

## **What is Love?**

Love is a set of emotions, behaviors, and beliefs with strong feelings of affection. So, for example, a person might say he or she loves his or her dog, loves freedom, or loves God. The concept of love may become an unimaginable thing and also it may happen to each person in a particular way.

Love has a variety of feelings, emotions, and attitude. For someone love is more than just being interested physically in another one, rather it is an emotional attachment. We can say love is more of a feeling that a person feels for another person. Therefore, the basic meaning of love is to feel more than liking towards someone.

We know that the desire to love and care for others is a hard-wired and deep-hearted because the fulfillment of this wish increases the happiness level. Expressing love for others benefits not just the recipient of affection, but also the person who delivers it. The need to be loved can be considered as one of our most basic and fundamental needs.

One of the forms that this need can take is contact comfort. It is the desire to be held and touched. So, there are many experiments showing that babies who are not having contact comfort, especially during the first six months, grow up to be psychologically damaged.

Love is as critical for the mind and body of a human being as oxygen. Therefore, the more connected you are, the healthier you will be physically as well as emotionally. It is also true that the less love you have, the level of depression will be more in your life. So, we can say that love is probably the best antidepressant.

It is also a fact that the most depressed people don't love themselves and they do not feel loved by others. They also become self-focused and hence making themselves less attractive to others.

It is a scientific fact that society functions better when there is a certain sense of community. Compassion and love are the glue for society. Hence without it, there is no feeling of togetherness for further evolution and progress. Love, compassion, trust and caring we can say that these are the building blocks of relationships and society.

Love is the greatest wealth in life because we buy things we love for our happiness. For example, we build our dream house and purchase a favorite car to attract love. Being loved in a remote environment is a better experience than been hated even in the most advanced environment.

Love has been a vital reason we do most things in our life. Before we could know ourselves, we got showered by it from our close relatives like parents, siblings, etc. Thus, love is a unique gift for shaping us and our life. Therefore, we can say that love is a basic need of life. It plays a vital role in our life, society, and relation. It gives us energy and motivation in a difficult time. Finally, we can say that it is greater than any other thing in life.