

**A STUDY OF THE RELATIONSHIP OF
STYLES OF LOVING AND MARITAL HAPPINESS**

JOYCE HOWES FITZPATRICK

A STUDY OF THE RELATIONSHIP OF
STYLES OF LOVING AND MARITAL HAPPINESS

An Abstract

Presented to the
Graduate and Research Council of
Austin Peay State University

In Partial Fulfillment
of the Requirements for the Degree
Master of Arts

by
Joyce Howes Fitzpatrick
August 1988

ABSTRACT

A study of the relationship of styles of loving and marital happiness was conducted using the Marital Adjustment Test (Short Form) by Locke and Wallace (1959) and the Styles of Loving by Lee (1974). The three variables used to correlate the degree of marital adjustment with the styles of loving for the subjects in this study were age of subjects, years married to present spouse, and number of children being supported at the time of the study. The Styles of Loving survey and the Marital Adjustment Test were mailed and hand delivered to married couples in Hopkinsville, Kentucky, and Clarksville, Tennessee, as well as to couples in the Southeastern region of the United States, which included parts of Florida and Mississippi. Of the 200 questionnaires distributed, 56 were available and suitable for use in the present project.

The Pearson product-moment correlation was used. A significant positive correlation between the wives' Agape (giving) style of loving and their husbands' marital happiness was obtained. If a wife's style of loving was Mania (selfish), a negative correlation was obtained with her husband's marital happiness. There was no significant correlation between a man's style of loving and his wife's marital happiness.

A STUDY OF THE RELATIONSHIP OF
STYLES OF LOVING AND MARITAL HAPPINESS

A Thesis

Presented to the
Graduate and Research Council of
Austin Peay State University

In Partial Fulfillment
of the Requirements for the Degree
Master of Arts

by
Joyce Howes Fitzpatrick
August 1988

To the Graduate and Research Council:

I am submitting herewith a Thesis written by Joyce Howes Fitzpatrick entitled "A Study of the Relationship of Styles of Loving and Marital Happiness." I have examined the final copy of this paper for form and content, and I recommend that it be accepted in partial fulfillment of the requirements for the Degree Master of Arts, with a major in Clinical Psychology.

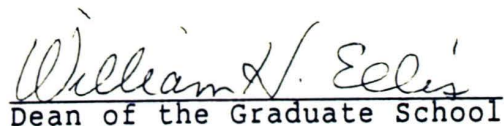

Major Professor

We have read this thesis and
recommend its acceptance:


Second Committee Member


Third Committee Member

Accepted for the Graduate
and Research Council:


Dean of the Graduate School

ACKNOWLEDGMENTS

The author wishes to express sincere appreciation to Dr. Robert Nevels for his suggestion of this topic. My sincere appreciation is also extended to Dr. John Martin, Professor of Psychology at Austin Peay State University, for his guidance, expertise, and encouragement in this research. Appreciation is also extended to Dr. Garland Blair and Dr. Patricia Chappell for their assistance and expertise in their respective fields.

Special thanks go to Dr. John Allen Lee for his permission to use his questionnaire in this thesis. Thanks is also given to the National Council of Family Relations for permission to use the Marital Adjustment Test in the survey conducted for this study.

To Dr. William H. Ellis and Beth Seay, whose numerous helpful suggestions and support sustained me through this work--I thank you. My appreciation is extended to my typist, Marsha Bailey.

To my two main supporters, Bill Flannery and Agnes Fitzpatrick, whose constant love, prayers, and support through this phase have enabled me to accomplish a lifelong goal, I give my love and gratitude. Finally, I wish to thank those who volunteered to serve as subjects.

TABLE OF CONTENTS

CHAPTER	PAGE
1. INTRODUCTION	1
2. METHOD.....	13
The Sample.....	13
Description of the Instrument.....	14
Administration and Scoring.....	16
3. RESULTS.....	18
4. DISCUSSION.....	20
REFERENCES.....	22
TABLES.....	26
APPENDIX.....	29

CHAPTER 1

Introduction

In America, love in marriage has been more expected than in other cultures. Historically, love in marriage has been considered important, depending on such variables as time in history and customs of culture.

Harlow (1958) wrote, "Love is a wondrous state, deep, tender, and rewarding. Because of its intimate and personal nature it is regarded by some as an improper topic for experimental research" (p. 673). In his work, relative to the Nature of Love, Harlow studied love in behavioral terms, investigating the bonding between mother and child using primates in the experiments. He believed love involves having our needs met and he compared this to the initial love response made by the infant to the mother.

