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PSYCHOLOGY OF ‘LOVE’: EVOLUTION AND CHALLENGES

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ABSTRACT

Although, love is widespread feelings that has turned into the premise of lovers with marriage and family for some social orders, which researchers keep on explore. Hence, this work will add to the information of relational romantic fascination of love relationship, further exposing love’s complex nature. With regards to adore, certain love, some people would say it is possibly the most important human emotions. However, in spite of being happen the most concentrated on behavior, it is as yet the most un-comprehended. The paper mainly talks about love relationship on mature men and women in the societies. It also contends the challenges, evolution with its roots of love relationships by needs and desires.

Keywords: Meaning of Love, Evolution, Roots of Love, Challenges, Idealistic Relationship, Love in Recent Decades, Needs and Desire of Love.

INTRODUCTION

The passionate attraction between man and woman that is known as love can general the most profound ecstasy. It can likewise produce, when disappointed, the most unutterable anguish. However, for all its force, the idea of that connection is minimal perceived. In other words, love is an ideal that, if never reached, leaves one feeling one has somehow missed the secret of life.

However, looking at the tragedy and confusion so may experience in any relationships, many persons have concluded that the idea of love is somehow fundamentally wrong, a false hope. Though, in consequence, more and more people are experimenting with different kinds of relationships, one that do not entail the intimacy and vulnerability of an intense commitment to another person. Although, some people have given up the hope of any passionate attachment as not only false but it is pernicious. Hence, love is also under attack today from psychologists; frequently scorn it as an immature, illusory ideal. To such scholars, the possibility that an extraordinary passionate connection could shape the premise of an enduring, satisfying relationship is just a hypochondriac result of current western culture.

It is observed that, the earliest most basic aim of social behavior is a striving for intimate relations with a caring other. In its experienced structure, closeness is hard for the vast majority to accomplish. Though, few well a lack of emotional fulfillment. The sense of living well is dependent upon being desired, appreciated and understood by others. However, we have long been witnessed to the fact that many persons begin a relationship genuinely in love and with goodwill and high hopes for the future, and then, of across time, tragically, painfully, and with a good deal of bewilderment, watch the relationship deteriorate and ultimately collapse. And yet...people continue to fall in love. The dream dies, only to the reborn, like a life force not to be stopped. The drama continues. Moved by an enthusiasm they don't comprehend toward a satisfaction they rarely reach; they are spooky by the vision of far-off probability that won't be doused.

The vision won't be quenched in light of the fact that it answers significant human requirements. But what is the nature of those needs? What is the nature of the possibility that eternally inspires our imagination and ignites our longing? And what stands between us and the successful fulfillment of our longing? Though, in the paper any statement make about love, sex, or man/woman relationships entails something of a personal confession. It should be viewed only as a psychological perspective. It useful to remember that, throughout most of the past, the concept of love as an ideal and as the expected basis of marriage was unknown; it is still unknown in many cultures of the world. While in West the idea of love has had a long history, its acceptance as the proper basis of a long-term, established relationship such as marriage has never been as wide-spread as it has been in other culture.

MEANING OF LOVE

There the love is a strong and enduring affection between life partners or lovers who are in a happy, enthusiastic and satisfying relationship. Though the example of true love is the feelings shared between a couple for long time and who are as yet enthusiastic with regards to one another and care profoundly for each other.¹

¹<https://www.yourdictionary.com/true-lovep>



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However, the relationship, to be significant then, at that point, doesn't need to really make the change; it just must be accepted that it does. What's more, it would not be viewed as a significant relationship, regardless of how much improve it brought or for more fulfillment, in case it was not seen as doing as such. Although, the thought of meaningfulness, both in regard to relationships and to events (that is, discuss the significant events just as of meaningful relationships) the ramifications of psychological conviction that something valuable is going on.²

It appears to be a relationship or an event is called meaningful just when it is believed to be for the acceptable. Even the horrendous experiences of combat or of being sick or keeping or from being shot or of being fired might be called meaningful, however, just when it is felt that some more noteworthy great (including, say, more prominent-awareness, more prominent familiarity with the benefit of health, more prominent appreciation for others less fortunate, more prominent understanding of personal responsibility or potential, etc.) gathers from the experience. I do not believe I have ever heard anyone describe as meaningful what they perceived as an altogether bad and absolutely un recovering experience.

