

THE EFFECT OF PHYSICAL ATTRACTIVENESS ON CONSUMMATE LOVE FROM THEORY STERNBERG'S LOVE TRIANGLE ON PSYCHOLOGY STUDENTS ALREADY MARRIED AT UNIVERSITY X

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ABSTRACT

This research aims to examine the influence of physical attractiveness on consummate love from Sternberg's Love Triangle Theory in Married Psychology Students at University X. The research subjects were 105 subjects, and used accidental sampling techniques. Data collection was carried out using the STLS (Sternberg Triangular Love Scale) and EPA (estimating physically attractiveness) measuring instruments through an online questionnaire system. The results of the analysis using simple regression analysis show that there is a significant influence between physical attractiveness on perfect love (consummate love) with an effective contribution of physical attractiveness to perfect love of 25.2% and a significance level of 0.000. The results show that there is a significant positive influence of physical attractiveness on perfect love.

Keywords: Physical Attraction, Perfect Love, Married Psychology Students.

INTRODUCTION

Love has always been a topic favored by all groups, both young and old, as evidenced by song lyrics, drama, theater, poetry, poetry, comics, novels, and even gossip about love (Wisnuwardhani & Mashoedi, 2012). Love is also a popular topic in scientific research (Taylor, Peplau, & Sear, 2012). According to Antonucci, one group that cannot be separated from love problems is individuals who are in the early adult development stage (Irmawati & Saragih, 2005). The psychosocial life of early adulthood is increasingly complex compared to adolescence, especially those who choose to continue their studies at university. Selection and finding a potential life partner is one of the developmental tasks in early adulthood. The choice of marriage or just a premarital relationship or usually called dating or something else is natural for early adults because they remember these developmental tasks (Hurlock, 2004).

Students are one of the social groups in society who are vulnerable to the influence of current lifestyles, trends and fashions. For students themselves, fashion, appearance and beauty are important things that receive special attention. Cross and Cross explained that beauty and physical attractiveness are very important for humans. Social support, popularity, choice of life partner and career are influenced by a person's attractiveness (Hurlock, 2004).

The following is some research related to love that has been carried out. Karla Rafaela Haack and Denise Falcke say that there is a significant relationship between passion (Sternberg's triangular theory of love) and readiness to marry in young adults (Yufrizal, 2012) whereas the age of the participants has a negative relationship with passion and a positive relationship with intimacy and commitment (Ahmetoglu, Swami, & Premuzic, 2010). Regarding physical attractiveness which is a factor in love in (Sternberg, 2000) there has also been a lot of research.

Research conducted by (Pawlowski & Jasienska, 2005) found that men with attractive physiques can make women want them to have a relationship, because men who are having an attractive physique is considered more capable of producing good offspring than men with an unattractive physique (Jonason, 2009) also found a positive correlation between a person's physical attractiveness and the perception that someone with an attractive physique can make a better long-term relationship than with individuals who do not have attractive physical attractiveness. (Barelds & Dijkstra, 2009) also said that individuals who consider their partner to have physical attractiveness will have a better relationship quality than those who do not.

Based on research on love and physical attractiveness in interpersonal relationships and in marriage. Researchers are interested in conducting preliminary research on physical attractiveness and love in marriage with several psychology students at University X who are married. The following are the results of the initial interview in the preliminary research:

Subject A is a psychology student at University X semester 8 who is married. Subject A said that the main reason for his marriage was encouragement from his parents to avoid promiscuity/free sex which is currently common among teenagers and the culture in his environment that 20s is the age for marriage. When the subject was asked about their partner's love and physical attractiveness, the subject also said that physical attractiveness and love were one of the reasons for their marriage.

The second subject is subject B, a 7th semester psychology student at University The subject said that love was also the reason the subject decided to get married, but when the subject was asked whether the physical appearance of his partner affected the amount of love the subject had for his partner, the subject answered that the physical appearance of his partner did not affect the amount of love the subject had for his partner.

The third subject the researchers conducted was Subject C. Subject C is currently 36 years old and is taking a psychology course at University because of encouragement from parents and because the couple's status is already established and can elevate the family's social status, and the thing that maintains the subject's marriage to date is commitment. When asked whether the partner's physical attractiveness and love also influenced the subject's decision to marry until now, the subject answered probably yes.