Although considered by some as an improper topic for experimental research, much empirical research has been conducted on the subject of love since 1958. Mathes (1980) attempted to validate Lee's (1973) typology of love by employing a psychometric methodology in translating the descriptions of the types of love into multi-item scales. The results of this study showed that there was one type of romantic love. Romantic love involved both a powerful emotional attachment to the beloved and a serious commitment which is incompatible with playing games, and it applied

equally to men and women. In short, Mathes' study did not support Lee's (1974) theory of eight styles of loving. Rather the study suggested that there is but one type of romantic love composed of eros and an absence of ludus, i.e., a "playing games" type of love.

Fiore and Swensen (1977) conducted a study in which 120 items describing various aspects of love relationships were divided into six factors: (1) verbal expression of affection; (2) self-disclosure of intimate facts about oneself; (3) tolerance for the less desirable characteristics of the person; (4) non-material evidence of interest, concern, encouragement, moral support of the loved person, but which you have not expressed to them; (5) unexpressed feeling--feeling you have for the loved person but which you have not expressed to them; and (6) material evidence providing financial support.

When comparing functional couples to nonfunctional couples, the functional group disagreed on an average of 15 problems and the dysfunctional group disagreed on 65 problems. Thus, the functional marriage group had fewer problems, less serious problems, and more agreement on what their problems were than did the dysfunctional groups. Moreover, there were no differences in functional and dysfunctional couples in their expectations for expression of love in marriage, but in dysfunctional couples verbal expression of affection was low and they expected more unexpressed feelings. Husbands expected wives to put up

with more than they themselves did. Wives expected more encouragement and more material tokens of affection than they received.

In the amount of love expressed, functional married couples were more self-disclosing to their spouses, expressed more affection, and were more tolerant of their spouses; they provided more concern and encouragement for each other; they did more for each other; and they had fewer feelings for each other that they did not express. Dysfunctional married couples not only received less love than functional married couples, but also received less love than they had expected to receive. However, both functional and dysfunctional married couples received less love in marriage than they had hoped to receive. One source of failure in dysfunctional marriages is in the communication of positive affect and concern.

Lasswell and Lasswell (1976) shared with Lee (1974) a lack of concern with measuring how much a person loves another, but rather they did want to know what that love means to a person. They shared the hypothesis that love can mean different things to different people. They concluded that people are likely to expect others to love them according to the meaning of love that they themselves have, rather than recognizing that others have invested this sentiment with different meanings.

Lasswell and Lasswell (1976) felt that love should be classified as a sentiment, i.e., a human phenomenon which has both cognitive and effective qualities.

One can think about love, know when it is happening, and distinguish its meaning from other information; that is its cognitive aspect. One can also feel love with varying degrees of intensity and observe subjectively somatic states (altering cardiac and/or respiratory functioning, producing subjectively observable sexual arousal, or the like) that are cognitively attributed to the presence of that feeling. (p. 214)

Lasswell and Lasswell's (1976) study did not investigate the effective qualities of the sentiment of love or the quantitative measurement of such affect. They are aware of the physiological measurements that are available for such measurement. This includes galvanic skin responses, electroencephalographic responses, blood pressure, pupil dilation, respiration rate, voice prints, and other observable responses of the organism correlated with feeling of love as well as other feelings such as anger, fear, and guilt. Lasswell and Lasswell found that two people who gave similar readings on a polygraph while concentrating deeply on "feelings of love" could get into a heated argument on the definition of love, its cognitive aspect. Thus they hypothesized that directed beliefs,

memories, and information were related subjectively to a person's experience of "love."

Lasswell and Lasswell (1976) believed that the measurement of love had clinical implications in that spouses frequently have different definitions of love. When evaluating a mate as to how much love is shown to one, the evaluation is based on one's own concept of love. A discrepancy in the definitions often creates confusion and conflict. Not only is there a misperception of the partner's behavior and a basic communication failure, but a resultant stress which can only be reduced by somatic change, behavioral change, or some other kind of cognitive reinterpretation of the relationship between the members of the dyad.

A cognitive reinterpretation of this might include lowered self-esteem ("I am wrong or bad or worthless") or a change in behavior (avoiding interaction with the partner as much as possible) or any other of the mechanisms of defense. The goal of counseling for a couple who seems to have incongruous concepts of love is to help them come to an understanding of the source of the conflict. If the theory presented by Lasswell and Lasswell (1976) is correct, the logical procedure indicated would be diagnosis, support, conjoint/insight therapy, and confrontation to help the couple come to terms with the particular style of loving in their partner.

Lasswell and Lasswell (1976) constructed definitions of six hypothetical types of love, defined them operationally, tested the operational definitions for their distinctiveness and exclusivity of meaning, and then constructed profiles of the six scales which measured the six types of love. The results were as expected in that both individual and categorical differences among the profiles of the subjects existed. The 188 subjects included a variety of Japanese, Indonesian, Japanese-American, native Hawaiian, and the United States mainland Caucasian subjects with Buddhist, Christian, Protestant, Agnostic, and Atheist religious identities.

