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Tekst 13

Ranking Romance: Here Are the Best (and Worst) States for Love

adapted from an article by Kacey Deamer

- 1 In a study of positive relationships in all 50 U.S. states, researchers found that Mississippi, Utah and Wisconsin topped the rankings. Not interested in love? North Dakota fared the worst in the study.
- 2 Lead author William Chopik, an assistant psychology professor at Michigan State University, said the study results fit many state stereotypes. Utah and California both landed in the top 10 list. As for New York, when it comes to romance, fuhgeddaboudit! The Empire State was the ninth worst state for lovers, which comes as no surprise when you think of the archetypical anxious New Yorker. California, on the other hand, seems like a romantic place with beautiful sunsets, oceans and warm weather. And Utah residents are known to be very nice, warm and generous, which many people attribute to the large Mormon population.
- 3 To determine which states had the most positive romantic relationships, the researchers used measurements of both attachment anxiety — clinginess and feelings of fear of being abandoned by a partner — and attachment avoidance — a discomfort with intimacy. Both of these traits, Chopik said, can weigh on relationships. So he and co-study researcher Matt Motyl of the University of Illinois at Chicago looked for states that scored low on those measures.
- 4 The study's rankings were based on survey data from 127,070 adults across all states. Participants were asked to rate the extent to which they agreed with a series of statements about their attitudes towards relationships.
- 5 By averaging the measurements of each attachment type, the state's rankings were determined. Many of the clichés that exist about states could be found back in the ranking: the researchers found that people in the mid-Atlantic and Northeast regions showed the highest scores for the



anxiety measure, with the exception of Vermont, which did not follow the pattern and turned out to be one of the 10 least-anxious states in the study.

- 6 The researchers also compared the attachment measurements with other state data on relationships. For instance, they looked at U.S. Census information on relationships — number of individuals never married, married couples, divorced couples, etc. — as well as each state's mortality rates. The researchers also studied the state's level of well-being, as measured by the 2013 Gallup Healthways Well-Being Index. Even factors like the temperature and weather in a region can affect relationships, the study researchers said.
- 7 The study's authors concluded that while their research provided valuable information for how states, and their residents, vary in relationship attachments, "positive relationships are found everywhere and transcend time and place."

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