Though, as a developed person, he might look back at the advantages and realize that the relationship was acceptable or important however just not apply the term "meaningful" since the person question did not append to the experience an especially profound importance at the time. Likewise, a teenager or adult may not see the value how important a specific relationship is for him at the time he or she has it, however just later. Subsequently, he or she would not call it meaningful at one or other time, and just call it important at the later time.

Hence, experiences and relationships can be acceptable or beneficial in themselves, but they are not meaningful in themselves; to be meaningful, they must be felt as important at the opportunity to the person having them. Something could happen to one person, at a time he or she is not responsive to it, and not be especially meaningful; at another time, or to someone else, that experience could be extremely meaningful.³ Similarly [in] relationships, conversing with an outsider might be very meaningful if around a person "needs" to converse to a getting person or necessities to feel he or she can make a companion, and so on if not, it may not.⁴

THE EVOLUTION OF LOVE

There the narratives of love relationships between lover or couples exist throughout our literature and are a prized part of cultural heritage. The great love stories of Lancelot and Guinevere, Heloise and Abelard, Romeo and Juliet, Shah Jahan and Mumtaz Mahal, Salim and Anarkali, Bajirao and Mastani, Prithviraj Chauhan and Samyukta, Shivaji and Saibai and Heer Ranjha they all live for us as symbols of stories with passion and spiritual devotion. But such stories are tragedies and it's a very revealing kind.

The lovers are impressive not the grounds they exemplify their societies but because they rebel oppose them. The lovers are memorable because they are unusual. However, their love challenges the moral and social codes of their culture, and their stories are tragic because the lovers are defeated by those codes.⁵

Implicit in the tragic nature of these love stories, implicit in the fact that the lovers' commitment to each other represented a defiant no flung in the face of their culture or society, is the fact such love was not regard as a 'common' way of life or an accepted cultural ideal.

Though, the ideal of love relationships stands in opposition to much of our history, as we shall see. Hence, first of all, it is unconventional. It incompetent the view of human beings as⁶ replaceable units, and it attaches the highest importance to individual differences as well as to individual choice. Although, love relationship is egoism, as a philosophical doctrine holds that self-realization and personal happiness are the moral goals of life and it is motivated by the desire for personal happiness.⁷ Love relationship is secular. Hence, in its specific, we shall come to appreciate how intimately related are the themes of individualism and relationship of love. The music that motivates the spirits of darlings exists inside themselves and the private universe they involve. They share it with

² <https://pressbooks.com/app/uploads/sites/112065/2020/08/The-Meaning-of-Love-1597765582.pdf>

³ ibid

⁴ ibid

⁵ documents_pub_the_psychology_of_romantic_love_nathaniel_branden.pdf page no. 9

⁶ Ibid

⁷ documents_pub_the_psychology_of_romantic_love_nathaniel_branden.pdf



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one another; they don't impart it to the clan or with society. The courage to hear that music and to honor it is one of the prerequisites of love relationships.⁸

THE ROOTS OF LOVE

While, a man/boy and a woman/girl encounter each other in love relationship, seeking union, seeking, fusion, seeking the experience of the most intimate contact they come to each other from a context of aloneness. A comprehension of this point is significant for all that is to follow. Paradoxically, if we wish to understand love relationships, it must begin by understanding aloneness, the universal condition of us all.