Of the 188 subjects, 34 agreed to write narrative descriptions of their styles of loving after they had completed the questionnaire, but before they had seen their profiles. The hypothesized types of love were explained to the subjects for the first time and they were asked to predict the relative magnitude of their scores on as many of the six scales as possible. Thirty subjects predicted most of their scores in the correct order of magnitude, although not all subjects made predictions for each scale. Two subjects predicted more scores inaccurately than accurately. These subjective predictions were accepted as tentative evidence for the validity of the profiles. At this time nearly 1,000 additional profiles support the hypothesis that persons have different concepts of love. The

significance of that finding is that the concepts are different, not necessarily right or wrong.

Other scales have been devised for defining love operationally, and are based on a unidimensional assumption, that is, that love (or caring or romantic love) is a unique integrated variable which can be scaled on a single gradient. A scale such as Rubin's (1970) "Loving Scale," seems to make a unidimensional assumption. The other side of the coin includes instruments which incorporate more than one dimension from which some profile of subscales or of distinct scales can be constructed operationally defining distinguishable factors which can be grouped conceptually as kinds of love relationships. In some instances, theses are simple reinterpretations or procedural variations, or comparisons of unidimensional scales, such as Rubin's (1970) comparison of the Loving Scale and the Liking Scale. The research that Rubin reported represents an attempt to improve the measuring of love by a unitary conception of romantic love.

Rosenman (1978) did a correlational comparison of the SAMPLE profile and Rubin's (1970) Loving Scale and Liking Scale. SAMPLE is an acronym for six styles of loving. A very brief definition of those styles are, respectively, (1) Storge (friendship), (2) Agape (giving), (3) Mania (possessive), (4) Pragma (shopping list), (5) Ludus (game playing), (6) Eros (ideal type). Rubin's (1970) Loving Scale correlated highest with Agape, the "giving" style of

loving. The significant moderate correlations were higher for women than for men, suggesting that women might have a more clearly differentiated concept of love. The highest degree of relationship obtained was for Agape, Mania, and Storge styles of loving, in that order. Appropriately these three styles of loving correspond most clearly with the three major components of the romantic love scale. Low correlations were found between scores on the Liking Scale and the SAMPLE Profile. The only significant relationship was between liking and Agape, the "giving" style of love.

Studies by Hendrick and Hendrick (1986) showed that males were clearly more ludic than females, but females were more pragmatic, storgic, and manic in love attitudes than males. Hendrick and Hendrick wanted to devise an instrument that would measure the six love styles/attitudes clearly, thereby providing evidence that the six different concepts of love truly exist. They were also interested in the general process of examining the domain of the theory of love styles. Because of this, they took several background measures that might relate conceptually to the love styles. These questions concerned gender, ethnic differences, age, effects of previous styles, current love experiences, and level of self-esteem.

When the 42 items of the love scale were intercorrelated and factored using varimax rotation of the factors, six factors were extracted. They were: Eros with a factor loading of 6.2; Ludus 6.8; Storge 4.3;

Pragma 9.3; Mania 4.8; and Agape 12.9, which accounted for the most variance. It is noted, though, that all six factors accounted for 44.2 percent of the total variance.

Each of the love styles was subjected to the standard reliability analysis of the Statistical Package for the Social Sciences (SPSS) program. In addition to the test, a test-retest correlation was obtained from a subsample of 112 subjects. The alpha coefficients were substantial. All were 70+ with the exception of Storge, which was .62. The test-retest correlations were from a low of .60 for Eros to a high of .78 for Pragma. Although based on a small N, which might have affected the stability, the results suggested a shifting of love style scores on a short-term basis. The tentative conclusion was that the love style scales are measures of relatively changeable attitudes rather than enduring personality traits.

Because of the larger N, very small correlations were significant on the factor analysis. The only scale with a possible problem in showing that it was independent of other love scales was Agape because it correlated significantly with four other scales. The largest of these correlations was .30, which accounted for only 9 percent of the variance in the scale scores, which the authors believed reflected the common method variance of the rating instrument. Their analysis suggested a viable set of scales to measure the six love styles. The scales demonstrated by way of factor analysis suitable internal reliability and reasonable

independence from each other when considered as additive scales (Hendrick & Hendrick, 1980).

Dion and Dion (1973) conducted a study of gender differences relative to love and found that females were more likely to have experienced romantic attraction, to be less idealistic and less cynical about love, and more pragmatically oriented toward love. Females were not more susceptible to the cultural stereotype of romantic love which holds that it is mysterious, intense, and volatile. For females, romantic love may primarily serve to induce males into marriage since other bonds that might unite a couple, such as economic and interdependence, are usually weak or absent.

