

## Gender Differences in Types of Love

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### ABSTRACT

Gender differences in John Lee's Love Styles were studied in a cross-sectional survey using the Love Attitude Scale (LAS) on 80 Indian college students [40 Males and 40 Females] in the age group of 18-25 years as a further investigation of the impact of love attitudes on unsuccessful relationships. While there was no significant difference in the other subscales, results indicated that Males (M=25.0250) are higher on Ludus (Playful) love style than Females (M=22.5750) [ $t(78) = -3.291, p < 0.05$ ]. Ludus love style is negatively correlated to satisfaction and contentment in a relationship. This finding could give an insight on the factors responsible for breakups, divorces and general discontent in relationships.

**Keywords:** Love Style, Gender, Student, Breakup, Divorce, Relationship

For many centuries, an extensively talked about topic in art and literature is Love, and in recent times, it has become a riveting subject in psychology. Because of its importance as an emotion in a human being's life, it is important to study its effect on conditioning of human behaviour. Love stimulates individuals, all across the world to commit to long lived alliances, like marriage and coexistence. It also helps maintain social equilibrium and balance. This has significant consequences on the existence and evolution of the mankind, thus making men and women pro creation and yield offspring. Love is also a key component in developing the social intelligence and collaboration skills amongst people.

People involved in romantic and intimate relationships tend to express a recurring feeling of love frequently. There are other factors which come into play while expressing love (such as intimacy, fondness and faithfulness) and act as an important component for a fulfilling and long-lived relationship. Within a broader scope of the quality of a relationship, these are a few aspects which are related to personal wellbeing, particularly in terms of happiness, contentment, overall satisfaction with life, and the existence of surplus positive past experiences in comparison to the negative feelings.

On the contrary, love alliances can also cause stress, discomfort, struggle, pain, and negative feelings, especially when it is associated with the behaviour patterns of dependence and obsessiveness. This may eventually adversely affect the longevity and quality of a relationship. It has been observed in certain cases that love may also transition to

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Pathological Love (PL). Though this cannot be referred to as a clinical disorder, but it could be acculturated in researches like neurophysiology research to study psychopathologies associated to substance and behavioural compulsions.

### JOHN LEE'S LOVE STYLE

A very famous psychologist from Canada has introduced an idea of the 'colour wheel theory' that elaborates six different styles of love. This uses assorted words of the Latin and Greek language defining love. In his first book 'Colors of Love: An Exploration of the *Ways of Loving* (1973)', John Alan Lee has laid down fifteen love styles. Three primary, three secondary and nine tertiary styles of love and has described them in accordance to the traditional colour wheel. Eros, Ludus and Storge have been defined as primary love styles, and Mania, Pragma and Agape have been described as secondary love styles.

STYLES OF LOVE	MAIN CHARACTERISTICS OF LOVE STYLES
EROS (Primary)	People with this style of love are passionate and romantic towards love; it is based on the physical and emotional desirability towards their partner.
LUDUS (Primary)	In this type of love style the person perceives love as a game; the focus of this style is on having fun in the moment and they prefer living in a relationship without any commitments.
STORGE (Primary)	This style is based on the friendship, people with this type of love style incline to express feelings of friendship towards others; their relationships are based on similar interests and commitments with their partners.
MANIA (Secondary)	It is the utterance of a manic attitude toward love, indicate possessive and obsessive behaviours; people with this style of love have extreme need to be loved by their partner and are possessive and jealous lovers.
PRAGMA (Secondary)	In this type of love the person who show Pragmatic and rational attitude towards love, they tend to choose the both; the partner basing upon the characteristics they believe are important for them and to look for partners with whom they can share common goals
AGAPE (Secondary)	This love style discerns people with altruistic attitudes and behaviour; they incline to live an unconditional, selfless love and they can sacrifice anything for others to whom they provide support, care and respect.

*Fig 1. Types and Characteristics of Love*

### CONCEPTUAL FRAMEWORK

The purpose of the study was to identify gender differences in love attitudes that existed in Indian college students. Due to the ever-increasing cases of divorces and break ups, especially amongst young couples, it was a significantly necessary topic to be researched. Two city corporations received 7,292 and 8,396 divorce cases respectively for the years of 2018 and 2019.

