



Love and Loving Relationships

Chapter 4

Love: What is it?

- Love
- Being in love
- “Luv ya”
- Love vs Like



What is Love?

- A **strong affection** for one another arising out of :
- **Kinship**
- **Personal ties**
- **Attraction** based on sexual desire
- **Affection** based on admiration, benevolence, or common interests

Songs of Love

- http://www.youtube.com/watch?v=pRA20xG8C_k
- **Michael Jackson (Love never felt so good)**
- <http://soundcheck.wnyc.org/story/12-most-romantic-songs-ever-maybe/>
- **12 Most Romantic Songs Ever—Maybe**
- <http://ultimateclassicrock.com/love-songs/>
- **Top 10 Classic Rock Love Songs**

What does Love Mean?

- **Noun:** fondness, liking, attachment, affection, friendliness, amity, inclination, cordiality, geniality, regard, devotion, warmth, adoration, tenderness, endearment, passion, desire, amour, infatuation, craving, longing, yearning, coveting, rapture, crush, flame

What does Love Mean?

- **Verb:** like, adore, adulate, worship, cherish, yearn for, hold dear, pine for, enjoy, delight in, savor, fancy, admire, caress, embrace, kiss, cuddle, hug, pamper

History of Romantic Love

- Culture to culture and
- In different time periods
- Concept of **romantic love** has one thing in common
- **Idealization of another**
 - Perception that a person is better (or has more desirable attributes) than is supported by the evidence

History of Romantic Love

- **Ancient Greek & Roman** mythology did not associate love with marriage
- **Early Christianity** did not associate love with marriage
- **12th century**, during the Middle Ages, some precursors to our notion of love

History of Romantic Love

- Romantic love and sexual desire were linked in **classical Greece**
- (5th thru 4th centuries B.C.)
- Between patrician men and slaves in imperial **Rome**



History of Romantic Love

- **Romantic love** as idealization of another emerged in **medieval times**
- **Men returning from Crusades**
- (Pope Urban II get back Holy Land, Jerusalem, & biblically historic cities.)
- **First Crusade: 1095 to 1099**
- **Transformed cult of the Virgin Mary into courtly love**
 - **Roman Catholic veneration of Mary, mother of Jesus**



History of Romantic Love

- Courtiers expressed their undying love for a beloved, whom **they worshiped from afar**
- **Poets or troubadours** wrote songs of unrequited love and presented them at the court of aristocrats
- Not until the 16th or 17th centuries that **romantic love** began to be **linked with marriage**

History of Romantic Love

- Love was a phenomenon experienced primarily among the **ruling class**.
- By the **18th and early 19th centuries**, ideas about romance **expanded to include the general population**,
 - **Gradually thought to involve marital relationships**
- People grew to **value similarities** between partners
 - **Sexual expression**
 - **Emotional side of love**

“Romantic Love Ideal”

- **5 core beliefs:**

(1) Love at first sight

(2) One “true love” for each person

(3) Love conquers all

(4) Beloved is (nearly) perfect

(5) Should marry for love

History of Romantic Love

Victorian period of 19th century & **Industrial Revolution** changed romantic love ideal.

- **Men:** Less time in home
- **Women:** Heads of households
- Spent more time **caring** for needs of men and children
- **New view** about men and women
 - *Ideology of separate spheres*
 - *Public*
 - *Private*

Feminization of Love

- **Women** thought to have little or no sexual desire
- Love became associated with work of **women** in the home
 - **Nurturing**
 - **Caring for family members**

Love: Contemporary Ideas

- **Romantic Love:**
 - **Passion**
 - **Melodrama**
 - **Excitement**
- **Lots of media attention**
 - **Recent movies about romantic love?**
 - **Favorite movies??**

Friendship vs Romantic Love

- **Most lovers find mood depends more on reciprocation of feelings in romantic relationships than in friendships**
- **Romantic relationships: Much higher in ambivalence than friendships**
- **Romantic relationships: Generally more rewarding than friendships**
 - **Also more volatile and frustrating than friendships**

Theories of Love

Three categories:

- (1) Biological perspectives**
- (2) Micro-level perspectives**
- (3) Macro-level perspectives**

Biological and Chemical Perspectives on Love

- **Sociobiology**: Study of how biology shapes social life
- **Sociobiologists**: Attraction and love evolutionary processes
- Assist humans in passing on genes (**selfish gene**)
- Long-term relationships to raise **children**

Sociobiology

Different mate selection strategies:

Men: More than one partner--having multiple partners increases odds of becoming a parent

Women: Know biological offspring
More selective about a partner

Sociobiology

Women:

Older men

Larger men

Higher status men

Men:

Younger

Attractive women

Biochemical Perspective

Establish eye contact

Touch or

Smell the scent of a person we see as desirable

Brain releases chemicals--Natural amphetamines

Dopamine

Norepinephrine

Phenylethylamine

Biochemical

- **Increase in three brain chemicals (Neurotransmitters):**

1. Norepinephrine (Stimulates production of adrenaline)

2. Dopamine (Stimulates production of norepinephrine and pleasure system)

3. Phenylethylamine (Releasing agent for the other 2)

Biochemical

- Thus, **falling in love** is a natural high
- **Problem: Most excitement or stress causes similar physiological responses**
- **Is it Really Love?**

Cognitive Component

- **Emotion**=Feeling state characterized by:
 - Physiological arousal
 - Expressive behaviors
 - Cognitive interpretation
- **Cognitive**= Memory, Attention, Problem solving, Planning
- Cognitive component necessary to interpret responses as **particular type of emotion**

Cognitive Component

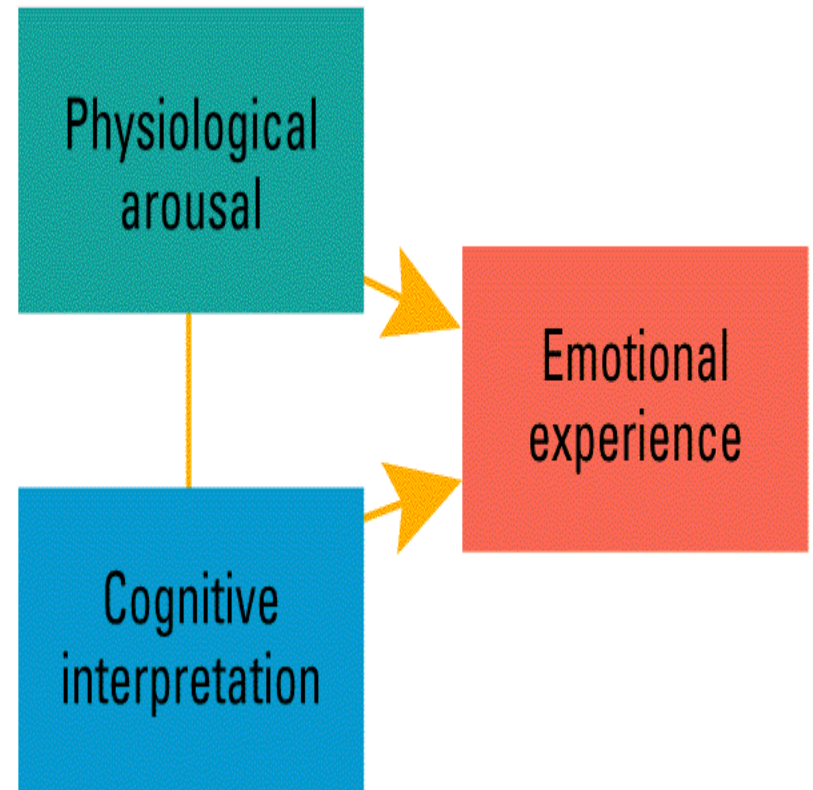
Schachter's Two-Factor Theory of Emotion

