional expression. In one study, depressed males elicited more rejection and were perceived as more impaired in role functioning than were depressed females (Hammen & Peters, 1977).

Not all researchers agree that women are more

emotional than men, however. In fact, several researchers have argued that men are more emotional following a break-up. Rubin and his colleagues found that men are more distressed after relationships end, reporting less happiness and more depression and loneliness. In this sample of fifteen couples, they also found that some men, but not women, had a difficult time believing that they were no longer loved and that the relationship was over (Hill, et al., 1976; Rubin, Peplau & Hill, 1981). In addition, researchers have found that men are harder hit than are women by a spouses' death. Widowers are at greater risk for disease and are more likely to die during the first six months after their spouses' death than are widows (Jacobs & Ostfeld, 1977; Traupmann & Hatfield, 1981).

On the whole, however, the preceding research suggests that women may be more emotional (experiencing more depression, loneliness, and anger) in their daily lives than are men. Can these findings be generalized to predicting how women will react when their relationships end? Perhaps. Unfortunately there are no data as to whether or not women are more emotional at

the end of an affair. In fact, the preceding data caution us against making sweeping generalizations. In this study then, we will be examining whether or not gender is related to emotional reactions following break-up events. Specifically, we will be testing the hypothesis that women will report experiencing more emotions (that is, more depression and anger) immediately after a break-up as compared to men.

The Way Men and Women Cope with Negative Life Events

In the past decade, social and clinical psychologists have begun to focus on the manner in which people deal with stressful life events. They have identified a variety of factors which determine how people cope with stress. Among the factors which have been found to be important are gender (Nolen-Hoeksema, 1987; Kleinke, Staneski & Mason, 1982), stable cognitions and attributions (Beck, Rush, Shaw & Emery, 1979; Weiner, 1985; Abramson, Seligman & Teasdale, 1978), personality traits (Millon, 1981; Cattell & Johnson, 1986), and situational factors (McCrae, 1984).

Researchers have not devoted much attention to

exploring the impact of gender on coping. Are there differences in the coping strategies men and women use to deal with the ending of a relationship? The clinical literature suggests that men and women utilize different coping strategies in dealing with negative emotions and events in general. If such differences exist, this would be important since theorists maintain that certain coping styles may promote mental and physical health, while others may be dysfunctional (Thoits, 1984; Brehm, 1987). Let us consider some possible differences in the way men and women may have learned to cope with stressful situations.

First, men respond to stress and depression by engaging in activities designed to distract them from their feelings, whereas women respond in a "ruminative or reflective" fashion that encourages them to focus on their feelings (Nolen-Hoeksema, 1987; Ingram, Cruet, Johnson & Wisnicki, 1988). Men tend to employ strategies such as doing physical exercise, taking drugs, ignoring their problems, and thinking about other things for dealing with depression. Women were more apt to endorse strategies such as confronting

their feelings, thinking of reasons why they might be depressed, talking to other people about their feelings, and blaming themselves for being depressed (Nolen-Hoeksema, 1987; Kleinke et al., 1982). One theorist argued that this difference in coping styles contributes to the two-fold prevalence of depression in women (Nolen-Hoeksema, 1987). She contends that men's more avoidant responses dampen their depressive episodes, whereas women's more ruminative and reflective style amplifies them.

Second, women work harder at changing the emotions they feel by utilizing cognitive emotion management strategies (Hochschild, 1981). "Emotion work" or "emotion management" refers to the "act of trying to change in degree or quality an emotion or feeling" (Hochschild, 1979 p. 561). Emotion work involves the suppression of undesired emotions as well as the evoking of desired, but initially absent emotions. It is thought to be a fundamental coping response, in that it provides a way for individuals to control their emotional response to stressful demands (Thoits, 1984). In one study, Hochschild noticed that women more

frequently reported using cognitive emotion management strategies than men (Hochschild, 1981).

In general, the research suggests that men and women do tend to cope with negative life events in characteristically different ways. In this study we will be testing a second hypothesis: Men and women cope differentially with the loss of a love. Specifically, men will engage in suppressive or distracting activities while women will engage in reflective activities. Additionally, women will utilize more cognitive emotion management strategies than men.

