



To Study The Effect Of Guilt Proneness And Life Satisfaction On Love Attitude Among Young Adults.

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ABSTRACT

The aim of the study was to investigate the effect of guilt and life satisfaction on love attitude among young adults. The sample consists of 100 individuals and the sampling design used is convenient sampling and both male and female participants were asked to take initiative. The sample mainly consists of people in the age group of 18-28 years who are young adults. The data in this study has been obtained with the help of the scales named “Love Attitude scale”, “The satisfaction with Life Scale” and “Five-Item Guilt Proneness Scale” as well as a demographic information form.

There is a significant difference in the love attitude and guilt proneness of the married participants being higher than non-married on eros, storge, pragma, mania, agape. The scores of unmarried participants being higher than married on ludus and guilt proneness. There is no significant difference in the life satisfaction scores. The correlation of guilt proneness with eros, storge, pragma, and agape love attitudes is significant and negative. The association of guilt proneness with ludus love attitudes is significant and positive. There is no significant association of life satisfaction scores with love attitudes. There is no significant association of life satisfaction scores with guilt proneness.

Linear regression was calculated with life satisfaction and guilt proneness as a predictor of the six dimensions of love attitude.

Key words: Love, Life Satisfaction, Young adults, Committed, Love styles, Guilt Proneness.

INTRODUCTION

Love attitude refers to the way that an individual approaches love and relationships. It can include their beliefs, values, and behaviors related to love, as well as their emotional and psychological disposition towards romantic partners.

There are many different love attitudes, and they can vary widely between individuals. Some people may approach love with a sense of openness and vulnerability, while others may be more guarded or cautious. Some people may prioritize passion and intensity in their relationships, while others may value stability and security.

Overall, having a positive love attitude can contribute to a fulfilling and healthy romantic life. This can involve being open to new experiences, communicating effectively with partners, and prioritizing respect and mutual understanding in relationships.

Triangular theory of love: This theory was developed by psychologist Robert Sternberg in the 1980s. According to Sternberg, love is composed of three components: intimacy, passion, and commitment. Passion refers to the physical and emotional arousal associated with romantic attraction. And commitment refers to the decision to remain in a relationship and work towards its long-term success.

Sternberg suggested that different combinations of these three components can result in different types of love. For example, romantic love involves a high degree of both intimacy and passion, but may not yet involve a strong commitment. Companionate love, on the other hand, may involve high levels of intimacy and commitment, but a lower level of passion. Infatuation, by contrast, may involve intense passion without the depth of intimacy or commitment.

Attachment theory: This theory was developed by John Bowlby in the 1950s and 60s. Bowlby suggested that our early experiences with attachment figures (typically our parents) shape our ability to form and maintain close relationships in adulthood. Those who have a secure attachment style tend to have healthy, trusting relationships, while those with insecure attachment styles may struggle with intimacy and trust.

Attachment styles can be classified as secure, anxious, or avoidant. Those with a secure attachment style tend to feel comfortable with intimacy and are able to rely on their partners for emotional support. Those with an anxious attachment style may be overly preoccupied with their relationships, fearing abandonment and

seeking constant reassurance. Those with an avoidant attachment style may struggle with intimacy and may avoid close relationships altogether.

Exchange theory: This theory suggests that relationships are built on a system of social exchange, where each partner contributes something of value to the other. This can include emotional support, practical help, or material resources. Partners who feel that they are getting a fair exchange are more likely to stay in the relationship.

According to exchange theory, relationships are more likely to be stable and satisfying when both partners feel that they are benefiting from the relationship. If one partner feels that they are giving more than they are receiving, they may become dissatisfied and may be more likely to leave the relationship.

Biological theories: Some researchers have focused on the biological underpinnings of love, such as the release of hormones like oxytocin and dopamine in response to romantic attachment. These theories suggest that love is a biological drive that evolved to promote pair bonding and reproduction.

These theories propose that love is not just a social construct, but is rooted in our biology. For example, oxytocin is often called the "love hormone" because it is released during bonding activities such as hugging, kissing, and sex. Dopamine, another neurotransmitter, is associated with feelings of pleasure and reward and is released when we engage in enjoyable activities such as spending time with loved ones.

Overall, these different love theories offer unique perspectives on how love functions in human relationships, from the psychological and social to the biological and evolutionary.

There are many different types of love that can be experienced in human relationships. Here are some examples:

Romantic love: This type of love is typically characterized by feelings of passion, physical attraction, and an intense emotional connection. Romantic love often involves a desire for intimacy and closeness with a particular person, and can include a desire for physical intimacy.

Companionate love: This type of love is characterized by feelings of closeness, trust, and affection, but may not involve the same level of passion or physical attraction as romantic love. Companionate love often develops over time in long-term relationships, such as marriages or close friendships.

Unrequited love: This type of love occurs when one person has romantic feelings for another person who does not reciprocate those feelings. This can be a painful experience, as the person with unrequited love may feel rejected or lonely.

Platonic love: This type of love involves strong feelings of affection and closeness between two people who are not romantically involved. Platonic love can occur between friends, family members, or even strangers, and can involve a deep emotional bond without any physical or sexual attraction.

Self-love: This type of love involves a positive relationship with oneself, including feelings of self-worth, self-acceptance, and self-care. Self-love is an important aspect of mental and emotional health, and can help individuals build stronger relationships with others.

Obsessive love: This type of love involves an intense and often unhealthy fixation on a particular person, characterized by feelings of jealousy, possessiveness, and a desire for control.

Altruistic love: This type of love involves a selfless concern for the well-being of others, often at the expense of one's own interests or desires. Altruistic love can be seen in acts of kindness, charity, or volunteer work, and is an important aspect of many religious and spiritual traditions.

These are just a few examples of the many different types of love that can be experienced in human relationships. Each type of love involves unique emotions, behaviors, and experiences, and can contribute to a fulfilling and meaningful life.

Eros: Eros is often described as "romantic" or "passionate" love, and is characterized by strong physical and emotional attraction between partners. Eros love is typically associated with feelings of desire, infatuation, and sexual attraction. This type of love is often portrayed in popular media as the ideal form of romantic love, but can also be intense and short-lived.

