

A Study in Married Couples about Their Love Relationships between Anxiety and Depression

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ABSTRACT

The aim of this study was to assess the associations in married couples about the tackling of anxiety and depression in their love relationships during the life course and to identify the relationship quality in their associations. The purpose of this study was to see if there was a link between anxiety, depression and with love in married couples.

Keywords: *Anxiety, Depression, Love, Marriage, Relationships, Sex, Separation*

Almost everyone who has known love agrees that love brings with it anguish and suffering, as well as joy and happiness. Romantic love functions in line with two other primary sensory systems, according to most researchers. Attachment and sexual desire are the two systems in question. It should be noted, however, that these two emotional systems can work independently of one another. Although romantic love usually progresses toward attachment, it can sometimes be shattered by the other person's rejection. Non-mutual love (unrequited love) is associated with anguish and suffering caused by the refusal of the other party, and it is also thought that these varieties have an evolutionary foundation and unique physiological characteristics.

This affection and love are fading and will eventually end. Original sentiments of unrequited love include absurdity, frustration, panic, rage, melancholy, and anxiety. Separation anxiety and abandonment wrath have been linked to neurochemical alterations in the brains of persons who have experienced unrequited love, according to studies. Separation anxiety, which is caused by the panic system, begins with stress system stimulation and is linked to the hormone Cortisol. Short-term stress, on the other hand, is known to raise dopamine levels while decreasing serotonin levels. These are substances that are used to improve and strengthen romantic relationships. This raises the risk of depression; perhaps this is why many show their love while also experiencing despair and anxiety symptoms after marriage.

Love is a phenomenon that is "universal or almost universal." Love is linked to certain physiological, psychological, and behavioural signs in the early phases, which can be documented and analysed by researchers. Emotional responses such as satisfaction, intense focus on a specific person, compulsive thinking about that person, depression, anxiety,

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emotional dependency, emotional integration with the beloved, and enhanced energy are examples of these indications.

The fact that universality, pleasure mode, and concentrated attention on love all point to the existence of rewards and motivation systems in the human brain. Neurobiologists now have the opportunity to learn about neural fields of images love in order to examine the neurological relationship between mental subjective status and mental imaging approaches. Both of these linkages stimulate specific parts of the brain, such as common areas, which are also Oxytocin secreting and Vasopressin receptors. Both of these inhibit some of the most typical locations of negative emotions and societal judgment.

According to recent discoveries, mental systems are mostly linked to increased Dopamine activity in brain circuits. This is also linked to increased Norepinephrine and Serotonin levels in the central nervous system. Other brain systems work together to provide a set of feelings, motives, and common romantic love actions. Emotional and mood changes can lead to depression and anxiety, which is caused by changes in chemical compositions, an increase in central Norepinephrine activity, and a decrease in central Serotonin activity. Attachment to a companion is the same as attachment to a partner. This sort of dependency also includes tranquility, security, and the purity of feelings with a long-term relationship. According to animal studies, Oxytocin and Vasopressin are linked to the basic brain processes. Each of these brain systems is involved in courting, mating, reproduction, and fertility in distinct ways. However, research have led us to believe that love is linked to despair and anxiety, and we need to figure out why.

As a result, the current study's goal was to assess the magnitude of the association between love and depression and anxiety.

METHODOLOGY

It was a post-event study involving 100 married couples who were chosen at random. Married participants were approached to participate by phone, and after filling out a consent form, they were enrolled in the study. During the pilot phase of the study, 120 people (60 men and 60 women) dropped out. Then demographic, Boston stern Norse Love, Beck Depression, and Hamilton Anxiety questionnaires were used to assess the participants.

Analysis

The data was entered into SPSS software version 18 and analysed using descriptive statistics, Pearson's correlation coefficient, and the t-test once the surveys were completed.

Methods of Data Collection

Anxiety: The Hamilton anxiety questionnaire was used to assess anxiety. Currently, the Hamilton anxiety questionnaire is the most widely used tool for determining anxiety levels. It is made up of 14 characters and anxious behaviours that are linked to various anxiety symptoms. The interviewer assigns a score to the test scale. This scale covers a wide range of symptoms that are frequently misdiagnosed as anxiety symptoms. Anxiety, stress, panic, insomnia, difficulties concentrating, muscle tension, overall physical condition, cardiovascular symptoms, respiratory symptoms, and behaviour during the interview are all examples of these symptoms. There have also been studies on the questionnaire's validity and reliability, as well as its correlation with beck depression (0.6), SCL-90 (0.73), and clinical assessment (0.77) questionnaires.

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Depression: The status of depression was investigated using the Beck Depression Questionnaire. Sadness, pessimism, unhappiness, impaired decision-making, self-hatred, and isolation are covered in the test's 21 questions. The minimum and highest scores are 0 and 63, respectively.