While in the year 2017 the Indian Courts received 6,567 divorce petitions. It was observed that only 5% cases were drawn out following the arbitration provided by the regional councils. In the initial eight months of the running year -2020, the courts have already received 4579 divorce petitions. Comparing the data from previous two years, there were 4,108 reported in the year 2018 and 4326 were filed in the year 2019. According to statistics, out of the total ten zones, two zones reported a total of 4,756 divorce petitions ranging from the years 2015 to 2020 (five years). Of these filed cases with the Zone number one, the

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%age of females seeking divorce in the city corporations is 65% while that of males is 35 %. Only five % petitions out of these total divorce petitions were withdrawn after negotiations arranged by the authorities of the corporation. Difference in love attitude in-between the partners can be a significant reason for these divorce cases. The suggested research can prove to be a means of further analysis of the effect of love attitudes on break ups and divorces.

In a cross-sectional study by M. Kamruzzaman and M.A. Hakim (2016) it was found out that 42.3% of suicidal victims belonged within the age group between 18 to 27years. It was also found out that majority of these people were married (74.6%) and these people were coming from nuclear families. About 40.8% victims were the college education achievers and 38% were household workers. Majority of the victims (69%) were from rural areas and the study also revealed that almost all of these incidents i.e.,21.1 % occurred at midnight, 19.7% at day and 12.7% at night while maximum 46.5% victims used the process of hanging, 33.8% poisoning and 9.9% gave their lives by coming under trains. A lot of these people (31%) committed suicide due to marital life conflicts, 16.9% due to family issues, 14.1% for depressed financial conditions and 9.9% for matters related to love. Differences created due to love attitudes of genders have contributed to 9.9% suicides due to love related matters.

### **LITERATURE REVIEW**

The previous research found the LAS to be psychometrically accurate (Clyde Hendrick and Susan Hendrick, 1989; Tzeng, 1993). This is driven by the fact that LAS has the capability to assess the love at various stages of a relationship, including the people who are experiencing love in the initial stage. (Clyde Hendrick and Susan Hendrick,1990). Furthermore, acknowledgement of a few explicit sexual items in the Eros area of love, allows the researchers to analyse the presence of sexuality within the love context. LAS also permits researchers to analyse and understand the nature of love and how it functions rather than just limiting it to simply “liking” and “loving” characteristics of love, earlier proposed by Rubin (1970).

However, the results also indicated a low reliability level for some dimensions of LAS (Levy and Davis, 1988). For instance, Storge and Pragma love’s dimensions failed to associate and correlate with the subscales of love from the Relationships Rating Form (Davis and Latty Mann, 1987) and Sternberg’s Triangular Love Scale (1986). As a further matter, additional studies have also shown the same results (Feeney and Noller, 1990; Rotzien et al, 1993).

Various LAS researches have been conducted amongst culturally diverse groups. A few examples for these types of researches are White et al. (2004), Neto et al. (2000), Neto (1994), Kanemasa et al. (2004) and Yang and Liu (2007). Findings of these researches broadly establish and coalesce with the six dimensions proposed by Johan Alan Lee (1973)

In a study conducted by Neto et al (2000) across students from African, Asian, South American, and European ethnicities, it was found out that Lee’s six dimensions could be considered as comparable across various countries and ethnicities.

Another set of researches found out that there is a consistent difference in the love style of males and females. In a study carried out by Clyde Hendrick and Susan Hendrick (1986) incorporated six love styles related to intimacy. The love styles used in the research were

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established on love typology as suggested by Johan Alan Lee (1988). These findings suggested that when in a relationship, women are susceptible more towards Storgic love (friendship love), Pragma love (Pragmatic love) and Manic love (possessive love) whereas men are inclined more towards Ludic or the playful love. The difference between the love styles of men and women was not found to be consistent in case of Eros (romantic love) and Agape (altruistic love). This particular study also revealed a fact that people with same personality types and love styles were more prone to be in a relationship.

According to a study conducted by Bailey et al. (1987) it was found out that more often Ludic style of love is practiced by males. Whereas the females are more inclined towards practicing Pragmatic and Manic love styles.