Ludus: Ludus love is often characterized by a playful, lighthearted approach to relationships. This type of love is focused on the enjoyment of social interactions and may involve flirting, teasing, and other playful behaviors. Ludus love is often seen in the early stages of relationships or in casual dating contexts, but can also be present in long-term relationships as a way to maintain a sense of fun and excitement.

Storge: Storge love is often described as "familial" or "affectionate" love, and is characterized by a deep emotional bond between partners that is based on feelings of trust, commitment, and loyalty. This type of love

is often seen in long-term relationships, particularly those involving marriage or family, and can be based on a shared history and sense of familiarity.

Pragma: Pragma love is often described as "practical" or "logical" love, and is characterized by a focus on practical considerations such as shared values, compatibility, and long-term goals. This type of love may involve a deliberate, thoughtful approach to choosing a partner and building a relationship, and is often seen in older adults who have had previous relationship experiences and are looking for a partner who is compatible with their lifestyle and values.

Mania: Mania love is often characterized by an intense, emotional experience that can include feelings of obsession, jealousy, and possessiveness. This type of love is often associated with unhealthy behaviors such as stalking, emotional manipulation, and controlling behavior. Mania love can be unstable and can lead to unhealthy relationship dynamics.

Agape: Agape love is often described as "selfless" or "compassionate" love, and is characterized by a focus on the well-being of others without expectation of reward or reciprocation. This type of love is often seen in spiritual or religious contexts, and can involve acts of charity, kindness, and empathy. Agape love is not necessarily romantic in nature, but can involve a deep emotional connection with others.

Each of these types of love involves unique emotions, behaviors, and experiences, and can contribute to a fulfilling and meaningful romantic relationship. It's important to note that these categories are not necessarily mutually exclusive, and individuals may experience multiple types of love with different partners or at different times in their lives.

Life satisfaction refers to an individual's overall evaluation of their life as a whole, including various domains such as relationships, work, health, and personal goals. It is a subjective measure of how satisfied an individual is with their life, and can vary greatly between different people.

Factors that can contribute to life satisfaction include a sense of purpose and meaning in life, positive social relationships, good physical and mental health, financial stability, and a sense of accomplishment and fulfillment in personal goals. On the other hand, factors that can detract from life satisfaction include stress, relationship problems, financial difficulties, health problems, and lack of fulfillment in personal goals.

Research has shown that life satisfaction is associated with a range of positive outcomes, including better physical and mental health, higher levels of happiness and well-being, and greater resilience in the face of

stress and adversity. Conversely, low levels of life satisfaction can be associated with negative outcomes such as depression, anxiety, and substance abuse.

To increase life satisfaction, individuals can focus on building positive relationships, setting and working towards achievable personal goals, practicing self-care and stress management techniques, for the good things in their life. It can also be helpful to seek support from friends, family, or a mental health professional when facing challenges that impact overall life satisfaction.

There is a strong relationship between life satisfaction and love attitude. Love attitude refers to an individual's general beliefs and attitudes about romantic love, and can include beliefs about the nature of love, expectations for relationships, and approaches to intimacy and commitment.

Research has consistently shown that individuals who have a positive love attitude, characterized by beliefs in the value and importance of romantic love, tend to report higher levels of life satisfaction. This may be because individuals with a positive love attitude tend to have more fulfilling relationships, which can contribute to overall well-being and satisfaction with life.

Conversely, individuals with negative or unhealthy love attitudes, such as beliefs in the inevitability of relationship problems or a fear of intimacy, tend to report lower levels of life satisfaction. This may be because negative love attitudes can lead to difficulty forming and maintaining positive relationships, which can contribute to feelings of loneliness and dissatisfaction with life.

It's worth noting that love attitude is not the only factor that contributes to life satisfaction, and other factors such as social support, health, and career success can also play important roles. However, cultivating a positive love attitude can be a helpful step towards building fulfilling relationships and increasing overall life satisfaction.

There are several theories about life satisfaction that have been proposed by psychologists and researchers. Here are a few of the major theories:

Set Point Theory: Set Point Theory proposes that each individual has a "set point" for happiness or life satisfaction, which is largely determined by genetic factors and personality traits. According to this theory, life events and circumstances may temporarily influence a person's level of life satisfaction, but they will eventually return to their set point.

Social Comparison Theory: Social Comparison Theory suggests that individuals evaluate their own life satisfaction by comparing themselves to others. This can lead to a tendency to feel dissatisfied if one feels they are not doing as well as others in areas such as finances, relationships, or career success.

Self-Determination Theory: Self-Determination Theory proposes that individuals have three basic psychological needs that must be met in order to experience life satisfaction: autonomy (the need for control over one's life), competence (the need to feel capable and effective), and relatedness (the need for social connections and positive relationships).

Positive Psychology: Positive Psychology is a broad framework that emphasizes the importance of positive emotions, strengths, and behaviors in promoting well-being and life satisfaction. This approach suggests that individuals can increase their life satisfaction by focusing on developing positive relationships, cultivating a sense of gratitude and appreciation, and pursuing meaningful goals and activities.

Cumulative Advantage-Disadvantage Theory: This theory suggests that over time, advantages and disadvantages in life tend to accumulate, leading to increasing differences in life satisfaction between individuals. For example, individuals who experience early advantages such as good health, supportive relationships, or educational opportunities may continue to experience greater life satisfaction throughout their lives, while individuals who experience early disadvantages such as poverty, trauma, or chronic stress may continue to experience lower life satisfaction.

These theories provide different perspectives on the factors that contribute to life satisfaction, and can be useful for understanding the complex interplay between individual characteristics and external circumstances that influence well-being.

Guilt is an emotional experience that is characterized by feelings of remorse, self-blame, and a sense of responsibility for a past action or situation. It is often accompanied by negative thoughts about oneself, such as "I am a bad person" or "I should have done things differently."

Guilt can arise from a variety of situations, such as a moral transgression, a failure to meet one's own expectations or obligations, or causing harm or pain to others. While guilt can be a normal and appropriate response to these situations, excessive or prolonged feelings of guilt can be detrimental to one's mental health and well-being.

Guilt can manifest in different ways, including:

Behavioral guilt: This involves taking actions to make amends for the past action or situation that caused the guilt, such as apologizing or making reparations.

