



USD'S MATTER TIME!

# A MATTER ABOUT LOVE & RELATIONSHIP

destin aulia alma  
FISIP'20

## USD'S MATTER TIME

### A. INTERMEZZO

Debate is one of the best medium to philosophize anything about love and relationship. Many debaters find relationship motions really approachable, it is because either has an experience or has heard of other's experience which provide us some level of ability to give reasons and relatable example. just any heading in debate, this matter can be just as important and useful as spending hours to understand on US Politics, IR, Arab Spring, and etc. just like anything else in debate it is about a good skill to set a starting point of approaching the motion. you might first analyze the feelings of individuals in different scenario, the reason why such feelings can occur, why different expectancies of relationship area normalized, and the good or bad it might cause.

for example is THW Ban Superheroes to falling in love, you might find your argument when asking "why is it bad that they fall in love?" and tackle that by asking "how do humans / superheroes act when they are falling in love?". Furthermore, say as gov. team that "love can make someone irrational and superheroes just have too much power at hand which risks people's safety" Or as opp. Team you can say that "this is bad because you would further discriminate superheroes and love is actually needed for motivation". Again, these are barebone possible arguments that should be accompanied with basic debate structures and explanations, such as setups. Xixixi ^ ^

## B. CONTEXTS TO PREPARE

### I. What is love exactly???

According to the American Heritage College Dictionary, love is "a deep, tender feeling of affection and solicitude toward a person, such as that arising from kinship or a sense of oneness." If you are anything like me that definition didn't explain anything at all. So let me try to help you break it down. This is one place where I think science can help us out. According to Dr. Helen Fisher an anthropologist and leading authority on the topic of love, states that there are chemicals in our brain that are responsible for a wide range of emotions. These emotions range from bonding to bliss. Scientists also believe there are three distinct ways people relate to their partnerships including lust, love and attachment.

According to the philosophical, love in a general sense, can be defined as an expansion of the heart toward another human being that has always based on the renunciation of individual property

## II. HOW IT WORKS?

The first step in the "love process" is lust. Lust is that deep feeling of desire or the sensation of craving for someone. The chemical most responsible for lust is testosterone. Both males and females show higher levels of testosterone when they are attracted to someone. The next step is love in the romantic sense. The chemicals responsible for these feelings are dopamine and norepinephrine. These chemicals give us the excited and elated feelings we get in new relationships. Dr. Fisher explains it like this, "When you feel that elation for somebody and you're up in the middle of the night lying in bed, running over the conversations you had at school today or in the gym, what's happening in the brain in your high levels of dopamine and norepinephrine."

The last step is attachment. The attachment phase happens after two people have been in a long-term relationship. After a while they develop a level of comfort that can sustain the romantic feeling they share. Dr. Fisher suggests trying new and positive things together is a good way to take your relationship to this level. "Novelty drives up levels of dopamine and oxytocin in the brain." Oxytocin is a calming chemical that helps people become attached to one another.

# III. THE LOVE LANGUAGES

According to Dr. Chapman who known as marriage counselor and director of marriage seminars, there are five primary love languages that people speak :

## 1. Words of Affirmation

In simple terms, the words of affirmation love language is about expressing affection through, spoken words, praise, or appreciation. When this is someone's primary love language, they enjoy kind words and encouragement. You can make this person's day by complimenting them or pointing out what they do well.

## 2. Quality Time

Love and affection are expressed through this love language when someone gives someone else their undivided attention. This means putting down the cell phone and turning off the tablet, making eye contact and actively listening. People with this love language are looking for quality over quantity. So, when you get together, they feel loved if you are present and focused on them

## 3. Physical Touch

A person with this love language feels loved through physical affection. Aside from sex, those who have physical touch as their primary love language feel loved when their partner shows physical affection in some way like holding their hand, touching their arm, or giving them a massage at the end of the da

#### . 4. Acts of Service

When someone's primary love language is acts of service, they feel loved and appreciated when people do nice things for them. Whether it's helping with the dishes or putting gas in the car, little acts of service go straight to the person's heart. They love when people do little things for them and often can be found doing little things for others.