Presumably, romantic love is most efficacious as a basis for marriage when division of labor by sex is unequal. Under these circumstances, the gender that contributes the least to economic subsistence has the most to gain in a social system where marriage is based on romantic love. Since women in contemporary American society generally contribute less to economic subsistence in marriage, they should be more prone than men to value romantic love in pragmatic terms as a basis for marriage rather than for purely idealistic reasons. Females were more opposed to abolishing love as a basis for marriage. Females more strongly espoused a pragmatic viewpoint toward love than males.

Lawson (1981) studied the relationship between love, attitudes, and marital adjustment through seven stages of the marital life cycle. He believed the elimination of romantic love would dramatically change the family institution in that romantic love not only brings individuals into a serious male-female relationship that may ultimately lead to marriage, but also aids couples' marital adjustment in those first few months of marriage. He found there was a significant relationship between wives' love attitude and husbands' marital adjustment in the first two years of marriage.

Although his study showed men's romantic love attitude increases with an increase in years married (whereas they exhibit a more conjugal love attitude of satisfaction, maturity, and security in the early and middle years of marriage), females have greater control and adaptability regarding love attitudes than do males. Husbands' marital adjustment fluctuated significantly in various stages of marriage while wives' marital adjustment did not show any significant change across marital stages (Lawson, 1981).

In the present study of the relationship of styles of loving and marital adjustment the following hypotheses were formulated:

1. There would be a positive and significant correlation between the Marital Adjustment Test scores and those on Storge on the SAMPLE Profile, a love scale survey.

2. There would be a positive and significant correlation between the Marital Adjustment Test scores and those on Agape on the SAMPLE Profile.

3. There would be a positive and significant correlation between the Marital Adjustment Test scores and those on Pragma on the SAMPLE Profile.

4. There would be a negative and significant correlation between the Marital Adjustment Test scores and those on Mania on the SAMPLE Profile.

CHAPTER 2

Method

The Sample

The purpose of the present study was to compare styles of loving and marital adjustment. No efforts were made to control for race or religion of respondents. All subjects were volunteers. The only compensation offered to subjects for their participation was a summary of the overall results upon completion of this study.

The subjects were obtained from the mid-South region, i.e., Hopkinsville, Kentucky, and Clarksville, Tennessee, as well as the Southeastern region of the United States, which included parts of Florida and Mississippi. The age range of the sample for wives was 23 to 82 years. The mean was 40. For the husbands, the age range of the sample was 27 to 85 years. The mean age was 41. Of the 200 surveys distributed, 60 were returned. Only 56 surveys were suitable for inclusion in the present investigation.

The requirement of the subjects was that they be in a legal heterosexual marital relationship and not separated from their recent spouse. Previous marriages were not considered in this study.

Description of the Instrument

In 1976, Lasswell and Lasswell refined Lee's (1974) eight styles of loving into six categories. The six styles (storge, Agape, Mania, Pragma, Ludus, Eros) comprised the SAMPLE Profile, a love scale survey. Definitions follow.

1. Storge (friendship). Self-revelation, brother-sister type love, interdependency and a mutual need for fulfillment characterize this type of love. Storgic lovers are good friends who operate on the assumption that their relationship will be permanent. They discuss almost everything and usually have a good knowledge of each other. Storgic lovers have often been in love for some time before they realize it.

2. Agape (giving). Agapic lovers are supportive, giving, and forgiving. An extreme agapic lover is so patient with his or her love object that at times it may border on masochism. Not surprisingly, the agapic type is most able to get along well with all the other types.

3. Mania (possessive). The mania lover believes that being jealous is an important part of being in love. There is a need to be with the love object as much as possible, and separation is not well tolerated. In fact, as many activities as possible are done together. Mania lovers may eventually become burdensome to those who are more self-sufficient.

4. Pragma (shopping list). The pragmatic lover looks for the best possible arrangement with a partner. In a sense, this is a "shopping list" love, i.e., the person decides what particular assets he or she wants and then attempts to find the suitable partner. Even deciding whether to stay in the relationship or to get a divorce is determined mostly by practical considerations.

5. Ludus (game playing). The ludus lover tries to minimize dependency and commitment. A partner who would be possessive or jealous is avoided, for variety and good times are the goal. A ludus lover usually has at least two partners simultaneously, making it easier to move on and lessening commitment. Ludus love is a game with much fun while it lasts.

6. Eros (ideal type). The philosophy behind erotic love is that there is a certain ideal type. Erotic lovers believe in love at first sight, with sex usually coming early in the relationship. The closer the beloved comes to the ideal body build, i.e., skin, fragrance, hair, and personality characteristics, the more the erotic lover becomes convinced of the attraction. Erotic lovers enjoy intimate discussions and search for new sexual techniques and other ways to please their partners.