1. Physiological arousal

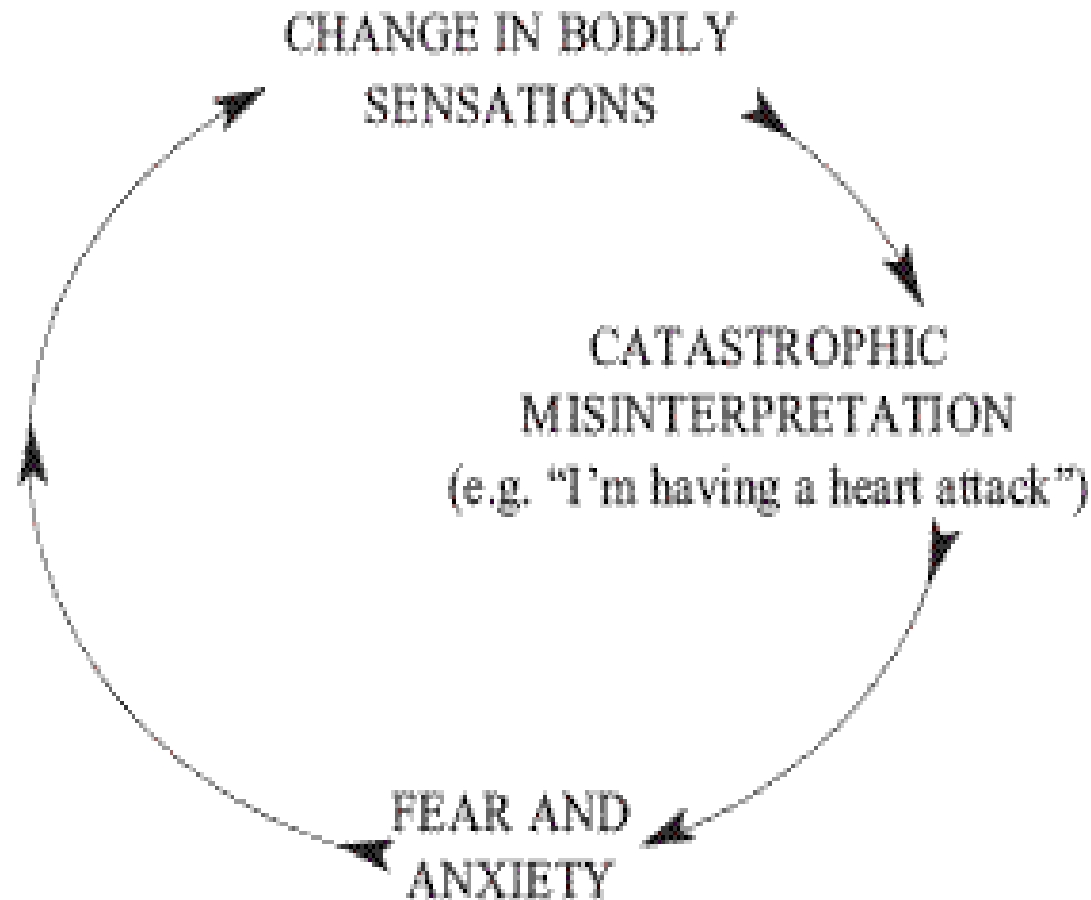
- **Sweaty palms**
- **Increased heart rate**
- **Rapid breathing**

2. Cognitive Label

- **Attribute source of arousal to a cause**
- **To have an emotion, both factors are required.**



Example: 3 components of Emotion



Micro-Attachment Theory: Adults

- **Secure attachment style:**
 - **Do not fear abandonment**
 - **Easy to get close to others**
 - **Positive views of themselves and others**
 - **Well liked**
 - **Seek a balance of closeness and independence**

Attachment Theory: Adults

- **Anxious-ambivalent attachment style:**
 - **Negative attitudes** about themselves
 - **Insecure** in relationships
 - **Fear rejection**
 - **Desperately** try to get close to partners
 - **Give up much independence**

Attachment Theory: Adults

- **Avoidants:**
 - **Negative** views of others
 - **Difficulties** with feelings of intimacy
 - **Difficulties** letting someone get close
 - **Desire** independence

Robert Sternberg's Triangular Theory Of Love (1988)

- All **positive emotions** that people have for others can be understood by combination of **three components**.