Cognitive guilt: This involves negative thoughts and self-blame related to the past action or situation that caused the guilt.

Emotional guilt: This involves intense feelings of remorse, sadness, or shame related to the past action or situation that caused the guilt.

Overcoming guilt often involves acknowledging and accepting responsibility for one's actions, making amends where possible, and working to change future behavior. It may also involve seeking forgiveness from others or from oneself, and practicing self-compassion and forgiveness.

If feelings of guilt are causing significant distress or interfering with daily life, it may be helpful to seek support from a mental health professional who can help explore and address underlying issues and develop strategies for managing and coping with guilt.

There are several theories about guilt that have been proposed by psychologists and researchers. Here are a few of the major theories:

Cognitive Dissonance Theory: Cognitive Dissonance Theory suggests that guilt arises when an individual's actions or beliefs are inconsistent with each other. This theory proposes that individuals experience discomfort when their actions or beliefs are inconsistent, and may experience guilt as a way to reduce this discomfort and restore consistency.

Moral Emotions Theory: Moral Emotions Theory proposes that guilt is one of several moral emotions that arise from violations of moral norms or values. According to this theory, guilt arises when an individual perceives that they have violated a moral norm, and this violation causes them to feel negative emotions such as shame, remorse, or guilt.

Psychoanalytic Theory: Psychoanalytic Theory proposes that guilt arises from unconscious conflicts between an individual's desires and moral values. According to this theory, guilt arises when an individual's desires or actions conflict with their moral values or superego, leading to feelings of shame and self-blame.

Social Learning Theory: Social Learning Theory proposes that guilt is learned through observation and socialization. According to this theory, individuals learn moral norms and values through observation and

imitation of others, and guilt arises when they violate these norms or values and internalize the disapproval of others.

These theories provide different perspectives on the causes and functions of guilt, and can be useful for understanding the complex interplay between individual and social factors that influence guilt. However, it's worth noting that guilt is a complex and multifaceted emotion, and different theories may be more applicable in different situations or for different individuals.

Guilt and love attitude can be related in a number of ways. Guilt can arise in the context of romantic relationships when an individual feels they have violated a moral norm or acted in a way that conflicts with their values or their partner's expectations. This can lead to feelings of guilt and remorse, and may influence their attitudes and behaviors towards love and relationships.

For example, if an individual cheats on their partner, they may experience guilt and feelings of self-blame. This guilt can influence their attitudes towards love and relationships, causing them to feel unworthy of love or to view themselves as a "bad" partner. This can in turn affect their behaviors in future relationships, leading them to avoid intimacy or to engage in self-sabotaging behaviors.

On the other hand, guilt can also play a positive role in love and relationships. When individuals recognize that they have violated a moral norm or acted in a way that caused harm or hurt to their partner, feelings of guilt can motivate them to take responsibility for their actions, make amends, and work to repair the relationship. In this way, guilt can be a catalyst for growth and change in relationships.

Ultimately, the relationship between guilt and love attitude is complex and multifaceted, and depends on a range of individual and contextual factors. While guilt can be a challenging emotion to navigate in the context of love and relationships, it can also provide an opportunity for learning, growth, and healing.

Guilt and life satisfaction can be related in a number of ways. Feelings of guilt can be a significant barrier to achieving life satisfaction, as they can cause individuals to feel unworthy, inadequate, and disconnected from their values and goals.

Excessive guilt can lead to a negative spiral of self-blame and self-criticism, which can erode an individual's self-esteem and sense of worthiness. This, in turn, can lead to feelings of dissatisfaction with one's life and a sense of hopelessness or despair.

On the other hand, guilt can also be a motivating force for positive change and growth. When individuals recognize that they have acted in a way that violates their values or causes harm to others, feelings of guilt can motivate them to take responsibility for their actions, make amends, and work towards a more positive future. This process can lead to a sense of satisfaction and accomplishment as individuals take steps towards living in alignment with their values.

It's worth noting that guilt can be a complex emotion, and the relationship between guilt and life satisfaction can vary depending on individual and contextual factors. In some cases, guilt may be an appropriate and adaptive response to a specific situation, while in other cases, it may be excessive or unhelpful. Working with a mental health professional can be a helpful way to navigate feelings of guilt and develop strategies for achieving greater life satisfaction.

METHODOLOGY

Aim of the research:

To investigate the effect of guilt and life satisfaction on love attitude among young adults.

Objectives of the research:

1. To study the correlation between guilt proneness and life satisfaction among young adults.
2. To study the correlation between Guilt proneness and love attitude among young adults.
3. To study the correlation between life satisfaction and love attitude among young adults.
4. To study the effect of guilt proneness, life satisfaction and love attitude among young adults.

Hypothesis:

1. There will be a significant correlation between guilt proneness and life satisfaction among young adults.
2. There will be a significant correlation between guilt proneness and love attitude among young adults.
3. There will be a significant correlation between life satisfaction and love attitude among young adults.
4. There will be a significant effect of guilt proneness and life satisfaction on love attitude.

Variables:Independent variables:

Life satisfaction

Guilt proneness

Dependent variable:

Love attitude

Sample:

The sample size of this study consists of 100 participants ranging from 18 to 28yrs of age. 50% of the total sample were committed in a romantic relationship and the rest 50% were single. Participants were selected through convenient sampling.

Inclusion criteria:

1. Young adults between 18 to 28years of age were included as participants in the study.
2. Young adults of both the genders were included in the study.
3. Young adults studying in the university were included in the study.

Exclusion criteria:

1. Young adults who had any mental or physical disability were excluded from the study.

Description of the tools:

Clyde and Susan Hendrick developed The Love Attitude Scale (LAS) supported sociologist John Lee's (1973) classification of affection styles, also called the colours of affection . LAS may be a 42-item questionnaire, which was designed to live towards love. the size is split in 6 subscales viz,

1. Eros (passionate love)
2. Ludos (game playing love)
3. Storge (friendship love)
4. Pragma (practical love)
5. Mania (possessive dependent love)
6. Agape (altruistic love)

These sub scales contained 7 items each. Participants responded on a 5-point scale starting from,

Strongly agree, Moderately agree, Neutral, Moderately disagree, Disagree.