#### 5. Receiving Gifts

To a person whose love language is receiving gifts, gift-giving is symbolic of love and affection in their mind. They treasure not only the gift itself but also the time and effort the gift giver put into it. What's more, they do not necessarily expect large or expensive gifts, the love language receiving gifts is more what is behind the gift that appeals to them.

We all express and feel love differently. Consequently, understanding those differences can make a serious impact on your relationship. In fact, according to Dr. Chapman, it is one of the simplest ways to improve your relationship, Promotes Selflessness, Creates Empathy, Maintains Intimacy, Aids Personal growth, and Shares Love in Meaningful Ways. So, what is your love language??

try to find out here :

<https://www.5lovelanguages.com/quizzes/>

# C. ARGUMENTS TO PREPARE

## I. HOOKUPS, LONG/SHORT-TERM RELATIONSHIP

Hookups aren't exactly new to human civilization, but the emergence of hookup apps and social media definitely made changes on its form. Moreover, there is no doubt that recently there's been a rise of hookup culture. And thus one question rises "is love/relationship supposed to be loyal and long lasting ?" This has created motions such as THR Hookup culture.

Possible reasons why hookup culture exist :

- more recent generations tend to see marriage or long-term relationship as a hassle just too many things to consider with too many risks, such as commitment, financial and social burden. This is especially true because the rise of property price makes it hard for younger generations to own a house
- sexual needs still exist
- an escape from inability to find a significant other

Opposition hookup culture

- a poor practice of hookup culture can breed more cases of rape, possibly promoting rape culture.
- hookup culture undermines the role of feelings/emotions in relationship, even though feelings will always exist. This could possibly mean the happiness you get from hookup won't be as optimal or even harmful because hookup partners only see each other as a sexual object.

## II. TOXIC RELATIONSHIP

A toxic relationship is one that adversely impacts a person's health and well-being," says Dr. Kelly Campbell, an associate professor of psychology and human development at California State University, San Bernardino. "Because we spend so much of our time and energy on a romantic partner, these relationships are especially influential on our well-being. When they are going well, we are usually doing well. But when they are not going well, our health and happiness will likely be negatively affected.

Campbell notes that the term "toxic" may be open to some interpretation. "People can vary in terms of what they consider toxic: What is toxic to one person might be perceived as normal for another," she says. "As such, the defining features can be somewhat subjective." That's why it's important to look at each relationship for its specific traits as much as possible.

So what are the red flags of toxic relationship :

1. You feel like you're walking on eggshells

The person you are with is unpredictable and could get upset at the drop of a hat. So, you constantly monitor what you say, how you say it, and when you say it to avoid rocking the boat.

2. You are investing a lot in terms of time, emotions, and money, and getting little in return.

Healthy relationships should not be one-sided.

Although sometimes people carry the burden for a period of time, such as when a partner is ill, this should not be something that continues indefinitely.

### 3. Your partner holds you back.

In a healthy relationship, partners celebrate each other's successes and mold each other into their ideal selves—which is a concept known as the Michelangelo phenomenon.

### 4. You lack independence.

If your partner needs to know where you are at all times, calls or texts constantly while you are apart, goes through your phone or computer, manages and restricts your finances, or engages in other obsessive and controlling behaviors, the relationship is likely toxic.

### 5. Your sense of self-worth has dramatically declined since beginning the relationship.

If this is the case, then you should examine the extent to which your partner has contributed to that outcome. Do they put you down, criticize you, judge you, disrespect you, or ignore you.

**"If you notice that your partner is jealous, competitive, and generally unhappy when you are doing well, then that's a huge red flag."**

# III. SOME PSYCHOLOGICAL FACTS ABOUT LOVE

1. Most women are attracted to men with a strong sense of humor.

Generally speaking, a strong sense of humor is associated with intelligence.

2. When the relationship lasts for three to five months, the breakup rate is the highest. According to Fisher, the psychologist, the divorce rate is the highest after four years of marriage.