1. Intimacy
2. Commitment
3. Passion

Triangular Theory of Love

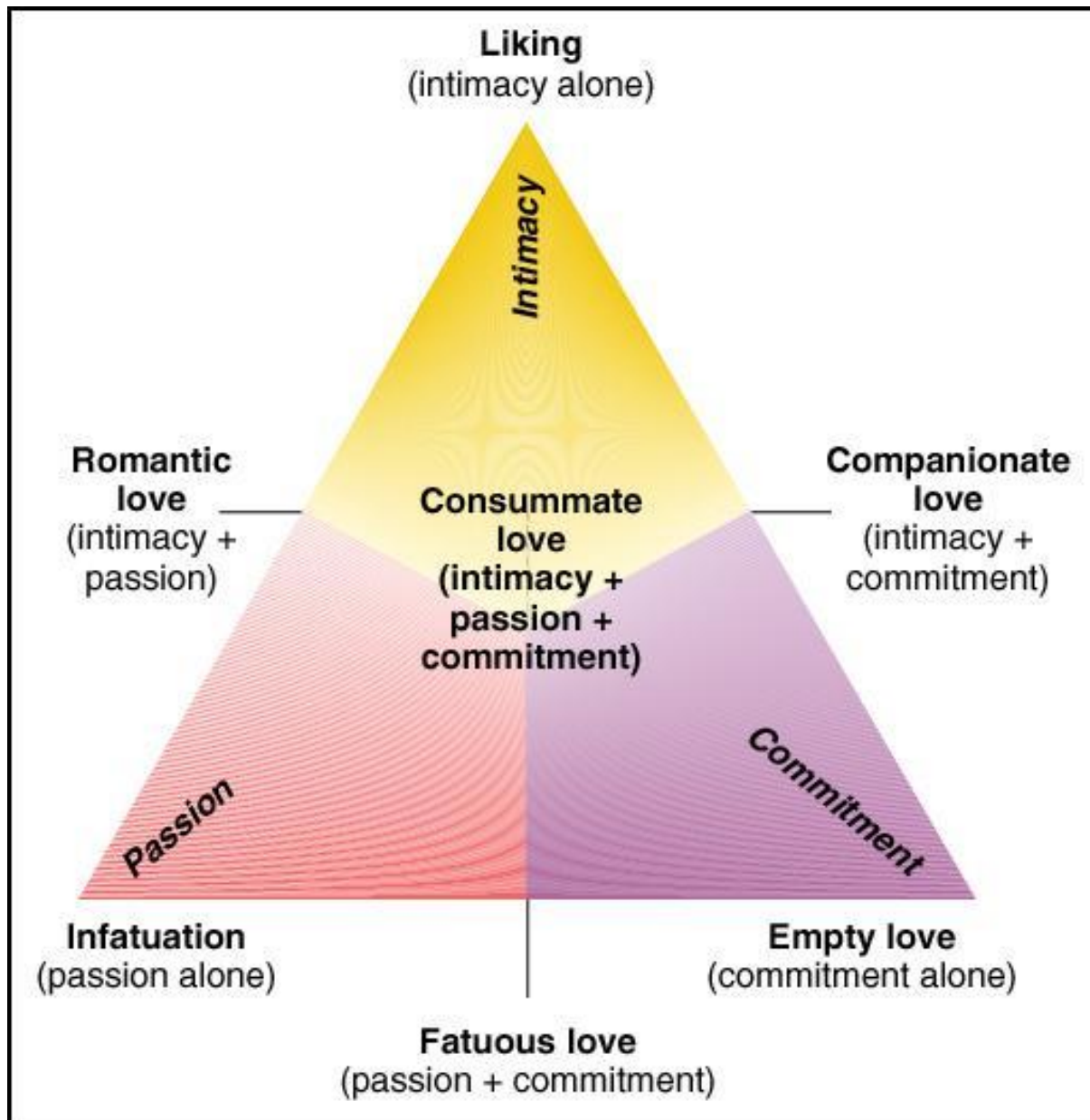
- **Intimacy**
- **Primarily emotional**
- **Feelings of warmth**
- **Closeness**
- **Connection**