The questionnaire combines attitude toward one's current/recent/hypothetical partner about love generally. Satisfaction with Life Scale (SWLS) was developed to assess satisfaction with the respondent's life as an entire. The size doesn't assess satisfaction with life domains like health or finances but allows subjects to integrate and weight the domains in whatever way they choose. The SWLS is suggested as a complement to scales that specialise in psychopathology or emotional well-being because it assesses an individuals' conscious evaluative judgment of his or her life by using the person's own criteria. it's a 5-item scale designed to live global cognitive judgments of one's life satisfaction (not a measure of either positive or negative affect).

Participants indicate what proportion they agree or afflict each of the 5 items employing a 7-point scale that ranges from Strongly Agree, Agree, Slightly Agree, Neither Agree nor Disagree, Slightly Disagree, Disagree and Strongly Disagree.

Taya R. Cohen, Yeonjeong Kim, and Abigail T. Panter created the Five-Item Guilt Proneness Scale (GP-5). The Guilt Proneness scale measures a propensity to feel guilty about one's own misbehaviour, even if it was done in private. Low guilt-prone people are less motivated to fix their mistakes or refrain from committing new ones because they don't feel as bad about them. People with a high propensity for guilt feel horrible about their errors and wrongdoings, especially when it negatively affects other people. In addition, they are able to predict these sentiments before they arise, which leads them to act more responsibly and morally.

It is a five item scale employing a 5-point scale that ranges from Extremely unlikely, unlikely, about 50% likely, likely and extremely likely.

Tools used for data analysis:

In order to test the hypothesis and facilitate the interpretation of results, data obtained was analyzed by applying different statistical techniques using Statistical Packages for Social Sciences (SPSS).

- Descriptive statistics were computed to measure different attitudes towards love, guilt and life satisfaction.
- Pearson's Product Moment Correlation was used to study the relationship between love attitude and guilt and life satisfaction.

Demographic details of the sample was decided on the basis of the following inclusion and exclusion criteria.

RESULTS

Section-I

Descriptive statistics:

The research aims to study the effect of guilt proneness and life satisfaction on love attitude among adults.

TABLE 1 DESCRIPTIVE STATISTICS OF THE STUDY SAMPLE.

Group Statistics					
	Status	N	Mean	Std. Deviation	Std. Error Mean
Eros	1.00	50	17.6000	6.07101	.85857
	2.00	50	27.2400	5.04089	.71289
Ludos	1.00	50	23.4200	6.10483	.86335
	2.00	50	16.8800	5.97491	.84498
Storge	1.00	50	16.9200	5.56534	.78706
	2.00	50	26.7800	5.11616	.72353
Pragma	1.00	50	17.5600	6.15832	.87092
	2.00	50	23.8200	5.51321	.77969
Mania	1.00	50	19.6400	6.24258	.88283
	2.00	50	22.0600	5.72289	.80934
Agape	1.00	50	17.7400	6.53658	.92441
	2.00	50	26.5400	5.73998	.81176
Guilt proneness	1.00	50	17.4600	5.03543	.71212
	2.00	50	13.8200	5.11377	.72320
Life satisfaction	1.00	50	19.1600	6.84034	.96737
	2.00	50	21.4200	6.41456	.90716

Table 1 represents the descriptive statistics of the study sample. The average scores on eros was 22.42, ludos was 20.15, stroge was 21.85, pragma was 20.69, mania was 20.85, and agape was 22.14. The average score on life satisfaction and guilt proneness were 20.29 and 15.64 respectively. The scores or standard deviation for respective variables are also tabulated above.

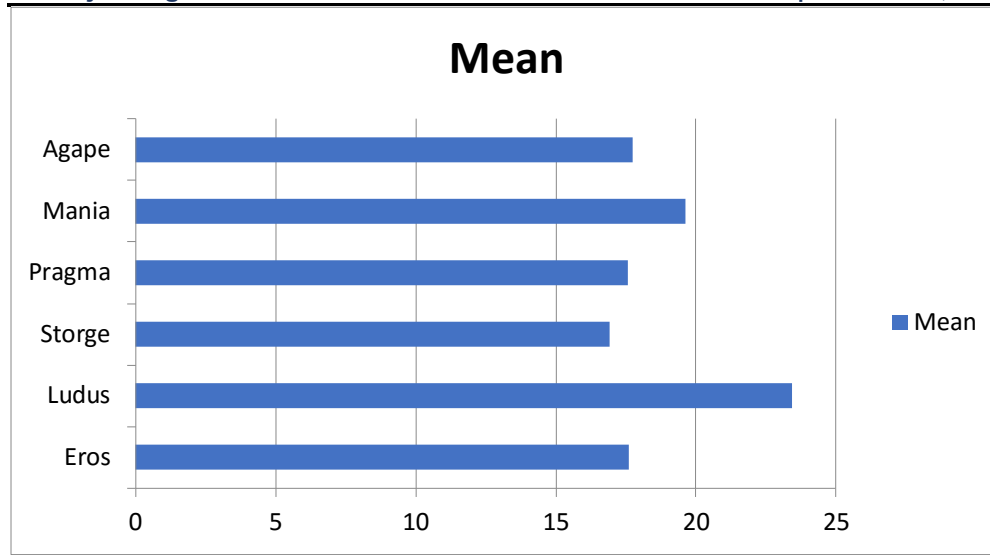


Fig 1 representing mean score for Love Attitude

Section-II

2 independent sample t test

Table 2 t statistics of the committed (1) and single (2) across the study variable.