Methods

Subjects

Subjects were 237 undergraduate students enrolled in introductory psychology or human sexuality classes at the University of Hawaii. The subject pool was composed of 83 males and 148 females ranging in age from 18 to 25 years. The mean number of serious relationships (defined as dating for at least a month) was 3.1, with a range of 0 to 24. Subjects indicating that they had never been involved in a serious

relationship were excluded from the data analysis. To equalize the numbers of men and women, a random subsample of 78 women was selected, resulting in a final sample size of 156.

Measurement of Emotions and Coping Strategies

Current scales and questionnaires measuring affective states are limited in their ability to measure the full spectrum of emotional responses. Popular scales that are used for clinical and research purposes such as the Beck Depression Inventory (Beck, et al., 1979), the Novaco Anger Scale (Novaco, 1975), the Revised UCLA Loneliness Scale (Russell, Peplau & Cutrona, 1980), and the Passionate Love Scale (Hatfield & Sprecher, 1986) typically measure just one emotion. Also, the multi-model scales that do exist (Zuckerman & Lubin, 1965; Nowlis, 1965), were not suitable for our purposes. Thus, it was necessary to create a scale designed to tap the variety of emotions that might occur after a break-up. A list of emotion words was generated by the authors, and was reduced to three components via principal component analysis. These components (depression, anger, and relief) accounted

for 51% of the variance. The alpha coefficient for the emotion scale was 0.808.

Insert table 1 about here

The authors' next step was to construct a questionnaire designed to tap the wide array of techniques individuals might use to cope with a break-up. Although a number of coping response inventories already exist (Folkman & Lazarus, 1980; Vitaliano, Russo, Carr, Maiuro & Becker, 1985), none of them measured all the responses in which we were interested. Thus, the authors and students from an advanced psychology class began by generating individual items to tap the wide variety of coping responses in which we were interested. Twenty-seven items were included in the questionnaire based upon frequency of endorsement by the class. These items included both cognitive and behavioral coping strategies. To prevent spurious findings due to redundancy of measures, a principal component analysis was performed on the items, reducing them to four

orthogonal components. The components accounted for 42% of the variance and were named cognitive emotion management, reflection/rumination, physiological dampening, and distraction. Coefficient alpha for the coping strategy scale was 0.674.

Insert table 2 about here

Procedure

Two sets of questionnaires were constructed to survey the emotions felt and coping strategies used following a break-up. One set of questionnaires asked the subjects to indicate what emotions they should feel and what coping strategies they should use following a break-up. First, respondents were told: "After a couple breaks up, men and women experience a variety of emotions. These emotions vary not only in kind, but also in frequency. In this section, we will ask you how often you think you should experience these emotions. During the two weeks following your break-up, how often (if at all) do you think you should experience the

following emotions?" This introductory statement was followed with a list of positive and negative emotion words. Subjects indicated the frequency of emotions on a five point Likert scale ranging from (1) "Never" to (5) "Extremely often". Then respondents were asked how they coped with their feelings following a break-up: "What do you think you should do (i.e. what is reasonable and practical) to help you deal with the loss of your love....During the first two weeks following the break-up, how often do you think you should do the following?" Once again, subjects indicated their responses on a five point Likert scale with anchors of (1) "Never" to (5) "Extremely often".

A second set of questionnaires asked the subjects to indicate what emotions they actually felt and what coping strategies they actually used post break-up. In this condition subjects were told: ".....In this section, we will ask you how often you experienced these emotions. During the two weeks following your break up, how often (if at all) did you experience the following emotions?" In like manner, subjects were presented with a list of coping strategies and were

asked to indicate how frequently they used various coping strategies during the first two weeks following a break-up. Once again, five point Likert scales were utilized ranging from (1) "Never" to (5) "Extremely often".

Subjects completed only one of the two questionnaires; which questionnaire they received was randomly determined. To maximize the probability that all of the questions would be answered honestly and to ensure confidentiality, subjects filled out the questionnaires at pre-arranged times in groups of ten. All subjects received course credit for their participation.

