

GENDER AND GENDER ROLE AS RELATED TO
INTIMACY, PASSION, COMMITMENT
AND SEXUAL SATISFACTION

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Submitted to the Faculty of the
Graduate College of
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in partial fulfillment of
the requirements for
the Degree of
DOCTOR OF PHILOSOPHY
December, 1997

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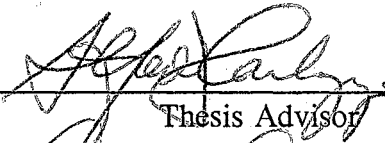
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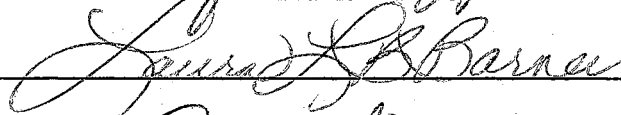
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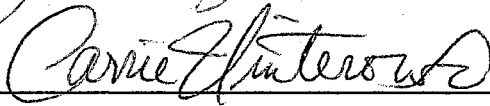
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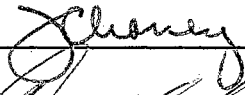
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AND SEXUAL SATISFACTION

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ACKNOWLEDGMENTS

I wish to express my appreciation to my major advisor, Dr. Al Carlozzi, for his wisdom, guidance, inspiration and friendship. My sincere appreciation is also extended to Dr. Don Boswell for his guidance, support and friendship, and to my other committee members, Dr. Laura Barnes, Dr. Carrie Winterowd and Dr. John Chaney for their assistance and suggestions.

I would like to thank Denise Glassman and the staff at Appalachian State University Counseling and Psychological Services Center for their support and encouragement.

I would like to thank my parents, Bob and Jane Varga, and my friends, Frances and Julie, for their assistance, interest, encouragement, and support throughout this process. Lastly, I would like to especially thank my children, John and Austin Potts, for their support, patience, understanding and sacrifices.

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CHAPTER I

INTRODUCTION

Overview of the Study

Romantic love has fascinated and frustrated people quite possibly since before written history. In the year 1 A. D. Ovid published his poem, The Art of Love, providing instructions for a person to acquire the love of his or her choice. He mentioned places for men to observe and meet women, including the streets of Rome, dinners, and large festivals. He suggested that men choose wisely the women they pursue. The man must make up his mind that she can be won, because every woman wishes to be pursued. Expensive gifts are a good beginning. For women he recommended such endeavors as to learn to sing, because many a man will yield to a beautiful voice; and for her not to trust a man who swears to the gods, because he probably has lied before. He suggested caution and continuous attention because love is a frail creature that can easily be crushed (Ovid, 1/1957).

Over a hundred years ago Finck, a psychologist, expressed his frustration with the subject of love by concluding that "Love is such a tissue of paradoxes, and exists in such an endless variety of forms and shades, that you may say almost anything about it that you please, and it is likely to be correct" (as cited in Berscheid & Walster, 1974, p. 356).

Some people have gone to great lengths to attract the object of their affections. Paul Chance (1988) recounted a story of an 18th century woman who replaced the yolk of an egg with salt. She then ate this unusual concoction to attract a particular gentleman. It must have worked, because he came calling the next day.

The force to connect with another person, to love and be loved, is well known. Attachment to another person begins at birth and is continued throughout life (Fromm, 1956). Development of loving, intimate relationships is a common social goal and has a positive impact upon a person's life (Reis, Senchak, & Soloman, 1985). In one study regarding the meaning of life, love emerged as one of the most important aspects (Baum & Stewart, 1990).

Although most people have some understanding of love, it continues to be an elusive concept. Erich Fromm (1956) stated that love is not a relationship with another person but an attitude. The most fundamental type of love is brotherly love, which is love for our fellow human beings.

More recently, Robert Sternberg (1986) conceptualized love as having three components, intimacy, passion, and decision/commitment, and he entitled it a Triangular Theory of Love. His theory is that all relationships have a combination of these three constructs, some in larger or lesser amounts including possibly the absence of them. For example, in a new romantic relationship where there is a strong need for the other person, a desire to be with her or him all the time, and an inability to concentrate on anything else, the person is experiencing the aspect of passion. It is too early in the relationship for intimacy or commitment to have developed, so those aspects are very limited or nonexistent.