Hendrick et al (1988) carried out a study to explore the connection in-between the styles of love and satisfaction in the relationship amongst fifty-seven couples who were in love. The Love Attitude Scale (LAS) was incorporated in the study by the researchers. Hendrick et al's findings from his research gave an indication that satisfaction in a relationship is majorly and positively connected to Eros love style (romantic love) and Agape love style. On the contrary Playful or Ludus love was negatively correlated to satisfaction and contentment in a relationship.

In another study conducted by Morrow et al (1995) showed that gratification and satisfaction in a relationship were positively correlated to with Eros style of love (romantic love), However a negative correlation of Ludus style of love (playful love) is found with relationship satisfaction for both males and females. As a consequence, it was discovered by researchers that Eros style of love (romantic love) and Agape style of love (altruistic love) were highly associated with elevated commitment levels. On the contrary, Ludic love style (playful love) showcased an opposite finding. Morrow's study also discovered that couples exhibited same view points towards love and certain qualities associated with relationship. For instance, the commitment from both the partners in a relationship was similar.

Research conducted by Butler et al (1995) also utilized the Love Attitude Scale (LAS) to examine the relation or connection amongst styles of love and other factors such as gender, age, social constituents and cultural beliefs. Findings from this research indicated that while women were more susceptible to adopt Storgic (friendship love) and Pragmatic (Pragmatic love) love styles, men gravitated more towards practicing Ludic (playful love) and Agape (altruistic love) styles of love. When the factor of age was analysed with the love style, it was deduced that amongst the youngest of the respondents Eros love style (romantic love) was more common. In a diametrical fashion, it was observed that Storge (friendship love) and Pragma (Pragmatic love) styles of love were more common within the respondents of the higher age groups.

In a local study conducted by Saodah (2007) the main aim was to find out the differences in love styles exhibited by students of different genders studying in the University Kebangsaan Malaysia (UKM). The Love Attitude Scale (LAS) was used to find out the styles of love adopted by respondents. Findings of the research revealed that there were no major dissimilarities according to the gender, culture, race, religion and the places of residence in the love styles.

A study done by Perez et al (2009) analysed the concepts of love across various genders and age groups of the Spanish population. The outcomes of the study revealed that within the

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context of Spanish people, most widely adopted styles of love were Eros (romantic love), Agape (altruistic love), Pragma (Pragmatic love) and Storge (friendship love). On the contrary, Ludus style of love or frisky love was dismissed totally by both the genders, whereas Possessive or Maniac styled love was not taken into consideration by respondents. However, the male respondents from the older age group manifested an increased acceptance towards the Eros style of love (romantic love) and Agape love style (altruistic love) across all age groups. The female respondents from all ages were more susceptible to adopt Pragmatic style of love, the females who were early adults or younger in age tended to reject Ludic love.

According to various studies conducted to study the difference in love styles as per different genders, it was generally established that there was a certain amount of the difference of opinion where it came to love styles of females and males.

Majority of the studies indicate that women are majorly prone to adopt Storgic, Pragmatic and Maniac styles of love. Conversely men are more inclined towards Ludic or playful love.

### ***Research Question***

Whether there is a significant gender difference in the love attitude of Indian college students?

### ***Hypothesis***

Ludic Love is a dominant love style in males.

## **METHODOLOGY**

### ***Sample***

Data was collected from college students enrolled in different degree programs. The research sample consists of 80 (40 male and 40 female). The age of respondents was 18 to 25 years. Non-probability technique of sampling was used.

### ***Variables***

- The gender difference is taken as independent variable in this study.
- The love style of the subject is taken as a dependent variable.

### ***Research Design***

To conduct the research, the cross-sectional survey method was followed. The target population for research was college students in the age range of 18-25 years old. The sample was 80 respondents comprising 40 males and 40 females with or without a partner. Cluster random sampling was used to select the respondents. The Love Attitude Scale long form was used to collect the information about the love attitude of respondents. Statistical Techniques were used to obtain results.