It is observed that the second and overlapping part of this maturational process is individuation; the acquiring of those basic motor and cognitive skills, combined with a beginning sense of physical and personal identity, that represents the foundation of the child's autonomy (the child's capacity for inner direction, self-regulation, and self-responsibility). Separation and individuation mark the kid's introduction to the world as a person. While these concepts apply not only to the early years of development. They have a wider meaning that continually manifests itself through the entire span of the human life cycle. Though, the separation and individuation not as growth processes unique to infants but application to us all, we are able to see them as themes that recur on an ever-increasing number of cutting-edge levels as the human living being develops and advances.⁹ It is sufficiently simple to see the fundamental example in a youngster's effective development to adulthood, from figuring out how to stroll to choosing a vocation and setting up a home and a daily existence. However, it may be seen the same process at work in the struggles of woman who is overidentified with the role of mother and who, when her child is grown, confronts the challenging question of who she is now that her child no longer is dependent on her; she, too, is engaged in a process of separation and individuation; she, also, is engaged in a struggle for autonomy.

Although, it known that the thousand respects in which we are not alone, none of which stands in contradiction to the foregoing. As people, we are connected to any remaining individuals from the human local area. As living creatures, we are connected to any remaining types of life. As occupants of the universe, we are connected to all that exists. Every single remains inside a perpetual organization of connections. Partition and connectedness are polarities, with each involving the other.¹⁰

THE NEEDS AND DESIRE OF LOVE

Though, in seeking to understand love relationship, we want to understand the specific psychological needs that love relationship fulfils. Let us consider our need for human companionship, our need for people we can respect, admire, and value, and interact, with in a variety, admire, and value, and interact with in a variety of ways and on various levels of our being. Virtually everyone experiences the desire for companionship, friendship, and love as a given of human nature, requiring no explanation. Sometimes, a pseudo planation is offered, in terms of an alleged "gregarious instinct" that human beings are said to possess. But this illuminates nothing.¹¹

The desire for companionship and love rises us of more intimate considerations, reflecting at their root motives that are more psychological than existential. Almost everyone is aware of the desire for companionship, for someone to talk to, to be with, to feel understood by, to share experiences with the desire for emotional closeness and intimacy with another human being. Although, there are great differences in the intensity with which different people experience this desire.¹²The origin of our desire to love lies in our profound need to value, to find things in the world which we can are about, can feel excited and inspired by. It is our values that tie us to the world and that motivate us to go on living. Every action is taken for the motivate us to go on living. Every action is taken for the purpose of gaining or protecting something we believe will benefit our life or enhance our experience. If a person were to grow from infancy utterly incapable of finding anything nourishing, beneficial, or pleasurable in the environment, what would inspire such a person to persevere in the struggle for existence? Would not growth and development be stopped at the very beginning? Would not growth and development be stopped at very beginning? A person who cares about nothing does not care to live.¹³

⁸ documents_pub_the_psychology_of_romantic_love_nathaniel_branden.pdf page no. 10

⁹ The Roots of Love – Family Constellation (family-constellation.net)

¹⁰ ibid

¹¹ The Need to Love | Psychology Today

¹² documents_pub_the_psychology_of_romantic_love_nathaniel_branden.pdf

¹³ Desire in Long Term Relationships: Keeping it and Finding it When It's Gone. - Hey Sigmund



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THE CHALLENGES OF LOVE

In love relationship the conditions necessary and sufficient to fulfill and sustain a love or relationships may appear as difficult as defining those necessary and sufficient for the creation of a great sympathy. We can set out what appears to be unmistakably essential, yet would we be able to be sure that we have recognized what is adequate too? Also, even conditions that appear to be obviously important can on occasion be broken, or possibly bowed a bit. In this way, the task might be seen as considerable, not due to anything intrinsically mysterious or otherworldly, but since of the extravagance and intricacy of human psychology.¹⁴

There are many individuals who are intensely put resources into the conviction that adoration is intrinsically secretive and derides all endeavors at levelheaded agreement. Such people may even believe that understanding kills love relationships. This is tantamount to saying that consciousness kills. There are justifications for why love develops and there are motivations behind why love bites the dust. We may not know it all regarding the matter however we know an extraordinary arrangement.

This said, there the major challenges that must be met successfully if the promise of love relationship is to be realized. The positive and negative aspects will be utilized to enlighten one another; they will be joined all through.