Results and Discussion

Emotions

Principal component analysis of the emotion subscale (the emotions that subjects thought they ought to feel and actually did feel after a break-up) yielded three orthogonal components; depression, anger, and relief. These three groups of emotions typify the kinds of emotions one would expect people to feel following a

break-up, and are consonant with emotion categories obtained through cluster analysis (Shaver, Schwartz, Kirson & O'Connor, 1987). One emotion, love, did not load significantly on any of the components. This is not surprising since Shaver et al. (1987) found love to be a conceptually distinct emotion category. The components accounted for 51% of the variance and had a high degree of internal consistency (alpha coefficient = 0.808).

Component scores for each emotion category were derived from component loadings and analyzed using a 2 X 2 (Gender X Questionnaire Condition) ANOVA. A significant main effect for gender was obtained on the anger component. Examination of the simple effects revealed that while the women did not actually feel more anger at the end of a relationship as compared to the men, they thought they should have felt more anger, $F(1,152) = 8.78, p < 0.01$. The women also thought they should have felt more anger than they actually did, $F(1,152) = 4.65, p < 0.05$. No other significant differences were observed. Means are reported in table 4.

Insert tables 3, 4, and 5 about here

These results are somewhat inconsistent with our predictions and with past research which suggested that females would be more emotional. With the exception of anger, the men and women in our study indicated that they felt equally emotional, reporting similar amounts of depression and relief at the end of the affair.

Coping Strategies

The coping strategies subscale was composed of four orthogonal components: cognitive emotion management, reflection/rumination, physiological dampening, and distraction. These categories are consistent with the kinds of coping strategies we expected people would use during the post break-up period. The data are also consistent with general models of coping which suggest that people deal with stressors by altering the problematic situation or by changing their emotional reactions to the event (Folkman, Lazarus, Dunkel-Schetter, DeLongis & Gruen,

1986; Thoits, 1984).

The principal component analysis did, however, differ from our a priori categories by further differentiating the "suppressive/distracting" factor into "physiological dampening" and "distraction". This is consistent with Thoits' theory of coping which draws a distinction between these two kinds of coping strategies (Thoits, 1984). Generally speaking, the survey items which comprised these two factors were compatible with Thoits' categories.

In Thoits' scheme, "physiological dampening" is an emotion-focused strategy which changes undesired physiological sensations either directly (through the use of drugs or other substances), or cognitively (through selective attention of environmental cues). Examples from our survey of direct physiological manipulation include "taking drugs" and "binge-eating". The survey items, "avoid going to places or doing activities that we did together" and "tried to hide my feelings so that others wouldn't know what I was going through" are examples of cognitive/physiological manipulation. The physiological manipulation strategy

is a straightforward example of this, and attenuates undesired feeling states by eliminating painful environmental cues. Although somewhat less apparent, the second item, "tried to hide my feelings...." also works by cognitive manipulation. Here distressed individuals manipulate their behavior in an effort to prevent sympathy gestures from others, which causes them to focus on their distress. In other words, "hiding their feelings" acts as a protector from attending to their pain.

The final category, "distraction", is what Thoits classifies as a problem-focused strategy which operates by directly altering situational circumstances responsible for an undesired emotional state. By constructing entirely new situations, individuals are prevented from focusing on the break-up event by substituting one thing (physical activities, etc.), for another (the love relationship).

A 2 X 2 ANOVA (Gender X Questionnaire condition) was performed on the coping strategies subscales. Significant main effects were obtained for both gender and condition on the reflection/rumination subscale.

Examination of simple effects revealed that the women were not only more likely than men to advocate the use of this coping strategy, they were also more likely to actually use it. Additionally, both the men and women felt they ought to have used this coping strategy more than they actually did.

Insert table 6 about here

Next, an exploratory MANOVA was performed on the individual questionnaire items within the reflection/rumination category to determine which items contributed to the observed gender differences. Significant gender differences were found on the following items, with women endorsing these strategies more than men: "Crying in private", "crying in public", and "read books or magazines that gave advice on how to get over a love." Another item, "spent time talking with friends to think of ways to have a better relationship next time" approached significance. The tendency to interpret these results as supporting our

hypotheses, that women are more likely to ruminate and try to figure out what went wrong in failed relationships than are men, should be tempered by the following; that "crying" may be viewed as a conceptually distinct behavior from the other members of this category because it is heavily influenced by socially sanctioned display rules. On the other hand, one might argue that "crying" does not occur in isolation, but in tandem with reflecting and ruminating about the lost relationship. Viewed in this manner, this coping strategy category can be conceptualized as including both emotional expression of sadness as well as behaviors which augment reflecting on the break-up.

