Assignment 4, PSYC 304

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Assignment 4

For assignment 4, I was tasked with taking the Styles of Love questionnaire. This questionnaire has a total of 42 questions that can further be broken down into 7 categories. Before I go on to explain the categories, I want to make one thing very clear: this questionnaire is graded inversely, so a lower score means that someone would be higher in that particular style of love. Questions 1-7 measures ones reliance on strong physical preferences, early attraction, and intensity of emotion, which is Eros love. Questions 8-14 measure if someone sees love as an interactional game to be played. This type of love is referred to as Ludus and has a manipulative quality, as people who rate low on questions 8-14 see deception of their lover as an acceptable action within limits. Questions 15-21 measure Storge love which is simply just a combination of love and friendship. Questions 22-28 measure Pragma love, which measures ones tendency to rationally calculate love with a focus on desired attributes of their lover and also is referred to as love planning. Questions 29-35 measure Mania love, which is love based on an uncertainty of one’s self or their lover. Finally, questions 36-42 measure all-giving and non-demanding love, which is referred to as Agape.

Now, the real question is, what were my scores on this questionnaire? Well, in the love style of Eros, my score was a 2 out of a possible 5. In the style of Ludus and Storge, I scored pretty low compared to male and female averages, as I received a 1.57 for Ludus and a 1.71 for Storge. My score for the love style of Pragma was also a bit low at 2. What honestly caught me by surprise was my Mania love style Score which was a 3 out of 5. Finally, my score for the Agape style of love was 2.14.

When comparing my scores to the mean scores of my gender, I was really only surprised by one score. As I said earlier, my score for the Mania style of love surprised me and this is because it is the exact same as the mean score for all females. I always assumed that I was an extremely manic lover in relationships, but now I see that I am just as crazy as the next female when it comes to love. I was also extremely low in Ludus love compared to this questionnaire’s mean score in Ludus love for females, which means that I am extremely high in the style of Ludus love. When comparing my categorical scores to the female means, the score that I received for Storge love was not as low as my Ludus score, but still lower than my Pragma, Eros, and Agape scores. My Pragma, Eros, and Agape scores, when compared to the means of other females who have taken this questionnaire, were also below the average, but not as much as my Ludus and Storge scores.

Upon reflecting on my scores, I highly agreed with them. There are many reasons that I agree with these scores. First, I think that my test scores accurately reflect the styles of love that I am high and low in. I personally believe that I am a very strong lover, so it makes sense that I would have a high score in every style of love. I did, however, disagree slightly with my Agape style of love score.

I believe that these scores that I have received do, in fact, accurately reflect the styles of love that I am high and low in. I do not obsess over my partner’s looks, however I will always put some importance on their physical attractiveness. I do see love as a game, probably more so than the average person. It is very difficult for me to decipher between romantic love and friendship love, so it makes sense to me that my Storge score would be so low. I am constantly going over physical and psychological attributes that I would want my “ideal” lover to have as well as planning our interactions before they occur in my head. I tend to be uncertain of my lover and myself in my relationships, but not any more so than the average female. I am also very giving when I love someone and rarely ever ask for anything in return from them. These statements all align with the scores that I have received from this questionnaire.

I personally believe that I am a strong lover in every style of love which is clearly reflected by my scores from this questionnaire. When I say “strong lover”, I mean that when I love someone, I have very strong emotions for them. If I have feelings for someone, those feelings are always intense and sometimes even overbearing. My scores were all well below average or right at average, which, due to inverse scoring, means that I was high for 5/6 types of love. This makes sense to me, as I have just explained, I would consider myself a very strong lover, really in any aspect of love.

I was surprised, however, by my high score in Ludus love considering its deceitful nature. I’m not surprised that I see love as a game, just surprised that I seem to resonate with that style the most. It makes sense, though, as I am single and tend to have multiple guys I can turn to when I want attention. Right now, I see love as a game where the prize is male attention, but this is only because men have played this “love game” with me for so long. I honestly think that when I find someone who is right for me that I will have a lower score in the Ludus style of love.

There was one thing that I did, in fact, disagree with about my questionnaire results: My high Agape score. Despite the fact that I love hard, I do not believe that I am necessarily a more non-demanding person in a relationship than the average female. I agree that I tend to give and give to people without really demanding anything in return, but I am extremely needy for attention. I can definitely be pretty demanding when it comes to attention as well as needing someone to depend on all the time for that attention. In the grand scheme of things though, I do mostly agree with the results of this questionnaire.

As I stated a little bit earlier, I am single. I took this questionnaire with my current “lover” in mind. Because our relationship is mostly about sex and is, in a way, a game to me, I believe that may have influenced my high Ludus score. Also, this individual and I are very good friends, which makes the line between romantic and friendly love very confusing for me. This may explain my high Storge score. I do not see myself continuing on with this relationship for much longer, unless we progress to an actual relationship. If we were to progress to actually dating, then my score of Ludus love may go down. On the other hand, when I am in a relationship I become a manic lover so while the Ludus score may be going down, the Mania love style score may rise. I also hope that when I get into a truly loving and completely symbiotic relationship that I will be higher in Agape love.

In conclusion, this assignment has allowed me to reflect on the styles of love that I tend to utilize the most as well as better understand what that means. I now understand that I see love as a game, which is something I would like to work on. My scores, when compared to the mean of female scores, were much lower meaning that I am higher in the Eros, Ludus, Storge, Pragma, and Agape styles of love. What this means to me is that when I truly love someone, I am a strong lover. It is important to be cautious, however, because when you love so strongly, it is easy to be manipulated and used.