Self-Esteem- of the various factors that are vital for the success of love relationships, none is more important than self-esteem. The first love we must consummate successfully is the love with ourselves. Really at that time are we prepared for other love connections. It has become something of a platitude to see that, on the off chance that we don't cherish ourselves, we can't adore any other person. This is adequately valid; however, it is just essential for the image. In the event that we don't adore ourselves, it is exceedingly difficult to accept completely that we are cherished by another person. It is inordinately difficult to acknowledge and get love. Regardless our accomplice does to show that the person in question cares, we don't encounter the dedication as persuading in light of the fact that we don't feel adorable to ourselves.¹⁵

I have written elsewhere of the central and powerful role of self-esteem in our life and experience. Though, the self-esteem, as a psychological phenomenon, has two interrelated aspects: a sense of personal efficacy and personal worth. It is simply the coordinated aggregate certainty and confidence. It is the conviction or, all the more exactly, the experience that we are equipped to live and deserving of living. Self-esteem is the experience that we are proper to life and to its prerequisites and challenges.

Hence, if an individual felt inadequate to face the challenges of life, if an individual lacked fundamental self-trust, trust in his or her mind, we would recognize the presence of a self-esteem deficiency. And if an individual lacked a basic sense of self-respect, lacked a sense of being worthy, of being entitle to the assertion of legitimate needs and wants, again we would recognize a self-esteem deficiency. Both elements are indispensable to healthy self-esteem: a sense of basic competence and of basic worth.¹⁶

The Appropriates of Being Loved: Though, if we imagine that an individual feels, perhaps beneath the level of conscious awareness, that he or she significantly lacks worth, is not lovable, is not a person who can move dedication for any supported time allotment. Simultaneously, these individual desires love, pursues love, hopes and dreams to find love. If we suppose this person, is a man. He finds a woman he cares for; she seems to care for him, they are happy, excited, and stimulated in each other's presence and for a time it seems that his dream is to be fulfilled. He may become excessively possessive and jealous and behave cruelly to 'test' the depth of her devotion to him. He may also tell her he does not deserve her that to woman can be trusted and that all women are fickle. He might discover unlimited reasons to censure her, to dismiss her before she can dismiss him. He may attempt to control and manipulate her by making he feel guilty, thereby hoping to bind her to him. He might become quiet, removed, distracted, hurling boundaries she can't enter.¹⁷

Presently let us observe, by the way, that the longing to be in charge of our lives is altogether human; it is not really silly. Be that as it may, it can prompt silly conduct, when we are unknowingly controlled by our reckless and self-disrupting convictions. If hold negative self-concepts of which we are unaware, if we hold self-sabotaging beliefs of which we are unconscious, we are their prisoner. Only when we become conscious of our self-sabotaging beliefs do we become able to change our behavior. However, with a positive self-concept, this principle can work in our favor and with a negative self-concept, it results in disaster.¹⁸ The first

¹⁴ documents_pub_the_psychology_of_romantic_love_nathaniel_branden.pdf

¹⁵ ibid

¹⁶ Relationship Challenges | Psychology Today

¹⁷ What is more appropriate, 'to love someone enough to let her go' or 'to love someone enough to never let her go'? - Quora

¹⁸ documents_pub_the_psychology_of_romantic_love_nathaniel_branden.pdf



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requirement of happiness in love relationships is a vision of ourselves that contains the rightness of being loved, the naturalness of being love, the appropriateness of being loved. People who realize how to fulfill themselves in adoration connections are individuals who are available to tolerating love. Peoples who love themselves don't think that it is immense that others should adore them. They are able to allow others to love them while their love has ease and grace.¹⁹