Insert tables 7 and 8 about here

Significant main effects for questionnaire condition were also obtained on the "physiological dampening" and "distraction" subscales. Both the men and women in our study said they used the physiological

dampening strategy more than they thought they should have. By contrast, the opposite effect was noted with respect to distraction. Here, both the men and women thought they should have used this coping strategy much more than they actually did. No other significant effects were obtained.

General Discussion

Emotional Reactions

When we consider men and women's emotional reactions to a break-up, we find they differ surprisingly little from one another. Contrary to stereotypes which portray women as more emotional, in this study, both men and women reported experiencing the same amount of relief and depression after a break-up. Perhaps this discovery is less surprising than it seems on first glance. First, it is possible that men and women do suffer equally from a break-up.

Second, perhaps the ending of an affair is so devastating for this sample of men and women, that subtle gender differences (which generally exist)

cannot be detected due to ceiling effects.

Third, perhaps the time period used to assess post break-up emotional reactions (two weeks post break-up) was too short. If men are adept at warding off chronic depression, a longer time frame may have been required to reveal gender differences. It is also possible that gender differences might have been observed if people had monitored their emotions over the entire course of the dissolution process, including the period prior to the actual break-up. One researcher found that divorced women reported greater distress prior to receiving the official divorce decree (Hagestad & Smyer, 1982). If this finding is extended to dating couples, one might expect women to be more emotional prior to the break-up.

Finally, it is possible that multivariate models, like those proposed by Simpson (1987) and Berscheid (1983) would have been more potent predictors of how distressed people would be than was our univariate model focusing on gender.

One emotion, anger, merits special attention. The women in this study were firmly convinced that they

should have felt more anger following a break-up than men. (They did not actually feel more anger, however).

Why would our female subjects feel this way?

Unfortunately, since we did not ask our respondents to indicate their reasons for their emotional reactions, we can only speculate as to why this would be so.

Researchers have found that people get angry when something (or someone) interferes with goal attainment, when someone is perceived to have harmed them in some way, or when the harm or goal interruption is viewed as illegitimate (Shaver, et al., 1987). In short, people get angry when they perceive they have been victimized. Viewed in this light, it is possible that our women subjects thought they should be more angry because they were anticipating their role as the "victim", or were drawing from actual experiences in which they (or other women) had been victimized. Partial support of this comes from research which indicates that both men and women think that women sacrifice more to keep a relationship going (Hatfield, Traupmann, Sprecher, Utne & Hay, 1984). If this is true, then women may think they are entitled to be more angry than are men.

However, while the men differed from the women in the amount of anger they thought they should have felt, they did not differ in the amount of anger they actually felt. This suggests that while our male subjects may not have anticipated being "victimized", they were just as likely to have felt angry once the relationship fell apart. Future research focusing on the reasons why men and women feel angry at the end of the affair would be helpful in determining if gender mediates the amount of anger anticipated and experienced post break-up.

Coping Strategies

In this study, we were interested in determining whether gender mediates the effects of coping strategies people use to get over a dissolved relationship. While the results suggest that college-aged men and women reported utilizing different coping strategies, they also reported engaging in similar coping responses as well. The data further suggest that both the men and women thought they should have engaged in various coping responses more than they actually did. The observed similarity among the sexes suggests

that if one wishes to predict why people use various techniques to cope, one may have to look further than gender.

Of course, it can be argued that gender differences do exist but were not detected due to limitations in the study design. As stated in the previous section, the time-restricted nature of the questionnaire (asking subjects' what kinds of coping strategies they used during the first two weeks after a break-up) may not have allowed gender differences to emerge. Perhaps both men and women are allowed an acceptable period of grieving, during which time any behavior would be tolerated. However, it is also possible that societal expectations may prohibit men and women from utilizing certain coping strategies after a certain period of time has passed. If this were true, we would expect more pronounced gender differences to emerge over time.

