Relationships can be viewed as unidirectional or bidirectional for objects. On the other hand, relations in a relational database are bidirectional by definition because related tables know of each other.

However, if we were designing objects that map to the database, we would factor in both types of relations because object relationships have to be made bidirectional explicitly.

So for the sake of our discussion on relationships and cardinality, we will pretend that the database can have both—unidirectional and bidirectional—relations.