

BIO-PSYCHO-SOCIAL PERSPECTIVE OF LOVE

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ABSTRACT

Love is most crucial part of life, which leads to a happy and good life. Love is captivating and multifarious. Romantic love, in particular, seems to be a beautiful mystery we find hard to explain. Although poets and songwriters can put many of our romantic thoughts and feelings into words, love is so inexplicable we need the help of science to explain it. After all, psychologists have a lot to say about how and why people fall in love. Modern research has proved that anything which happens in nature, there exist three factors that are responsible for it that are- biological, psychological, sociological. Love is a type of behaviour and every behaviour is affected by various aspects. In this present research researcher identified biological, psychological and social aspect of Love.

Keywords: Love, Pro-social Behaviour, BioPsychoSocial, Oxytocin, Relationship.

Introduction

Love is nothing but it is everything for the person who loves. To understand the concept of love is very complex. Often the question is asked, "What is love?", "how it happens?" and now it is. It is important to learn concept of love because it is a significant element for human happiness and it makes life complete.

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Definitions of love:

Love is often thought of as an intense and positive emotion that can be experienced for a variety of close others, including a romantic partner or spouse, close friends, children, parents, and other relatives. For more than three decades, social psychologists and other social scientists have been studying love. The type of love that has been most frequently measured and studied is the love experienced for a romantic partner. However, when social scientists began measuring love, they realized that there were many different types or subtypes, even in regard to a romantic partner.

Triangular theory of love

Triangle theory on love is given by Robert Sternberg. According to this theory there are three components of love that are Intimacy Passion Commitment.

According to triangular model of love, relationship is a combination of different components that are: intimacy- the proximity between two people and if the intimacy is more, there are greater chances of understanding between the two persons. Passion- it is based on romance, physical attraction and sexuality. Commitment- it is based on long term Relationship. The decision that you love and you will maintain the relationship. Sternberg defined the term, consummate love which is the kind of love that includes all the components and are equally balanced and is rare to find.

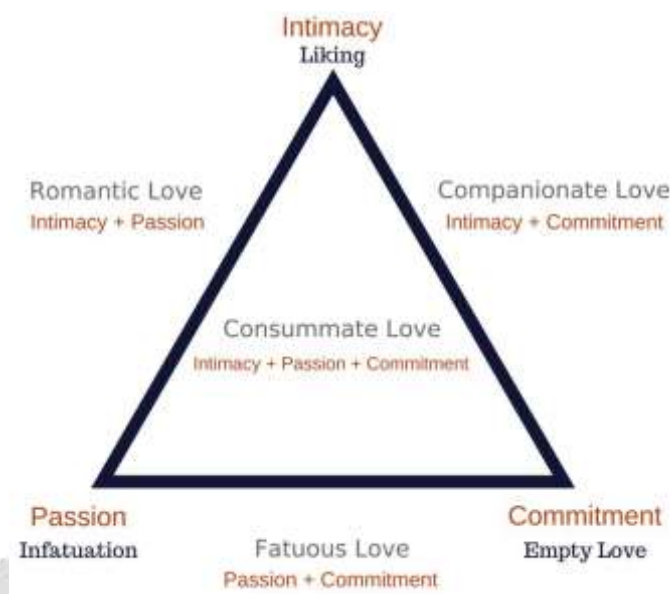


Fig.1(Sternberg love triangle)

Bio-Psycho-Social Prospective

Modern research has proved that anything which happens in nature, there exist three factors that are responsible for it that are- biological, psychological, sociological. Love is a type of behaviour and every behaviour is affected by various aspects. In this present research researcher identified biological, psychological and social aspect of Love.

Review of literature

Review of literature can be categorized into three parts, i.e. psychological, Biological, sociological response of love

1. Psychological background of love

Hendrick. (March 1995). Conducted research on *gender difference and similarities in sex and love* on 1090 participants from United States research dictates that Men were more sexually permissive than women (consistent with previous research), although women and men similarly endorsed other aspects of sexuality, including sex as an emotional experience. Men and women differed on several relationship variables (e.g., women were more oriented to friendship-based love, and men to game-playing love). However, correlational analyses showed many similar patterns for women and men. There are both gender differences and similarities in sex and love within intimate relationships.

Henkemeyer. &aron.(1995). Conducted research on marital satisfaction and passionate love on 100 married individuals. Variable used were global happiness relationship excitement. It was founded that Gender differences on Trust are observed. Husband having high level of Trust than their wives.

Love Marriages and Arranged Marriages are different on Marital Adjustment. Love Marriages couples having better Marital Adjustment than Arranged Marriages couples.

Hendrick.(1998).Conducted research on communication, love and relationship satisfaction on 140 dating couples. Variables were used are perspective taking, self-disclosure, conflict tactics and relational competence as well as love attitudes.

