

Effect of Relationship Status on Mate Value, Sexual Satisfaction and Love Attitude

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ABSTRACT

This research aimed to examine the impact of relationship status—single, committed and non-committed on mate value, sexual satisfaction and love attitudes. Through purposive sampling, data were gathered from 150 participants between the ages of 18 and 28 using a comparative, cross-sectional methodology. The Mate Value Scale, the New Sexual Satisfaction Scale and the Love Attitude Scale were completed by the participants. All three factors showed significant variations between relationship statuses according to one-way ANOVA analysis. The highest mate value was reported by those in committed partnerships, followed by singles, while the lowest score was recorded by those in non-committed relationships. Compared to singles and committed people, sexual fulfilment was considerably lower in non-committed partnerships. In terms of love attitudes, committed people showed more Ludus love type, whereas non-committed people reported the highest levels of passionate (Eros) and selfless (Agape) love. There was no significant difference observed in the obsessive (Mania) and pragmatic (Pragma) love styles. According to these results, relationship commitment shapes unique patterns of love attitudes and has a beneficial impact on sexual pleasure and self-perceived mate value.

Keywords: *Commitment, Non-Committed, Mate Value, Sexual Satisfaction, Love Attitude, Young Adults*

Relationship status has a significant impact on a range of behavioural, emotional and psychological outcomes. This term typically refers to a person's romantic or relational status which can be divided into categories like single, committed or non-committed. A "committed relationship," as defined by the American Psychological Association (APA), is an interpersonal bond between two people in which both parties have agreed to be dedicated to one another; it is defined by qualities such as love, openness, trust, transparency and a shared desire to sustain the partnership over time; in other words, a relationship in which both parties actively invest in its longevity and well-being.

Commitment to a relationship is a multidimensional construct with three distinct components: (a) psychological attachment to the relationship (affective component), (b) long-term

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orientation regarding the relationship (cognitive component), and (c) intention to persist in the relationship (conative component) (Arriaga & Agnew, 2001).

The emotional connection that exists between committed partners is referred to as psychological attachment, or the affective component of a relationship. Partners are more vulnerable to emotional reactions brought on by partner behaviors as they grow more reliant on one another. They could not be aware of their relationship when emotional experiences grow coordinated. Because it enables individuals to handle unforeseen emotional situations after being apart, this affective tie is a component of the “glue” that holds couples together throughout time. The second element is largely cognitive in nature and focuses on the relationship’s long-term outlook. It entails a firm belief that the partnership will last into the far future. This component involves seeing oneself as linked with one’s partner into the far future, “for better or worse,” as opposed to having an emotional attachment to the relationship. In fact, individuals of interdependent couples have a general cognitive propensity to sustain cognitive representations associated with the durability of long-term relationships (Murray & Holmes, 1999) and to adopt a shared identity (Agnew et al., 1998; Stanley & Markman, 1992). The third element, “intention to stick around in the relationship,” describes having an innate desire to keep a relationship going after the current period. Therefore, the conative (or motivating) aspect of commitment is the will to stay in a relationship. Long-term orientation and this motivating element are two different but connected concepts. It is possible to have ideas that envision oneself with a partner in the far future yet lack consistent drive to maintain the relationship, as Johnson (1991) proposes for those with low levels of personal commitment yet high levels of structural commitment.

We can better understand the concept of commitment through the following theories. The Cohesiveness Theory of Commitment by George Levinger investigates the factors that contribute to and hinder the strength of partnerships. Attraction and barrier factors were the two social forces he concentrated on. While barrier factors like emotions of duty or outside pressures prevent individuals from leaving, attraction forces like love or fulfillment draw people into partnerships. These factors, which can alter over time and impact a stable state of the relationship, define an individual’s level of commitment to their spouse. Caryl Rusbult’s Investment Model of Commitment, another well-known theory, is predicated on the notion that three primary elements influence commitment: investments, alternatives, and satisfaction. These elements affect a person’s level of commitment to their relationship.

- Satisfaction – The term “satisfaction” describes how content we are with our connection in comparison to previous experiences. We are more inclined to be devoted if we are happy today than we were previously.
- Alternatives- Other possibilities outside of our existing connection are known as alternatives. We may be less devoted to our current spouse if we believe we could be content with another person or doing something else.
- Investments- The time, effort, and shared experiences that we have invested in our relationship are known as investments. Even if we are not entirely pleased or find more alluring options, it may be more difficult to withdraw the more we have committed.

According to Michael Johnson’s Tripartite Typology, commitment has three dimensions: personal, moral, and structural. Every kind of commitment may be felt in a unique way. For instance, whereas personal commitment is freely chosen, structural commitment and moral commitment feel forced from the outside by cultural values. External elements that make ending a relationship more difficult are the cause of structural commitment. It involves factors

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like feeling pressured by society to stay with your spouse, having few other options, and having invested a lot of money in the relationship, making it difficult to leave. Personal convictions about what is good or wrong form the foundation of moral commitment. It entails desiring to be consistent with one's values and ideas, feeling morally obligated to continue in the relationship, and having a personal commitment to stay. Personal commitment originates from inside. It entails finding your spouse attractive, appreciating them and the relationship, and considering these qualities to be a part of who you are.

Strong moral and personal commitment might occasionally eliminate the need for structural commitment, according to Johnson's findings. However, structural commitment becomes crucial to maintaining the partnership if one party lacks moral or emotional commitment. Couples and individuals may address underlying problems, enhance communication, and create healthy relationship patterns by having a better understanding of the psychological aspects of commitment.