A second possibility is that gender differences may have emerged if we had asked subjects' to indicate their preference for a particular coping strategy rather than their actual use. In one study it was shown

that while men stated they preferred not to talk about intimate things, they displayed an equal ability to do so (Reis, Senchak & Solomon, 1985). Once again, a time-series design examining both preference and actual utilization of different coping strategies might be a more potent discriminator of gender differences.

Another line of inquiry that should be explored is the possible effect of gender role identity on the kinds of coping strategies people use. Gender role identity is defined as the degree to which a person has internalized social roles prescribed for their gender (Ashmore, Del Boca & Wohlers, 1986). Gender roles set the limit for acceptable behavior as well as delimits the amount of variability permitted by each role. Some researchers have found that people who show a high degree of gender role identification act differently from their more androgynous college classmates (Rosenthal, Gesten & Shiffman, 1986). It is possible that we might have obtained male-female differences in coping styles had we looked at people's coping responses in relation to the degree of identification with gender roles.

Conclusion

It appears that a person's gender influences how they cope with relationship endings, but not their emotional experience of such events. These results must be interpreted in the context of this study's limitations, however.

First, caution is required in generalizing these results to populations other than the one sampled in the present investigation. College-aged students may differ from other populations on crucial dimensions affecting the degree of emotional distress experienced following a break-up. In like manner, the sample used in this study may differ in the kinds of coping strategies they would use as opposed to an older sample. To determine if these results are applicable to other samples, people of different age groups and socio-economic status need to be surveyed.

Second, the questionnaire required subjects to retrospectively account for their feelings and actions, thereby possibly biasing their reports. Furthermore, the time interval since the actual break-up was not uniform across subjects. These limitations could have

been prevented by requiring subjects to record their emotional reactions and coping responses as they were experiencing a break-up event.

Third, asking the subjects' to recount how they felt and what they did during a limited time period (two weeks after a relationship break-up), prevented us from capturing the richness of ongoing differences between the sexes. A time-series design would have allowed to us to look at gender differences across time.

Finally, our results do not allow us to make definitive statements regarding how to best handle relationship break-ups. Future research investigating this question would contribute immensely to our understanding of how to survive the emotional pain and disruption posed by this difficult life event.

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Table 1

Principal Component Analysis of the Emotion Scale

Emotion Category	Principal Component loading
<u>Depression</u>	
Grief	0.770
Helplessness	0.711
Fear	0.645
Frustration	0.596
Numb	0.585
Regret	0.582
Depression	0.574
Anxious	0.540
Loneliness	0.523
Guilt	0.511
Hurt	0.507
Shame	0.506
Rejected	0.489

(table continues)

Table 1

Principal Component Analysis of the Emotion Scale

Emotion Category	Principal Component loading
<u>Relief</u>	
Freed	0.787
Relief	0.718
Happiness	0.665
Resolve	0.618
<u>Anger</u>	
Hate	0.824
Resentment	0.777
Anger	0.744
Jealousy	0.409

Table 2

Principal Component Analysis of Coping Strategies

Coping strategy	Principal Component loading
<u>Cognitive Emotion Management</u>	
If I felt rejected, I said, "Who needs them anyway?"	0.739
If I felt rejected, I told myself that the break up was more his/her loss than it was mine.	0.725
If I felt sad or depressed, I told myself that I was stupid for feeling that way.	0.649
I told myself, "Stop pining over him/her! There's lots of other fish in the sea."	0.642
If I felt guilty about times that I had hurt him/her, I reminded myself that he/she had hurt me too.	0.550

(table continues)

Table 2

Principal Component Analysis of Coping Strategies

Coping strategy	Principal Component loading
<u>Cognitive Emotion Management</u>	
If I felt sad about the loss, I reminded myself how lucky I really was to have gotten out of the relationship.	0.536
If I felt regret or guilt, I told myself that it was a good lesson to learn from.	0.524
If I felt sad, I told myself, "Don't dwell on it, it'll only get worse."	0.522

(table continue)

