

PALS SEMINAR

CONVERSATIONS ABOUT & AMONG FRIENDS

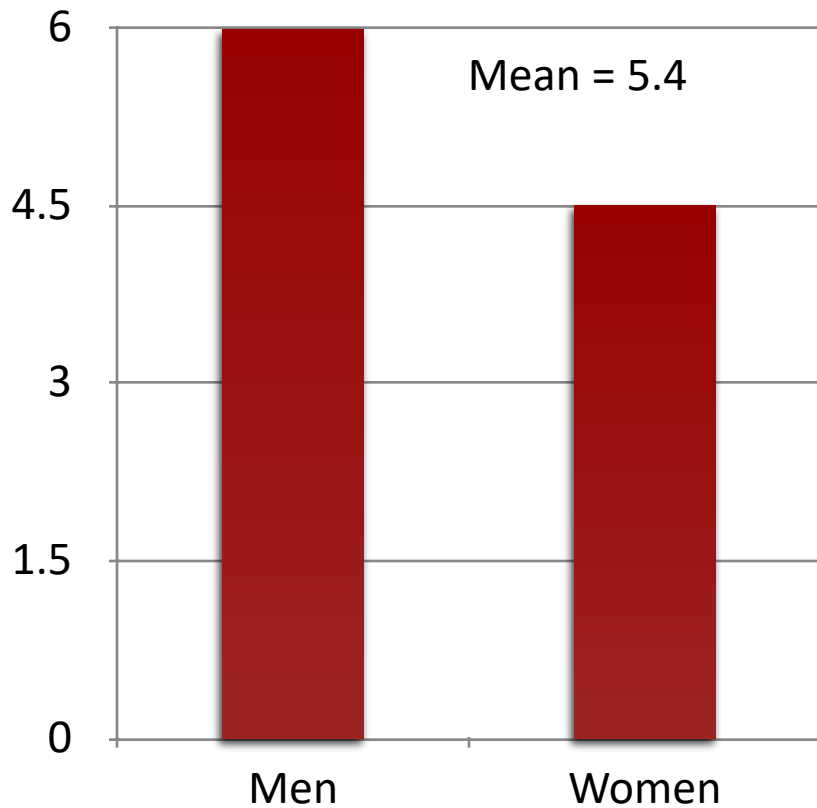
*THE IMPORTANCE & CONUNDRUM OF
FRIENDSHIP*

December 19, 2020

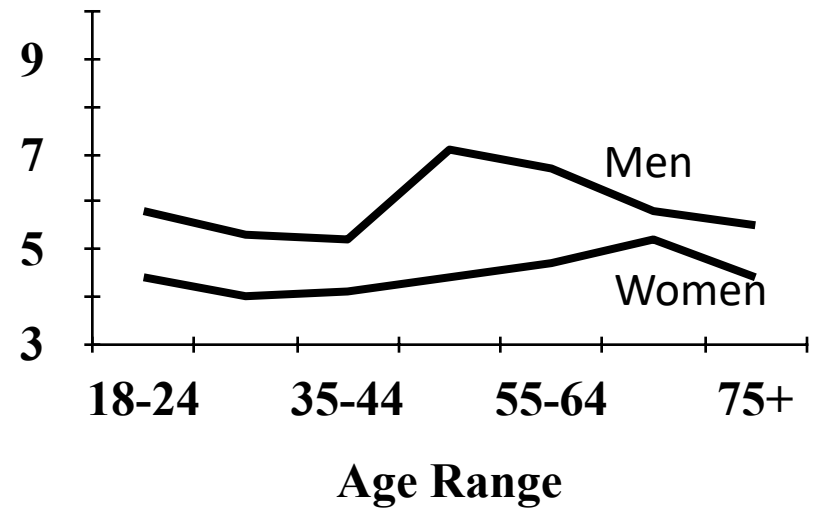
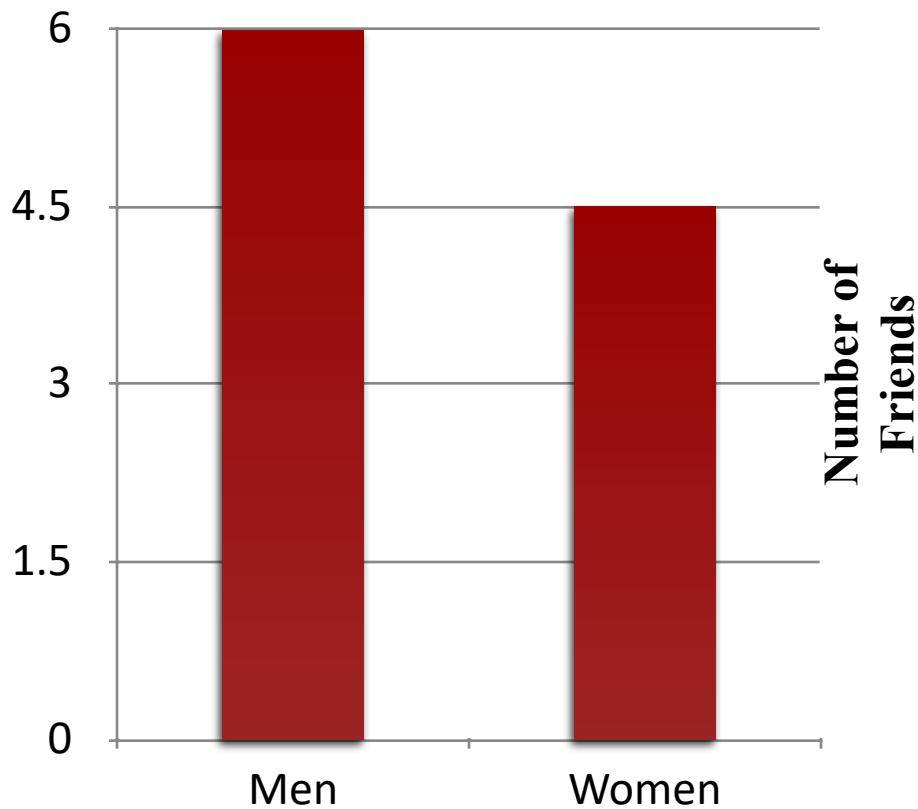
Friendship