A non-committed relationship can be defined as a romantic relationship that has no label or clarity. It may involve spending time together, having intimacy, and showing affection, but they also entail a lack of commitment. Individuals may resist commitment because of numerous psychological elements, such as attachment patterns, fear of vulnerability, self-esteem concerns, and prior experiences, which might contribute to problems. Trust concerns and a reluctance to commit in future relationships might result from negative past experiences, for instance betrayal or desertion in former relationships. Because of these experiences, people may resist commitment as a protective strategy out of fear of being harmed again. According to attachment theory, an adult's attachment style is influenced by their early interactions with caregivers. Commitment may be a problem for those with avoidant or anxious attachment patterns. While avoidant people may shy away from intimacy and connection, anxious people may dread rejection or abandonment. Being vulnerable and emotionally open is necessary for relationship commitment. Some people may resist commitment in order to preserve emotional space and independence because they fear being weak or reliant on others. People who have low self-esteem may question their deservingness of love and fear rejection, which can lead to commitment problems. Because they feel worthless or are afraid of disappointing their spouse, they could put off being committed to a relationship. For some people, nothing is more important than their freedom and independence. They could fear losing their individuality in a relationship and see commitment as a danger to their independence.

Mate value

The idea of mate value is a central theme in evolutionary and social psychology, representing the qualities that make a person a better partner. It reflects the aggregate of characteristics like physical attractiveness, social status, personality traits, and emotional stability which show the likelihood of a person's role in a thriving and satisfying partnership (Buss & Schmitt, 1993). Mate value has long been of interest to researchers studying partner selection and dynamics, and is thought to influence partners' desires and investments, as people with higher perceived mate value tend to attract partners with higher investment potential (e.g., in terms of emotional support, status, or resources).

Kirsner, Figueredo, and Jacobs (2013) defined mate value as "An individual's overall desirability as a romantic or sexual partner, based on traits that influence their ability to attract and retain mates." This idea encompasses elements like intelligence, generosity, social standing, physical appeal, and general success in reproduction or relationships. Mate value is

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dynamic and subject to alter over time in response to relationship experiences, societal criticism, and personal growth.

Mate value is an ever-changing idea. To be more precise, one's self-perception and confidence can push the individual's considered mate value up, while social feedback and cultural standards carry the key position of what traits are important to highlight (Brase & Guy, 2004). Additionally, mate value is usually connected with the process of assortative mating which basically is catered at finding a partner of similar desirability to both and that in fact strengthens the partners' feelings and relationship stability (Eastwick & Finkel, 2008).

On the other hand, recent empirical studies have sought to determine the potential influences of mate value on relationship outcomes. The results seem to point to the fact that individuals, whose mate value is quite high, not solely have a good hand in the game but also tend to realize ever more sexual satisfaction and relationship quality over time (Schutte et al., 2001). Good connections also involve more effective communication, commitment, and conflict resolution, which are, in turn, the major factors behind the longevity of relationships.

Love attitude

Understanding love attitude of individuals is important to understand the complexities of romantic relationships and individual differences in interpersonal behavior. Love is perceived as a multifaceted construct that includes a variety of emotional, cognitive, and behavioral components. Love attitudes encompass a person's overall perspective and approach to romantic relationships, including their expectations, desires, and behaviors within those relationships. Individuals may be classified according to various "love styles" or attitudes that are connected to their preferences and actions in romantic partnerships.

John Lee offered a theory of love that made a comparison between the color wheel and various forms of love. Lee proposed that there are three fundamental types of love, just as there are three primary colors: Eros: Eros is derived from a Greek word that means "passionate" or "erotic." According to Lee, this kind of love entails both emotional and physical fervor. It stands for love for the ideal individual. Ludus: The name "Ludus" is Greek and means "game." This type of love is seen to be lighthearted and enjoyable rather than necessarily serious. People that display this type of love are hesitant to commit and are cautious of excessive closeness. Thus, it symbolizes love as a game. Storge: The word "storge" is Greek and means "natural affection." This type of love encompasses affection between siblings, parents and children, and extended relatives. Friendships can also lead to this kind of love, as individuals who have similar interests and commitments grow to love one other over time. As a result, it symbolizes friendship as affection. Later, Lee suggested that the three fundamental types of love might be merged to produce secondary love styles, just like the primary colors may be mixed to make additional colors. Lee therefore added more love types to the list in 1977. The following were the three new secondary love styles: Mania: A concoction of Ludus and Eros, signifying compulsive love. Combining Ludus with Storge, Pragma stands for realistic and useful love. Combining Eros with Storge, Agape stands for unselfish love.

Complementing this framework, Robert Sternberg's triangular theory of love suggests that love can be understood by looking at three components: passion, intimacy, and commitment. These three components can be thought of as the vertices of a triangle. The three components are-Feelings of intimacy, connection, and bonding are all part of intimacy. Passion is the term used to describe the emotions and desires that result in romance, physical attraction, and sexual completion. Feelings that motivate someone to stick with them and work toward

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common objectives are called commitment. It's crucial to strike a balance between the physiological demand for sex and the desire for love; the total lack of all three is considered non-love. There is a systematic interaction between the three elements of love. Seven different types of love experiences can result from the presence of one element or from the combination of two or more elements. These kinds of love can also change as a relationship progresses. For instance, a relationship may start out as passionate love, develop into romantic love, and then settle into companionate love. Friendship: (component – liking), This kind of love occurs when there is a component of closeness or like but no romantic sense of passion or commitment. Other types of love can stem from friendship love. Components of Infatuation: Passion Feelings of lust and physical intensity without fondness or commitment are characteristics of infatuation. The development of passionate love, consummate love, or a deeper sense of closeness has not had enough time. These can ultimately surface following the period of infatuation. Often, the first attraction is really strong. This kind, which is defined by an instantaneous and strong connection to another person, would most closely fit the concept of love at first sight. Although this kind of love is passionate, it is devoid of the affection and dedication that characterize true love. Components of Romantic Love: Passion and Intimacy. Through physical desire and closeness, romantic love creates emotional relationships between individuals. Intimate insights about one another are revealed through in-depth interactions between partners in this kind of relationship. They take pleasure in tenderness and sexual desire. These couples can still be unsure about their long-term commitment or future ambitions. Components of Companionate Love: Intimacy and Liking Intimate yet unpassionate, companionate love is a type of love. It comprises the triangle's commitment and intimacy or liking components. Because there is a sustained commitment but little to no sexual desire, it is more powerful than friendship. Commitment and Passion are two components of fatuous love, whereby closeness or likeness are lacking yet commitment and passion are there. A frenzied engagement where desire drives a commitment without the calming effect of intimacy is the hallmark of fatuous love. Seeing this frequently leaves people perplexed as to how the pair could be so impetuous. The Three Elements of Consummate Love: Commitment, Passion, and Intimacy. All three elements combine to generate consummate love, which is the ultimate form of love. It stands for the perfect partnership. Many years into their relationship, couples that feel this type of love continue to enjoy wonderful sex. It is impossible for them to see themselves with anybody else. Additionally, many couples are unable to imagine their lives without their spouses. Together, they are able to overcome obstacles and disagreements.

