

Relationship between Love and Well-being among Female Youth in Delhi and NCR

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From the time of birth we experience love. Love from parents, siblings, relatives. Even before we step out into the large world we are protected by our families because they love us. The first feeling understood by a baby is love. It's true that everyone needs love. As an individual grows up, he/she understands love from various mediums like story books, movies, soap operas etc. And today romantic relationship has become an integral part of everybody's life as everyone needs a special person with whom they can share their feelings and share their rest of their lives. The present paper is an attempt to analyze the relationship between love and well-being among female youth in India. Empirical findings of the study conducted in Delhi and NCR on 30 female youth aged between 21 to 25 years shows that people in love show more positive feeling in their daily lives. They feel secured and are happy in their relationship. On the contrary, people in love do not experience many negative thoughts or feelings. The people who are in love experiences psychological well-being. Love and well-being are interconnected, if people are in love, they are mentally happy and satisfied and hence it affects their overall and psychological well-being.

[Keywords : Love, well-being, Youth, Romantic relationship, Human kindness, Compassion, Affection]

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1. Introduction

It is very prominent in young adults that they are attracted to the opposite sex of their age. It is because they are far away from their families and so a person needs someone with whom they can share their feelings, whether they are happy or sad. It can also be because of the effects of media; movies which have influenced people's mind to experience a feeling called romantic love and engage themselves in romantic relationships.

Love is an emotion of a strong affection and personal attachment. Love is also said to be a virtue representing all of human kindness, compassion, and affection—the unselfish, loyal and benevolent concern for the good of another. Love may describe compassionate and affectionate actions towards other humans, one's self or animal. Love in its various forms acts as a major facilitator of interpersonal relationships and, owing to its central psychological importance, is one of the most common themes in the creative arts. Love in its various forms acts as a major facilitator of interpersonal relationships and, owing to its central psychological importance, is one of the most common themes in the creative arts.

Psychological well-being refers to how people evaluate their lives. According to Diener (1997), these evaluations may be in the form of cognitions or in the form of affect. The cognitive part is an information based appraisal of one's life that is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole. The affective part is a hedonic evaluation guided by emotions and feelings such as frequency with which people experience pleasant/unpleasant moods in reaction to their lives. The assumption behind this is that most people evaluate their life as either good or bad, so they are normally able to offer judgments. Further, people invariably experience moods and emotions, which have a positive effect or a negative effect. Thus, people have a level of subjective well-being even if they do not often consciously think about it, and the psychological system offers virtually a constant evaluation of what is happening to the person.

2. The Aim of the Paper

The broader aim of this paper is to find out the impact of love in relation to well-being among female youth of Delhi and NCR. Its specific objectives are as follows :

1. To study the relationship between love and positive affect,
2. To study the relationship between love and negative affect and
3. To study the relationship between love and psychological well-being.

3. The Methodology

The study was conducted in Delhi and NCR in 2018. The research is quantitative in its design. The sample was collected from various parts of Delhi and NCR. The details are as under :

Sample size : 30

Age group : 21- 25 years

Education qualification : Post Graduates

Socio-economic status : Middle class

Sex : females.

The following tools were used for the study:

Table-1 : Tools used in the Study

S. No.	Tools Name	Developed by	Year	Items
1.	Rubins measurement of love and like scale	Rubin, Zick	1970	
2.	Panas	Watson et. al.	1988	
3.	Ryffs well-being scale	Dr. Carol Ryff	1995	89

After conducting the research, the data were put for statistical analysis. In the first step, Mean and Standard Deviation for each variable under investigation was calculated. The study uses co-relation between two or more variables and then the data were subjected for regression analysis.

4. Theoretical Understanding of the Problem

Love types - passionate love and companionate love - have been accepted as a valid conceptualization of love regardless of age, gender, and culture in a wide array of research (Lee, 1973; Sternberg and Barnes, 1986, Hatfield and Rapson, 1993; Wang & Nguyen, 1995; Hatfield & Rapson, 1996; Hendrick & Hendrick, 1996). It has been predicted that passionate love and companionate love would be differently associated with satisfaction with life and with positive/negative emotions. Specifically, we predicted that companionate

love would be more strongly associated with life satisfaction than would passionate love, whereas passionate love would be more strongly associated with the emotional aspect of subjective well-being; positive and negative affect.