### ***Measuring Tools***

**The Love Attitudes Scale:** A 42-item questionnaire designed to measure attitudes toward love. The questionnaire combines attitudes toward one's current/recent/hypothetical\*\* partner with attitudes about love in general. The scale is broken into 6 subscales (7 items each) that each represents a different love style: EROS (passionate love) LUDUS (game-playing love) STORGE (friendship love) PRAGMA (practical love) MANIA (possessive, dependent love) AGAPE (altruistic love). Participants respond to each item using a 5-point scale, ranging from 1 (strongly agree), 2 (moderately agree), 3 (neutral), 4 (moderately

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disagree), 5 (strongly disagree). High scores obtained from each subscale indicate the love attitude of an individual.

The internal consistency was 0.706 to 0.818 respectively.

### Procedure

Identifying gender differences in love attitude of college students was the purpose of the present research. On the basis of most of the previous studies, a hypothesis was proposed that there would be a significant gender difference in Ludic love style. To conduct the research, cross-sectional survey method was used. The sample comprises 80 students of which 40 males and 40 females with or without a partner. Love attitude scale was given to gather information for study. Appropriate statistical tool was applied to determine whether there is any gender difference or not.

## RESULT

According to the results, there is almost no significant difference among the subscales of the Love Attitude Scale (LAS) except in the Ludus love style. There was only significant difference in Ludus (playful love) style with  $t(78) = -3.291$ ,  $p < 0.05$ . It showed that Male respondents are higher on this love style with mean = 25.0250 as compared to Females with mean = 22.5750. (See table no.1).

Table No.1 Intermediate mean difference between males and females

LOVE TYPE	GENDER	N	M	SD	df	t
EROS	FEMALE	40	20.575	3.29637	78	0.317
	MALE	40	20.35	3.04286	78	0.317
LUDUS	FEMALE	40	22.575	3.2256	78	-3.291
	MALE	40	25.025	3.43054	78	-3.291
STORGE	FEMALE	40	25.125	3.18802	78	-1.306
	MALE	40	26.125	3.64577	78	-1.306
PRAGMA	FEMALE	40	23.7	3.00598	78	-2.597
	MALE	40	25.75	3.98555	78	-2.597
MANIA	FEMALE	40	24.3	3.73617	78	-1.803
	MALE	40	25.825	3.82896	78	-1.803
AGAPE	FEMALE	40	24.225	4.07297	78	-1.648
	MALE	40	25.725	4.06982	78	-1.648

Note. N=Number of the Subjects in the Total Sample. M=Mean. SD=Standard Deviation. df= Degrees of Freedom. t=Value of the t-test Statistics

## DISCUSSION

Identifying the gender difference in love attitude among college students was the purpose of the present research. On the basis of previous studies, hypothesis was proposed indicating that there would be a significant difference between males and females in the Ludus love style. Attitude of love is a basic view of attitude towards concerning issues of love; it is the reflection of values and philosophy. Love is an emotion that is often experienced by

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individuals in romantic relationships. Love is an important determinant factor in entering marriage among couples. The love experience may vary across the cultures and the individual. Therefore, the measurement of love styles serves as an indicator for choosing partners accordingly. On the other hand, love style refers how individuals define the attitude they have towards love. Approach that people have towards love direct their behaviour and experiences they have for their partners.

To conduct this research, cross-sectional survey method was used. The target audience was people from the age group of 18 to 25 years old. The sample collected was 80 respondents constituting of 40 males and 40 females. The people engaged in this research were in a relationship or either could answer the questions of the questionnaire hypothetically as they do not have partners. Data was collected through the means of creating the questionnaire in the form of Google Form and was sent to people and responses were collected through the Google form. Google form is a web-based app used to create forms for data collection purposes. Google form is an excellent free option to create polls, survey, quizzes, and event registration sheets using Google forms.

The Love Attitude Scale (LAS) by **Clyde Hendrick and Susan Hendrick (1986)** was taken to collect the information about the love attitude of the respondents. The Love Attitude Scale (LAS) full form consists of 42 items. The scale uses five-point Likert scale format in which the scoring is 1=strongly disagree to 5=strongly agree. The higher the scores are obtained through the subscale, the higher the respondents assent with the love styles

For analysing the data, IBM SPSS Statistics 20 was used. In the research it was found that there was no significant difference of love attitude based on genders on all the subscales of love attitude scale. According to this research it was found that the age group was taken for this research had no significant difference among all the subscales of love styles those are Eros, Ludus, Storge, Pragma, Mania, and Agape.

