

Research on Objectification in Intimate Relationship

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ABSTRACT. *In the objective theory, it emphasizes the importance of women paying too much attention to appearance in the process of growth and has to experience the gaze of others. These factors have led many women to look at themselves from the perspective of third party reception and are prone to appear too pay attention to your own physiological function and ignore your personal ability. After objectification and internalization, women will have many negative emotions such as anxiety, depression and body shame, which will also have a greater impact on women's own health. This article mainly explores and analyzes the objectification in intimate relationships.*

KEYWORDS: *Intimacy, Sexual objectification, Self-objectification*

1. Introduction

In the objectification of psychology, it refers to transcending the female body beyond its own consciousness and subject, and becoming an objective and tool. Therefore, the height of women in intimate relationships is generally higher than that of men. The perceived level of objectification and the way of objectification will also affect the relationship satisfaction of women. Therefore, it is necessary to further strengthen the research on the objectification of intimate relationships, which is also strongly significant for the satisfaction of women's relationship.

2. An Overview of the Factors of Objectification in Intimacy

2.1 Sociocultural Influence

As a physiological characteristic, "gender" itself gradually forms a status characteristic after being influenced by social culture. In the high-body culture, women will experience more sexual objectification.

Researchers have shown that under different cultures, people have relatively large aesthetic differences in female beauty. For example, African American women, while mediating the level of self-objective level monitoring of appearance and

dissatisfaction in their bodies, skin color is indeed a habitual appearance monitoring indicator among African American women. In addition, with the continuous relocation of culture, it will also have a new impact on physical inspection. Relevant research shows that there is a positive correlation between the self-portrait on the social networking site and the objective level of the female self, and appearance evaluation also plays a mediator role in this relationship. The reason is that self-portraits on social networking sites increase the frequency with which individuals obtain appearance reviews, and also have a certain role in promoting the risk of individual self-objectivation.

2.2 Unequal Rights

The reason why men are more objective women is also caused by the inequality of social rights. Therefore, objectification itself has a high degree of masculinity. When facing male rights, women tend to be subordinate and oppressive. Therefore, only when the rights of society reach equality, women's objectivity can be relieved. In most cases, the party with the higher power in the intimate relationship has the actual dominance over the other party, so it is said that women rarely sexually objectify men, also due to the factor of lack of corresponding rights.

2.3 Subject Uncertain

Another reason for objectification in intimate relationships is that the subject is uncertain, which refers to the individual's uncertainty about whether a person has the ability to establish a positive relationship with others in the process of interacting with others. In general, in any intimate relationship, both parties of the relationship need to expect specific logic and results. In the theory of subject uncertainty, it demonstrates that individuals obtain self-esteem through economic interaction with others, but it is difficult to predict the subjective feelings of others in the process of relationship communication, and there are also uncontrollable ways of influencing behavior. In order to compensate for this uncertainty, individuals also choose to objectify others, which is also an important factor for objectification in intimate relationships.

3. Consequences of Objectivity in Intimate Relationships

3.1 The Effect of Objectification on Individuals

The influence of sexual objectification and self-objectification on individuals is mostly manifested in dissatisfaction with the physical appearance of the self, eating disorders and depression. If one of the intimate relationships has a high self-objectification situation, it will be long from the perspective of monitoring your own body, it is easier to cause individuals to be dissatisfied with their

appearance, and it is also easy to cause a series of negative emotions. The results of the study show that if objectification occurs in the intimate relationship, it is easy to cause individuals to have bad emotions such as eating disorders and anxiety, which will pose a serious threat to the physical and mental health of the individual.

3.2 The Effect of Objectification on Relationship Satisfaction

In an intimate relationship, if a woman thinks that the other person likes herself because of her physical appearance rather than her own internal quality, she will adopt lower relationship commitment and relationship satisfaction, which will also greatly affect the intimate relationship. In fact, the objectification relationship will affect the development possibilities of both parties before the intimacy relationship occurs. When women and men are communicating, women whose body are examined have significantly less chat time than women whose faces are examined, and they also have more negative emotions. Therefore, it is said that the objectified female will reduce the favorability of the male object to a certain extent and will also reduce the possibility of further development with it.

Therefore, in the intimate relationship, women are mostly the target of objectification, and at the same time, they will also be affected by the objectification, resulting in dissatisfaction with the partner and dissatisfaction with the intimate relationship. Research shows that women pay more attention to relationships and have a very sensitive awareness of their physical appearance in their long-term private life experience, so they also pay more attention to the physical appearance evaluation of their partners.

4. Conclusion

In the objectification theory, because women are influenced by social norms during their growth, some women look at themselves from the perspective of others, and they pay more attention to their biological functions and ignore their personal character and ability. This also needs to continuously strengthen the research on the objectification of intimate relationships, and further explore its internal mechanisms and influencing factors, so as to effectively avoid the impact of objectivity on the intimate relationship.

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