		Levene's Test for Equality of Variances				t-test for Equality of Means			
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence ...
									Lower
Eros	Equal variances assumed	1.763	.187	-8.638	98	.000	-9.64000	1.11595	-11.85458
	Equal variances not assumed			-8.638	94.797	.000	-9.64000	1.11595	-11.85551
Ludos	Equal variances assumed	.610	.437	5.414	98	.000	6.54000	1.20804	4.14268
	Equal variances not assumed			5.414	97.955	.000	6.54000	1.20804	4.14266
Storge	Equal variances assumed	.145	.705	-9.223	98	.000	-9.86000	1.06909	-11.98158
	Equal variances not assumed			-9.223	97.314	.000	-9.86000	1.06909	-11.98177
Pragma	Equal variances assumed	.001	.970	-5.355	98	.000	-6.26000	1.16893	-8.57971
	Equal variances not assumed			-5.355	96.824	.000	-6.26000	1.16893	-8.58006
Mania	Equal variances assumed	.120	.730	-2.021	98	.046	-2.42000	1.19767	-4.79675
	Equal variances not assumed			-2.021	97.269	.046	-2.42000	1.19767	-4.79697
Agape	Equal variances assumed	.493	.484	-7.153	98	.000	-8.80000	1.23024	-11.24137
	Equal variances not assumed			-7.153	96.390	.000	-8.80000	1.23024	-11.24188
Guilt proneness	Equal variances assumed	.069	.794	3.586	98	.001	3.64000	1.01495	1.62587
	Equal variances not assumed			3.586	97.977	.001	3.64000	1.01495	1.62586
Life satisfaction	Equal variances assumed	.287	.593	-1.704	98	.092	-2.26000	1.32617	-4.89175
	Equal variances not assumed			-1.704	97.598	.092	-2.26000	1.32617	-4.89188

Table 2 shows the t statistics for committed (1) and single (2) across the study variables. Findings suggest that there is a significant difference in the love attitude and guilt proneness of the scores of committed participants

being higher than single on eros, storge, pragma, mania, agape. The scores of single participants being higher than committed on ludos and guilt proneness. There is no significant difference in the life satisfaction scores.

Section-III

Pearson's Correlation

Table 3 Pearson's correlation across the study variables.

		Correlations							
		Eros	Ludos	Storge	Pragma	Mania	Agape	Guilt proneness	Life satisfaction
Eros	Pearson Correlation	1	-.235*	.616**	.377**	.224*	.580**	-.183	.068
	Sig. (2-tailed)		.018	.000	.000	.025	.000	.069	.503
	N	100	100	100	100	100	100	100	100
Ludos	Pearson Correlation	-.235*	1	-.256*	-.128	.136	-.240*	.396**	-.037
	Sig. (2-tailed)	.018		.010	.206	.177	.016	.000	.713
	N	100	100	100	100	100	100	100	100
Storge	Pearson Correlation	.616**	-.256*	1	.496**	.121	.591**	-.295**	.081
	Sig. (2-tailed)	.000	.010		.000	.229	.000	.003	.420
	N	100	100	100	100	100	100	100	100
Pragma	Pearson Correlation	.377**	-.128	.496**	1	.246*	.328**	-.283**	-.071
	Sig. (2-tailed)	.000	.206	.000		.013	.001	.004	.483
	N	100	100	100	100	100	100	100	100
Mania	Pearson Correlation	.224*	.136	.121	.246*	1	.332**	-.107	.116
	Sig. (2-tailed)	.025	.177	.229	.013		.001	.289	.249
	N	100	100	100	100	100	100	100	100
Agape	Pearson Correlation	.580**	-.240*	.591**	.328**	.332**	1	-.297**	.025
	Sig. (2-tailed)	.000	.016	.000	.001	.001		.003	.804
	N	100	100	100	100	100	100	100	100
Guilt proneness	Pearson Correlation	-.183	.396**	-.295**	-.283**	-.107	-.297**	1	-.068
	Sig. (2-tailed)	.069	.000	.003	.004	.289	.003		.504
	N	100	100	100	100	100	100	100	100
Life satisfaction	Pearson Correlation	.068	-.037	.081	-.071	.116	.025	-.068	1
	Sig. (2-tailed)	.503	.713	.420	.483	.249	.804	.504	
	N	100	100	100	100	100	100	100	100

*. Correlation is significant at the 0.05 level (2-tailed).

** . Correlation is significant at the 0.01 level (2-tailed).

Table 3 presents Pearson's correlation between the study variables. The association of guilt proneness with eros, storge, pragma, and agape love attitudes is significant and negative. The association of guilt proneness with ludos love attitudes is significant and positive. There is no significant association of life satisfaction scores with love attitudes. There is no significant association of life satisfaction scores with guilt proneness.

Section-IV

Regression

Table 4 Linear regression with life satisfaction and guilt proneness as a predictor of eros.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.191 ^a	.036	.017	7.30681
2	.183 ^b	.033	.023	7.28106

a. Predictors: (Constant), Life satisfaction, Guilt proneness

b. Predictors: (Constant), Guilt proneness

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	195.579	2	97.790	1.832	.166 ^b
	Residual	5178.781	97	53.389		
	Total	5374.360	99			
2	Regression	179.000	1	179.000	3.376	.069 ^c
	Residual	5195.360	98	53.014		
	Total	5374.360	99			

a. Dependent Variable: Eros

b. Predictors: (Constant), Life satisfaction, Guilt proneness

c. Predictors: (Constant), Guilt proneness

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	25.012	3.279		7.628	.000
	Guilt proneness	-.245	.137	-.179	-1.789	.077
	Life satisfaction	.061	.110	.056	.557	.579
2	(Constant)	26.336	2.252		11.694	.000
	Guilt proneness	-.250	.136	-.183	-1.838	.069

a. Dependent Variable: Eros

Table 4 shows the stepwise linear regression for predicting eros using life satisfaction and guilt proneness.

The model did not present the best fit suggesting a no significant impact on eros love attitude.

Table 5 Linear regression with life satisfaction and guilt proneness as a predictor of ludos.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.396 ^a	.157	.139	6.35425
2	.396 ^b	.157	.148	6.32217

a. Predictors: (Constant), Life satisfaction, Guilt proneness

b. Predictors: (Constant), Guilt proneness

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	728.227	2	364.114	9.018	.000 ^b
	Residual	3916.523	97	40.377		
	Total	4644.750	99			
2	Regression	727.707	1	727.707	18.206	.000 ^c
	Residual	3917.043	98	39.970		
	Total	4644.750	99			

a. Dependent Variable: Ludos

b. Predictors: (Constant), Life satisfaction, Guilt proneness

c. Predictors: (Constant), Guilt proneness

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	12.488	2.852		4.379	.000
	Guilt proneness	.504	.119	.395	4.228	.000
	Life satisfaction	-.011	.096	-.011	-.113	.910
2	(Constant)	12.254	1.956		6.266	.000
	Guilt proneness	.505	.118	.396	4.267	.000

a. Dependent Variable: Ludos

Table 5 shows the stepwise linear regression for predicting ludos using life satisfaction and guilt proneness (model 2). The model presented the best fit while excluding life satisfaction. Findings suggest that guilt proneness explains 15.7% of positive variance in ludos.