Sternberg (1988) looked at the differences between women and men regarding what is important in their ideal relationship and what is actually characteristic of them in their love relationships. In attempting to understand further the concept of love and the differences between men and women, this study proposes to evaluate the constructs of Sternberg's Triangular Theory of Love and how that experience in relationships is similar and/or different for men and women.

In four studies specifically evaluating Sternberg's theory, one found women scoring significantly higher on intimacy (Sternberg, 1988). Another found women scored significantly higher on decision/commitment, and displayed a trend toward more passion (Chojnacki & Walsh, 1990). Two found no differences between men and women (Acker & Davis, 1992; Grau & Kumpf, 1993).

Beyond belonging to a particular gender, another aspect that contributes to how a person experiences the world is that of gender role. During the 1930s and 1940s it was a generally held belief that there were certain characteristics associated with masculinity and femininity that were exclusive to each specific gender (Doyle, 1985). Since that time the concept has changed considerably. Some of the current thinking is that there are instrumental or masculine and expressive or feminine aspects of a person's personality, and these are present in varying degrees in all individuals. Instrumental traits include such attributes as being self-assertive, decisive, independent, active, competitive and aggressive. Expressive characteristics include being concerned for relationships, compassionate, nurturing, tactful, gentle and kind (Bem, 1974; Spence & Helmreich, 1980).

Janet Spence and Robert Helmreich (1980) conceptualized the constructs of instrumentality and expressiveness as reflecting dispositional traits of a person which

are fairly constant, yet also have some flexibility in diverse circumstances. Spence and Helmreich conceived of them as separate, unidimensional constructs that vary relatively independently of each other within each person. These constructs are aspects of personality, and are not to be considered the same as societal role expectations or role attitudes.

Each person has his or her own unique combination and intensity of these factors. If a person has characteristics that are primarily stereotypical of the instrumental traits, then he or she is considered to have an instrumental or masculine gender role. Conversely, if a person has characteristics that are primarily stereotypical of the expressive traits, then he or she is considered to have an expressive or feminine gender role. If a person has a combination of many expressive and instrumental traits, then that person is said to have an androgynous gender role. If a person has very few of the characteristics, then she or he is considered to have an undifferentiated gender role (Bem, 1974; Spence & Helmreich, 1980).

There is a multitude of research regarding gender roles and how a person's gender role affects thoughts, feelings and behaviors. Such studies have ranged from how gender roles affect fear of success (Cano, Soloman, & Holmes, 1984), to health (Harrison, 1978), to reaction to horror films (Mundorf, Weaver, & Zillman, 1989), and to love and sex (Bailey, Hendrick, & Hendrick, 1987). Each of these studies supports the theory that gender roles influence the manner in which individuals express themselves in the world.

In analyzing the relationship between gender roles and one of the constructs of love, intimacy, there are conflicting results among the studies. Several studies

reported that androgynous subjects reported more self-disclosure than all other sex roles (Rubin, Hill, Peplau, & Dunkel-Schetter, 1980; Sollie, & Fischer, 1985; Stokes, Childs, & Fuehrer, 1981), yet others reported androgynous and sex-typed individuals were similar in their feelings regarding intimacy, but significantly higher than undifferentiated individuals (Fischer & Narus, 1981). Williams (1985) reported that males and females high in femininity, regardless of masculinity, reported more intense feelings of intimacy.

Another aspect of a person that is intricately woven with the experience of gender and love is sex. Although there are times when sex and love are totally separate, Sternberg (1988) defined the aspect of passion in a romantic relationship as primarily consisting of sexual feelings. Izard (1991) stated that the sex drive almost always involves some emotion. Hendrick and Hendrick (1987) stated that trying to separate love and sex is like trying to separate fraternal twins.

One integral component of sexuality is sexual satisfaction. One study by Oliver and Hyde (1993) reported no difference between the genders regarding sexual satisfaction, yet other studies (Hurlbert, 1991; Rosenzweig & Dailey, 1989; Rosenzweig & Lebow, 1992) reported people with androgynous gender roles were significantly more satisfied than those with sex-typed gender roles.

