Theory/Modality Compare and Contrast

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**Introduction**

Mindfulness is one of the physiological approach in which a person brings his/her focus on the internal and external incidences that are taking place in the current instant. There are certain theories that can be used in order to demonstrate the relationship between people. Equity and Social Exchange models are used to explain people’s relationships. These theories used behavioral therapies such as integrative cognitive behavioral therapy and enhanced cognitive behavioral therapy. Equity theory emphasizes on the distribution of resources in a fair manner between both relational partners. Unlike equality, equity focuses on the benefits of each person by comparing the ratio of benefits and contributions. In accordance with the Equity theory, people feel secure when they get a reasonable favor in each matter from their relationships. On the other hand, the social exchange theory focuses on the social behavior of two people to determine risks and benefits by implementing a cost-benefit analysis. Here, the focus is to determine the difference between these theories and the mindfulness to integrate them in our lives.

**Discussion**

It is notable to mention that Homans in 1971 put forward the Social Exchange theory. He suggests that people in a relationship are well aware of the things that they are putting in and getting out of a relationship. In accordance with social exchange theory, people measure their relationships on the proportion of rewards and costs that are given within the relation. If a person feels that the costs outweigh the rewards, then that person will feel unsatisfied in that relationship. On the other side, if rewards outweigh the costs, then a person will feel satisfied with that particular relationship. It is obvious from exchange theory that humans are selfish as they obsessed on achieving rewards from their relations. People value their rewards more than anything else in a relationship. If both parties believe that they are coming out of the exchange with more than their input, then this relationship is more likely to last for a long time.

In 1978, Walster developed Equity theory from Social Exchange theory. This theory is essential to understand the human concept of social justice. People feel secure when they are given the things that they expect and deserve in a relationship. Equity theory emphasizes that people value fair treatment and social justice. They value individuals who have their own perceptions of fairness. If a person is putting-in efforts and time, then that person will definitely expect some amount of output as well. If I am giving importance and value to a person, then I will be more satisfied if that person responds in a positive manner. When that does not happen, I will definitely experience distress.

Social Exchange theory expresses the costs against benefits in a relationship, which can destroy a relationship. When people focus on getting a reward from their partner, they might hurt his/her feelings. However, the theory of Equity helps both partners to keep other satisfied by putting their reasonable time and effort in their relationship. Equity theory also assists a person to restore equity in their relationship by either increasing their outputs or decreasing their input in order to keep himself or herself satisfied.

**Conclusion**

 In a nutshell, Equity theory stresses on both over-benefits and under-benefits, while exchange theory focuses solely on under-benefits as a disadvantage. Over-benefits can provoke a sense of guilt, but under-benefits provoke a sense of resentment and anger. It is recommended that both partners should make efforts for others in order to achieve mental satisfaction. Equity helps to manage an equilibrium in a relationship in order to keep it alive.