Table 6 Linear regression with life satisfaction and guilt proneness as a predictor of storage.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.301 ^a	.091	.072	7.00174
2	.295 ^b	.087	.078	6.98047

a. Predictors: (Constant), Life satisfaction, Guilt proneness

b. Predictors: (Constant), Guilt proneness

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	475.389	2	237.694	4.848	.010 ^b
	Residual	4755.361	97	49.024		
	Total	5230.750	99			
2	Regression	455.515	1	455.515	9.348	.003 ^c
	Residual	4775.235	98	48.727		
	Total	5230.750	99			

a. Dependent Variable: Storge

b. Predictors: (Constant), Life satisfaction, Guilt proneness

c. Predictors: (Constant), Guilt proneness

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	26.648	3.142		8.481	.000
	Guilt proneness	-.394	.131	-.291	-2.998	.003
	Life satisfaction	.067	.105	.062	.637	.526
2	(Constant)	28.097	2.159		13.013	.000
	Guilt proneness	-.399	.131	-.295	-3.058	.003

a. Dependent Variable: Storge

Table 6 shows the stepwise linear regression for predicting storge using life satisfaction and guilt proneness (model 2). The model presented the best fit while excluding life satisfaction. Findings suggest that guilt proneness explains 8.7% of negative variance in storge.

Table 7 Linear regression with life satisfaction and guilt proneness as a predictor of pragma.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.297 ^a	.088	.070	6.37691
2	.283 ^b	.080	.071	6.37263

a. Predictors: (Constant), Life satisfaction, Guilt proneness

b. Predictors: (Constant), Guilt proneness

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	382.892	2	191.446	4.708	.011 ^b
	Residual	3944.498	97	40.665		
	Total	4327.390	99			
2	Regression	347.573	1	347.573	8.559	.004 ^c
	Residual	3979.817	98	40.610		
	Total	4327.390	99			

a. Dependent Variable: Pragma

b. Predictors: (Constant), Life satisfaction, Guilt proneness

c. Predictors: (Constant), Guilt proneness

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	28.079	2.862		9.812	.000
	Guilt proneness	-.356	.120	-.290	-2.980	.004
	Life satisfaction	-.089	.096	-.091	-.932	.354
2	(Constant)	26.147	1.971		13.265	.000
	Guilt proneness	-.349	.119	-.283	-2.926	.004

a. Dependent Variable: Pragma

Table 7 shows the stepwise linear regression for predicting eros using life satisfaction and guilt proneness (model 2). The model presented the best fit while excluding life satisfaction. Findings suggest that guilt proneness explains 8% of negative variance in pragma.

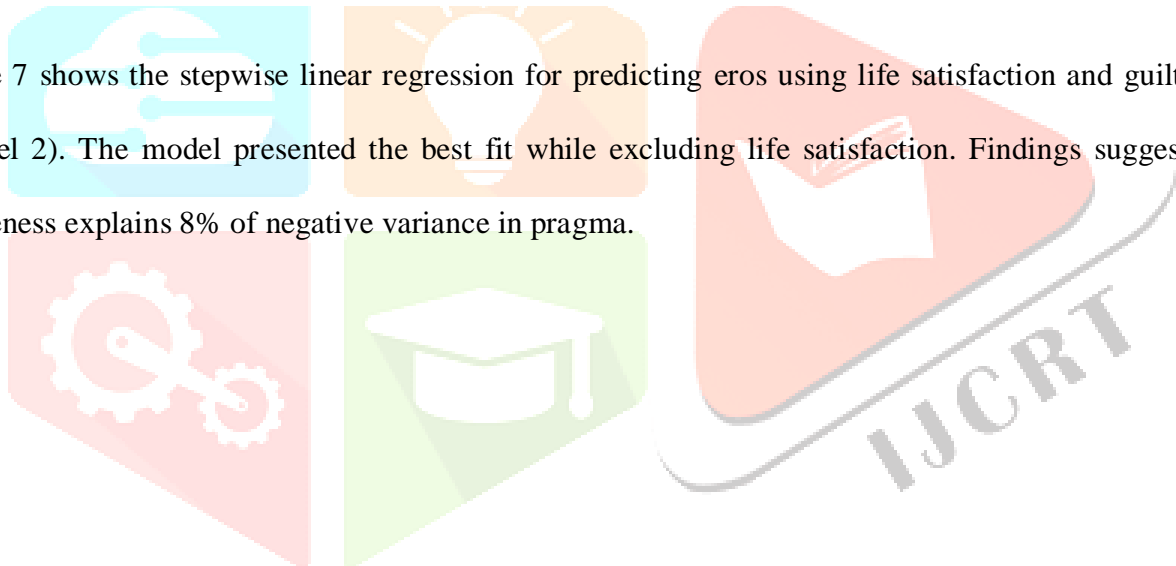


Table 8 Linear regression life satisfaction and guilt proneness as a predictor of mania.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.153 ^a	.023	.003	6.07076
2	.116 ^b	.014	.003	6.07025
3	.000 ^c	.000	.000	6.08089

a. Predictors: (Constant), Life satisfaction, Guilt proneness

b. Predictors: (Constant), Life satisfaction

c. Predictor: (constant)

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	85.898	2	42.949	1.165	.316 ^b
	Residual	3574.852	97	36.854		
	Total	3660.750	99			
2	Regression	49.653	1	49.653	1.348	.249 ^c
	Residual	3611.097	98	36.848		
	Total	3660.750	99			
3	Regression	.000	0	.000	.	. ^d
	Residual	3660.750	99	36.977		
	Total	3660.750	99			

a. Dependent Variable: Mania

b. Predictors: (Constant), Life satisfaction, Guilt proneness

c. Predictors: (Constant), Life satisfaction

d. Predictor: (constant)

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	20.594	2.724		7.559	.000
	Guilt proneness	-.113	.114	-.100	-.992	.324
	Life satisfaction	.100	.091	.110	1.091	.278
2	(Constant)	18.704	1.946		9.610	.000
	Life satisfaction	.106	.091	.116	1.161	.249
3	(Constant)	20.850	.608		34.288	.000

a. Dependent Variable: Mania

Table 8 shows the stepwise linear regression for predicting guilt predicting mania using life satisfaction and guilt proneness. The model did not present the best fit suggesting a no significant impact on mania love attitude.