According to the American Psychological Association (APA), love is a complicated phenomenon that has important ramifications for mental health and well-being (American Psychological Association, n.d.). For example, studies have shown that people with different love attitudes may have different levels of relationship satisfaction, communication quality, and conflict resolution techniques. Additionally, new research indicates that love attitudes may also affect how people establish and sustain long-term relationships, with certain styles predisposing individuals to both positive and negative relational outcomes (Fisher, 1992).

Sexual Satisfaction

Sexual satisfaction is described as “an affective response arising from one’s subjective evaluation of the positive and negative dimensions associated with one’s sexual relationship” by Kelly-Ann Lawrance and E. Sandra Byers. It is often acknowledged that sexual satisfaction is a crucial component of both relationship quality and general well-being. Studies in this field have shown that sexual fulfillment is essential for the stability and quality of intimate

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relationships in addition to being beneficial to one's own health (Byers, 2005; Meston & Buss, 2007).

Emotional connection, communication, and reciprocal responsiveness are all components of sexual enjoyment in addition to physical pleasure. It is strongly associated with emotions of intimacy, trust, and emotional stability in romantic relationships. For those who are not in committed relationships, autonomy, casual sexual encounters, and the freedom to pursue one's own sexual preferences can all have an impact on fulfillment.

Sexual fulfillment is a multifaceted concept by nature. For example, the biopsychosocial model emphasizes how biological elements (like physical arousal and hormonal reactions), psychological elements (like self-worth and mental health), and social influences (like the dynamics of relationships and cultural norms) interact to produce sexual satisfaction. This intricacy has led scholars to investigate the ways in which factors like emotional intimacy, communication, and sexual compatibility interact to influence a person's sexual well-being (Hana Yoo, 2013).

REVIEW OF LITERATURE

The variables incorporated in the study are relationship statuses, mate value, sexual satisfaction and love attitude of individuals. The literature has been divided into four sections which are:

Section A: Studies and review of literature done on relationship statuses

Arriaga, X., & Agnew, C., (2001) conducted a research on being committed where they explored different components of commitment. By defining the state of relational commitment in terms of emotional, cognitive, and conative components, this paper offers the first comprehensive empirical analysis of the concept as proposed by Rusbult and her associates. According to this viewpoint, psychological attachment, long-term orientation, and persistence intention are the three separate elements that make up the state of commitment. The three factors each predict pair functioning and eventual breakup status, according to two long-term studies of people in romantic partnerships. Additionally, both researches offered hints that commitment in romantic relationships is especially influenced by long-term orientation.

Day, M., et al. (2011) studied system justification and the defense of committed relationship ideology. The study explores the role of system justification motivation in the acceptance of committed relationship ideologies. It investigates whether a desire to preserve the status quo leads to more defense against these ideals. The research also explores the impact of the sociopolitical system on endorsement of these ideologies. Results show that men are more likely to defend marriage and the sociopolitical system in countries where traditional advantages are challenged.

Whitton, S., et al. (2013) conducted a research to investigate whether university students' mental health and their participation in committed dating relationships are related, and if these links vary by gender. College women, but not men, reported less depressive symptoms while they were in a committed partnership as opposed to being single. For both sexes, less problematic alcohol consumption was also linked to committed relationship participation. Conclusions: The results point to the possibility for healthy relationship programs to improve students' well-being and imply that being in committed partnerships may safeguard college students' mental health.

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White, A., (2015) conducted a research on expectations in committed relationships examining how expectations varied by gender, generation, income, and US location, this study aimed to detect changes in American expectations around commitment, cohabitation, marriage, child raising, monogamy, and household duties in committed partnerships. Boomers (1943–1960), Generation X (1961–1981), and Millennials (1982–2004) are all generations that were studied. An online survey that was anonymous and captured basic demographic data was filled out by 294 participants. To be eligible, participants had to be residing in the United States and be at least eighteen years old. The results showed a tendency toward greater transparency toward non-monogamous relationships and more equitable expectations in committed partnerships. Most participants did anticipate being in a committed relationship for the rest of their lives, and the majority of them thought that this partnership could include a marriage.

The study examined asymmetrically committed relationships (ACRs) in unwed, opposite-sex romantic relationships. It found that 64.8% of relationships were non-ACRs, with 22.8% having less commitment between partners. ACRs were more common among those with shared residences or children. Less dedicated partners in ACRs reported more conflict, aggressiveness, and weaker relationship adjustment. Female commitment was a stronger predictor of breakup than asymmetrical commitment. The results highlight the need for examining both partners in commitment studies. (Stanley, S., et al. 2017)

Derrick, J., et al. (2019) conducted a study on the relationship between committed relationships and substance use. Three broad topics are covered by recent studies on drug use in committed partnerships. First, drug usage tends to be concordant between couples, and at least some of this concordance is due to relationship influence (or convergence). Second, relationship outcomes including increased conflict, unsafe sex, intimate partner violence, and poorer relationship quality are predicted by drug use, especially inconsistent usage. However, using Concordant can be protective. Lastly, interpersonal factors that predict drug use include conflict, violence from intimate partners, and support for quitting. It highlights recent developments in methodological innovation, including the use of dyadic data and longitudinal approaches.