“Apart from family, how many close friends do you have?”

Friendship Number: Gender



Friendship Number: Gender and Age



Friendship Number: Gallup Poll

According to a 2004 Gallup poll, Americans have an average of 8-9 close friends. More specifically:

2% have no close friends



14% have 1-2 close friends



39% have 3-5 close friends



18% have 6-9 close friends



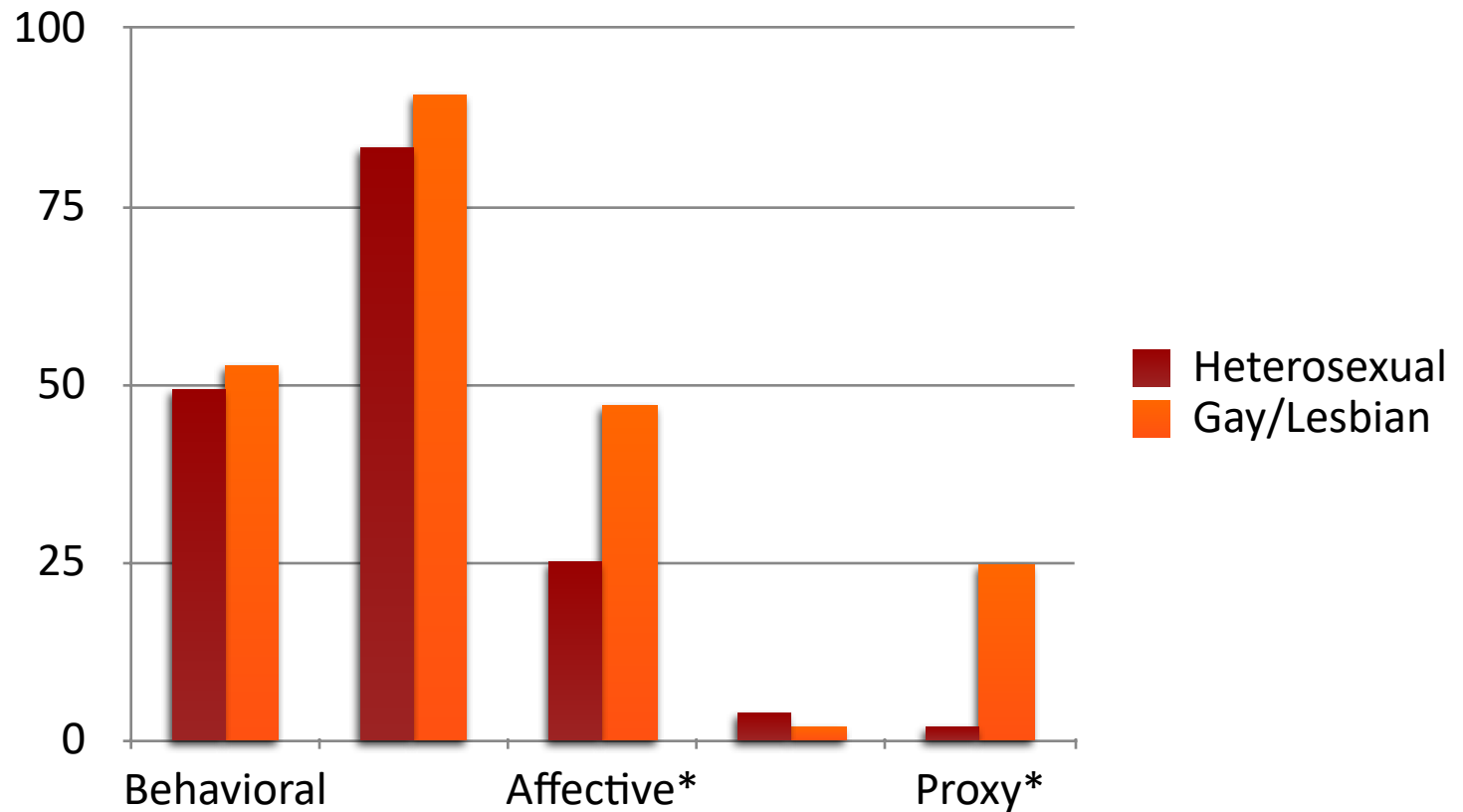
27% have 10 or more friends



