

Relationship of Love, Affect and Wellbeing

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ABSTRACT:

Love is more than a close friendship. It acts as a major facilitator of interpersonal relationship. Love is positive in nature and leaves a positive affect on every individual. An individual in love not only feels positive but spreads positivity around. They smile, be kind to other people, behave compassionately with everyone. If the person is happy then he is likely to be psychologically and emotionally healthy. The current study aimed at understanding the relationship between love, affect and wellbeing among young females aged between 20-25 years. The study reported a significant positive relationship between love and positive affect with the significant correlation of 0.29 at 0.05 levels ($p < 0.05$). It was also found a significant positive relationship between love and wellbeing with the significant correlation of 0.58 at 0.01 level ($p < 0.01$). This means that people in love experience positive emotions and healthy wellbeing. The correlation between love and negative affect came out to be insignificant. The correlation turned out to be -0.13. This means that people in love do not experience negative emotions.

Keywords: Love, Well being, Affect, Relationship.

INTRODUCTION

Love is definitely something more than a close friendship and something different from merely being romantically or sexually interested in another person (Beall and Sternberg, 1995) but there is reason to believe that the basic phenomenon called that love is universal (Hatfield and Rapson 1993). According to Hatfield and Walster (1981) passionate love requires the presence of three factors. First, learn about love, second, an appropriate love object must be present like a physically attracted person of an opposite sex who is not currently married or otherwise attached. Third, the individual must be in a state of physiological arousal that can be interpreted as the emotion of love. Love makes our life meaningful. People maintain their relationship only because of love. When talking about love, there are many kinds like – love towards son or Daughter, love towards parents, love towards Friends, and love toward society and so on.

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The society is existed because of love if love is not there the society might not be existed. Love provide us a sense of belongings, it makes our emotion a sense of secure and also gives a good mental health. Love refers to a variety of different feelings, states and attitudes, ranging from pleasure ("I loved that meal") to interpersonal attraction ("I love my partner"). "Love" may refer specifically to the passionate desire and intimacy of romantic love, to the sexual love of eros, to the emotional closeness of familial love, to the platonic love that defines friendship, or to the profound oneness or devotion of religious love or to a concept of love that encompasses all of those feelings. This diversity of uses and meanings combined with the complexity of the feelings involved makes love unusually difficult to consistently define compared to other emotional states. Love in its various forms acts as a major facilitator of interpersonal relationships and owing to its central psychological importance is one of the most common themes in the creative arts. Love may be understood as part of the survival instinct, a function to keep human beings together against menaces and to facilitate the continuation of the species. The present study is about the relationship of love, affection and wellbeing. The study highlight how a person should live and what are the benefits given by love in order to get a positive affection and wellbeing life. The present study will definitely help to live a healthy life with full of love to each other so as to get a positive affection and improve Psychological wellbeing.

OBJECTIVES:

- To study the relationship between love and positive affect
- To study the relationship between love and negative affect
- To study the relationship between love and psychological wellbeing

HYPOTHESIS:

- It is expected that the relation between love and positive affect will be significant.
- It is expected that the relation between love and negative affect will be significant
- It is expected that the relation between love and psychological wellbeing will be significant.

SAMPLE:

The sample comprising of 60 females of the age group from 20-25 were collected from various parts of North Delhi. The sample consisted of postgraduates and belonged to middle class family.

INCLUSION CRITERIA:

1. Female age between 20 to 25 years.
2. Those who are Post graduate.
3. Those who can give their consent for study.

EXCLUSION CRITERIA:

1. Female whose ages are below 20 or above 25 years.
2. Those whose education is less than 20 years.
3. Those who cannot give their consent for study.

TOOLS USED:

Rubin Love Scale (1970):

The tool consists of 13 items. Each item was to be responded on a continuum ranging from "Not at all true; disagree completely"(scored as 1) to "Definitely true; agree completely"(scored as 9). The love scale has high internal consistency. Coefficient alpha was .84 for women and .86 for men. The construct validity of the love scale has also been established.

Positive and Negative Affect Scale (PANAS):

The PANAS (Watson et al., 1988) consists of two 10-item mood scales and was developed to provide brief measures of PA and NA. The items were derived from a principal components analysis of Zevon and Tellegen (1982) mood checklist; it was argued that this checklist broadly tapped the affective lexicon. Respondents are asked to rate the extent to which they have experienced each particular emotion within a specified time period, with reference to a 5-point scale. The scale point is: 1 'very slightly or not at all', 2 'a little', 3 'moderately', 4 'quite a bit' and 5 'very much'. It is reliable on Test-retest reliability and item validity has been established.

