

# Innovations

## Attitude towards Love and Happiness in Arranged and Love Marriages among Bengali Adults

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**Abstract:** *The present study has been conducted to see whether people differ significantly in respect to the customs of marriage (arranged vs love) in terms of different styles of love and happiness. Study participants were middle class male and female Bengali people residing in Kolkata within 25 to 45 years of age with graduation as their minimum educational qualification. Following inclusion and exclusion criteria 100 participants were finally included. Participants were administered with Kuppuswamy SES scale to determine their level of socioeconomic status, Love Attitude Scale to assess attitude towards love of the participants and Subjective Happiness Scale to assess level of happiness of the participants. Data were collected individually after special appointment and thereafter, the collected data were analyzed in SPSS by using descriptive statistics like mean, SD and inferential statistics like t-test. Results indicated that people differed significantly in respect to arranged vs. love marriage in case of the variables Pragma, Agape, attitude in general and happiness. In terms of the relationship of these variables with SES and age, it has been observed that significant relationship obtained for attitude towards love with SES and also for happiness and SES. These study findings implicate that true, genuine and self less love with realistic approach towards life bring happiness. Socioeconomic status as an important factor impacts this connectivity.*

**Keywords:** *Attitude towards love, Happiness, Arranged marriage, Love marriage, Socioeconomic status.*

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## 1. Introduction

Strong attachment and emotional connectivity that people feel towards each other is conceptualized as love (Oxford Illustrated American Dictionary, 1988). It is the state of strong and positive mental condition that may range from individuals' good habit as well as their core interpersonal affection to the most simplistic pleasure (Oxford English Dictionary, 2018). Such love experiences may get expressed through the different aspects such as emotion, attitude and behavior (Sangrador, 1993). Love and relationship had been described and analyzed through the light of different theories of love (Sternberg & Barnes, 1998). One of the most effective theories as provided by Lee (1973) that determines love in the light of three primary colors such as Eros that indicates passionate love which comprises of physical or emotional appeal usually forceful in nature that followed by commitment to the loved person or object. Ludus means game-playing love that is playful in nature without commitment to the partner, storge is a kind of love relationship which is friendship-based in nature and such friendship gradually turns to be intimate relationship (Lee, 1973). Pragma is an obsessive love which is realistic and practical in nature in which to have a compatible partner is much more important than to look for intense physical attraction. In mania individual shows possessiveness in love relationship with an obsessive intent where individual becomes crazy to be loved by the partner, agape or altruistic love in which people show both eros and storge with intent to get attended by the partner but without interest of the self (Lee, 1988). In comparison to the traditional love theory that provided only the few constituents regarding love whereas Lee's theory of Colors of love added some new facets which brought about the new concepts and also open up some new dimensions of love (Zeng et al., 2016). Based on Lee's theory of Colors of love Hendrick and Hendrick (1986) constructed the Love Attitudes Scale which is comprising of 6 subscales such as storge, agape, mania, pragma, ludus and eros indicating 6 types of love and scores are obtained separately for each facet along with the total score to determine the predisposition of the individual towards the different love styles (Neto, 2000).

Attitude towards love has crucial relationship with satisfaction and wellbeing. Neto and Wilks conducted a study in 2017 which showed that different styles of love such as Eros, Ludus, Pragma and Agape were shown as having significant relationship with compassionate love. They also indicated that there had been a previous thought that subjective wellbeing has significant relationship with compassionate love. An interesting finding had come up from an earlier research which was conducted by Sprecher and Fehr in 2006, indicated that individuals' experience of compassionate love for other individuals bring positivity in self that is connected to the subjective wellbeing as well. Another very recent study in positive Psychology which was conducted in 2024 found that people in love relationship has significant relationship with satisfaction (Hendrick & Hendrick, 2017) as they reported higher life satisfaction

and improved physical health (Gerard, 2019). An important earlier study by Hendrick and Hendrick (1986) showed gender differences in 6 different styles of love as given by Lee (1973) and they indicated that females are more intended towards storgic which is friendship love, manic that is possessive love and pragmatic that is logical love, whereas males are more intended towards ludic that is game-playing love and in continuation with this study, Yancey and Berglass in 1991 indicated that agape which is the altruistic love, was only found to be positively associated with life satisfaction whereas manic and ludic love styles were found to be negatively associated with life satisfaction. This study also showed that storgic and ludic styles of love were shown as having positive relationship with life satisfaction, whereas manic and pragmatic loves were shown as having negative relationship with life satisfaction.