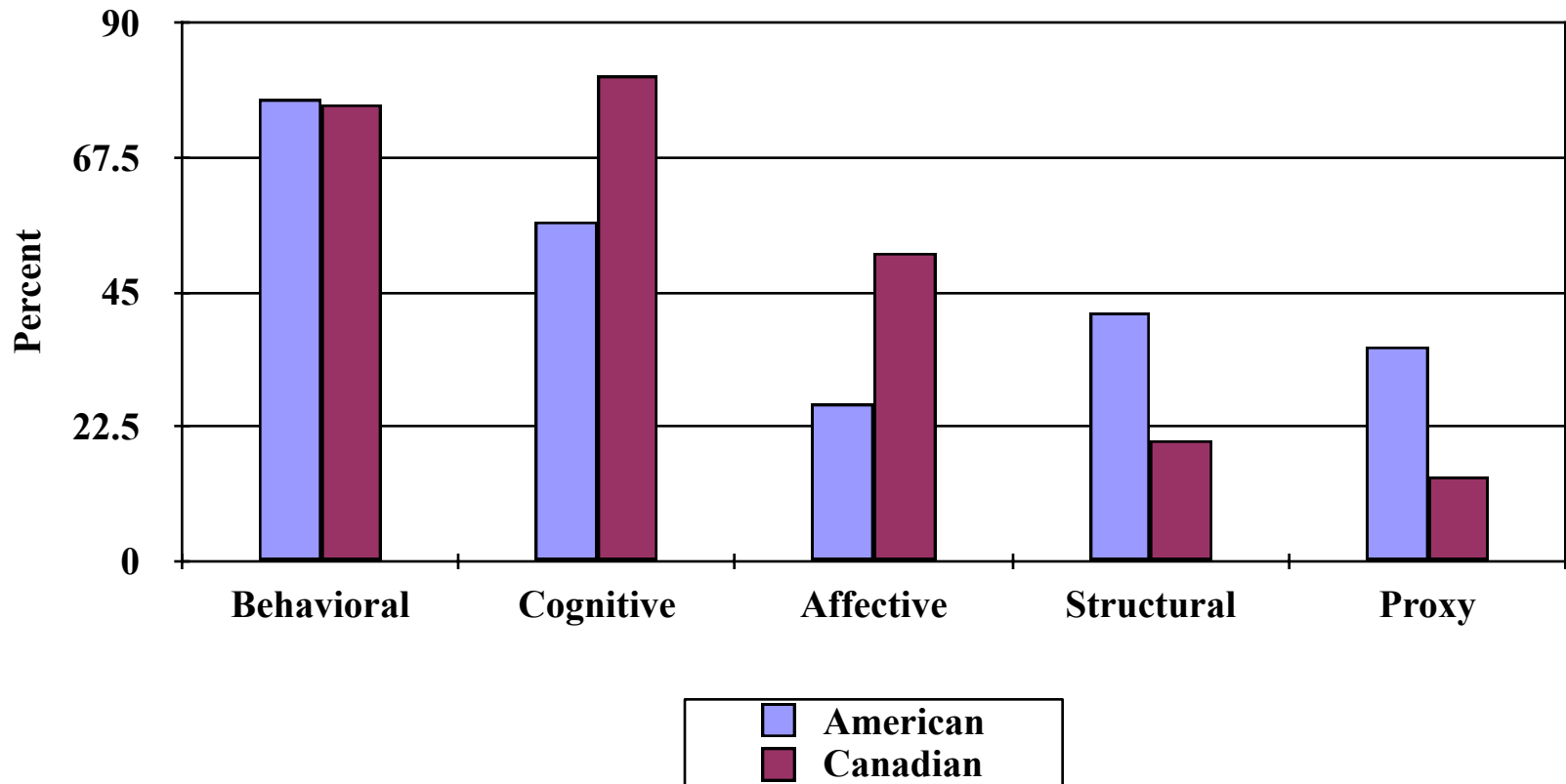
Elements of Friendship Definition

- **Behavioral**—what we do with friends (assist, shared activities)
- **Cognitive**—what we think about our friends (loyalty, trust)
- **Affective**—how we feel about our friends (care, love)
- **Structural**—what we do with our friends (proximity, similar social status)
- **Proxy**—a stand-in measure for things like length of time we have known our friends, how often we see each other