Section B: Studies and review of literature done on mate value

Nowak, N., & Danel, D., (2014) conducted a research on mate value asymmetry and relationship satisfaction in female opinion. In the current study, the authors examined the association between female relationship happiness and their mate value self-evaluation and impression of their partners' mate value. They divided the couples into three groups based on the difference in mate values between the partners: women with greater, lower, and equal mate values than men. Women's relationship happiness was adversely connected with their self-assessment of mate worth, but favorably connected with their opinion of their partners' mate value. Additionally, the category where women with a greater self-assessed mate worth had the lowest relationship happiness. In two more relationship categories, there was no difference in the degree of relationship satisfaction among women. According to our findings, women's relationship happiness may be strongly impacted by their perceptions of mate value as well as mate value asymmetry.

Hromatko, I., et al. (2015) conducted a research on relationship satisfaction as a function of mate value. The study investigates the relationship between relationship satisfaction and perceived value of one's spouse and self using an actor-partner interdependence model. It was conducted in Iran and Croatia, examining the impact of cultural context on interactions. Results showed that in both cultures, the actor's impact outweighs that of the partner, and the

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best indicator of relationship happiness is often one's assessment of the other's mate quality. The findings highlight the universal underlying process of feeling pleasure as a function of partner's mate worth.

Ináncsi, T., et al. (2016) conducted a study on a darker shade of love focusing on machiavellianism and positive assortative mating based on romantic ideals. It is yet unknown how romantic ideals and Machiavellianism relate to one another. The self-report assessments of romantic ideals (Ideal Standards Scale and NEO-FFI-IDEAL) Machiavellianism (Mach-IV Scale) were completed by 143 college students (92 females) with an average age of 19.83 years ($SD= 1.51$ years). Our findings showed a negative correlation between Machiavellianism and the value of loyalty and intimacy in their ideal relationships, as well as the relevance of warmth-trustworthiness, extraversion, openness, and agreeableness in a partner. The ideal partner's wealth and rank were positively connected with Machiavellianism. Three elements of the ideal partner's traits were identified using exploratory factor analysis. Machiavellianism had a substantial impact on two of the three elements.

Babaeizad, A., et al. (2022) conducted a study on mate-value and relationship satisfaction involving the moderating roles of mate retention behaviours. The current study sought to expand earlier findings by examining the moderating effects of coalitional and individual mate retention in Iran, a non-WEIRD culture. Relationship happiness, partner mate value, frequency of individual mate retention, as well as frequency of coalitional mate retention were reported by participants in two separate groups of committed, heterosexual couples. The findings showed that relationship happiness, individual and coalitional Benefit-Providing mate retention behaviors, and mate value were all positively correlated. Link satisfaction was shown to be negatively correlated with both coalitional and individual Cost-Inflicting mate retention behaviors, while the link between mate value with relationship satisfaction was found to be modulated by mate retention.

Life satisfaction is a psychological system that tracks the accomplishment of significant goals, with life pleasure correlated with progress towards achieving these goals. Researchers examined whether life satisfaction is influenced by current mating objectives. They found that life happiness is predicted by self-perceived long-term mate value, while satisfaction is predicted by self-perceived short-term mate value for those with short-term casual mating goals. This suggests that the degree to which self-perceived mate worth predicts life happiness may be influenced by current mating objectives. (Ko, A., et al. 2023)

Section C: Studies and review of literature done on sexual satisfaction

Mannila, E., & Kontula, O., (1997) conducted a study on correlates of increased sexual satisfaction. According to a Finnish survey, there has been a notable rise in sexual pleasure, especially among women. Finding sexual intercourse enjoyable was shown to be correlated with a number of factors, including young age, an agnostic upbringing environment, early on sexual start, high levels of education, sexual conviction, and the value placed on sexuality in life. Nonetheless, women's later sexual life initiation, conservative views, absence of sexual assertive behavior, and limited sexual practices could all contribute to their higher levels of discontent. Women's independence could alter these attitudes and behaviors, which could close the gender difference in physical sexual pleasure.

Sprecher, S., et al. (2004) conducted a study on sexual satisfaction and sexual expression as predictors of relationship satisfaction and stability. Numerous scholarly works have

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concentrated on the theory and investigation of relationship stability and satisfaction predictions. This chapter looks at the partnership's general stability and happiness in connection to several areas of the sexual interaction. They start by concentrating on how sexual happiness affects the general stability and quality of relationships. Next, they go into the link between sexual pleasure and relationship stability and fulfillment, as well as the frequency of sexual activity, sexual communication, and sexual conflict. Sexuality is a component of several relationship phenomena that are experimentally and conceptually linked to sexual satisfaction and relationship quality, even though the majority of the research.

Shahhosseini, Z., et al. (2014) carried out a review on factors impacting women's sexual satisfaction. Based on a review of scientific databases, the purpose of this study was to investigate the elements that influence women's sexual pleasure. After 57 papers were screened, 30 that were relevant to this study were taken out. Findings reveal that demographic, pathophysiological, psychological, and sociocultural aspects were the four groups into which the findings were separated. A conclusion was made that the other person's concept and purpose of sexuality, and particularly sexual intimacy, are both intellectual and elegant. Inconsistencies in the research' findings demonstrate that it is clearly ineffective, illogical, and foolish to analyze the variables influencing sexual pleasure independent of the women's social background, religious convictions, and personal perspectives.

Research shows that women often react negatively to sexual value, but they also make efforts to improve their sexual attraction. Satisfaction with partners who value them for sex can vary depending on their dedication. Uncommitted partners may violate women's desire to avoid short-term relationships, while highly devoted spouses can positively impact their relationship happiness. Studies show a negative correlation between marital contentment and sexual appraisal of husbands, but a positive correlation for wives who perceive their husbands as less devoted. (Metlzer et al.,2017)

Birnbaum, G., et al. (2021) conducted a study on sexual desire mediating the relationship-promoting effects of perceived partner's mate value. Sexual desire for a partner is not a direct signal of partner mate value, but rather a mechanism that drives investment in valued mates. Five research studies investigated this concept, finding that feelings of desire strengthened propensities to foster relationships. Studies 2-4 used experimental, everyday experiences, and longitudinal approaches to show that desire was predicted by both modified and perceived partner mate value and linked to relationship-promoting activities. These results suggest that sexual desire serves as a mechanism that promotes investment in relationships that are deemed worthy of being pursued and kept.