Analyzing love styles and satisfaction in the context of arranged and love marriage, no recent or earlier studies have been conducted in this regard but in more or less similar line, some recent and earlier studies had been conducted. Gana, Saada and Untas conducted a recent study in 2013 which showed that love style like eros only contributed in marital satisfaction. In regard to the difference between husband and wife, Lawson (1988) conducted an earlier study which showed that in relation to the marital satisfaction and attitude towards love, husband showed more variations than wife.

The present study has been conducted because in connection to the love styles and satisfaction, some recent and earlier studies had been conducted in association with personality factors, gender, marriage, mental health and other significant variables but no such study had been conducted based on types of marriage (love vs arranged) instituted and its connectivity with love styles and satisfaction. The present study aims to conduct whether people differ in attitude towards love and satisfaction in respect to the difference between love and arranged marriage. This study further analyzes relationship of these study variables that showed significant differences with some demographic variables such as socioeconomic status and age.

## **2. Research objective**

To assess whether there exists any significant difference in people in terms of the customs of marriage (arranged vs love) in respect to the different styles of love and happiness.

## **3. Hypotheses**

Hypothesis1: There is not any significant difference between arranged marriage and love marriage in respect to 1a) EROS, 1b) LUDUS, 1c) STORGE, 1d) PRAGMA 1e) MANIA, 1f) AGAPE, and 1g) Attitude in general.

Hypothesis2: There is not any significant difference between arranged marriage and love marriage in respect to happiness.

#### **4. Participants**

Study participants were Bengali male and female of Kolkata with their minimum educational qualification is graduate and all of them were within 25 to 45 years of age. Participants were from the middle class socio economic status which was determined by the Kuppaswamy Socio Economic Status Scale. The study initially started with more than 130 participants but finally 100 (50 individuals whose arranged marriage happened to be taken place and 50 individuals whose love marriage happened to be taken place) participants could be retained following the inclusion and exclusion criteria. Individuals having chronic to severe physical and psychological disturbances were not included for the present study.

#### **5. Tools**

Demographic data were collected using an information schedule after that the following scales were administered-

Attitude towards love was assessed by using Love Attitude Scale (Hendrick & Hendrick, 1986). This is 42 items scale with 6 subscales and each having 7 items. The subscales are Eros, Ludus, Storge, Pragma, Mania, and Agape. This scale is self administered and it takes more or less 30 minutes to administer.

Level of happiness was assessed in case of both arranged marriage and love marriage by using Subjective Happiness Scale (Lyubomirsky & Lepper, 1999). This 4items scale is psychometrically sound and require only few minutes to administer.

#### **6. Procedure and Analysis**

For collection of data initially consent was taken from each participant and after interviewing them and their family members they were divided into two groups such as those whose arranged marriage happened to be taken place and those whose love marriage happened to be taken place. Then after appointment with each participant data were collected individually with the administration of the relevant study tools. SPSS-23 was used for statistical analysis with the help of descriptive statistics like mean, SD and inferential statistics like t-test.

#### **7. Results**

Effect of both the groups on the variables of attitude towards love and happiness was studied and the findings are shown in Table-1.

**Table1: Means, SD values of the variables of attitude towards love and satisfaction for both the groups.**

Variables of attitude towards love and Happiness	Arranged Marriage		Love Marriage		t (df=98)	Effect Size
	Mean	SD	Mean	SD		
EROS	17.04	3.28	18.20	3.36	1.75	0.35
LUDUS	20.88	4.01	21.68	3.33	1.08	0.22
STORGE	17.14	3.72	16.02	3.22	1.60	0.32
PRAGMA	16.44	3.24	19.52	2.32	5.46*	1.09
MANIA	19.18	3.24	20.08	2.99	1.44	0.29
AGAPE	18.22	3.28	20.40	3.19	3.37*	0.67
Attitude in general	108.90	10.93	115.90	10.01	3.32*	2.13
Happiness	18.24	4.23	21.66	2.39	4.98*	1.00

\*Significant beyond a-priori alpha level of .05

Results indicated that love and arranged marriage differed significantly for PRAGMA, AGAPE, Attitude in general and Happiness but the difference was not significant for all other variables of Attitude towards love. Therefore, hypothesis 2 is rejected whereas hypothesis 1 is rejected for 1d, 1f, and 1g but accepted for 1a, 1b, 1c, and 1e.

Based on the nature of findings in case of the present study, it was further decided to analyze those variables (in which significant differences obtained) in respect to their relevance to develop relationship with some of the demographic variables. Thus, socio economic status was correlated with love attitude in general and happiness whereas age was correlated only with happiness and results were presented in Table-2.