Whang. Allen. &Zhang.(2003). Conducted research on romantic consumer product relationship in which a sample of male bikers(n=179) was surveyed by using the instrument. Finally bikers love toward their motor cycles were found to be passionate , possessive and selfless in nature. among them passion component had an impact on loyalty to their bikes

Kaufman. And Campbell.(2015) Conducted research to study association between love, personality and creativity for people in relationship of different times. On 1529 participants from the united states it was founded that relationship length was negatively associated with passion, positively associated with commitment and did not exhibit a significant association with intimacy.

Hendrick. (2019) conducted research to manipulate the role of love in relationship satisfaction of adolescents and he used Sternberg's triangular love scale on a sample of 100 adolescents age18-22 years. Correlation , t test and semi structured interview were used in which correlation showed that

positive correlation exists between the types of love and relationship satisfaction. t-test disclose that there is no gender difference.

2. Biological background of love

Dewall.gillath. & pressman. (2008) Conducted research to study the role of love hormones in violence. From previous research it was found that oxytocin was responsible for prosocial behavior, later it was found that oxytocin also plays a role in defensive maternal aggression.

Nye matthew (2011). Conducted research to study the relationship between biological, psychological, sociological response on love. He interviewed Dr. Nasser zawia ,Dr.diannekinsey and Dr.william Krieger finally he founded the role of hormones and neurotransmitter in falling in the love and presented views of Plato's, Freud and Maslow On love.

Diamond (2004).conducted research on emerging perspective on distinctions between romantic love and sexual desire he had founded that oxytocin in both love and desire and he also founded that women report experiencing greater interconnections between love and desire.

Boere.m.(2012) conducted research on love is more than just kiss a neurobiological perspective on love and affection in which they show possible roles for oxytocin vassopression and dopamine and there receptor in pair bonding and monogamy.

3. Sociological background of love

Shimizu.(1986). Conducted *Attitudes toward Romantic Love Among* university student of , German, and Japanese He used Hobart (1958) and Knox-Sporakowski (1968) scales to measure the attitude toward love and romance. he founded that romantic love is high in less traditional cultures with few strong, extended-family ties and is less valued in cultures where kinship networks affect and reinforce the relationship between marriage partners.

P. Rohner.(1998).Conducted study on father love and child development. He founded that father love explain much more variation in adults and child than that mother love.

Bagozzi. &wong.(1999).Conducted research on the role of gender and culture in relationship between positive and negative affect. It was found out that positive and negative emotions are strongly correlated inversely for American women and weakly correlated inversely for American men. The correlation for Chinese women is positive, and weakly correlated in Chinese men. Findings for Korean we're although mixed and we're used to conclude result for Chinese.

Aron. &Acevedo.(2009).Conducted research on long term effect of parental divorce on love relationship in which 78 students were taken from divorced household and 94 students from non divorced household, the questionnaire method was used to access the data. It was found that students from divorced couples reported that they are secure in their current love relationships and students from non divorced couples reported jealousy and fears of abandonment in their love relationships.

Findings: after the analysis of above researches there are some findings in every aspect of love i.e. Biological, Psychological and Social. Some points are as per following table(Table No-1)

S.N.	Biological Prospective	Psychological Prospective	Social Psychology
1	<ul style="list-style-type: none"> Oxytocin is responsible for pro-social behaviour. Oxytocin also plays a role in defensive maternal aggression 	<p>Men were more sexually permissive than women.</p> <p>Women are more oriented to friendship-based love, and men to game-playing love</p> <p>There are both gender differences and similarities in sex and love within intimate relationships</p>	<ul style="list-style-type: none"> Love Marriages and Arranged Marriages are different on Marital Adjustment. Love Marriages couples having better Marital Adjustment than Arranged Marriages couples

2	The role of hormones (Oxytocin) and neurotransmitter(Dopamine) in falling in the love	Gender differences on Trust are observed. Husband having high level of Trust than their wives.	Romantic love is high in less traditional cultures with few strong, extended-family ties and is less valued in cultures where kinship networks affect and reinforce the relationship between marriage partners.
3	Oxytocin is responsible for both love and desire Women report experiencing greater interconnections between love and desire.	Relationship length was negatively associated with passion, positively associated with commitment and did not exhibit a significant association with intimacy.	Father loves explain much more variation in adults and child than that mother love.
4	Oxytocin, Vassopression and Dopamine and there receptor in pair responsible for bonding and monogamy.		Positive and negative emotions are strongly correlated inversely for American women and weakly correlated inversely for American men. The correlation for Chinese women is positive, and weakly correlated in Chinese men. Findings for Korean we're although mixed and we're used to conclude result for Chinese.
5			Students from divorced couples reported that they are secure in their current love relationships and students from non divorced couples reported jealousy and fears of abandonment in their love relationships

(Table No.-1)

Discussion and Interpretation

1. Discussion on biological reason for love

Hormones + neurotransmitter	Role of hormones
1. Adrenaline	Flight or fight response
2. Dopamine	Feel good
3. Oxytocin	Cuddle hormones release during kissing, hugging, stroking.
4. Vasopressin	Attraction
5. Endorphins	Produce during sex feel good, calming
6. Pheromones	Play role in finding soulmate.