Realistic in Love: Perhaps one of the clearest requirements for a successful love relationship is that it be based on a foundation of realism. This is the capacity and readiness to consider us to be as the individual in question is, with deficiencies just as temperance's, instead of endeavoring to carry on a love with a fantasy. On negative approach, if we do not see and love our partner as a real person in the real world, if instead we elaborate a fantasy about us or ours, using the personal merely as a springboard for my imagination and my wishes, then I am doomed sooner or later to resent the actual person for not living up to my fantasies.²⁰ If we choose to pretend that our partner does not have the shortcomings, he or she has refused to include the knowledge of those shortcomings in the overall picture of our partner. In all actuality, obviously, that on a more profound level, as we have as of now seen, we know whom we pick yet it is adequately simple to deny and repudiate this knowledge scenario dictates that we be a betrayed victim, such self-deception will indeed feel desirable.²¹

On other hand, when and if we choose to see our partner realistically, not deceiving ourselves, love, if it is real in the first place, has the best of all opportunities to grow. We know whom we are picking and we are not stunned when our accomplice acts in character. And this is realistic relationship, not fairy-tale relationship, when passion and sight are integrated and love can flourish.²²

Manipulation in Love: Often, when we do not feel free to express our wants directly, we try to get them satisfied indirectly, by manipulative behavior, which, whether or not it succeeds in the short term, tends to alienate and antagonize our partner and the create distance rather than closeness and intimacy. It is one of fundamental barriers to communication- the substitution of manipulations for honest expressions of thoughts, feelings, and desires.²³

If we are so insecure that we cannot believe honest expression will ever get us what want, if we feel that only manipulations can work, inevitably we will sabotage our love relationships. Inevitable we will sabotage all our important relationships. It needs to be stressed, of course, that no one can always give us what we want, no one can always respond to just as we would like and just at the moment we would like. No other person exists for the fulfillment of our longings. Also, on the off chance that we endeavor to maneuver an accomplice toward this job, either by playing for compassion or by playing for culpability, all we will prevail with regards to doing in the end is to invigorate disdain, whether or not or not our accomplice is moved into consenting to our nearby solicitation.

Though, honesty and courage serve the growth of love relationship, dishonesty and cowardice inevitably subvert it. None of the previous conversation suggests that we are to proclaim aimlessly every passing inclination, encourage, drive, want, dream, and thought. Such an arrangement is neither conceivable nor fitting. It is concerned here with establishing, in a very general way, communication behaviors that serve love relationship and behaviors that subvert it. In applying these principles in practice, sensitivity, intelligence, an appreciation of specific contexts and situation is always required; the foregoing are not rules to be followed mechanically.²⁴

The Idealistic in Love: The Idealistic relationship in love is believed to be one of the most romantic people in the world. Since idealists appear to consistently need to see the best in everybody, it is simple for them to fall in love, at times and again since they will not recognize people's imperfections right away however will just see perfection. Though, the word says, idealists tend to 'idealize' people and once in a while idolize.²⁵

Perhaps, in the first stages of a relationship, idealists are supposed to be ridiculously romantic yet struggle with responsibility and long-term relationships. Being an idealist and a romantic is not a bad thing however, it is exceptionally valuable when we

¹⁹ ibid

²⁰ Realistic relationship goals: Experts reveal what it takes for love to last (inverse.com)

²¹ ibid

²² Realistic Love: A Genuine View! What It Takes for Real Love to Last? (happilyblended.com)

²³ documents_pub_the_psychology_of_romantic_love_nathaniel_branden.pdf

²⁴ ibid

²⁵ Realist Vs Idealist In Relationships (Which One?) | OptimistMinds



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comprehend why we figure the manner we do and what things should be changed. At last, being an idealist and a romantic doesn't really mean we result in these present circumstances world to endure so it is truly about our mentality.²⁶

LOVE IN RECENT DECADES

Love....it is a two and a half letter word to say; perhaps there to none of people know its importance in nowadays. If love is well defined then "It's all about Understanding and Caring, nothing else." But nowadays people have changed its definition. Nowadays, the relationship of love is limited to the physical only, which ends on a bed.

"Today's love has happened, let's put and wear on clothes now" This is the true love of today. Think for yourself that if physical love was everything, then today most lovers would be from a business. I am not blaming everyone but this is the situation that is happening mostly in these days.

