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### Relationship between love and well-being

Maria Ines Fernandes, a professor at the university of Lufosona at Portugal along with 4 of her colleagues created a study and conducted research on love. They conducted research on various aspects of love. Such as love in various stages of life, the capacity for love, and the well-being while in a relationship. Maria has a strong sense of credibility given her background. She obtained her master's degree in 2001 from the university of Ginebra and her doctorate in 2006 from the university of Buenos Aires (Ines, CONICET 1). She has published over 40 articles and 7 books within the last 10 years. (Ines, CONICET 1).

They created a study where they analyzed 3 different things: a difference in the ability to love during different ages of life, while focusing on ages 18-25 and 45-65; difference in gender, and the capacity to love due to the well-being of someone (p.1430). The study had 535 participants, 436 of which were women, and the remaining 99 were men (Fernandes et al. P.1430). They separated these participants and created percentages based on different things. Such as age, gender, income and social status, education, and relationship status (p.1431).

The results for the studies were categorized into 2. The first part was the difference in capacity to love between different age groups, while focusing on upcoming adults and middle-aged adults. The participants were tested/rated on 6 aspects; which included interest in the life

of another, trust, gratitude, ego, sexual passion, and the acceptance of loss, grief, and jealousy (p.1436). According to Maria Ines the results were as follows: “emerging adults demonstrate greater capacity to love on all dimensions except acceptance of loss, grief, and jealousy” (Fernandes et al. p 1436). Overall, the emerging adults had higher rates than middle-aged adults in all aspects studied, except for loss, grief, and jealousy; in which they had 2.70%; meanwhile middle-aged adults had 2.85% (p.1436).

The second part was focused on the differences between genders in relation to the capacity to love. The results for this section were neutral; Maria and her colleagues stated how “no significant effects on the capacity to love where identified” (p. 1436). But one thing they did notice in the results was that women showed greater capacity to love in all dimensions but loss, jealousy, and grief (p.1436). Given the results, it is concluded that women have higher percentage ratings in all aspects except for the acceptance of loss, grief, and jealousy. Putting the women at a 1.75%, and the men at a much higher level at 2.85% (p.1437).

After further analyzing the data, Maria, along with her colleagues concluded what variables were the best and positive predictors for emotional, social, and physiological well-being. For emotional well-being, out of the 6 variables tested, only trust and acceptance of loss, jealousy, and grief were a positive predictor for emotional well-being (p.1437). Following that, “only acceptance of loss, grief, and jealousy were significant and positive predictors of social well-being”(p.1437). Finally, only 1 out of 6 was a positive predictor for physiological well-being and that was the acceptance of loss, grief, and jealousy (p.1437).

Following the results, Maria and her colleagues created a discussion, in which they stated the obvious given the results. They concluded the following: It was found that emerging adults demonstrate a higher capacity to love in all dimensions, except for the dimension of acceptance of loss, grief, and jealousy. (p. 1437). They also shared their thoughts as to why the results were that they said it was due to literature, since individuals between the ages of 18-25 have the ability to share interests and life goals with someone else in a romantic relationship (p. 1438). After discussing the results for test 1, they moved onto test 2. They concluded that given some research, women experience lack of positive affect during romantic loss or conflict, which could lead to depressive symptoms, guilt, distress, and the daily grief compared to men (p. 1439). All of this can be affected by evolutionary factors and physiological mechanisms.

In conclusion, this article was informative based on the research results and that it relates to college students. It gives insight into love and how it can affect us and those around us. The article made me change my perspective on things. This article was very accurate. Given the results, I can see that people that are barely becoming adults don't have the mature mindset to properly deal with grief, jealousy, and loss. Compared to middle aged adults, who already had time to mature and deal with 3 things listed. This article provides only 2 out of the 3 rhetorical appeals, which include ethos and logos. There was not much, if any pathos. This was a very straight to the point article on love and its research study.

Work Cited

Fernandes, Maria Inês, et al. "Exploring the Relationship between Capacity to Love and Well-Being: A Comparative Study of Emerging Adults and Middle-Aged Adults." *Sexuality & Culture*, vol. 28, no. 4, Aug. 2024, pp. 1424–45. EBSCOhost, <https://doi-org.ejwl.idm.oclc.org/10.1007/s12119-023-10184-x>

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