The Scales of Psychological Well-being (Ryff, 1989):

The Scales of Psychological Well-being is a self-report scale designed to measure psychological well-being. The 84-item instrument consists of six subscales: (a) Autonomy, (b) Environmental mastery, (c) Personal growth, (d) Positive relationships with others, (e) Purpose in life, and (f) Self-acceptance. Each subscale consists of 14 items divided approximately equally between positive and negative items. Participants respond on a 6-point scale that ranges from "strongly disagree" (1) to "strongly agree" (6). Certain items are reverse coded. Scores are summed and subscale scores are obtained. The total score is the sum of the 84 items. Higher scores indicate higher psychological well-being within the respective dimension. The SPWB takes approximately twenty five minutes to complete. Test - retest reliability was assessed using a subset of the sample, 117 people, over six weeks; coefficients ranged from .81 to .85. In another study, the internal consistency reliability coefficients were .78 for autonomy, .77 for environmental mastery, .74 for personal growth, .83 for positive relationships with others, .76 for purpose in life, and .79 for self-acceptance. Test -retest reliability coefficients, over eight weeks, ranged from .74 to .84

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Procedure:

Total samples of 60 females were collected from North Delhi randomly whose age were between 20 to 25 and who can cooperate the study. They were given consent forms and also explain the purpose of study properly. Information about them were collected by using Love Scale, Positive and Negative Affect Scale and Scales of Psychological Well-being to find out their love, affect and Psychological wellbeing.

STATISTICAL ANALYSIS:

Mean and Standard Deviation was calculated followed by the correlation of the variables.

RESULTS:

Table 1: Showing mean and standard deviation of love, affect and wellbeing

S.NO	Variables	Mean	S.D
1.	Love	82.45	24.74
2.	Positive Affect	37.06	4.94
3.	Negative Affect	15.11	2.12
4.	Wellbeing	307.06	15.55

Table 1 shows the mean and the standard deviation of the variables. The mean and the standard deviation of love was 82.45 and 24.74. The mean and he standard deviation of positive affect was 37.06 and 4.94. The mean and standard deviation of negative affect was 15.11 and 2.12. The mean and the standard deviation of wellbeing was 307.06 and 15.55

Table 2: Showing Product Movement Coefficient of correlation between variables

S.NO	Variables	Correlation	Significance
1	Love and positive affect	0.29	P<0.05
2	Love and negative affect	-0.13	Insignificant
3	Love and wellbeing	0.58	P< 0.01

*P is the probability of the error.

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Table 2 shows the correlation between the variables. The correlation between love and positive affect was 0.29 and it is significant at 0.05 levels ($p < 0.05$). The correlation between love and negative affect is -0.13 and was insignificant. The correlation between love and wellbeing was 0.58 and was significant at 0.01 levels ($p < 0.01$).

DISCUSSION:

After the analysis the co-relation between love and positive affect came out to be positively significant. This means that people in love show more positive feeling in their daily lives. They feel secured and are happy in their relationship. They feel content and satisfied with their partners and have a positive feeling about their lives. The feeling of love leads to a very positive affect. As a result they unconsciously spread positive energy in their environment by smiling, by showing their kindness and affection to strangers and to people around them. They behave compassionately and affectionately towards other humans, oneself or animal. Individual in love are often preoccupied with the thoughts of their loved ones. They take interest in their partners and try to be more creative in making them happy and maintain the spark in their relationship. According to Freeman (1978) and Myers (1992) love is the main cause of positive emotions. It is believed that various acts, such as kissing, sex, emotional contacts and companionship exchanged in love relationships contribute to happiness (Glenn & Weaver, 1978; Ross, Mirowsky, & Goldesteen, 1990).

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

Psychological well-being, broadly defined as happiness, life satisfaction and self-growth represents one of the most important aspects of efficient psychological functioning. The correlation between love and wellbeing is 0.58 which is significant at 0.01 levels. This means that people who are in love experiences psychological wellbeing. Love and wellbeing are interconnected, if people are in love, they are mentally happy and satisfied and hence it affects their overall and psychological wellbeing. It facilitates interpersonal relationships and owns to its central psychological importance which brings a healthy approach to one's life mentally and physically. Supportively, Anderson (1977) revealed that love is an important predictor of happiness and satisfaction. It is also believed that harmonious passion like love facilitates sustainable psychological wellbeing. People who feel passionate love feels satisfied in their relationship (Diener & Lucas, 2000). According to Sprecher et al. (2013) the level of love, commitment and satisfaction increases with future relationship stability.

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SUMMARY AND CONCLUSION:

The aim of the research was to study the correlation between love, affect and wellbeing. The hypothesis that was predicted came out to be true. The correlation between love and positive affect and the correlation between love and wellbeing are positive. The correlation between love and negative affect was negative which tell us that people in love do not experience negative emotions. The mean and standard deviation on love came out to be 82.45 and 24.74. The mean and standard deviation on positive affect was 37.06 and 4.94. The mean and standard deviation on negative affect was 15.11 and 2.12. The mean and standard deviation on wellbeing was 307.06 and 15.55. The correlation between love and positive affect was 0.29 and was significant at 0.05 levels. The correlation between love and negative affect was -0.13 and was insignificant. The correlation between love and wellbeing was 0.58 which was significant at 0.05 levels.

It can be concluded that love is an experience that has multidimensional affect on ones behavioral outcomes. Love is positive in nature and enhances positivity in everybody lives Love produces positive feelings leading to enhancement of overall wellbeing. It produces healthy relationships which becomes a great support to an individual wellbeing. Love makes an individual stronger mentally and emotionally due to which he develops a positive outlook towards all situation. Also positive relationships like romantic relationship helps enhance the quality of emotional experience of an individual therefore reducing the experience of negative experience like anger, disgust, sadness etc.

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