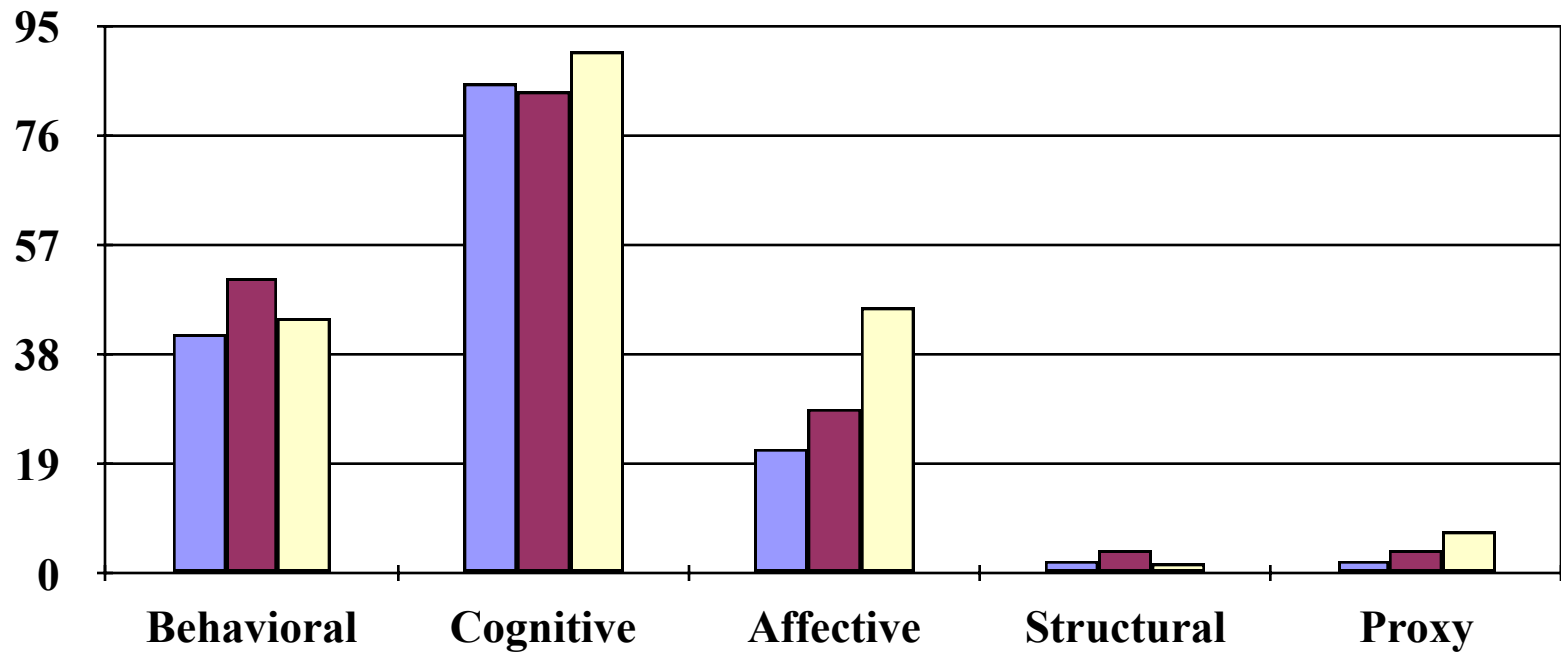
Percentage Dimensions by Gay/Lesbian and Heterosexual



