

Love & The Breakdown Of Relationships.



Psychological explanations of love

Triangular Theory of Love

- Love consists of **three** major components:

- Intimacy

- Passion

- Decision/Commitment



Triangular Theory of Love

- Intimacy: Feelings of closeness, being connected and bonded in a loving relationship.
- Passion: That which drives us to romance and physical attraction, sexual consummation.



- Commitment/Decision: Being in love with someone else in the short term & the commitment to maintain that love in the long term.

The Love Triangle.

The three components have differing levels of importance e.g. In short term relationships passion is usually the most important...In a long term relationship, intimacy is usually the most important.



Why might this be the case????

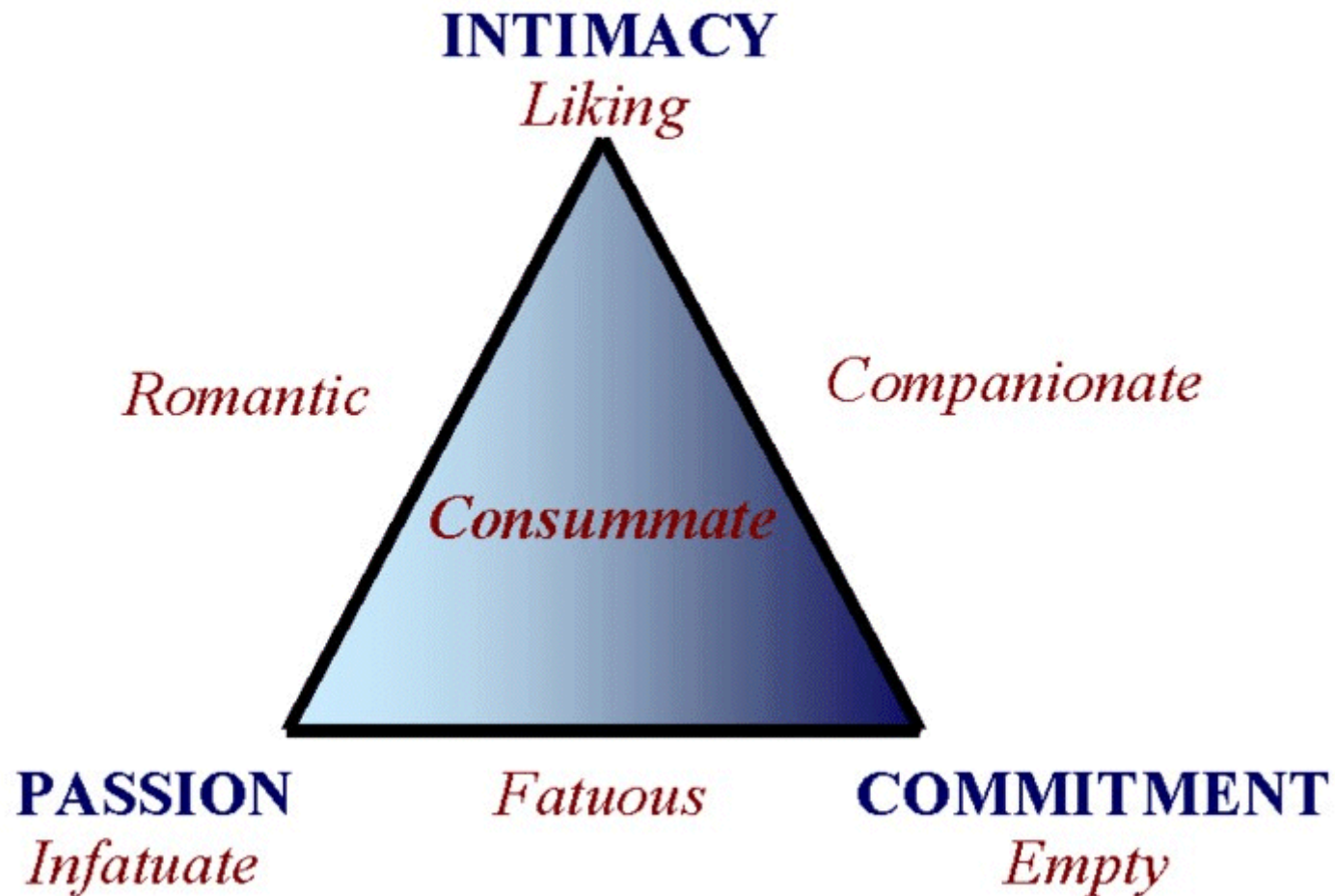
The Love Triangle.

Sternberg argued that there were differing types of love that consisted of a combination of the three components: Below are a few examples

1. **Liking or Friendship**: Intimacy alone
2. **Companionate love**: Intimacy & commitment alone.
3. **Fatuous Love**: Commitment & passion
4. **Consummate love**: The strongest love as this involves all three components.



STERNBERG'S TRIANGULAR THEORY OF LOVE



The Love Triangle....an evaluation!

- ✓ We are able to see similarities & differences in potential partners, this would help each individual see what changes may need to be made.
- × The components of the triangle may be perceived as vague...when did you decide to fall in love?