Passionate love is a strong emotional state in which people experience continuous interplay between elation and despair, thrills and terror (Hatfield & Rapson, 1996). As a result, passionate love is not only positively related to positive emotions but also often related to emotional distress. Supporting this idea, it was reported that passionate love is neuro-anatomically and chemically related with anxiety (Carlson & Hatfield, 1992; Freud, 1935; Kaplan, 1979; Liebowitz, 1983). One study showed that children and adolescents in a high state of anxiety received the highest scores on the Passionate Love Scale. Thus, passionate love would be more strongly associated with the emotional component of subjective well-being (Hatfield & Rapson, 1996; Tennov, 1999).

In contrast, we predicted that companionate love would be more strongly and positively related to life satisfaction than would passionate love. Compared with passionate love, companionate love is less intense, but is a warm feeling of affection and tenderness that people feel for those with whom their lives are deeply connected. Thus, companionate love is often described as friendship love and involves shared values, deep attachment, long-term commitment, and intimacy (Hatfield & Rapson, 1996; Hendrick & Hendrick, 1996; Hendrick, Hendrick, & Adler, 1988). People develop this type of love during a long time span and there is more emotional trust. Companionate love involves mild but comfortable emotional states between partners. Companionate love is typically more reciprocal liking and respect. Therefore, it is expected that in companionate love people feel more satisfaction than in passionate love when other variables are equal.

In many studies it has been revealed that love is an important predictor of happiness, satisfaction, and positive emotions (Anderson, 1977; Diener & Lucas, 2000; Freeman, 1978; Myers, 1992). It is believed that various acts, such as kissing, sex, emotional contacts, and companionship exchanged in love relationships contribute to happiness. As a difficult concept to define, happiness has been conceptualized and measured in many different ways by different scholars (for review see Diener & Lucas, 2000) and

subjective well-being has been the most popularly used concept to understand happiness in recent studies. Subjective well-being consists of two components : life satisfaction (a cognitive evaluation of one's overall life) and emotions (the presence of positive emotions, and the absence of negative emotions) (Diener & Rahtz, 2000). Thus in this study, happiness was operationally defined as subjective well-being.

Relationships are considered critical to subjective well-being (Demir, 2008). In particular, aspects of friendships and spousal relationships are positively correlated with well-being including happiness. Romantic dating relationships to well-being suggest a positive correlation as well. The present study investigated the contribution of romantic relationships to well-being including whether this contribution is mediated by personality. Unlike some previous research, which relied on modified measures of friendship to assess important characteristics of romantic relationships, undergraduate students were asked about dimensions of their relationships that were exclusively romantic (e.g., sexual intimacy). Additionally, the perceived contribution of romantic relationships was studied by assessing lay theories (beliefs of the general population about the contribution of romantic relationships to well-being). Lay theories of the relation between romantic relationships and well-being varied as a function of romantic relationship characteristics, and these lay theories agreed with the empirical findings of the relation between romantic relationships and well-being.

Demir (2008) found that romantic relationship quality accounted for 3-6% of the variance in happiness in young adults over and above the contribution of personality. Demir (2008) also found that emotional security and companionship were the strongest predictors of happiness. Although his results are encouraging for romantic relationship quality, the measure he used for exploring the important components of happiness in romantic relationships may not have been appropriate. Demir (2008) used the McGill Friendship Questionnaire - Friend's Functions to examine the unique characteristics of romantic relationships that contribute to happiness. This measure is typically used to test the quality of a friendship (Mendelson & Aboud, 1999). To measure romantic relationship quality, Demir used the Perceived Relationship Quality Component (Fletcher, Simpson & Thomas, 2007; Demir, 2008). This questionnaire

was designed to measure romantic relationship quality. Since the Perceived Relationship Quality Component is a well-established measure of romantic relationships, it is a better measure to use for identifying unique characteristics of a romantic relationship. The present study focused on the six items from this scale in analyzing romantic relationships.