(Table No-2)

Biologically speaking biological factor such as neurotransmitter and hormones play vital role in falling in love as It is mention in the above table the role of hormones and neurotransmitter evolutionary speaking pheromones are important for finding the Soul mate.

2. **Discussion on psychological reason for love:** In the field of psychology there are various explanations of love in which three are most common. The Freudian view, The Maslow View and Skinners view. According to Freud's explanation about love and sexuality adults picks their mates on the basis of relationship based on their parents due to two main complexes i.e. "Oedipus complex" and "Electra complex". "Freud concludes that when lovers act irrationally what they're really doing is regressing to the

needs, insecurities, and obsessions of childhood.” In short according to Freud the love behaviour is depends upon our unconscious mind.

Maslow has both the ideas of “safety and security” and “love and belonging”. He said that love is not a random concept. According to him, “People have a need for intimate relationships, love, affection, and belonging and will seek to overcome feelings of aloneness and alienation. Maslow stresses the importance of having a family and a home and being part of identifiable groups.”

So According to Maslow our love seeking behaviour is depends upon fulfilling and satisfying our needs and attain self-actualization.

According to Skinner’s concept of behaviour positive reinforcement involve in conditioning. So for love behaviour positive and negative reinforcements are responsible.

3. Discussion on sociological reason for love

Society is a big concept and human is a social animal. For love behaviour he should follow the social norms which are dependent on various aspect like, family, peer, education ,occupation, socio economic status, law and media.

Finally Plato said that people spend most of time in searching their soul mate some of them spend their full life in searching for soul mate.

Michael boylan’s said that we helps our loves one that would be ignored if they were stranger.

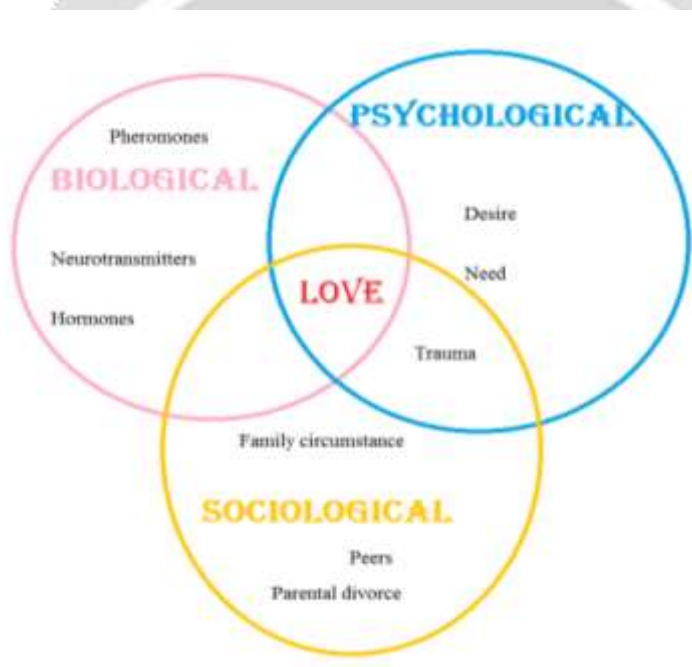


Fig.2 (Bio-Psycho-Social determinants of Love)

Conclusion

From all the previous researches, it can be conclude that love is most crucial part of life, which leads to a happy and good life. There are biological, psychological, sociological that affect the love relationship among the individual that result in positive outcomes that are happiness, joyful etc or negative outcomes such as depression, anxiety, psychological disorder etc

And also study there is a crucial role of biological factor such as hormones and neurotransmitter in falling in love. Dopamine is responsible for addiction adrenaline is responsible for first and flight response and oxytocin is responsible for attachment it is release during hugging, touching. After studying all the areas of love. And in love relationship social factor play important role such good parenting, love from society and peer group. Conflict between family and parental divorce leads to absence of love in family which result in poor parenting of child which might affect the romantic relationship and also lead to emerge behaviour of student like jealous, fear etc. This affects the achievement of student. To reduce this psychologist should create awareness program in village

focusing on importance of love in life. "Money is not everything love is what makes the world goes around."

**“Never get to busy in making a living
that you forget to make a life”.**

Finally it is difficult to say which factor is responsible for it to attain happy life one should biologically psychologically as well as sociologically strong in love relationship.

As Lucille ball said

**“Love yourself first and everything else falls into line.
You really have to love yourself to get anything do in this world”.**

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