The studies quoted in this research were conducted by Butler et al (1995) also utilized the Love Attitude Scale (LAS) to examine the relation or connection amongst styles of love and other factors such as gender, age, social constituents and cultural beliefs. Findings from this research indicated that while women were more susceptible to adopt Storgic (friendship love) and Pragmatic (Pragmatic love) love styles, men gravitated more towards practicing Ludic (playful love) and Agape (altruistic love) styles of love. When the factor of age was analysed with the love style, it was deduced that amongst the youngest of the respondents Eros love style (romantic love) was more common. In a diametrical fashion, it was observed that Storge (friendship love) and Pragma (Pragmatic love) styles of love were more common within the respondents of the higher age groups.

Hendrick et al (1988) carried out a study to explore the connection in-between the styles of love and satisfaction in the relationship amongst fifty-seven couples who were in love. The Love Attitude Scale (LAS) was incorporated in the study by the researchers. Hendrick et al's findings from his research gave an indication that satisfaction in a relationship is majorly and positively connected to Eros love style (romantic love) and Agape love style. On the contrary, Playful or Ludus love was negatively correlated to satisfaction and contentment in a relationship.

On the basis of these findings of the research, it can be concluded that the males are more prone towards the Ludic love style (the playful love). The significant difference in Ludus

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love could be one reason for the big number of breakups in love relationships, divorces in marital relationships and discontent among partners in a relationship.

#### Group Statistics

GENDER		N	Mean	Std. Deviation	Std. Error Mean
LUDUS	FEMALE	40	22.5750	3.22560	.51001
	MALE	40	25.0250	3.43054	.54242

*Fig 2.1 Group statistics for LUDUS Love*

#### Independent Samples Test

		Levene's Test for Equality of Variances	t-test for Equality of Means		
		F	Sig.	t	df
LUDUS	Equal variances assumed	.079	.780	-3.291	78
	Equal variances not assumed			-3.291	77.706

*Fig 2.2 Independent sample test for Equality of Variance for LUDUS love*

#### Independent Samples Test t-test for Equality of Means

		Sig. (2tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference Lower
LUDUS	Equal variances assumed	.002	-2.45000	.74453	-3.93225
	Equal variances not assumed	.002	-2.45000	.74453	-3.93234

*Fig 2.3 Independent sample test for Equality of Means (Lower) for LUDUS love*

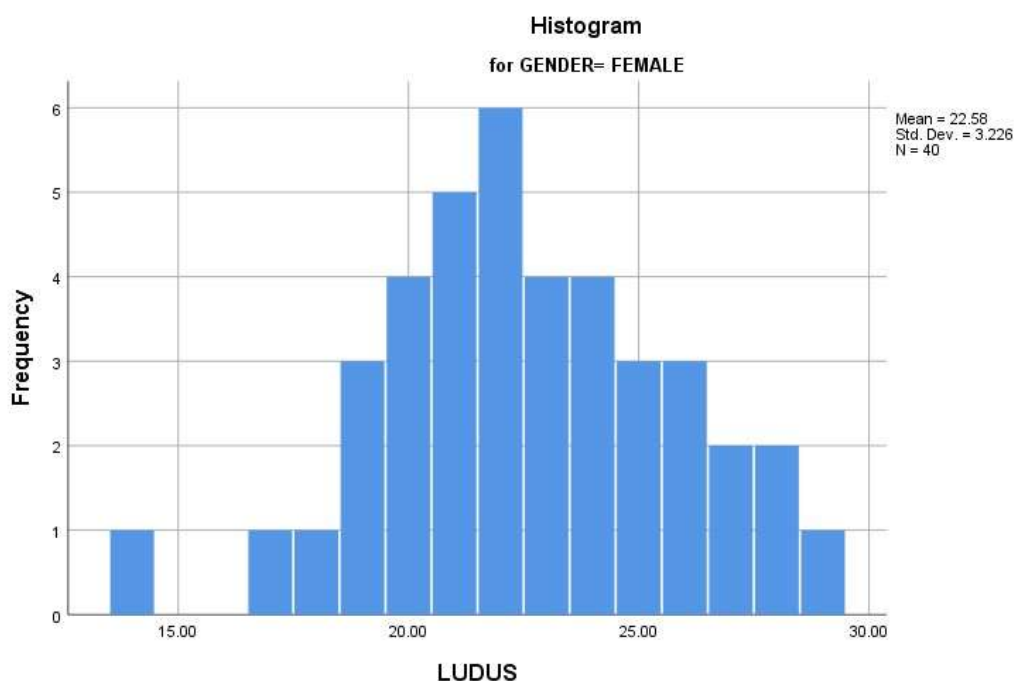
#### Independent Samples Test t-test for Equality of Means 95% Confidence Interval of the Difference Upper