Locke and Wallace (1959) constructed the Marital Adjustment Test (MAT) (Short Form). Their research relative to reliability eventuated in a coefficient of .90. A group of marriage-maladjusted subjects was matched

for age and sex with 48 marriage-well-adjusted subjects. The mean adjustment score for the well-adjusted group was 135.9 and 71.7 for the maladjusted group, a difference that was significant. Seventeen percent of the maladjusted group achieved adjustment scores of 100 or higher, whereas 96 percent of the well-adjusted group achieved scores of 100 or more. These results were interpreted as establishing the validity of the MAT.

Administration and Scoring

The surveys were hand delivered and mailed to out-of-town subjects in the surrounding areas, i.e., Hopkinsville, Kentucky, and Clarksville, Tennessee, as well as the Southeastern region which included parts of Florida and Mississippi. Although the question on the Love Survey stated "think of your lover or significant other," explicit instructions were also given to "think of your present spouse when completing this survey."

The Marital Adjustment Test (MAT) (Short Form) by Locke and Wallace (1959) consisted of 15 forced choice questions. The answers to these question were scored and totaled. Scores between 2-75 suggested severe problems in the marital relationship, with scores between 2-99 being low. The lower the score, the greater the reported dissatisfaction in the relationship. Scores between 75-99 indicated moderate but probably manageable marital difficulties. High scores in the 100-158 range showed the relationship to be most likely a positive one.

Lasswell and Lasswell's (1976) SAMPLE Profile consisted of 50 true-false questions. The answers to those questions gave a general pattern of the individual's preference for six styles of loving. The Pearson product-moment correlation was utilized to determine the participants' style of loving. As there were no right or wrong answers, the results simply showed preference for the styles of loving during the present relationship.

CHAPTER 3

Results

A computer analysis, utilizing the Pearson product-moment correlation technique, compared wives' style of loving and husbands' marital adjustment. The wives' scores on Agape style of loving and the husbands' marital adjustment scores correlated .577, which was significant at the .0001 level. The wives' Mania style of loving scores and the husbands' marital adjustment scores correlated -.339, which was significant at the .01 level. The wives' Ludic style of loving scores and the husbands' marital adjustment scores correlated -.519, significant at the .0001 level. The wives' Storge, Pragma, and Eros styles of loving were not related to the husbands' marital adjustment. The correlation coefficients are shown in Table I. The means and standard deviations are depicted in Table II.

A multiple regression analysis comparing the wives' styles of loving scores and the husbands' marital adjustment scores revealed four styles of the wives' loving which contributed to the husbands' marital adjustment. These styles of loving are as follows: Agape, Eros, and Storge which were positive. Ludic style of loving was a negative contribution toward husbands' marital adjustment.

Wives' marital adjustment scores and Agape style of loving scores correlated .487, significant at the .001 level. The other styles of loving did not relate to the wives' marital adjustment.

CHAPTER 4

Discussion

In the present project four hypotheses were subjected to empirical testing. Hypothesis one stated that there would be a positive and significant correlation between the Marital Adjustment Test scores and those on Storge on the SAMPLE Profile, a love scale survey, but was not supported for wives or husbands. Hypothesis two stated that there would be a positive and significant correlation between the Marital Adjustment Test scores and those on Agape on the SAMPLE Profile and was supported for wives and husbands.

Hypothesis three anticipated a positive and significant relationship between the Marital Adjustment Test scores and those on Pragma on the SAMPLE Profile, this was not confirmed. Hypothesis four postulated a negative and significant correlation between Marital Adjustment Test scores and those on Mania on the SAMPLE Profile; this was confirmed for wives' but was disconfirmed for husbands'.

Analysis of the data revealed that there was no relationship between the wives' marital adjustment and the husbands' style of loving. Although a significant correlation was not found, there was a tendency for Mania style wives to be married to Mania style husbands. Too, Ludic style wives tended to be married to Ludic style

husbands. Moreover, Eros style wives tended to be married to Eros style husbands.

There was no tendency for Agape style wives to be married to Agape style husbands. Neither was there a tendency for Storge style wives to be married to Storge style husbands. There was a tendency for well adjusted spouses to be married to well adjusted spouses, and less well adjusted mates to be married to less well adjusted mates. Those relationships were significant, but accounted for only 25 percent of the variance.

The wife's style of loving that contributed most to her marital adjustment was Agape. All the wives' styles of loving accounted collectively for 54 percent of the variance in the husbands' marital adjustment. However, the husbands' marital adjustment or style of loving contributed nothing to the wives' marital adjustment.

Summarizing, perhaps the most important findings were (1) that the wife's Agape style of loving contributed to her marital adjustment, (2) that the wife's Agape style of loving contributed most to her husband's marital adjustment, and (3) that the husband's style of loving and marital adjustment contributed nothing to the wife's marital adjustment.