Sprecher & Fehr (2005) recently developed a love scale to assess passionate love or altruistic love for different targets (e.g., romantic partner, close others and all the humanity). This study was conducted to examine the psychometric properties of the Compassionate Love Scale in the Portuguese context. In addition, it has been examined how passionate love for a romantic partner was related to socio-demographic variables, love styles, and subjective well-being. Two hundred and eighty one men and women participated (42% of women) with a mean age of 21.89. All participants were currently in a romantic relationship. The Compassionate Love Scale shows satisfactory psychometric properties. Furthermore, our predictions were supported, as those who experience high levels of passionate love for a romantic partner are more likely to report Eros and altruistic love (Agape), and subjective well-being.

5. Results and Discussion

The results of this study are presented in table-2 and table-3 below :

Table-2 : Mean and Standard Deviation of different Variables

Sr. No.	Variables	Mean	Std. Deviation
1.	Love	82.3	16.97
2.	Positive Affect	36.7	3.54
3.	Negative Affect	15.1	1.41
4.	Well-being	311.4	3.54

Above table shows the mean and standard deviations of the variable. The mean and standard deviation of love was 82.3 and 16.97. The mean and standard deviation of positive affect was 36.7 and 3.54. The mean and standard deviation of negative affect was 15.1 and 1.41. The mean and standard deviation of well-being was 311.4 and 3.54.

Table-3 : Correlation between different Variables

Sr. No.	Variables	Correlation	Significance
1.	Love and positive affect	0.252281	Significant at 0.5 level
2.	Love and negative affect	0.019693	
3.	Love and well-being	0.550573	Significant at 0.1 level

Above table shows the correlation between the variables. The correlation between love and positive affect was 0.25 and it is significant at 0.5 levels. The correlation between love and negative affect was 0.01 and was insignificant. The correlation between love and well-being was 0.55 and it was significant at 0.1 levels.

6. Conclusion

Romantic relationships become increasingly common during adolescence and early adulthood. By age 15, most adolescents report having had a boyfriend or girlfriend sometime during the past three years (Feiring, 1996), and in the post high-school years most report an ongoing romantic relationship (Brown, 2004). Moreover, romantic partners become increasingly important as a source of support from grade school to the college years (Furman & Buhrmester, 1992). The nature and quality of romantic relationships also appear to shift with age, in that they become more stable, exclusive, and committed in late adolescence and early adulthood (Connolly & Goldberg, 1999).

After the analysis the co-relation between love and positive affect came out to be positively significant. This means that people in love show more positive feeling in their daily lives. They feel secured and are happy in their relationship. They feel content and satisfied with their partners and have a positive feeling about their lives. The feeling of love leads to a very positive affect. As a result they unconsciously spread positive energy in their environment by smiling, by showing their kindness and affection to strangers and to people around them. They behave compassionately and affectionately towards other humans, oneself or animal. Individual in love are often preoccupied with the thoughts of their loved ones. They take interest in their partners and try to be more creative in making them happy and maintain the spark in their relationship. According to

Freeman, 1978; Myers, 1992 love is the main cause of positive emotions. It is believed that various acts, such as kissing, sex, emotional contacts, and companionship exchanged in love relationships contribute to happiness (Glenn & Weaver, 1978; Ross, Mirowsky & Goldesteen, 1990).

The correlation between love and negative affect was insignificant. Hence this means that people in love do not experience many negative thoughts or feelings. People try to ignore the negative aspects of life and begin to focus upon the bright side of the life. They are less scared and confident for trying out new things. They feel less hostile about their surrounding and feel confident about their ventures. They do not get upset about things and help them get determined towards other aspects of life. According to Traupman (1978) there is no evidence of negative feelings or emotions like sadness, depression in a romantic relationship unless the couples are no more together. However the degree of correlation is significant. This might be due to small size of sample.

Psychological well-being, broadly defined as happiness, life satisfaction, and self-growth, represents one of the most important aspects of efficient psychological functioning. The correlation between love and well-being is 0.58 which is significant at 0.01 levels. This means that people who are in love experiences psychological well-being. Love and well-being are interconnected, if people are in love, they are mentally happy and satisfied and hence it affects their overall and psychological well-being. It facilitates interpersonal relationships and owns to its central psychological importance which brings a healthy approach to one's life mentally and physically. It has been revealed that love is an important predictor of happiness and satisfaction (Anderson, 1977; Diener & Lucas, 2000). It is also believed that harmonious passion like love facilitates sustainable psychological well-being. People who feel passionate love feels satisfied in their relationship. The level of love, commitment, and satisfaction increases with future relationship stability.

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