Persistent romantic love and married sex are crucial for both spouses' wellness, according to scientific research. Sexual conduct that takes place outside of a committed love relationship is a common non-normative approach to define casual sexual relationships and experiences (CSREs). Even though there are several health advantages associated with sexual activity, casual sex is rarely connected to these benefits. The detrimental effects of uncommitted sex, especially for women, have been cautioned against by academics and laypeople. However, good responses to casual sex—like contentment, self-assurance, self-awareness, and social interaction—are more prevalent and stronger than negative ones. Therefore, this article's two main goals are to better comprehend the intricacy of CSREs and to support the idea that CSREs improve our wellbeing under different conditions. (Ben- Ze'ev, A., 2023)

Section D: Studies and review of literature done on love attitude

Hendrick, S., et al. (1988) conducted a research on romantic relationships focusing on love, satisfaction and staying together. The study examined 57 dating couples using a range of relationship metrics. The main focus was on how love attitudes and relationship happiness interacted. However, it also examined sexual attitudes, self-esteem, self-disclosure, commitment, investment, and continuation/termination of relationships for one subsample of couples. In terms of a number of love attitudes, disclosure, investment, commitment, and relationship happiness, partners showed similarities. In addition to a number of other measures (such as commitment, investment, self-esteem, and self-disclosure), several love attitudes were also associated with satisfaction. Two months following the initial data collection, 30 couples were followed up with to evaluate the factors that distinguished continuing from terminating couples. This combination of findings has implications for future study and other hypotheses.

Neto, F., et al. (2000) conducted a cross-sectional study on variations in love attitudes. The original objective of this investigation was to investigate how well Lee's six-factor colors of love model explained data collected in several nations in Europe, Asia, South America, and Africa. Confirmatory factor studies demonstrated the cross-cultural applicability of Lee's proposed framework. The second goal was to investigate any cultural differences in perspectives on love. It was hypothesized that (a) elements involving intense emotions, like mania, agape, and Eros, would be largely independent of cultural influences, and (b) elements involving rigid social norms, and thus low affects, like Ludus, Storge and Pragma would be influenced by cultural factors. The evidence provided strong support for each of these theories.

Based on the idea that love fosters commitment, the authors hypothesized that when relationships are in danger, love would inspire approach, have a clear signal, and link with processes that strengthen commitment. The authors observed romantic couples and teenage friends of the opposite sex during amorous and bond-threatening situations. As anticipated, approach-related moods (desire, compassion) were associated with the sensation of love. Four affiliation cues—head nods, Duchenne grins, gesticulation, and forward leans—correlated with self-reports and partner estimations of affection, supporting the idea that love may be expressed nonverbally. Last but not least, when the relationship was in danger, the act and manifestation of love was associated with processes that strengthened commitment (such as constructive dispute resolution and perceived trust). Love, happy feelings, and relationships were the main topics of conversation. (Gonzaga, G., et al.2001)

Hammock, G., & Richardson, D. S. (2011) conducted a study that looked at how love attitudes relate to beginning, sustaining, and exiting partnerships. The Love Attitudes Scale and a questionnaire intended to gauge experiences at every phase of relationship development were filled out by respondents. All phases of relationship development were affected by ludus; ludic attitudes were linked to brief and uncommitted partnerships, a lack of care for partner loyalty, and favorable sentiments on ending a relationship. Pragma was mostly linked to the beginning of a relationship (i.e., choosing a suitable mate). Mania and agape were particularly noticeable during maintenance, as seen by their correlations with loyalty and participation markers. At the time of relationship breakdown, agape, mania, and eros were associated with negative feelings.

Kochar, R., & Sharma, D., (2015) conducted a research on role of love in relationship satisfaction where the feeling of intimacy, enthusiasm, commitment, sexual perspectives, trust, reliance, and communication have all been linked to adolescent romantic relationships,

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which are characterized by connected feelings, ideas, or actions. The current study focuses on examining the connection between teenage relationship happiness and love. A sample of 100 teenagers (ages 18 to 22) were given the Relationship Assessment Scale and Sternberg's Triangular Love Scale for this purpose. A substantial positive link between the forms of relationship and affection happiness was found through the use of correlation. There were no gender differences in their styles of love or relationship happiness, according to the t-test. Adolescent closeness and passion differ by gender, according to the theme analysis conducted utilizing a semi-structured interview.

Meskó, N., et al. (2021) studied sex and relationship differences on the Short Love Attitude Scale where insights were taken from the Hungarian adaptation. Love styles are perspectives on romantic relationships which are associated with mate value, relationship status, sexual drive, and sociosexuality. A Hungarian sample of 800 individuals (439 females, mean age = 38.6 years) was used in the current study to reproduce the original component structure of the Short Love Attitude Scale (LAS-SF), which was translated into Hungarian. The findings demonstrate the validity and reliability of the Hungarian LAS-SF, allowing for cross-cultural comparisons. Relationship statuses and sexes were shown to have different love styles. All males, with the exception of singles, had relatively high Eros ratings, whereas women in committed relationships had the highest Eros scores. To accomplish short-term relationship objectives, both men and women favored the same approach (Ludus).

Romantic relationships are essential in determining a person's emotional fulfillment, self-perception, and psychological well-being. Mate value, sexual satisfaction, and love attitudes are just a few of the important components of relationship dynamics that can be impacted by the contrast between singles, committed (long-term, exclusive) and non-committed (casual, short-term) relationships. Gaining insight into these associations can help one better understand how relationship type affects one's sense of self, emotional ties, and overall happiness.