REFERENCES

- Branden, Nathaniel, Ph.D. (1980). The Psychology of Romantic Love. Los Angeles: J. P. Tarcher, Inc.
- Dion, Kenneth L. & Dion, Karen K. (1973). Correlates of romantic love. Journal of Consulting and Clinical Psychology, 41 (1), 51-56.
- Fiore, Anthony, & Swensen, Clifford H. (1977). Analysis of love relationships in functional and dysfunctional marriages. Psychological Report, 40, 707-714.
- Gupta, Usha, & Singh, Pushpa. (1982). An exploratory study of love and liking and type of marriages. Indian Journal of Applied Psychology, 19 (2), 92-97.
- Harlow, Harry F. (1958). The nature of love. American Psychologist, 13 (1), 673-685.
- Harris, Thomas A., M. D. (1969). I'm OK -- You're OK. New York: Avon Books.
- Hatkoff T. S. (1978). Cultural and demographic differences in persons cognitive reference of love. Unpublished doctoral dissertation, University of Southern California.
- Hendrick, Clyde, & Hendrick, Susan. (1986, February). A theory and method of love. Journal of Personality and Social Psychology, 50 (2), 392-402.

Larzelere, Robert E., & Houston, Ted L. (1980, August).

The Dyadic Trust Scale: Toward understanding interpersonal trust in close relationships. Journal of Marriage and the Family, 42 (3), 595-604.

Lasswell, Thomas E., & Lasswell, Marcia E. (1976, July). I love you but I'm not in love with you. Journal of Marriage and Family Counseling, 2 (3), 211-224.

Lasswell, Marcia, & Lobsenz, Norman M. (1980). Styles of Loving. Why You Love the Way You Do. Garden City, New York. Doubleday & Company, Inc.

Lawson, David M. (1981, May). A study of the relationship between love attitudes and marital adjustment through seven stages of the marital life cycle. Unpublished doctoral dissertation, North Texas State University, Denton, Texas.

Lee, John Allen. (1973). Colors of Love. Toronto: New Press.

Lee, John Allen. (1974, October). The style of loving. Psychology Today, 8 (5), 44-51.

Locke, Harvey J., & Wallace, Karl M. (1959, August). Sort marital-adjustment and prediction tests: Their reliability and validity. Marriage and Family Living, XXI (3), 251-255.

Locke, Harvey J., & Wallace, Karl M. (1981). Marital Adjustment Test. In The Mind Test by Rita Aero & Elliot Weiner, Ph. D. New York: William Morrow and Company, Inc. (1981)., pp. 101-102.

- Mathes, Eugene W. (1980). Nine "colours" or types of romantic love. Psychological Reports, 47, 371-376.
- Moffitt, Paul F., Spence, Neil D., & Goldney, Robert D. (1986). Mental health in marriage: The roles of need for affiliation, sensitivity to rejection, and other factors. Journal of Clinical Psychology, 42 (1), 68-76.
- Peck, M. Scott, M. D. (1978). The Road Less Traveled. New York: Simon and Schuster.
- Rosenman, Martin F. (1978). Liking, loving, and styles of loving. Psychological Reports, 42, 1243-1246.
- Rubin, Zick. (1970). Measurement of romantic love. Journal of Personality and Social Psychology, 16 (2), 265-273.
- Sternberg, Robert J., & Barnes, Michael L. (eds.). (1988). The psychology of love. New Haven and London: Yale University Press.
- Swensen, Clifford H., Eskew, Ron W., & Kohlhepp, Karen A. (1981, November). Stage of Family life cycle, ego development, and the marriage relationship. Journal of Marriage and the Family, 43 (4), 841-853.
- White, Laura. (1987, December, January). What's love got to do with it? Bostonia, 30-33, 35-36.

TABLES

TABLE I

Wives' style and Husbands MAT	r	probability
Storge x MAT	0.221	0.1089
Agape x MAT	0.577	.0001*
Pragma x MAT	-0.107	0.4423
Mania x MAT	-0.339	-0.0122*
Ludic x MAT	-0.519	.0001
Eros x MAT	0.162	0.2414

TABLE II

Means and Standard Deviations

Variable	Mean	SD
Style of loving		
Storge (males)	5.500	1.502
Storge (females)	5.463	1.587
Agape (males)	5.815	1.661
Agape (females)	4.685	2.008
Mania (males)	3.037	2.137
Mania (females)	3.296	2.160
Ludic (males)	2.944	1.966
Ludic (females)	3.185	2.019
Eros (males)	3.796	1.547
Eros (females)	3.333	1.454

Marital Adjustment for males and females

	Mean	SD
Males	104.545	32.686
Females	105.236	30.340

APPENDIX

INFORMED CONSENT STATEMENT

The purpose of this investigation is to research the relationship between styles of loving and marital happiness. Your responses are confidential. At no time will you be identified nor will anyone other than the investigator(s) have access to your responses. The potential hazards which may occur from participation are not significant as based on previous studies of this topic. The demographic information collected will be used only for purposes of analysis. Your participation is completely voluntary, and you are free to terminate your participation at any time without any penalty. Upon completion of this study, the results of this project will be explained to you, if requested. Thank you for your cooperation.