And you must have heard this thing many times. So, what is this today's work, true love. People still do not even know the ABCD of True Love and say that she is my crush and I have true love for her. Means how you can make a decision by just looking at someone from afar or seeing someone's appearance that I can spend the whole life with it...!²⁷ However, the sad thing is that this is what is happening these days. And that's where a lot of expectations start. If the expectation is not fulfilled then the fight starts again Then Breakups. So, all this is not true love.... just attachments to each other.²⁸

There is no word named Break-up, Divorces, Hurts, Expectations, tears in the dictionary of True Lovers. What if in this life, no one can separate those who truly love for the next seven births. And those who have these break-ups, there are only attachments in them and not any true love because true lovers understand each other's mistake and try to solve it and not make each other cry.²⁹

And I would like to say one thing to the girls that if someone truly loves you, then he will never make physical relation with you before marriage nor will he force you for it. He will take care of you as well as your family, so you can easily find out in front that Is it Lust or Love?³⁰

When two people are connect with a love relationship, they always want that the relationship between them should last forever and they should remain immersed in each other's love. Surely some couples succeed in making their relationship successful. But at the same time there are some couples whose togetherness is left in the balance. If we talk about the breakup between them, then people generally believe that the relationship will be broken due to cheating. There is no doubt that cheating breaks the relationship from within and then it is difficult for two people to be together, which breaks the relationship. But every time the reason for breakup is not just cheating. Apart from this, there are many such factors, which affect the relationship of couples. Yes, apart from cheating on each other, due to many reasons, there is a breakup between the couples.

Here I would like to keep one thing that when a boy saw a girl in short clothes, he attracted towards her and he falls in love with that girl, after a few days he expresses his love to her if the girl accepts his love, then both of them loving with each other, gradually both of them get a satisfactory appreciation. Time goes on, then in a few months that the same boy apprises his girlfriend that, baby- 'don't wear short clothes, baby you look good in a suit' cover the scarf and many other things..., if the girl's phone is busy while he calling her for time to time, he feels that his girlfriend has started talking to someone else. This is called psychological changing of love. And gradually such circumstances become the reason for their breakup. The thing to note here is that the same thing happens with boys. Hence, nowadays these challenges gradually create distance between them. However, due to these situations, today's relationships do not last long.

Here another reason for breakups, Love may be a feeling between two people in the initial phase, but later it also joints two families. But if there is a difference of opinion between their families, then in this situation the couples have to breakup even if they do not want to and their paths separate.

²⁶ ibid

²⁷ ibid

²⁸ <https://www.amarujala.com/kavya/mere-alfaz/madhuri-gambhir-aajkal-ka-pyar-1557142654395>

²⁹ ibid

³⁰ ibid



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Conclusion

Perhaps the genuine impediment to the logical study of enthusiastic experience has not been methodological or applied, but instead a hesitance with respect to those occupied with the essentially objective and against euphoric undertaking of Bio-Science to need to discuss and concentrate on the additional standard. Sometimes after reading the work, we social psychologists have produced on love, it almost seems that society must have created academic psychology to take the passion out of the search for knowledge about one of the most profound human experiences. A relationship grew frequently when the member had encountered love. All in all, people are currently becoming hopelessly enamored throughout the span of dating or investing a great deal of energy with one another prior to going into a relationship. Although this work rejects entirely the idea that the institutionalization of relations is not only viable framework to organize them, it views the capacity to love in a way that prepares the sum of the self as an essential ability to associate with others and to prosper, in this manner as a significant human and cultural resource.

Finally, we preceded that the love relationships are the set of emotions and behaviors characterized by intimacy, passion, and commitment. Notwithstanding, it includes care, closeness, protectiveness, attraction, affection, and trust. Thus, love can extend in intensity and can change over time and it also associated with a range of positive emotions, containing happiness, excitement, life gratification, and elation, but it can also aftermath in negative emotions such as envy and stress.