Table 9 Linear regression life satisfaction and guilt proneness as a predictor of agape.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.297 ^a	.088	.079	7.24550

a. Predictors: (Constant), Guilt proneness

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	499.307	1	499.307	9.511	.003 ^b
	Residual	5144.733	98	52.497		
	Total	5644.040	99			

a. Dependent Variable: Agape

b. Predictors: (Constant), Guilt proneness

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	28.681	2.241		12.797	.000
	Guilt proneness	-.418	.136	-.297	-3.084	.003

a. Dependent Variable: Agape

Table 9 shows the stepwise linear regression for predicting agape using life satisfaction and guilt proneness. The model presented the best fit while excluding life satisfaction. Findings suggest that guilt proneness explains 8.8% of negative variance in agape.

DISCUSSION

The purpose of this discussion is to interpret the findings presented in Table 1, which displays the descriptive statistics of the study sample, including the average scores and standard deviations of various psychological variables. Additionally, Figures 1 to 8 provide graphical representations of these variables. These descriptive statistics and visualizations provide valuable insights into the central tendencies, variability, and distribution of the measured constructs.

Table 1 presents the average scores and standard deviations for the eros, ludos, stroge, pragma, mania, and agape dimensions of love attitude, as well as for life satisfaction and guilt proneness. The average score on the eros dimension of love attitude was 22.42, indicating a moderate inclination towards passionate and

intense love. Similarly, the average score on the ludos dimension was 20.15, suggesting a moderate inclination towards casual and non-committed love.

The storge dimension of love attitude had an average score of 21.85, indicating a moderate inclination towards friendship-based love. The pragma dimension, with an average score of 20.69, suggests a moderate inclination towards practical and logical aspects of love. The mania dimension had an average score of 20.85, indicating a moderate inclination towards possessiveness and dependency in love. Lastly, the agape dimension had an average score of 22.14, reflecting a moderate inclination towards selfless and unconditional love.

The average score for life satisfaction was 20.29, suggesting a moderate level of overall satisfaction with life.

The average score for guilt proneness was 15.64, indicating a moderate tendency to experience feelings of guilt.

Differences in Love Attitudes:

The t-test results indicate significant differences in love attitudes between married and unmarried participants. Specifically, married participants scored higher than unmarried participants on eros, storge, pragma, mania, and agape dimensions of love attitude. These findings suggest that individuals who are married tend to exhibit higher levels of passionate and intense love (eros), friendship-based love (storge), practical and logical aspects of love (pragma), possessiveness and dependency in love (mania), and selfless and unconditional love (agape) compared to unmarried individuals.

The observed differences may be attributed to the unique dynamics and commitments associated with marriage. Married individuals often have more long-term, committed relationships and shared experiences with their partners, which may contribute to stronger emotional bonds and deeper expressions of love across various dimensions.

Difference in Guilt Proneness:

The t-test results also reveal a significant difference in guilt proneness between married and unmarried participants, with unmarried participants reporting higher levels of guilt proneness. This finding suggests that unmarried individuals may experience a greater tendency to feel guilty compared to their married counterparts. It is important to note that guilt proneness is influenced by various factors beyond marital status alone, such as personal values, upbringing, and cultural influences. Therefore, further investigation is needed to fully understand the underlying reasons for this difference.

No Difference in Life Satisfaction:

Surprisingly, the t-test results indicate no significant difference in life satisfaction scores between married and unmarried participants. This finding suggests that marital status alone may not be a strong predictor of overall life satisfaction. Other factors such as individual differences, relationship quality, social support, and personal circumstances may play a more influential role in determining life satisfaction levels. Future research could explore these additional variables to gain a more comprehensive understanding of the factors contributing to life satisfaction among married and unmarried individuals.

Associations of Guilt Proneness with Love Attitudes:

The correlation analysis reveals significant associations between guilt proneness and specific dimensions of love attitudes. Guilt proneness is found to have a significant negative association with eros, storge, pragma, and agape love attitudes. This implies that individuals who experience higher levels of guilt proneness tend to exhibit lower scores on these dimensions of love attitudes. In other words, guilt-prone individuals may struggle with experiencing passionate and intense love (eros), friendship-based love (storge), practical and logical aspects of love (pragma), and selfless and unconditional love (agape).

Interestingly, the correlation analysis also indicates a significant positive association between guilt proneness and ludus love attitudes. This suggests that individuals who are more prone to guilt may also exhibit higher scores on casual and non-committed love (ludos). This positive association implies that guilt-prone individuals may engage in more casual relationships or have a preference for non-committed forms of love.

Absence of Associations with Life Satisfaction:

In contrast to the associations observed with guilt proneness and love attitudes, the correlation analysis reveals no significant associations between life satisfaction scores and either love attitudes or guilt proneness. This indicates that there is no meaningful relationship between overall life satisfaction and the various dimensions of love attitudes or guilt proneness, based on the current study's findings.

Lack of Predictive Power:

The stepwise linear regression analysis aimed to determine whether life satisfaction and guilt proneness can predict variations in eros love attitude. However, the findings indicate that the model did not present the best fit, suggesting that these predictor variables have no significant influence on eros love attitude. This implies

that the variations in eros love attitude cannot be adequately explained or predicted by life satisfaction and guilt proneness alone in the context of the current study.

Potential Explanations:

There are several potential reasons for the lack of predictive power of life satisfaction and guilt proneness on eros love attitude. Firstly, eros love attitude may be influenced by a range of other factors, such as personality traits, attachment style, relationship experiences, or cultural influences, which were not included as predictor variables in this analysis. Neglecting these additional factors may limit the ability of the model to capture the complexity of eros love attitude.