Three factor theory of love.

- Hatfield & Walster (1981)
- Supposed that love was not that different to Schachter & Singer's '*Cognitive Labelling Theory Of Emotion*'.
- The underlying assumptions are that all emotional experiences are the outcome of:



- A state of physiological arousal
- An appropriate label for that arousal
- An appropriate love object.

Three factor theory of love.....evidence in support.

Dutton & Aron (1974) Love on a suspension bridge.

The above researchers arranged for men to be interviewed about scenic attractions by a attractive woman, whilst standing on a high or low suspension bridge. It was hypothesised that the men on the high suspension bridge would have heightened physiological arousal due to the height and mistake this for sexual attraction for the 'attractive interviewer'

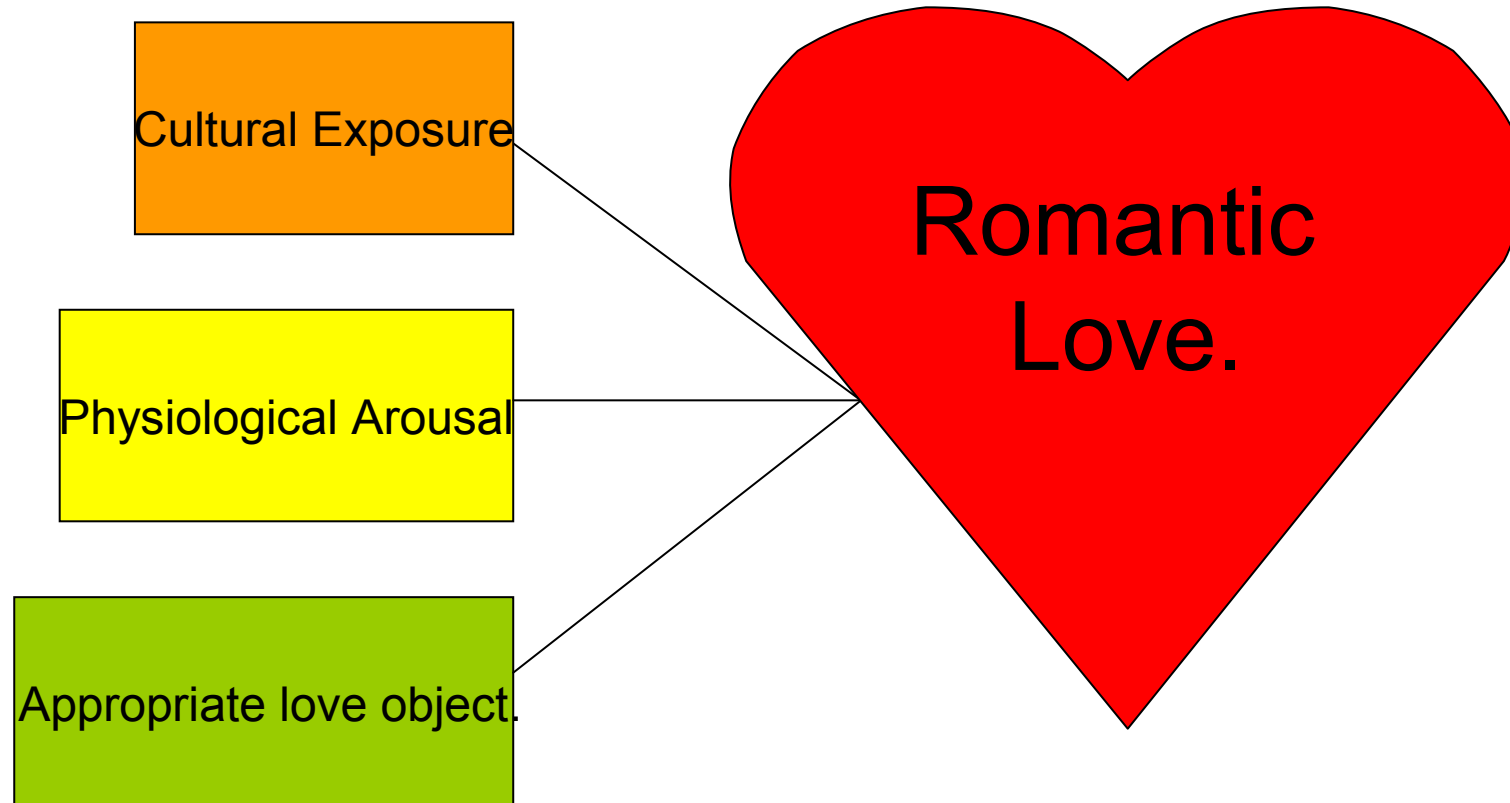


Result:

The men on the high bridge demonstrated greater attraction than those on low bridge or when the interviewer was male, thus proving the males on the high bridge needed to find a appropriate emotional label.

Conclusion: Love is basically a state of physiological arousal, it is labelled as love when....???????

Hatfield & Walster (1981) three factor theory of love.



Three factor theory of love...evaluation

- ✓ This theory can go some way to describing & explaining cultural differences and 'love at first sight'.



- × This supposition may only support certain types of love experiences.