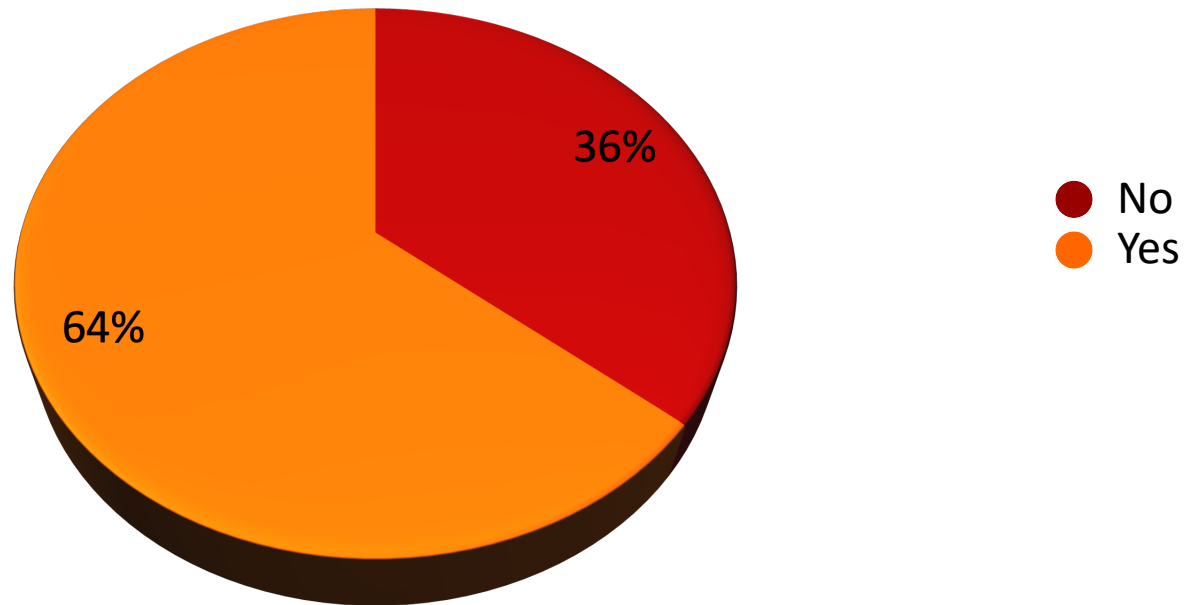
Percentage Dimensions by Region



Percentage Dimensions by Cultural/Racial Group

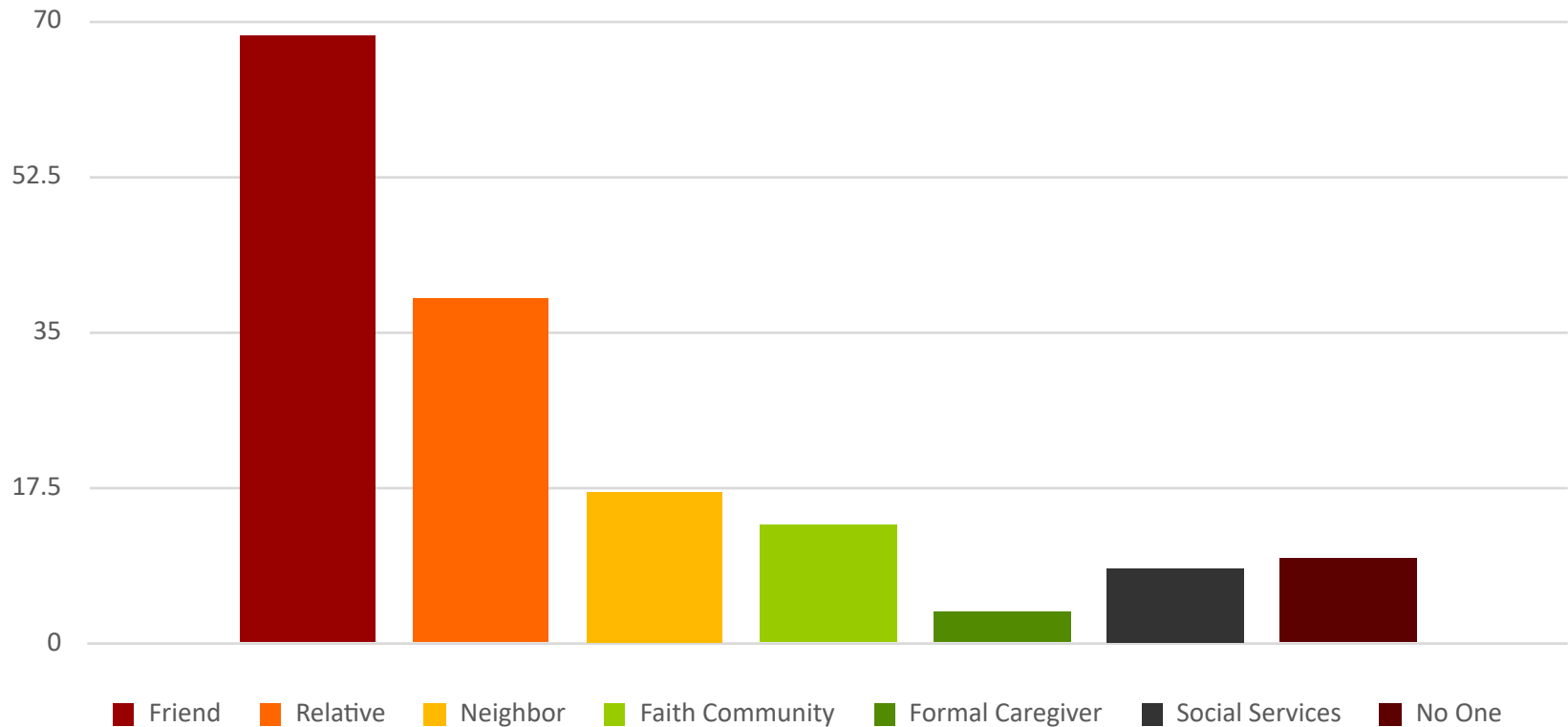


LGBT Boomers with Chosen Family (MetLife study, 2010)