The fourth subject is subject D. Subject D is currently 26 years old and is currently taking a psychology course at University , and when asked whether their partner's physical attractiveness influenced their love, the subject said that physical attractiveness was one of the factors in which the subject loved his partner and was committed to marriage, but this was not the only reason nor the main reason the subject decided to get married.

Researchers got various answers from interviews with several students regarding physical attractiveness and perfect love in marriage. To get more accurate results on how much influence physical attractiveness has on perfect love in married students, the researchers conducted research with the title "The Influence of Physical Attractiveness on Perfect Love (Consummate Love) from Sternberg's Love Triangle Theory in Married Psychology Students at X University".

LITERATURE REVIEW

Love is a story that can be created by everyone and we ourselves are the creators of our love (Sternberg, 2000). This story is formed when we are born and comes from our experiences and observations of our surroundings which can then influence our personality. In addition, these

stories come from films, television broadcasts, and romance books. There are two factors that cause love, namely physical attraction and similarity (Sternberg, 2000). Physical attraction is one of the factors that causes couples to be attracted to each other. Someone begins to be attracted to each other from their physical appearance when they first meet. When forming a relationship, each person looks for a partner who has similarities with himself (Sternberg, 2000). These similarities include similarities in views, love stories, and needs in a relationship. (Sternberg, 2000) says that people tend to fall in love with other people who have the same story as themselves. (Sternberg, 2000) put forward a theory about love called the Triangular Theory of Love. In this theory, Sternberg states that love has three main components, namely passion, intimacy and commitment. Sternberg thinks that the three elements of love, namely intimacy, passion and commitment, can include various other elements of love, for example Intimacy which is an emotional component, is the feeling of closeness, bonding and attachment that a person feels in a romantic relationship (Sternberg, 2000). Passion, which is a motivational component, is an urge that leads to romance, physical attraction, sexual consummation. Meanwhile, commitment, which is a cognitive component, is a person's decision to love someone (short term) and maintain that love (long term). This theory is also a theory that crosses time and culture, so it can apply anytime and anywhere.

Components of Love

Sternberg (1997) summarizes love with a triangle that includes 3 components, namely intimacy, passion and commitment.

- a. Intimacy is a person's experience that arises from a person's feelings of closeness, attachment and connectedness with another person which involves the desire to give and receive and share one's deepest thoughts with another person.
- b. Passion is a romantic desire that includes a person's intense sexual desire for another person, accompanied by psychological arousal (Sternberg, 1997). Physical attractiveness is also part of passion (Sternberg, 1997). Passion can be manifested in several forms of action such as making love, staring, touching, and so on. It is not only sexual needs that dominate, but also other needs that can cause arousal/passion to occur, such as: self-esteem, the need for affiliation, dominance, succorance, nurturance, self-actualization and obedience. Passion is a motivational component and is addictive to individuals. Likewise with drugs that are addictive, if the need for things that can cause excitement is not met, it will cause depression for the individual, so the individual will always try to fulfill these needs. Therefore, this component is called the motivational component, because this component motivates individuals to continue trying to fulfill their needs (Sternberg, 1988).
- c. Commitment according to Sternberg in Rathus et al (2008) is a person's attempt to maintain their love through a commitment in a relationship. This commitment can be realized through a form of action such as engagement, marriage, sexual fidelity to a partner and others (Sternberg, 1997).

Types of love in (Sternberg, 1986) developed it into eight types of love. The eight types of love are:

- a. Non Love, Non love is a relationship that does not include the three components of love. Most of our personal relationships are the type of relationship that does not involve elements of love.
- b. Liking, Liking is our experience with other people as friends. Liking has a strong love component, namely intimacy, but does not have the components of passion and commitment.
- c. Infatuation, Infatuation is "love at first sight" when someone experiences a passionate longing for another person. This infatuation only has a passion component, but does not have the components of intimacy and commitment.