I agree to participate in the present study being conducted under the supervision of a faculty member of the Department of Psychology at Austin Peay State University, Clarksville, Tennessee. I have been informed, either orally or in writing or both, about the procedures to be followed and about any discomforts or risks which may be involved. The investigator has offered to answer any further inquiries as I may have regarding the procedures. I understand that I am free to terminate my participation at any time without penalty or prejudice and to have all data obtained from me withdrawn from the study and destroyed. I have also been told of any benefits that may result from my participation.

Name (please print)

Signature

INSTRUCTIONS:

1. Your responses are confidential.
2. DO NOT put your name on the questionnaire.
3. You are required to provide the following:
 - a. Your age.
 - b. Year married to present spouse.
 - c. Number of children you have living in your household or are supporting at this time.
4. Read the instructions for each questionnaire carefully.
5. The Love Test requires you to answer TRUE or FALSE to each question.
6. The Marital Adjustment Test requires you to pick the number that best corresponds with your answer and fill in this number in the box at the right.
7. WIVES, fill out FORM A.
8. HUSBANDS, fill out Form B.
9. DO NOT discuss your responses with your spouse!
10. For your confidentiality, please place your signed consent form in one of the envelopes provided. Then, place your questionnaire in the other envelope provided.

In responding to items below, when it is appropriate, think of your most significant peer love relationships. If you cannot decide which has been the most significant, think of your most recent significant love relationship. If you wish, you may think of your ideal love relationship whether you have actually experienced it or not.

1. T F I believe that "love at first sight" is possible .
2. T F I did not realize that I was in love until I actually had been for some time.
3. T F When things aren't going right with us my stomach gets upset.
4. T F From a practical point of view, I must consider what a person is going to become in life before I commit myself to loving him/her.
5. T F You cannot have love unless you have first caring for a while.
6. T F It's always a good idea to keep your lover a little uncertain about how committed you are to her or him.
7. T F The first time we kissed or rubbed cheeks, I felt a definite genital response (lubrication, erection).
8. T F I still have good freindships with almost everyone with whom I have ever been involved in a love relationship.
9. T F It makes good sense to plan your life carefully before you choose a lover.
10. T F When my love affairs break up, I get so depressed that I have even thought of suicide.
11. T F Sometimes I get so excited about being in love that I can't sleep.

12. T F I try to use my own strength to help my lover through difficult times, even when he/she is behaving foolishly.
13. T F I would rather suffer myself than let my lover suffer.
14. T F Part of the fun of being in love is testing one's skill at keeping it going and getting what one wants from it at the same time.
15. T F As far as my lovers go, what they don't know about me doesn't hurt them.
16. T F It is best to love someone with a similar background.
17. T F We kissed each other soon after we met because we both wanted to.
18. T F When my lover doesn't pay attention to me, I feel sick all over.
19. T F I cannot be happy unless I place my lover's happiness before my own.
20. T F Usually the first thing that attracts my attention to a person is her/his pleasing physical appearance.
21. T F The best kind of love grows out of a long freindship.
22. T F When I am in love, I have trouble concentrating on anything else.
23. T F At the first touch of her/his hand, I knew that love was a real possibility.
24. T F When I break up with someone, I go out of my way to see that he/she is O.K.
25. T F I cannot relax if I suspect that he/she is with someone else.
26. T F I have at least once had to plan carefully to keep two of my lovers from finding out about each other.
27. T F I can get over love affairs pretty easily and quickly.

28. T F A main consideration in choosing a lover is how he/she reflects on my family.
29. T F The best part of love is living together, building a home together, and rearing children together.
30. T F I am usually willing to sacrifice my own wishes to let my lover achieve his/hers.
31. T F A main consideration in choosing a partner is whether or not he/she will be a good parent.
32. T F Kidding, cuddling, and sex shouldn't be rushed into; they will happen naturally when one's intimacy has grown enough.
33. T F I enjoy flirting with attractive people.
34. T F My lover would get upset if he/she knew some of the things I've done with other people.
35. T F Before I ever fell in love, I had a pretty clear physical picture of what my true love would be like.
36. T F If my lover had a baby by someone else, I would want to raise it, and care for it as if it were my own.
37. T F It is hard to say exactly when we fell in love.
38. T F I couldn't truly love anyone I would not be willing to marry.
39. T F Even though I don't want to be jealous, I can't help it when he/ she is with some one else.
40. T F I would rather break up with my lover than stand in her/his way.
41. T F I like the idea of me and my lover having the same kinds of clothes, hats, plants, bicycles, cars, etc.
42. T F I wouldn't date anyone that I would not want to fall in love with.