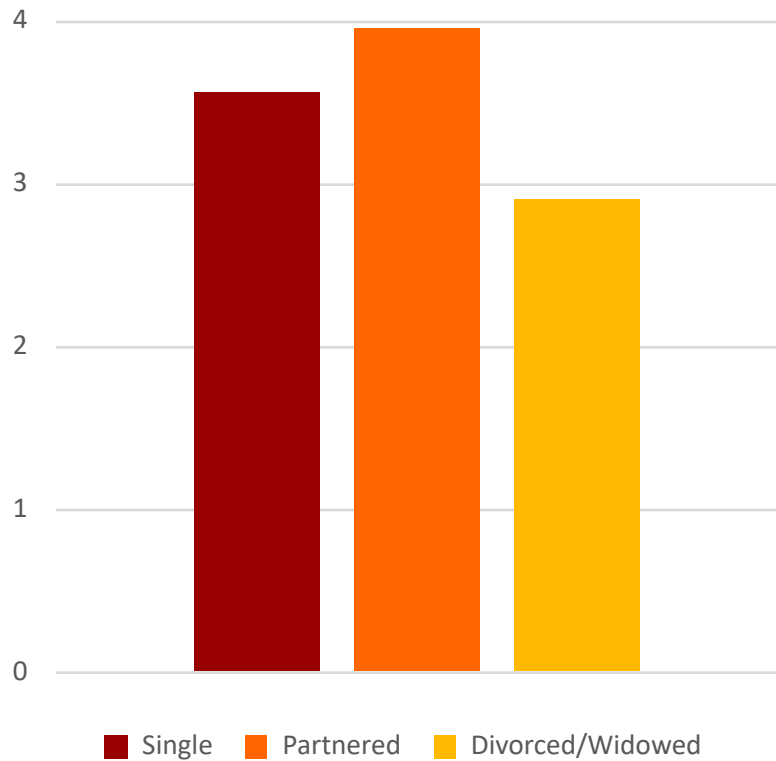
Sources to Whom Respondents Turn for Emotional Support (PALS survey)

To Whom Turn for Emotional Support: Frequency

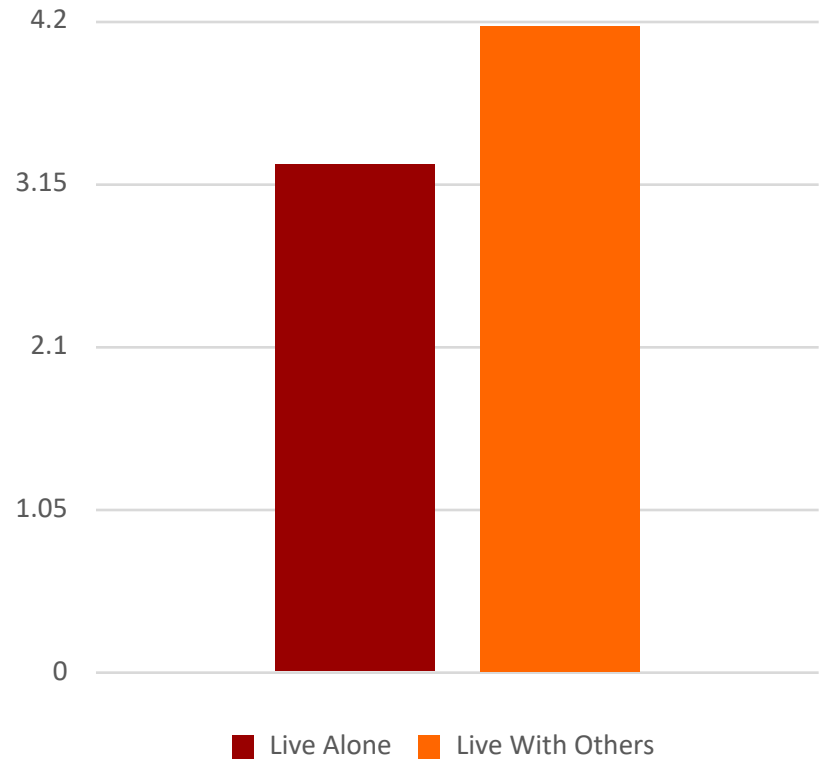


Ratings of Frequency of Receipt of Emotional Support (PALS survey)