- d. Empty love, Empty love is love that is characterized only by commitment to maintaining the relationship but does not have the components of passion and intimacy. Empty love can become a stagnant relationship if it does not involve emotional intimacy and physical attraction. One example of empty love is an arranged marriage in which each partner tries to love each other.
- e. Romantic love, Romantic love is a combination of intimacy and passion but has no commitment. People who experience romantic love are not only physically attracted but are emotionally attached to each other.
- f. Companionate love, Companionate love is a combination of intimacy and commitment. Companionate love often occurs in long-term relationships where passionate attraction has waned and been replaced by committed friendship.
- g. Fatuous love, Fatuous love is a type of love (Sternberg, 1986) which can be associated like a whirlwind of romance which can lead to a quick marriage. Fatuous love is a relationship that has love components in the form of commitment and passion, but does not have an intimacy component. The commitment made to this relationship is based on passion alone without involving intimacy, which can lead to divorce in a marriage.
- h. Consummate love, Consummate love is complete and strong love because this love consists of intimacy, passion and commitment. Most couples try hard to realize this type of love to produce an ideal relationship.

Factors that Cause Love

There are two factors that cause love (Sternberg, 2000), namely physical attraction and similarity. Physical attraction is one of the factors that causes couples to be attracted to each other. Someone begins to be attracted to each other from their physical appearance when they first meet. Similarities When forming a relationship, everyone looks for a partner who has similarities with themselves. These similarities include similarities in views, love stories, and needs in a relationship (Sternberg, 2000). Sternberg also said that people tend to fall in love with other people who have the same story as themselves (Sternberg, 1988).

Physical Attractiveness

Physical attractiveness is an indicator of several fitness components such as health and strength that can be used to choose a partner (Swami & Tovee, 2005). Physical attractiveness plays an influential role in both the formation and maintenance of romantic relationships (Swami, Furnham, Georgiades, & Pang, 2007). Physical attractiveness is not "singularly constructed" as an individual having an attractive physique but an unattractive face (Swami, Furnham, Georgiades, & Pang, 2007). Swami and colleagues conducted research by comparing ratings of a partner's physical attractiveness with a person's self-assessment of attractiveness using the Estimating Physical Attractiveness Scale (EPA). He found that individuals rated their partner's attractiveness significantly higher than their own. This was true for both men and women. In general and regardless of gender, participants rated their opposite-sex partners as significantly more attractive than they did. Additionally, the results showed that body weight and facial attractiveness were the best predictors of overall physical attractiveness.

Factors that Influence Physical Attractiveness

- a. The first factor that emerged from the analysis (Factor 1) accounted for 19.62% of the variance and had an Eigenvalue of 3.34. This factor contains items related to the lower body (waist, stomach, hips and arms).
- b. Factor 2, which accounted for 18.33% of the variance, had an Eigenvalue of 3.12 and dealt primarily with the lower body and extremities (legs, thighs, legs, buttocks, hands, skin).

- c. Factor 3 accounted for 14.82% of the variance and had an Eigenvalue of 2.52. This factor concerns facial attributes (mouth, teeth, nose and voice).
- d. Factor 4 accounted for 13.47% of the variance and had an Eigenvalue of 2.29. We call these factors upper body features (hair, chest/breasts and eyes).

Components or Aspects of Physical Attraction

(Swami, Furnham, Georgiades, & Pang, 2007) conducted research entitled Evaluating self and partner physical attractiveness, measuring physical attractiveness using several aspects, namely, Overall physical attractiveness, Negative Affect (Overall physical attractiveness), Overall facial attractiveness (Overall facial attractiveness), Overall body weight or size (overall body weight or body size), Overall body shape or figure (overall body shape), Overall height (overall height), Upper body features (upper body), Facial Attributes (Facial Attributes), The Lower Torso (Lower Body), Lower Body and Extremities (Lower Body).

RESEARCH METHODS

Research methods are one of the important elements in research, because research methods involve the correct way of collecting data, analyzing data and making decisions on research results (Azwar, 2012). This research was conducted to determine and identify the influence of the independent variable on the dependent variable using quantitative research methods. Quantitative research is research that works with numbers, where the data is in the form of numbers (scores or values, rankings, or frequencies) which are analyzed using statistics to answer specific research questions or hypotheses, and to make predictions that a particular variable influences other variables. (Creswell, 2012).