Rationale

Individuals have vast possibilities for romantic relationships in the dating landscape of the present day. As the dating industry grows, commitment plays an increasingly important role in determining important relationship dynamics. The impact of commitment on mate value, sexual satisfaction, and love attitudes is examined in this study. Do profound sexual satisfaction, love attitudes, and perceived mate value all increase with a strong sense of commitment? Or does having so many options make commitment less important? In an age with seemingly endless dating options, this study attempts to shed light on these interactions in order to offer insights into modern love practices and the changing nature of intimacy.

METHOD OF STUDY

Objective

To compare individuals in single, committed and non committed relationships with respect to their mate value, sexual satisfaction and love attitude.

Hypotheses

- H1: Relationship status will have a significant effect on the mate value of individuals
- H2: Relationship status will have a significant effect on sexual satisfaction
- H3: Love attitudes will differ significantly across the various relationship statuses.

Variables –

Independent variable-

- Relationship statuses-
Single- An individual who is not in any romantic relationship at the moment and who is free to explore, prioritize personal objectives, and interact with others without the limitations of a romantic commitment (DePaulo, 2016).
- Committed relationship - A relationship that usually consists of long-term commitment and is defined by a mutual commitment to trust, honesty, exclusivity and other agreed-upon behaviors. Shared objectives, an emphasis on creating a future together, and a readiness to overcome obstacles as a team are characteristics (Eastwick et al., 2018).
- Non committed relationship - A partnership without a strong commitment to long-term objectives, exclusivity, or a shared destiny. Features include "situationships," casual dating, and partnerships in which neither party is totally committed to the other's future (Wesche et al., 2017).

Dependent variable

- Mate value - The term “mate value” describes a person’s perceived appeal or desirability as a possible romantic or sexual partner, taking into account characteristics like resources, social standing, and physical beauty (Edlund & Sagarin, 2014).
- Sexual satisfaction - The subjective sense of pleasure, delight, and fulfillment that results from sexual encounters and relationships is sometimes referred to as sexual satisfaction. It is a subjective assessment of the advantages and disadvantages of one’s sexual life, taking into account both the emotional and physical components (Meston & Frohlich, 2003).
- Love attitude - The term “love attitude” describes a person’s inclination or method of approaching relationships and love, including their feelings, ideas, and actions. It refers to a person’s usual thoughts, emotions, and behaviours in romantic or other loving situations (Hendrick & Hendrick, 1986).

Research design and sample – The study employed a comparative, cross-sectional design to collect data from 150 individuals (50 in each category) ranging from 18-28 years of age. Purposive sampling technique was used.

Tools used in the study –

Mate Value Scale

To determine a person's perceived potential as a mate, or "mate value," the Mate Value Scale (MVS) is a quick, four-item self-report tool that may be used to evaluate the mate value of a target, a partner, or oneself. The MVS seeks to offer a rapid and accurate method of gauging a person's perceived mate worth. Structure: Four components make up the scale, which evaluates a person's perceived suitability as a partner. Numerous research have employed the MVS, including ones that look into interpersonal dynamics, jealousy, and partner choice. Psychometric Properties: Research has shown that the MVS has a one-factor structure, strong convergent validity, and good internal consistency.

The New Sexual Satisfaction Scale

The 20-item, multidimensional, composite New Sexual Satisfaction Scale (NSSS) was created to evaluate components of sexual fulfillment that are concentrated on the ego as well as partner/sexual activity. By taking into account a number of factors, such as sexual awareness,

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sexual feelings, emotional intimacy, sexual exchange, and sexual activity, the NSSS seeks to give a thorough evaluation of sexual satisfaction. Development: A five-dimension conceptual model that emphasizes various aspects of sexual behavior served as the foundation for the scale's creation. The NSSS is a 20-item scale that has two dimensions: partner/sexual activity-centered and ego-centered. The Likert-type response structure used for each question enables a sophisticated knowledge of sexual satisfaction as a subjective reality.

Love Attitude Scale

Based on Lee's theory, the 42-item Love Attitudes Scale (LAS), developed by Clyde and Susan Hendrick, uses subscales for Eros (passionate love), Ludus (gaming love), Storge (friendship love), Mania (possessive love), Pragma (practical love), and Agape (altruistic love) to determine attitudes toward various love styles. The purpose of the LAS is to evaluate a person's attitudes and beliefs toward various kinds of romantic relationships. Its 42 items are broken down into six subscales, each of which has seven items that correspond to the six love types that Lee found. Each question is answered by participants using a 5-point rating system, which ranges from strongly agree to strongly disagree. The sum of the scores on each subscale is used to get the overall scale score.

Procedure

Data was collected via Google forms and in the offline mode. The form included a debriefing about the study, along with clear instructions for answering the items. Consent was taken from the participants regarding their willingness to participate. Completing the questionnaire took approximately 10-15 minutes. The study ensured confidentiality of participant's information, and respondents were thanked for their participation. The data was analysed using one way ANOVA using excel sheet.

Data analysis

ANOVA - analysis of variance (ANOVA) was utilised to determine how the means of three groups differ from one another. This statistical test was employed to compare the three groups for each variable and determine whether the differences were significant.

RESULT

The purpose of the study was to investigate how people's relationship statuses affected their attitudes on love, sexual pleasure, and mate value. Three distinct groups—singles, committed and people in non-committal relationships—were taken into consideration.

Table 1 – Descriptive statistics for mate value

Group	Mean	Standard Deviation	Sample Variance	Minimum	Maximum	Count
SINGLES	21.90384615	4.326206577	18.71606335	12	28	52
COMMITTED	22.23076923	2.981086686	8.886877828	16	28	52
NON-COMMITTED	19.63461538	4.934984539	24.3540724	4	28	52

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Table 2 – One – way ANOVA for mate value

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	207.9358974	2	103.9679487	6.003113433	0.003091141885	3.055161773
Within Groups	2649.807692	153	17.31900452			
Total	2857.74359	155				

Table 2 shows analysis of variance, i.e. one way ANOVA for the variable mate value. The results reveal that there is a statistically significant difference across the relationship statuses for mate value ($F=6.00$, $p<0.05$). The mean indicates that those in committed relationships had the highest mate value ($M = 22.23$, $S.D.=2.98$), followed by single people ($M = 21.90$, $S.D.=4.32$) and those in non-committed relationships ($M = 19.63$, $S.D.=4.93$). Thus, our hypothesis that mate value will have a significant effect on relationship statuses is accepted.