Emotional Support by Relationship Status

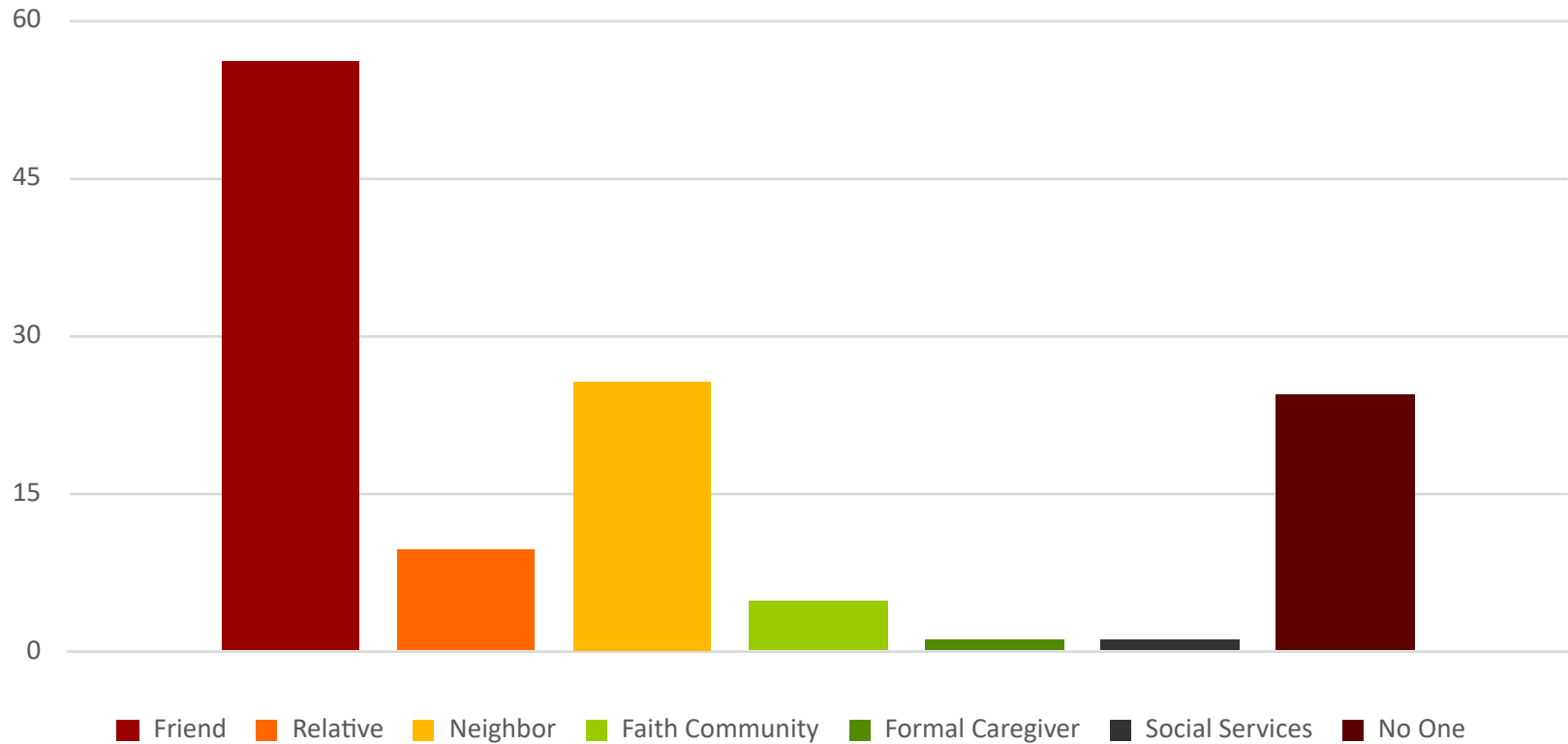


Emotional Support by Living Arrangement



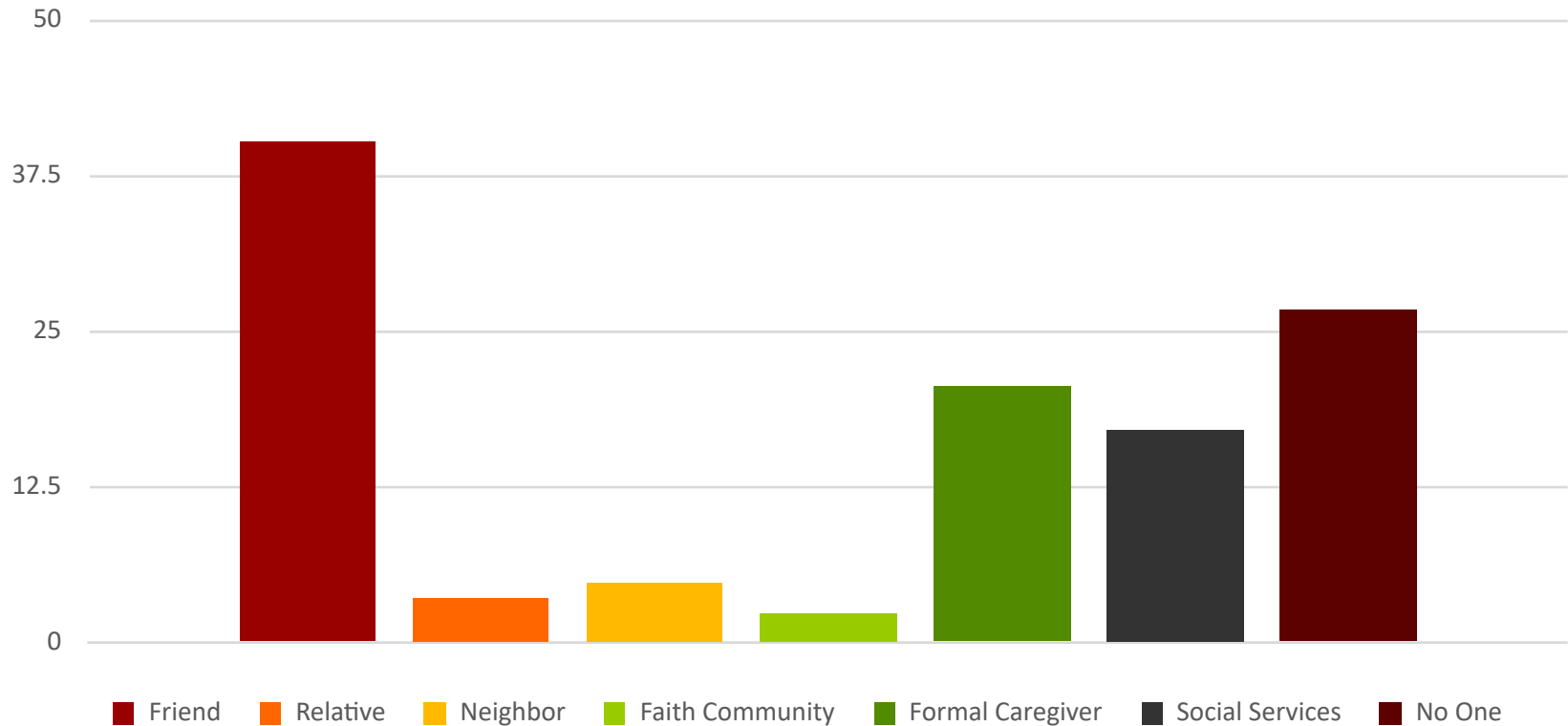
Sources to Whom Respondents Turn for Short-Term Help (PALS survey)