Secondly, it is possible that eros love attitude is more influenced by intrinsic or inherent characteristics of individuals, rather than external factors like life satisfaction or guilt proneness. For instance, eros love attitude may be driven by individual preferences, values, or biological predispositions that were not captured in the current analysis.

Model 2 in Table 5 examines the relationship between guilt proneness and ludos, after controlling for other variables. The findings reveal that guilt proneness explains 15.7% of the positive variance observed in ludos. This implies that, within the context of this study, guilt proneness alone accounts for a significant portion of the variability in ludos scores.

The exclusion of life satisfaction from the model allows researchers to isolate the specific contribution of guilt proneness to the prediction of ludos. By holding constant the influence of life satisfaction, the analysis effectively highlights the unique role played by guilt proneness in understanding ludos.

Significance of the Findings:

The identified contribution of guilt proneness to ludos provides valuable insights into the factors that influence this particular outcome variable. Guilt proneness, characterized by an individual's propensity to experience and respond to feelings of guilt, appears to have a discernible impact on ludos. This finding suggests that individuals with higher levels of guilt proneness may exhibit different behaviors or attitudes related to ludos compared to those with lower guilt proneness.

The result that guilt proneness explains 15.7% of the positive variance in ludos highlights the importance of considering guilt proneness as a potential predictor in future research and interventions aimed at understanding and addressing ludos. It suggests that interventions targeting guilt proneness might have a meaningful impact

on reducing or modifying ludos behaviors, thus providing a potential avenue for targeted interventions or therapy.

Model 2 in Table 7 investigates the relationship between guilt proneness and eros, while controlling for other variables. The findings suggest that guilt proneness explains 8% of the negative variance observed in pragma. This implies that guilt proneness alone accounts for a modest but statistically significant proportion of the variability in pragma scores.

By excluding life satisfaction from the model, researchers can isolate the specific contribution of guilt proneness to the prediction of pragma. This approach allows for a focused analysis of the unique influence of guilt proneness on eros, without the potential confounding effects of life satisfaction.

Significance of the Findings:

The identified contribution of guilt proneness to the negative variance in pragma provides valuable insights into the factors influencing this particular aspect of romantic love. Pragma refers to a pragmatic and logical type of love that emphasizes practical considerations and compatibility. The findings suggest that individuals with higher levels of guilt proneness may experience or express pragma love differently compared to those with lower guilt proneness.

The result that guilt proneness explains 8% of the negative variance in pragma highlights the relevance of considering guilt proneness as a potential predictor in future research and interventions related to eros. It implies that interventions targeting guilt proneness might have the potential to modify pragma-related behaviors or attitudes, potentially leading to more positive and fulfilling romantic relationships.

Table 8 presents the stepwise linear regression model for predicting guilt predicting mania using life satisfaction and guilt proneness. However, the model did not present the best fit, suggesting that neither life satisfaction nor guilt proneness significantly impacts mania love attitude.

The lack of significance indicates that the inclusion of life satisfaction and guilt proneness in the model does not contribute significantly to predicting mania love attitude. These results suggest that other variables not considered in this model may have a stronger influence on mania love attitude.

Significance of the Findings:

The non-significant impact of life satisfaction and guilt proneness on mania love attitude, as indicated in Table 8, highlights the importance of considering additional factors when examining and understanding this specific aspect of love. It suggests that mania love attitude may be influenced by other variables not included in this analysis.

These findings imply that mania love attitude might be more strongly influenced by factors other than life satisfaction and guilt proneness. Further research should explore additional variables, such as attachment styles, personality traits, or relationship dynamics, to gain a more comprehensive understanding of the predictors of mania love attitude.

Model 2 in Table 9 examines the relationship between guilt proneness and agape, while controlling for other variables. The findings suggest that guilt proneness explains 8.8% of the negative variance observed in agape. This indicates that guilt proneness alone accounts for a modest but statistically significant portion of the variability in agape scores.

By excluding life satisfaction from the model, researchers can isolate the specific contribution of guilt proneness to the prediction of agape. This approach enables a focused analysis of the unique influence of guilt proneness on agape, without the potential confounding effects of life satisfaction.

Significance of the Findings:

The identified contribution of guilt proneness to the negative variance in agape provides valuable insights into the factors influencing this particular aspect of love. Agape, characterized by selfless and unconditional love, may be influenced by an individual's guilt proneness. The findings suggest that individuals with higher levels of guilt proneness may experience or express agape love differently compared to those with lower guilt proneness.

The result that guilt proneness explains 8.8% of the negative variance in agape highlights the relevance of considering guilt proneness as a potential predictor in future research and interventions related to agape. It implies that interventions targeting guilt proneness might have the potential to modify agape-related behaviors or attitudes, potentially leading to more selfless and compassionate expressions of love.

Status Of Hypothesis

Hypothesis	Acceptance/Rejection
H1: There will be a significant correlation b/w guilt proneness and life satisfaction among young adults	Rejected
H2: There will be a significant correlation b/w guilt proneness and love attitude among young adults	Accepted
H3: There will be a significant correlation b/w life satisfaction and love attitude among young adults	Rejected
H4: There will be a significant effect of guilt proneness and life satisfaction on love attitude	Partially Accepted

CHAPTER 5 – SUMMARY & CONCLUSION

The study reveals that there is a significant difference in the love attitude and guilt proneness with the scores of committed participants being higher than single participants. The scores of single participants being higher than committed on ludos and guilt proneness. There is no significant difference in the life satisfaction scores. The correlation of guilt proneness with eros, storge, pragma, and agape love attitudes is significant and negative. The correlation of guilt proneness with ludos love attitudes is significant and positive. There is no significant relationship of life satisfaction scores with love attitudes. There is no significant correlation of life satisfaction scores with guilt proneness.

Using Likert scales, correlation analysis, and regression analysis, we were able to quantitatively investigate the connections between these factors, shedding light on the nature and intensity of these linkages. The results may not be generalizable to other groups due to the small sample size of 100 young people, and other variables may impact young adults' well-being that were not taken into account in this research. In sum, the findings of this research provide light on the ways in which guilt proneness and life satisfaction have an effect on the love attitudes in the lives of young people.

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