Triangular Theory of Love

- **Commitment**
- **Largely cognitive**
- **Short-term** decision that one individual loves another
- And **longer term** commitment to maintain love

Triangular Theory of Love

- **Passion**
- **Motivational**
- **Romantic & physical attraction**
- **Sexual consummation**



John Lee's "Many Colors Of Love"

• Eros

- **Highly idealized love** based on physical beauty.
- Has specific **ideal physical type** that turns him or her on.
- Feel **"love at first sight"** and wants an intimate relationship immediately.
- **Very affectionate** and openly communicate with their idealized partners.

“Many Colors Of Love”

- **Mania**

- ▣ **Intense, obsessive emotional dependency on attention and affection of partner.**
- ▣ **Manic lover intensely jealous**
- ▣ **Repeatedly needs reassured of being loved**

- **Ludus:**

- **Self-centered** type of love
- **Avoids commitment**
- **Treats love like a game**
 - Chase more pleasurable than prize
- **No romantic ideal**
- **Never sees one person enough to become dependent on them, or vice versa**

Pragma

- **Rational or practical** style of loving
- **Manipulative** confidence of ludic lovers
- **Consciously** look for **compatible mate**
- **Not** looking for exciting romance or affair
- Want **love to grow** out of friendship

Pragma

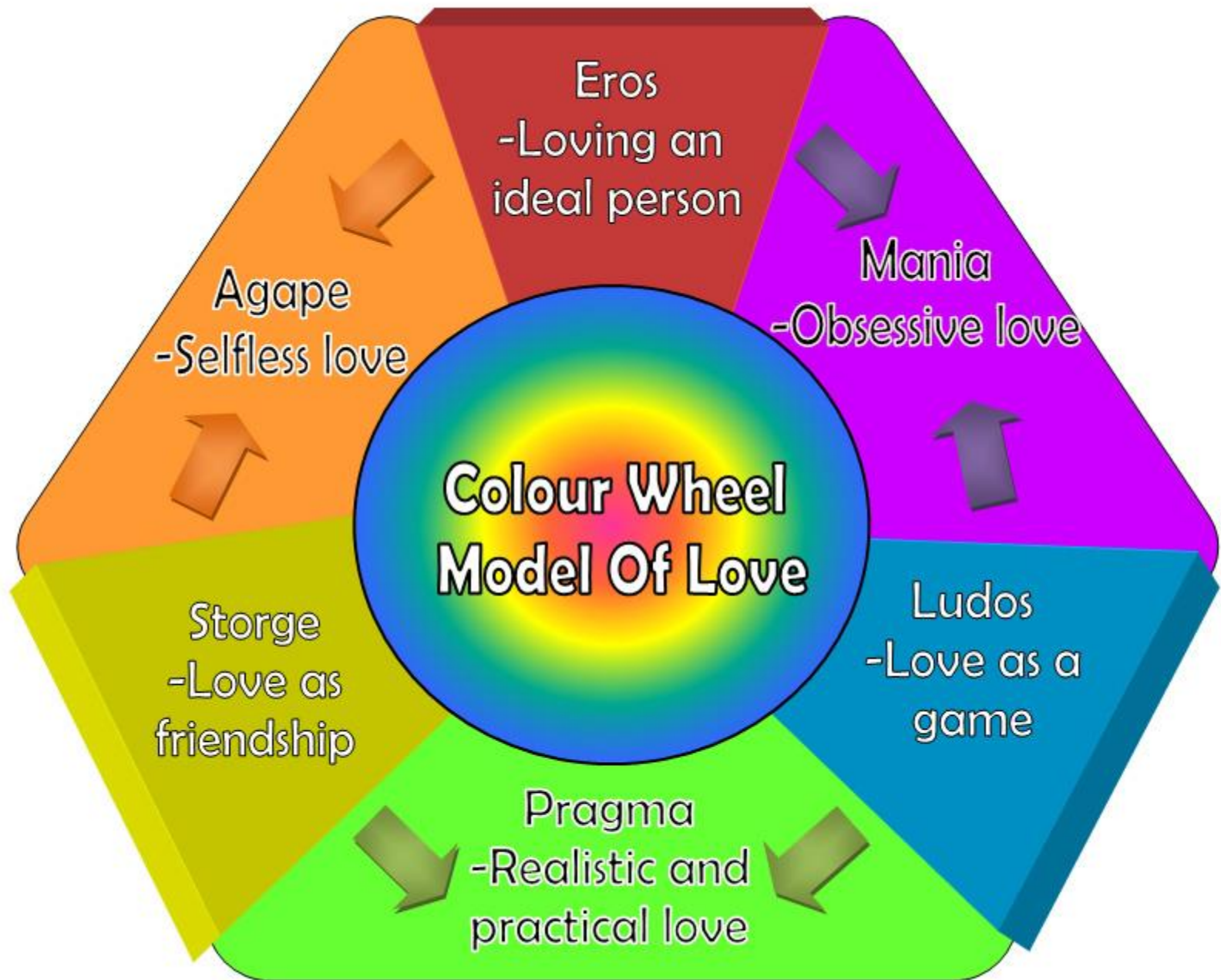
- Wants partner to **reciprocate** thoughtfulness and commitment
- **Does not like** excessive displays of emotion or jealousy
- Sexual compatibility **not unimportant**
 - More as a **technical skill** that can be improved upon if need be
 - Rather than chemistry