Whether it's Jack and Rose's romantic love, or the psychologist Steinberg's triangular theory of love... All love needs to be tested by time

3. Compared with those who regard love as a fairy tale, people who look at love rationally are more likely to obtain love, and love is longer.

They don't get hurt too much because of a broken relationship and show less uneasiness in intimate relationships. They will manage love, accept the imperfection of love frankly, and regard the sweetness of love as the reward after giving, rather than taking it for granted.

4. Men are more likely to be attracted to women who have similar skeletal structures to their mothers.

This is called "sexual imprinting," a term coined by psychological researchers.

5. Love happens when attraction and desire disappear.

After starting an intimate relationship, if you feel tired and even want to break up after each hot love period, it shows that you only like to enjoy love, not to manage love.

**6. A good first impression is more about body language, tone and speed than what you actually say.**

When you first meet a girl, the most important thing is not to brag about how rich you are, but to try to be a gentleman, polite and decent. On the contrary, too much or too close physical contact can only give people the feeling of exaggeration.

**7. Love is a natural painkiller**

When you are sick, you can obviously relieve the pain of the one you love. Research by psychologist younger et al. Has shown that even looking at a picture of a loved one can relieve pain. In movies, we often see a man who is suffering from misfortune or pain. He always takes a picture of his lover from his wallet or chest pocket and stares silently.

**8. Personality complementary ≠ Made in heaven**

Two people who look similar and have the same attraction are more likely to be together than two people who look significantly different. However, the mode of "personality complementary" is difficult to work in real life. People are more comfortable with people who are similar to themselves. Fewer differences and easier communication.

**9. Heartbreak is real**

Violent or traumatic events - breakups, divorces, or loss of loved ones, when deep emotions cause excessive anxiety, leading to chest pain or shortness of breath, can lead to real heart pain, which is often misdiagnosed as a heart attack.

**10. Happiness is feeling connected with people**

No one likes solitude. Loneliness for a long time has a great destructive effect on people's psychology. Which of the classic literature that has been handed down for hundreds of years is not teaching people to fight against loneliness and strive for happiness. Otherwise, he will die alone or be destroyed.

# THE TAKEAWAY

Love is a complex idea, but yet, there's still science on that, right? Science that involves society, relationship, contemporary norms, and struggles of an area. The topic is generally fun due to how personal it is.

what I wrote on it is still not perfect. I am open to any inputs and I encourage anyone that reads to do their own research.

Thankyou for reading this far, and may all of you be loved <3

## REFERENCES :

[HTTPS://WWW.CHRON.COM/NEIGHBORHOOD/ARTICLE/CHEMICAL-REACTIONS-THE-SCIENTIFIC-DEFINITION-OF-LOVE-EDS UI ARTICLE NO.1](https://www.chron.com/neighborhood/article/Chemical-reactions-the-scientific-definition-of-love-eds-ui-article-no.1)

[HTTPS://WWW.THE-PHILOSOPHY.COM/DEFINITION-LOVE-PHILOSOPHY](https://www.the-philosophy.com/definition-love-philosophy)

[HTTPS://WWW.VERYWELLMIND.COM/JOURNALS.SAGEPUB.COM/DOI/10.1111/J.1745-6916.2008.00065.X](https://www.verywellmind.com/journals.sagepub.com/doi/10.1111/j.1745-6916.2008.00065.x)

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/BLOG/CLICK-HERE-HAPPINESS/202009/WHAT-ARE-THE-5-LOVE-LANGUAGES-DEFINITION-AND-EXAMPLES](https://www.psychologytoday.com/us/blog/click-here-happiness/202009/what-are-the-5-love-languages-definition-and-examples)

[HTTPS://HEALTHSCOPEMAG.COM/HEALTH-SCOPE/TOXIC-RELATIONSHIPS/# :~:TEXT=BY%20DEFINITION%2C%20A%20TOXIC%20RELATIONSHIP,PHYSICALLY%20DAMAGING%20TO%20THEIR%20PARTNER.](https://healthscopemag.com/health-scope/toxic-relationships/#:~:text=By%20definition%2C%20a%20toxic%20relationship,physically%20damaging%20to%20their%20partner.)