Table 3 - Descriptive statistics for sexual satisfaction

Group	Mean	Standard Deviation	Sample Variance	Minimum	Maximum	Count
Singles	79.71153846	14.34085968	205.6602564	32	100	52
Committed	78.44230769	17.28925027	298.918175	20	100	52
Non committed	69.98076923	19.23384515	369.9407994	21	100	52

Table 4 - One – way ANOVA for sexual satisfaction

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	2910.205128	2	1455.102564	4.99166575	0.00794219154	3.055161773
Within Groups	44600.48077	153	291.5064103			
Total	47510.6859	155				

The above table reveals comparison across singles, committed and non-committed relationships for sexual satisfaction. The scores indicate that there is a statistically significant difference across the relationship types for sexual satisfaction ($F= 4.99$, $p<0.05$) suggesting that degree of sexual satisfaction varies according to the commitment levels. The observed variation indicates that higher sexual satisfaction was observed among singles and committed individuals as compared to individuals in non-committed relationships. Thus, our hypothesis that relationship status will have a significant effect on sexual satisfaction is accepted.

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Table 5 – Descriptive statistics for eros

Groups	Mean	Standard Deviation	Sample Variance	Minimum	Maximum	Count
Singles	17.11538462	6.966738473	48.53544495	7	35	52
Committed	14.51923077	6.36932103	40.56825038	7	34	52
Non-committed	19.90384615	8.007985268	64.12782805	7	35	52

Table 6 - One – way ANOVA for eros

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	754.1666667	2	377.0833333	7.382619288	0.0008693468407	3.055161773
Within Groups	7814.807692	153	51.07717446			
Total	8568.974359	155				

Table 6 shows comparison across relationship statuses for eros i.e. passionate love. The findings reveal that there is a significant difference across relationship types for eros ($F=7.32$, $p<0.05$), where non committed individuals report higher scores for passionate love ($M=64.12$).

Table 7- Descriptive statistics for ludus

Group	Mean	Standard Deviation	Sample Variance	Minimum	Maximum	Count
Singles	21.98076923	6.625827021	43.90158371	7	35	52
Committed	26.65384615	5.422844255	29.40723982	7	35	52
Non committed	22.5	6.279440465	39.43137255	7	33	52

Table 8 - One – way ANOVA for ludus

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	682.2692308	2	341.1346154	9.077541833	0.0001881804568	3.055161773
Within Groups	5749.75	153	37.58006536			
Total	6432.019231	155				

As illustrated in table 8, the findings reveal that relationship type had a statistically significant impact on Ludus love ($F = 9.08$, $p < 0.05$), suggesting that people in various relationship types had varying levels of game-playing love. It is observed that people in committed relationships also display playful or strategic relational behaviors, indicating that game-playing love is not just seen in casual partnerships.

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Table 9- Descriptive statistics for storge

Groups	Mean	Standard Deviation	Sample Variance	Minimum	Maximum	Count
Singles	18.73076923	8.439206785	71.22021116	7	35	52
Committed	15.51923077	5.120088788	26.2153092	7	26	52
Non committed	18.65384615	7.205348273	51.91704374	7	35	52

Table 10 - One – way ANOVA for storge

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	349.1923077	2	174.5961538	3.507060389	0.03241781772	3.055161773
Within Groups	7616.980769	153	49.78418803			
Total	7966.173077	155				

As illustrated in the table above, amongst relationship types, there was a statistically significant difference in Storge love ($F = 3.51, p < 0.05$). Compared to committed people ($M = 15.52$), single people ($M = 18.73$) and non-committed people ($M = 18.65$) reported greater levels of companionate love. These results imply that, even in the absence of official commitment, single and uncommitted people prioritize emotional closeness and companionship in their relationships.

Table 11- Descriptive statistics for pragma

Groups	Mean	Standard Deviation	Sample Variance	Minimum	Maximum	Count
Singles	19.59615385	6.889206151	47.46116139	7	35	52
Committed	18.07692308	5.186128383	26.8959276	7	32	52
Non-committed	17	6.284122538	39.49019608	7	31	52

Table 12 - One – way ANOVA for pragma

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	176.9358974	2	88.46794872	2.331226836	0.1006192212	3.055161773
Within Groups	5806.211538	153	37.94909502			
Total	5983.147436	155				

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The results reveal that there was no statistical significant difference observed across different relationship types in pragmatic love ($F=2.33$, $p>0.05$), suggesting that in romantic relationships practical love remains relatively stable across groups.

Table 13 – Descriptive statistics for mania

Groups	Mean	Standard Deviation	Sample Variance	Minimum	Maximum	Count
Singles	20.44230769	7.827586866	61.27111614	7	35	52
Committed	18.92307692	5.913912324	34.97435897	7	35	52
Non committed	19.96153846	7.459594528	55.64555053	7	35	52

Table 14 - One – way ANOVA for mania

ANOVA					
Source of Variation	SS	df	MS	F	F crit
Between Groups	62.70512821	2	31.3525641	0.6192445664	3.055161773
Within Groups	7746.442308	153	50.63034188		
Total	7809.147436	155			

The above table suggests that no significant difference was observed in relationship types for mania love ($F = 0.62$, $p>0.05$, indicating that there is no difference in obsessive love inclinations between relationship groups. The absence of notable variations implies that relationship type has little impact on inclinations toward emotional reliance and compulsive attachment.