• **Storge:**

- **Affectionate** type of love
- **Develops from friendship** slowly over time
- **No physical ideal**
- **Does not go looking for love**
- **Develops affection & commitment with partner through sharing activities** they enjoy

Agape

- **Selfless, altruistic love-style**
- **Interest of loved person ahead of own**
 - Even if it means great sacrifice
- **Style proposed by Saint Augustine as a goal for Christians**
- **The kind of love to aspire to**



Macro-Level Perspectives on Love

- Love is more than a personal emotion
 - Rooted in macro-level factors related to **culture** and **social structure**
- Sociologist William Goode claims that **all** societies, **control the development of love** through:
 - *Child marriage*: Betrothal before feelings of love for another person can develop.
 - *Kinship rules*: Define and **restrict** the set of eligible people that young people can marry

Macro-Level

- *Isolation of young people*: Segregate young people from one another.
- *Close supervision*: Some cultures watch over children and young adults very carefully, especially their girls and women.
- *Formally free*: Young people are considered free to choose their own mates based on love;
 - Social environments can be manipulated by parents.

Jealousy

- An **emotional state** aroused by a perceived threat to a **valued relationship** or position
- **Motivates** behavior aimed at countering the threat
- Both **cognitive** and **emotional** components
 - Usually involves anger, humiliation, fear, depression, and a sense of helplessness

- **Jealousy** most likely to occur in cultures that consider **marriage** as:
 - Means for guilt-free sex
 - Security
 - Social recognition

The Decline of Passion

- **Passion subsides and fantasy is replaced with reality**
 - **Result is often disappointment**
- **Reason most frequently given by couples in the process of divorce is**
 - **“fell out of love”**
 - **Bored**
- **Key to maintaining a relationship is replacing passion with those things that lead to companionate love.**

Growing Together/Growing Apart: Will Companionate Love Develop?

- “The possibility of achieving a **deep friendship** with a spouse represents the most exciting goal of marriage.”
- **Growing apart-** Having fewer common interests over time.
- **Growing together-** Maintaining common interests over time

Coping With Breakups

- **During a breakup: Obsessive review**
 - “constant, absorbing, sometimes maddening preoccupation that refuses to accept any conclusion”
- **Emotionally isolated**
 - Missing your ex-partner and everything he or she brought to your life
- **Socially isolated**
 - Friends you had in common may pick sides
 - Or avoid both of you

Breakups

- People often have to deal with **ex-partner still being around**
- If you are the one who **was left**,
 - **Ex-partner is constant reminder of rejection.**

Love and Loving

- The way people **think about** and **experience** love is very much shaped by the structure of society,
- Its norms, values, and customs.