Sampling technique is a method used to take samples from a population using certain procedures to obtain samples that represent the population (Azwar, 2017). The sampling procedure used is nonprobability sampling, namely a sampling technique that does not provide equal opportunity or opportunity for each element or member of the population to be selected as a sample (Sugiyono, 2010). The sampling technique used in this research was accidental sampling with the criteria that the sample was married and was currently active as a psychology student at university X. This sample is often referred to as a chance sample, which is taken based on considerations of convenience for the researcher (not research), so this sample is often called convenience sampling. Researchers take samples randomly (whenever and wherever they find them) as long as they meet the requirements as samples from a certain population.

RESEARCH RESULT

The hypothesis which states that there is an influence of physical attractiveness on consummate love from Sternberg's love triangle theory in married psychology students at University X is accepted. With p value = 0.000.

This research is supported by the statement according to Antonucci (in Irmawati & Saragih, 2005), one group that cannot be separated from the problem of love is individuals who are in the early adult development stage. The psychosocial life of early adulthood is increasingly complex compared to adolescence, especially those who choose to continue their studies at university. Selection and finding a potential life partner is one of the developmental tasks in early adulthood. The choice of whether to get married or just a premarital relationship or what is usually called dating or something else is natural for early adults because they remember these developmental tasks (Hurlock, 2004).

Students are one of the social groups in society who are vulnerable to the influence of current lifestyles, trends and fashions. For students themselves, fashion, appearance and beauty are important things that receive special attention. Cross and Cross explained that beauty and physical attractiveness are very important for humans. Social support, popularity, choice of life partner and career are influenced by a person's attractiveness (Hurlock, 2004).

This research also confirms Sternberg's theory which states that one of the factors that causes love (Sternberg, 2000) is physical attractiveness. Physical attraction is one of the factors that causes couples to be attracted to each other. Someone begins to be attracted to each other from their physical appearance when they first meet. As well as the results of research by Swami et al, which states that physical attractiveness is an indicator of several fitness components such as health and strength which can be used to choose a partner (Swami & Tovee, 2005). Physical attractiveness plays an influential role in both the formation and maintenance of romantic relationships (Swami, Furnham, Georgiades, & Pang, 2007).

This research is in line with other research, in previous research it was concluded that there are significant differences in intimacy, decisions/commitment and overall dimensions of love, as well as marital quality between couples who have a relationship mediated by the internet and a person's physical relationship. Karla Rafaela Haack and Denise Falcke say that there is a significant relationship between passion (Sternberg's triangular theory of love) and readiness to marry in young adults (Yufrizal, 2012) whereas the age of the participants has a negative relationship with passion and a positive relationship with intimacy and commitment (Ahmetoglu, Swami, & Premuzic, 2010).

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Those who assessed physical attractiveness consisted of 19 male respondents and 86 female respondents with 80 respondents aged < 30 years and 25 respondents > 30 years old. And the average length of marriage for respondents was 26 respondents with a marriage length of more than 5 years and 79 respondents with a marriage length of less than 5 years. With 67 respondents who already have children and 38 respondents who do not have children. All respondents are currently studying psychology at University X.

Physical attractiveness contributes 25.2% to perfect love in marriage. The category of perfect love in the research consists of three categories. In the love category, the results of love categorization are obtained through eight categories of types of love. Respondents with the type of love Companionate love are 3 subjects, Empty Love is 1 subject, Fatuous love is 1 subject, Liking is 1 subject, Non love is 3 subjects, Romantic love is 1 subject and Consummate love is 95 subjects. Meanwhile, in the descriptive analysis of the physical attractiveness scale, the results of the categorization of physical attractiveness were obtained into three categories. Where the number of respondents in the low category is 1 person with a percentage of 1%, medium is 23 people with a percentage of 22% and the number of respondents in the high category is 81 people with a percentage of 77%.

CONCLUSION

Based on the results of the research discussion in this thesis, it can be concluded that: There is an influence of physical attractiveness on consummate love from Sternberg's love triangle theory in married psychology students at University X. With a significant influence.

SUGGESTION

Based on research results and matters related to research limitations. So there are several things that need to be considered, namely for further research, the researcher proposes not to limit the research subject area so that the sample obtained is representative of the population. For the type of research used, it would be better if the quantitative results from existing data are complemented by qualitative results, which can be obtained through interviews with participants for example. This can certainly enrich the data and allow you to see a more in-depth picture and for further research you should be able to carry out a deeper analysis regarding comparisons in each dimension.

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