Table 15 – Descriptive statistics for agape

Groups	Mean	Standard Deviation	Sample Variance	Minimum	Maximum	Count
Singles	17.21153846	7.184778405	51.62104072	7	35	52
Committed	14.51923077	5.651619184	31.9407994	7	32	52
Non-committed	18.36538462	7.093296604	50.31485671	7	35	52

Table 16 - One – way ANOVA for agape

ANOVA					
Source of Variation	SS	df	MS	F	F crit
Between Groups	405.1282051	2	202.5641026	4.539194065	3.055161773
Within Groups	6827.711538	153	44.62556561		
Total	7232.839744	155			

As illustrated in table 16, the findings reveal that there is a significant difference across relationship types for agape love ($F=4.53$, $p<0.05$). Committed people ($M = 14.52$) reported the lowest levels of selfless love, while non-committed people ($M = 18.36$) reported the

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greatest levels, followed by single people ($M = 17.21$). The findings imply that non-committed partnerships exhibit the highest levels of selfless love, maybe as a result of attempts to preserve relationship stability in the lack of official commitment. On the other hand, people in committed relationships value reciprocity more than selfless love.

Thus, our hypothesis that love attitude significantly differs across different relationship statuses is partially accepted.

DISCUSSION

The current study aimed to explore how single people and those in committed, and non-committed relationships differed in their views on love, mate value, and sexual pleasure. According to table 2, the findings reveal that there is a statistically significant difference across the relationship statuses for mate value ($F=6.00$, $p<0.05$). Individuals in committed relationships ($M= 22.23$) reported significantly greater mate values than people in non-committed partnerships. This result is consistent with earlier studies that found sustained engagement increases self-perceived desirability by fostering a sense of stability and validation (Tan et al., 2019). According to studies, people in committed, long-term relationships frequently experience an increase in self-esteem as a result of their partners' constant social and emotional support (Harris and Orth, 2019). The lowest mate value was indicated by those in non-committed relationships, presumably as a result of relational ambiguity and a lack of perceived engagement from their partners. These results imply that while relationship uncertainty may lead to a decrease in self-worth, relational commitment raises self-esteem and perceived beauty.

Table 3 and 4 implies that there was a statistically significant difference among various relationship types for sexual satisfaction ($F= 4.99$, $p<0.05$), where compared to people that were single or involved in committed relationships, those in non-committed relationships reported much lower levels of sexual fulfillment. This implies that whereas uncommitted partnerships could provide more sexual freedom, they might not always result in increased satisfaction. People in committed relationships reported relatively high levels of satisfaction, which may be explained by previous research showing that emotional connection is important for their sexual well-being (Walker & Lutmer, 2023). Furthermore, because of greater emotional comfort and trust, research has shown a favourable correlation between sexual fulfillment and relationship stability (Birnbaum & Finkel, 2015). This research indirectly supports our current findings that those in non committed relationships reported lowest sexual satisfaction as compared to single's and committed individuals. Greater independence in choosing sexual partners and experiences, which enables them to emphasize specific sexual preferences, may be the reason for the high levels of sexual pleasure reported by single people (Sprecher & Cate, 2004).

Table 5 reveals that those who are not engaged feel more intense (Eros) love than people who are in committed partnerships. This is in line with research that indicates early or less stable relationship stages are typically characterized by more intense passionate love (Hatfield & Sprecher, 1986). According to Aron et al. (2009), passionate love thrives on novelty and unpredictability, which are frequently more common in casual or short-term relationships. It's interesting to note that those in committed relationships had the highest levels of Ludus (game-playing) love. This runs counter to the notion that non-committed people would be the ones who experience Ludus love the most (Love Attitudes Scale 2024).

According to a research, in order to keep things interesting and prevent relationship stagnation, people in long-term partnerships may use playful relational techniques including testing or

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taunting their partners' interest (Brauer et al.,2021). It was discovered that those who were single and non - committed had greater levels of storge love than people who were in committed partnerships. This implies that those who are not in committed relationships could value strong emotional bonds in friendships as well as casual relationships more.

Mania love did not significantly differ between relationship types, indicating that relationship status does not always have an impact on obsessive attachment tendencies. This suggests that rather than marital dynamics, mania love may be more closely associated with personality characteristics and attachment types (Feeney & Noller, 1990). Agape (selfless) love, on the other hand, showed notable disparities, with non-committed people expressing higher degrees of selflessness in comparison to those in committed partnerships. This might suggest that while people in committed relationships might demand reciprocity, those in non-committed relationships may act selflessly to keep their relationships stable. These results cast doubt on the notion that commitment leads to more selflessness and raise the possibility that altruistic love might develop as a tactic for preserving relationships that are not exclusive (Sizemore & Baker, 2024).

Practical concerns in partner selection and relationship maintenance are consistent regardless of relationship state, as seen by the lack of significant differences in pragmatic love across relationship types. In accordance with this, people always take compatibility, shared objectives, and stability into account when making love decisions, which supports studies on long-term mate selection techniques (Buss & Schmitt, 2019).

Implications

The results of the investigation have a number of implications for psychological research and relationship therapy. The observed disparities in sexual satisfaction and mate value imply that relational commitment is crucial in determining one's sense of self and emotional health. When addressing issues pertaining to self-esteem and relationship happiness, couples therapists and relationship counselors must take these elements into account. Furthermore, the results pertaining to love attitudes underscore the intricacy of romantic encounters in various kinds of relationships. Individuals and experts can create ways to maintain relationship happiness over time by realizing that game-playing love endures but passionate love may diminish in committed partnerships.

Limitations And Future Research

- The research contains some limitations in spite of its contributions. Due to time constraints and accessibility, the sample size is not a true representative of the population.
- Thus, we were unable to generalize the results due to the limited sample size.
- Future Research
- To investigate how mate value, sexual fulfillment, and love attitudes change over time within various relationship configurations, future research should use longitudinal methods.

CONCLUSION

This study emphasizes how relationship status has a big impact on love styles, mate value, and sexual fulfillment. While single people have more liberty in their romantic interactions, committed people report better mate value and consistent sexual satisfaction. While game-playing love is surprisingly high in committed relationships, passionate love is highest in non-

committed ones. These results highlight the need to examine the intricacies of love and commitment in modern relationships and advance our knowledge of romantic dynamics.

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Conflict of Interest

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