43. T F At least once when I thought a love affair was all over, I saw her/him again and knew I couldn't realistically see her/him without loving her/him.
44. T F Whatever I own is my lover's to use as he/she chooses.
45. T F If my lover ignores me for a while, I sometimes do really stupid things to try to get her/his attention back.
46. T F It's fun to see whether I can get someone to go out with me even if I don't want to get involved with that person.
47. T F A main consideration is choosing a mate is how he/she will reflect on one's career.
48. T F When my lover doesn't see me or call me for a while, I assume he/she has a good reason.
49. T F Before getting very involved with anyone, I try to figure out how compatible his/her hereditary background is with mine in case we ever have children.
50. T F The best love relationships are the ones that last longest.

CIRCLE IN THE COLUMN BELOW HOW YOU ANSWERED EACH QUESTION

LOVE TEST

Answer Sheet

- | | |
|---------|---------|
| 1. T F | 26. T F |
| 2. T F | 27. T F |
| 3. T F | 28. T F |
| 4. T F | 29. T F |
| 5. T F | 30. T F |
| 6. T F | 31. T F |
| 7. T F | 32. T F |
| 8. T F | 33. T F |
| 9. T F | 34. T F |
| 10. T F | 35. T F |
| 11. T F | 36. T F |
| 12. T F | 37. T F |
| 13. T F | 38. T F |
| 14. T F | 39. T F |
| 15. T F | 40. T F |
| 16. T F | 41. T F |
| 17. T F | 42. T F |
| 18. T F | 43. T F |
| 19. T F | 44. T F |
| 20. T F | 45. T F |
| 21. T F | 46. T F |
| 22. T F | 47. T F |
| 23. T F | 48. T F |
| 24. T F | 49. T F |
| 25. T F | 50. T F |

Your age: _____

Years married to present spouse: _____

Number of children you have living in your household or supporting at this time: _____

Marital Adjustment Test

by Harvey J. Locke and Karl M. Wallace

On the test below are 15 questions. Read each one and determine the number of points that best describe your relationship with your mate. Write that number in the answer column on the right.

1. Find the point on the scale line below which best describes the degree of happiness, everything considered, of your present marriage. The middle point, "happy," represents the degree of happiness which most people get from marriage, and the scale gradually ranges on one side to those few who are very unhappy in marriage, and on the other to those few who experience extreme joy or felicity in marriage. Write the number of points in the answer column.

0 2 7 15 20 25 35

Very Happy Perfectly

Unhappy Happy

To what extent do you and your mate agree on the following items? Note the points in the answer column.

	Always Agree	Almost Always Agree	Occasionally Disagree	Frequently Disagree	Almost Always Disagree	Always Disagree	
2. Handling family finances	5	4	3	2	1	0	<input type="checkbox"/> 2
3. Matters of recreation	5	4	3	2	1	0	<input type="checkbox"/> 3
4. Demonstrations of affection	3	6	4	2	1	0	<input type="checkbox"/> 4
5. Friends	5	4	3	2	1	0	<input type="checkbox"/> 5
6. Sex relations	15	12	9	4	1	0	<input type="checkbox"/> 6
7. Conventionality (right, good, or proper conduct)	5	4	3	2	1	0	<input type="checkbox"/> 7
8. Philosophy of life	5	4	3	2	1	0	<input type="checkbox"/> 8
9. Ways of dealing with in-laws	5	4	3	2	1	0	<input type="checkbox"/> 9

10. When disagreements arise, they usually result in: husband giving in (0), wife giving in (2), agreement by mutual give and take (10). ☐ 10
11. Do you and your mate engage in outside interests together: All of them (10), some of them (8), very few of them (3), none of them (0)? ☐ 11
12. In leisure time, do you generally prefer: to be "on the go" _____, to stay at home _____? Does your mate generally prefer to be "on the go" _____, to stay at home _____? (Stay at home for both, 16 points; "on the go" for both, 3 points; disagreement, 2 points.) ☐ 12
13. Do you ever wish you had not married? Frequently (0), occasionally (3), rarely (9), never (15). ☐ 13
14. If you had your life to live over, do you think you would marry the same person (15), marry a different person (0), not marry at all (1)? ☐ 14
15. Do you confide in your mate: almost never (0), rarely (2), in most things (10), in everything (10)? ☐ 15

Copyright 1959 by The Journal of Marriage and Family Living. Reprinted with permission.