Love: The Boston Northeastern Love Scale questionnaire was used to assess love. A group of 230 university students known as the "Norse Stern" was used to determine love (19 to 24 ages). Students were taught to say things like "they are definitely in love," "they are most likely in love," "they are less likely in love," "surely they are not in love," and "they aren't most likely in love" at the same time.

After then, individuals were asked to answer questions about love in respect to the person they were in love with. Both boys and girls received the same outcomes. A score of 85 indicates that your feelings are similar to those of those who said "we are definitely in love" or "we are most likely in love."

RESULTS

Table 1 Variables in Demography

<i>Variables</i>	<i>Frequency</i>	<i>%</i>
Sex:		
Male	50	50
Female	50	50
Education		
Illiterate	03	2.3
Under Diploma	18	17.8
Diploma	44	46.7
Bachelors' Degree Holder	24	24.5
Masters' Degree Holder	11	9.0
Age:		
15-24	08	6.7
25-34	62	66.9
35-44	12	11.4
45-54	10	9.0
More Than 54	08	6.9

Table 2 On the basis of sex, education, and age, the mean and standard deviation of the total score of the love variable.

<i>Variables</i>	<i>Mean</i>	<i>Standard Deviation</i>
Sex:		
Female	75.56	1.65
Male	81.02	1.30
Education		
Illiterate	00.00	0.00
Under Diploma	79.22	1.61
Diploma	78.90	1.60
Bachelors' Degree Holder	78.77	1.31
Masters' Degree Holder	77.43	1.58
Age:		
15-24	88.34	5.95
25-34	77.95	1.54
35-44	78.21	2.01

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45-54	78.19	1.24
More Than 54	69.35	1.58

Table 3 On the basis of sex, education, and age, the mean and standard deviation of the anxiety variable total score.

<i>Variables</i>	<i>Mean</i>	<i>Standard Deviation</i>
Sex:		
Female	13.98	9.92
Male	12.02	8.91
Education		
Illiterate	00.00	0.00
Under Diploma	18.22	2.08
Diploma	13.01	9.99
Bachelors' Degree Holder	12.02	8.66
Masters' Degree Holder	10.01	1.92
Age:		
15-24	8.5	4.28
25-34	11.53	8.05
35-44	18.22	2.02
45-54	14.03	8.96
More Than 54	24.40	1.59

(Table 4) On the basis of sex, education, and age, the mean and standard deviation of the depression variable total score.

<i>Variables</i>	<i>Mean</i>	<i>Standard Deviation</i>
Sex:		
Female	15.01	1.92
Male	16.27	1.42
Education		
Illiterate	00.00	0.00
Under Diploma	21.16	2.11
Diploma	18.01	1.36
Bachelors' Degree Holder	13.04	10.01
Masters' Degree Holder	09.01	1.92
Age:		
15-24	7.50	5.98
25-34	14.53	1.05
35-44	20.05	1.39
45-54	20.36	1.49
More Than 54	26.55	1.05

The sample size is evenly split between male and female, as indicated in **Table 1**. In other words, 60 subjects (50%) were men and 60 subjects (50%) were women out of a total of 120 individuals. The education variable reveals that no one in the sample study was illiterate, 18 (15%) had a diploma, 45 (37.5%) had a diploma, 47 (40%) had a Bachelor of Science, and 9 (7.5%) had a Master of Science. Those with a Bachelor of Science degree clearly dedicated the largest sample size to themselves. There were 6 (5%) participants in the 15-24 age group, 75 (62.5%) in the 25-34 age group, 19 (16%) in the 35-44 age group, 11 (9%) in the 45-54 age group, and 9 (7.5%) in the over 54 age group. The mean and standard deviation of the total score for the love variable were evaluated in relation to age, gender, and education (**Table 2**).

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According to this table, the average score for the female in love variable was 75.56. According to the normal test, they are more likely to be in the love group. The average score for males was 81.02. As a result, they are most likely in the love group. The average score for those between the ages of 15 and 24 was 88.34. It's safe to assume they were head over heels in love. The average score for the 25-34 age groups was 77.95. As a result, they were less likely to be in love. The average score for the 35-44 age group was 78.21. They were also less likely to be in a relationship. The average score for the 45-54 age group was 78.19, indicating that they were less likely to be in love. Finally, the average score for those above the age of 54 was 69.35, indicating that they were most likely not in love. In terms of education, the average score of those with less than a high school diploma was 79.22, indicating that they were less likely to fall in love. The diploma group's average score in the love variable was 78.90, indicating that they were also less likely to be in love. Bachelor's and Master's degree holders with average scores of 78.77 and 77.43 were also less likely to be in love.