**Table2: Pearson’s ‘r’ between love attitude in general and socioeconomic status, happiness and socioeconomic status and also age and happiness in case of arranged marriage and love marriage.**

Relationship among variables	Values of r in arranged marriage	Values of r in love marriage
Attitude in general and Socioeconomic status	0.35*	0.39**
Happiness and Socioeconomic status	0.33*	0.67**

Age and Happiness	0.18	0.50
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\*Significant beyond a-priori alpha level of .05

Results showed that in case of both arranged marriage and love marriage the relationship is significant in Attitude in general and socioeconomic status and also in Happiness and socioeconomic status. But in case of Age and happiness, the relationship is not significant.

### 8. Discussion

Two separate lines of findings have been obtained in the present study. In one way the findings revealed that individuals differed significantly in respect to the arranged and love marriage in case of the variables PRAGMA, AGAPE, overall attitude towards love and happiness and in all the cases mean values for love marriage were higher. In another way when it was aimed to observe how attitude towards love and happiness impacted by some of the demographic variables like age and socioeconomic status that possibly strongly impact quality of life, it was observed that attitude towards love and happiness both were significantly correlated with SES whereas relationship between age and happiness was not significant. Discussing the first line of study the possible reason behind such findings may be that the passion which people usually feel in love would able to carry even after their marriage though in a practical and realistic mode with an intense feelings of pure love towards each other and such attitude possibly also resulted in higher mean values of love marriage for the variables overall attitude towards love and happiness. Discussing the present study findings in light of some relevant studies, analysis of thorough literature review, findings revealed that not much earlier or recent studies are available which studied the differences between two customs of marriage hence arranged vs love in terms of their relationship with styles of love. Though in the similar line Rahman et al. (2023) in a very recent study showed that as Pragmatic love signifies practical love with logic and reason but still in this style people desire for love and romance with financial stability also practically perform the obligations of marriage which contradicted the present study findings as their explanation about Pragmatic love goes in line with arranged marriage, on the contrary in Agape in which there is a pure intent of love as altruism here is a key factor with non demanding approach and such explanation possibly spoke in favor of love marriage because as per their views arranged marriages are arranged keeping in mind about various functional purposes. Not directly in line with the present study findings, but some studies in more or less similar line as recently conducted by Agus, Puddu and Raffagnino (2021) which explored the similarities and differences in partners' love styles in terms of its relationship with satisfaction

but interestingly findings showed that relationship in connecting to such variables was not found to be significant. In contradiction with the present study which did not show significant differences in Eros but long ago in 1973 Lee in his theory of love styles showed that this style of love may be high in arranged marriage because people may feel this type of love to a stranger even seeing him or her for the first time because here partners feel physical attraction towards each other only to satisfy sexual urges as in choosing and selecting mate is primarily important in arranged marriage. Discussing the second line of findings in which attitude towards love was found to have significant positive relationship with socioeconomic status possibly due to the fact that stronger the SES chances will be more to practically fulfill the demands of conjugal relationship that intern may enhance the quality of relationship between the partners. Whereas discussing the relationship between happiness and SES, there may be a high possibilities that stronger the conjugal relationship with strong SES is expected to bring happiness and satisfaction in life. But no earlier or recent studies are available in respect to the relationship between happiness and socioeconomic status in case of arranged and love marriage. But considering only the association between happiness and socioeconomic status, a recent study may be highlighted as conducted by Kushwaha, Chakravarty and Srivastava (2023) on adolescent students and results showed that educational level and working status as two important indicators of SES were significantly related to happiness for adolescent students.

### **9. Limitations**

Some of the limitations of the present study are-

- i) More number of participants may be included for the present study as only 100 participants were included.
- ii) Gender may be included as one of the important factors to influence attitude towards love in arranged and love marriage.
- iii) Apart from love styles the other strong determining factors which influence marriage and relationship in bringing happiness may also be included.
- iv) Apart from only socioeconomic status and age, other significant demographic variables which may influence attitude towards love and happiness in case of arranged and love marriage, may also be included.

### **10. Conclusions and implications**

The present study findings concludes that pure and realistic love without much self regard that is expected to fulfill the practical needs for people in good socioeconomic status is more strengthened in love marriage that will enhance the conjugal relationship as well as quality of life in terms of bringing happiness and satisfaction. Also the present study implicates in creating general awareness that

selfless love in pure and realistic mode is expected to fulfill practical needs of marital relationship and enhance happiness without considering in which way the marriage was held and here socioeconomic status is an important influencing factor.

### **11. Declaration of Conflicting Interests**

Both the authors of this study are declaring that there was not having any conflicts of interest regarding authorship and also regarding publication of this present study.

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