To Whom Turn for Short-Term Support: Frequency

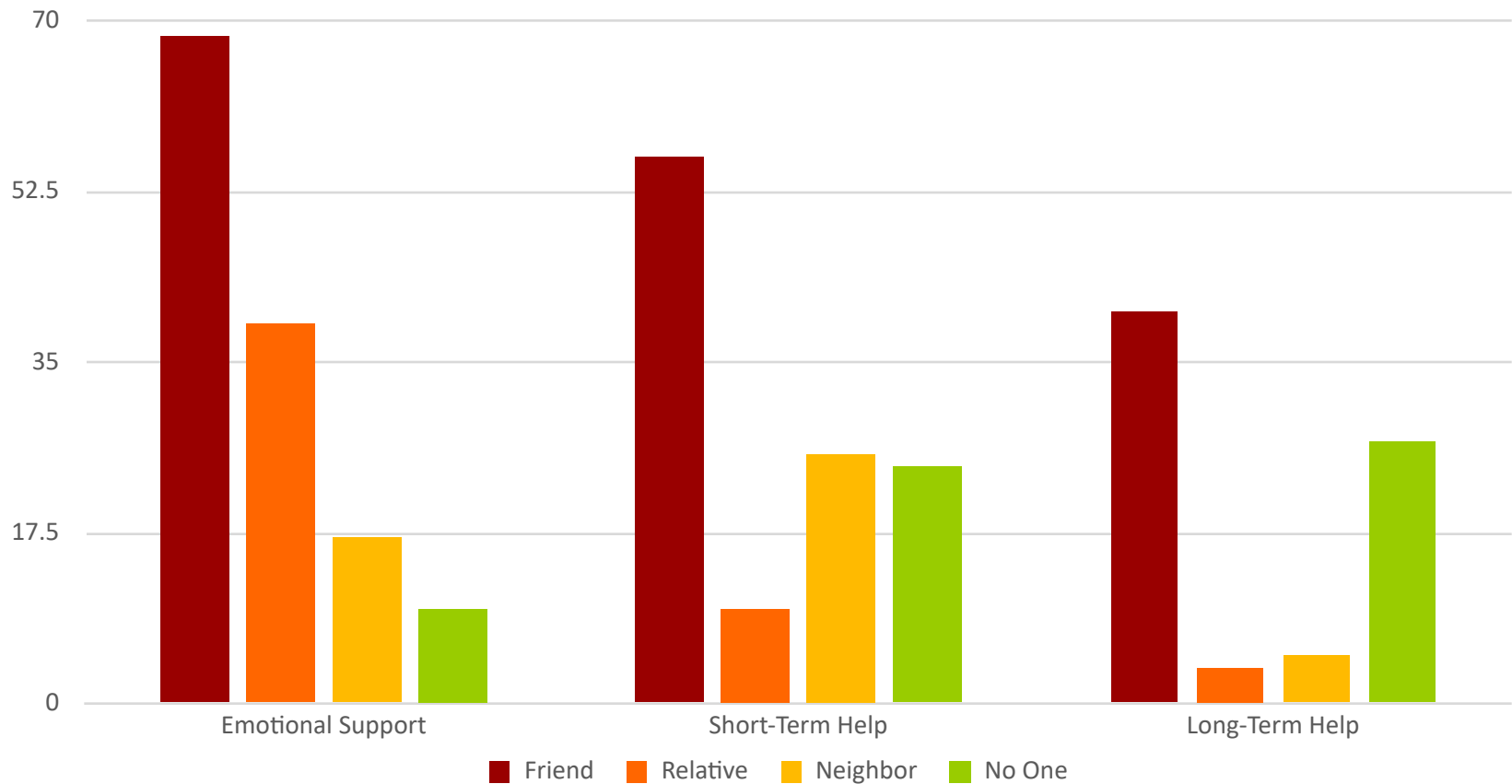


Sources to Whom Respondents Turn for Long-Term Help (PALS survey)

To Whom Turn for Long-Term Support: Frequency



Comparing Individual Sources of Support: Friend, Relative, Neighbor, and No One (PALS survey)



Ambiguous Role of Friends

- Few formal roles for friends
- Not often recognized in healthcare settings
- Don't qualify as "next of kin" (e.g., bereavement leave)
- May be viewed with suspicion as caregivers
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- Need to be more conscious, *intentional* with friends
- International Friendship Day is July 30, 2021