LUDUS	Equal variances assumed	-.96775
	Equal variances not assumed	-.96766

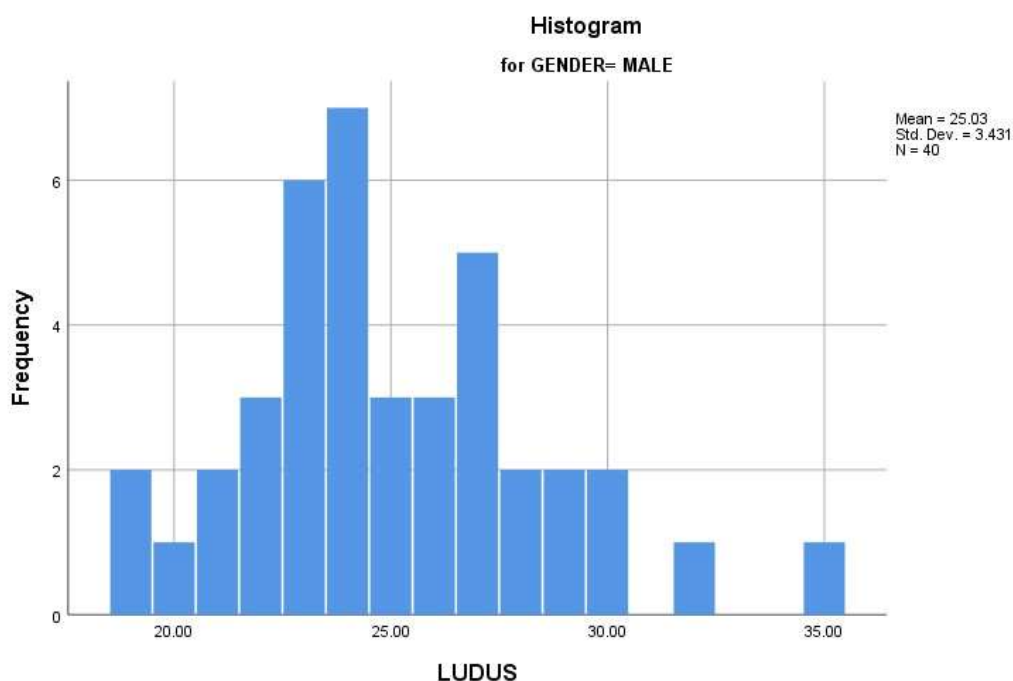
*Fig 2.4 Independent sample test for Equality of Means (Upper) for LUDUS love*



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*Fig 2.5 Mean Difference for LUDUS love in Females*



*Fig 2.6 Mean Difference for LUDUS love in Males*

### *Limitations of Study*

There were some limitations in this research. The Love Attitudes Scale: was used to collect the information in this research. A better way would have been to adopt a short form of the scale. A few modules of the Love Attitudes Scale were not completely suitable for Indian culture. Bigger sample size could have been taken to accurately assess the gender difference in love styles. The results are also influenced by societal setup, religious beliefs and also the family structure, because of which no significant differences have been observed in the behaviours exhibited by males and females with respect to love styles.

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If a study is further conducted with an adequate sample size and an adapted form of Love Attitude Scale, then a more precise and concrete result could be expected.

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### **Conflict of Interest**

The author declared no conflict of interest.

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### **APPENDICES**

**The Love Attitudes Scale:** Developed by Hendrick, Hendrick and Dicke.

### **Contribution Statement**

Divyanshi Kalia and Akshita contributed equally to the planning and implementation of the research. They both collected the data and analysed it. Both the authors finalised the manuscript together.