Table 2

Principal Component Analysis of Coping Strategies

Coping strategy	Principal Component loading
<u>Reflection/Rumination</u>	
Cried in the presence of others.	0.745
Spent time talking with friends to think of ways to have a better relationship next time.	0.692
Cried in private.	0.631
Went to see a therapist (counselor or pastor to help me figure out what happened and/or to get advice on what to do next.	0.588

(table continues)

Table 2

Principal Component Analysis of Coping Strategies

Coping strategy	Principal Component loading
<u>Reflection/Rumination</u>	
Read books or magazines that gave advice on "How to get over a love."	0.581
Spent time talking with friends to figure out what happened, what went wrong in the relationship.	0.508
<u>Physiological Dampening</u>	
Kept my activities to a minimum (I didn't feel like doing anything).	0.567
Avoid going to places or doing activities that we did together.	0.555
Binged on food.	0.525

(table continues)

Table 2

Principal Component Analysis of Coping Strategies

Coping strategy	Principal Component loading
<u>Physiological Dampening</u>	
Tried to hide my feelings so that others wouldn't know what I was going through.	0.514
Took drugs (tranquilizers, sleeping pills, marijuana, etc.) or drank alcohol to help me deal with the lost relationship.	0.505
Went out of my way to make sure that that I wouldn't bump into him/her.	0.430

(table continues)

Table 2

Principal Component Analysis of Coping Strategies

Coping strategy	Principal Component loading
<u>Distraction</u>	
Did things which require physical exertion (for example, running, basketball, aerobics, swimming, etc.)	0.664
Kept myself busy with activities, schoolwork or work.	0.634
Did things to improve my looks and sex appeal (ex. get a new haircut, buy new clothes, went on a diet, etc.)	0.600

Table 3

Analysis of Variance on Emotion Component Scores

Component	Source	F
Depression	Sex	0.004
	Condition	0.130
	Sex X Condition	0.080
Relief	Sex	0.102
	Condition	1.010
	Sex X Condition	0.015
Anger	Sex	7.078*
	Condition	2.161
	Sex X Condition	2.508

* $p < 0.01$

Table 4

Means for the Emotions Actually Felt and Coping
Strategies Actually Used

Item	Male means	Female means
Emotions		
Grief	49.524	49.884
Relief	50.942	50.628
Anger	48.102	49.785
Coping strategies		
Cognitive Emotion Management	51.923	50.251
Reflection/ Rumination	43.042	49.900
Physiological Dampening	52.448	53.833
Distraction	47.499	45.866

Table 5

Means for the Emotions People Thought They Should Feel
and Coping Strategies They Thought They Should Use

Item	Male means	Female means
Emotions		
Grief	50.566	50.009
Relief	49.521	48.805
Anger	47.925	54.560
Coping Strategies		
Cognitive Emotion Management	49.436	48.305
Reflection/ Rumination	50.992	56.359
Physiological Dampening	46.251	47.110
Distraction	53.005	54.123

Table 6

Analysis of Variance on Coping StrategiesComponent Scores

Component	Source	F
Cognitive Emotion Management	Sex	0.761
	Condition	1.905
	Sex X Condition	0.028
Reflection/ Rumination	Sex	18.145*
	Condition	25.212*
	Sex X Condition	0.270
Physiological Dampening	Sex	0.539
	Condition	17.876*
	Sex X Condition	0.030
Distraction	Sex	0.029
	Condition	20.619*
	Sex X Condition	0.823

* $p < 0.001$

Table 7

Multivariate Analysis of Variance for the
Reflection/Rumination Coping Strategy

Test	<u>F</u>
Wilks' Lambda	5.180*
Pillai Trace	5.180*
Hotelling-Lawley Trace	5.180*

* $p < 0.001$

Table 8

Univariate F Tests on Reflection/Rumination Coping Strategy

<u>Item</u>	<u>F</u>
Cried in public	13.225***
Spent time talking with friends to think of ways to have a better relationship next time	3.641*
Cried in private	30.396***
Went to see a therapist (counselor) or pastor to help me figure out what happened and/or to get advice on what to do next	1.031
Read books or magazines that gave advice on "how to get over a love"	4.941**
Spent time talking with friends to figure out what happened, what went wrong in the relationship	0.020

* $p < 0.06$ ** $p < 0.05$ *** $p < 0.001$