Females with an average score of 13.98 and males with an average score of 12.02 both fall into the low anxiety category. Participants in the age groups of 15-24, 25-34, 35-44, and 45-54 received an average score of 8.50, 11.53, 18.22, and 14.03, respectively, indicating that they all experienced minimal anxiety. The average score for people over the age of 54 was 24.40. Their anxiety level was moderate. Under diploma, diploma, Bachelor of Science, and Master of Science groups had average scores of 18.22, 13.01, 12.02, and 10.01, respectively, in the education variable. As a result, they had a low level of anxiousness (**Table 3**).

Table 4 shows that females with an average score of 15.01 and males with an average score of 16.27 fall into the sad category. Participants aged 15 to 24 had an average score of 7.50. This suggests they were ordinary people. The average score for the 25-34 age group was 14.53, indicating that they were a sad population. With average scores of 20.05 and 20.36, both age groups of 35-44 and 45-54 needed to see a psychiatrist. Finally, people over the age of 54 were included. With an average score of 26.55, it was determined that the person was sad.

The study's primary hypothesis was to look at the relationship between love and despair and anxiety. The relationship between love and depression and anxiety was investigated to explore this notion. Pearson correlation was utilized because all three variables are quantifiable.

Table 5. Anxiety and depression in a love relationship

Love	Anxiety	Depression
Correlation coefficient	-0.40	-0.50
P value	P<0.001	P<0.001

Table 6. The relationship between anxiety and depression

Depression	Anxiety
Correlation coefficient	0.068
P value	<0.001

Table 5 shows that the association between love and anxiety and sadness is statistically significant in the opposite direction (p-value 0.001). As a result, when love is boosted, anxiety and despair are lessened.

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Another hypothesis is that there is a link between anxiety and depression rates. We look into the association between anxiety and depression to see if this idea is correct. Pearson correlation was employed because both variables are quantifiable. **Tables 5 and 6** show the results. In a straight line, the relationship between anxiety and depression is statistically significant (p-value 0.001). Anxiety levels will rise if depression levels rise as well.

DISCUSSION AND CONCLUSION

Romantic love, which has long been recognised as one of the most powerful emotional states, has served as an inspiration for some of humanity's greatest achievements. Love, which is defined by caring for another person, is an emotionally complex that includes sexual, cognitive, and behavioural characteristics that are difficult, if not impossible, to analyse. Romantic love is an irrational, unstable, and difficult-to-control emotion. Researchers have sought to provide a reasonable response to the topic of why love causes such changes in feelings and behaviour. In this regard, they investigate biochemical processes in the brain's emotional patterns in order to discover the answer. Romantic love plays an important role in courting all around the world.

This is the most fundamental feature of the human partner selecting mechanism. The quantity of affection people encounter in their lives, according to researchers, is influenced by their social development, personal compatibility, and physical health. In addition, love plays an important part in marital fulfilment and satisfaction. According to studies, having a close relationship increases resilience to physical diseases and mental problems such as despair and anxiety.

According to previous studies, the collapse of romantic relationships is accompanied by stress, anxiety, and violence, resulting in outpatient referrals to treatment clinics. These findings were likewise obtained in the current investigation. On the psychological nature of love and its components, various opinions have been provided. Love, according to researchers, is the satisfaction of mutual needs. Love is a self-created process that partners go through. The romantic connection will continue as long as both couples are committed to continuing their relationship and believe that love is something they have chosen for themselves. According to recent studies, 32 percent of women are traumatised during their marriage as a result of emotional issues and family conflicts. An increase in women's anxiety was also seen in the current study (Table 3).

Depression is caused by a variety of factors. In addition, there is evidence that a lack of social support and intimacy with family has a significant role in the development of depression. On the other side, more than half of depressed individuals have a tumultuous relationship with their family. According to *Johnson SM*, marital disagreement is a significant risk factor for psychiatric diseases such depression, anxiety, bipolar disorder, alcoholism, and various cancers. According to researchers, marital disagreement is frequently the catalyst for depressed individuals' hospitalization.

As a result, failed love relationships and marriages can be a source of unhappiness in women. The two sides of the same coin are love and loss. Every relationship, without a doubt, ends in death or divorce, and every love affair leads to the final encounter of loss.

In reality, a precise knowledge of loss and grieving would be feasible if we understood the nature and pattern of love. Understanding the lack of a love object, on the other hand, tells us about the nature of love. It means that the quality of a person's loss experience reflects the

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quality of their relationships before to the loss. Loss is a common consequence of love, and it is a price that must be paid.

Everyone goes through love and loss at some point in their lives. Loss can be viewed as a final resolution and settlement of the separation-individuation process. Grief does, in fact, bring us back to our roots. After a romantic relationship ends, significant symptoms such as despair and anxiety emerge as a result of a lack of love. It lasts a long time, impairing an individual's performance in numerous domains (academic, social, and professional), and is followed by non-adaptive reactions. Only a few studies have been done on the process of a love relationship breaking up and its implications. Of course, this is a problem that occurs frequently during adolescence and adulthood and has far-reaching consequences in a person's life.

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Conflict of Interest

The author(s) declared no conflict of interest.

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