Due to the intricacies of these aspects of being human, and the prevalence of the desire to have intimate, romantic relationships, these attributes and their relationships warrant further study. This study evaluated the relationships of gender role, love and sexual satisfaction for women and for men. It evaluated the correlations among age, length of relationship, love and sexual satisfaction. In

addition, this study looked at the differences between men and women and their experiences of love and sexual satisfaction in romantic relationships.

Background of the Problem

Two thousand years ago Ovid gave advice to lovers as to how to woo the object of their affections (Ovid, 1/1957). Three hundred years ago people were eating salt to attract their lovers (Chance, 1988). One hundred years ago Finck claimed to understand nothing about love (as cited in Berscheid & Walster, 1974). Love's history is as mystifying as its present day understanding. No one really knows why one person falls in love with another. With all the research that has been completed regarding love and relationships, it is still not predictable which relationships will continue and which will dissolve (Gottman, 1991). Love remains as one of the most fascinating and elusive of psychological phenomena (Critelli, Myers, & Loos, 1986).

Although love is quite elusive, so are many other components that must merge to yield a human being. It is not thoroughly understood how each person develops a sense of being female or male. It is generally agreed that the concept of basic gender identity, or an inward sense of understanding that one is female or male, develops between the ages of 2 and 4 (Katz, 1986). The beginnings of sex-role identification also appear at about this same age. Many researchers consider the age period between 3 and 6 as being the most significant for sex-role socialization (Katz, 1986).

Katz (1979) theorizes that there are three distinct but overlapping phases for sex-role socialization. The first is learning about child roles, such as what is appropriate for girls and what is appropriate for boys. The next is preparation for

adult gender roles such as occupational, sexual and domestic roles. The third is developing and living the adult roles which change across the life span.

The feminine and masculine aspects of personality are important aspects in the theories of some psychologists. These two constructs are integral to the personality theory of Carl Jung. He termed these aspects of personality as anima and animus, respectively. He stated that each of these are present in people and each aspect needs to be developed for a person to become a fully functioning healthy individual (Hall, 1986). Fromm (1956) also stated that developing both of these aspects of a person is valuable to being a mature adult.

Others also believe that within each person are the dual aspects of expressiveness or femininity and instrumentality or masculinity (Bem, 1974; Spence & Helmreich, 1978). Sandra Bem (1977) stated that one of the problems with our society is its pressure to channel individuals into a gender role stereotype that is consistent with a person's biological gender. When one is channeled into developing only the traditional gender role, it limits cultivating one's full potential. With traditional gender roles, women tend to be afraid to express anger, to trust their judgement, and to be assertive. Men tend to be afraid to cry, to be sensitive, and to touch one another. From Bem's perspective, to be a fully functioning human being, both masculinity and femininity must be developed and integrated with each other. An androgynous person has a balance of these two aspects and as such represents the best of each, including expressing either instrumental and/or expressive traits depending upon the situation.

Along with developing a sense of masculinity and femininity, a person develops a sense of his or her own sexuality. Physical pleasure is experienced from

birth, and young children will naturally masturbate and play sexual games. Sexual desires significantly increase at puberty and are present throughout life in a normal healthy person. Intensity, expression and satisfaction of sexual desire is very individualized and will normally fluctuate within a person depending upon many situational factors such as stress, comfort, and intimacy (Kaplan, 1979).

Statement of the Problem

There is little research that combines all three constructs of love, sexuality and gender roles and examines the interactions among these integral facets. There are questions regarding how gender, gender roles and Sternberg's three aspects of love may correlate with each other. Masculine gender roles tend to be associated with less intimacy (Williams, 1985), yet that finding is not always replicated (Fischer & Narus, 1981).

Kaplan (1979) states that sexual satisfaction is a function of intimacy and comfort. Do stronger feelings of love correlate with increased sexual satisfaction? If a masculine gender role limits a person's ability to be intimate, does that in turn limit a person's sexual satisfaction? A fuller understanding of how these variables interact with each other will increase the understanding of individuals and the impact of these three variables in a person's life.

The following research questions will be addressed in this study:

1. Are there significant differences between men and women in intimacy, passion and decision/commitment, and sexual satisfaction?
2. For women, is there a significant relationship between gender role and the constructs of intimacy, passion, decision/commitment, and sexual satisfaction?

3. For men, is there a significant relationship between gender role and the constructs of intimacy, passion, decision/commitment, and sexual satisfaction?

4. For women, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion, and decision/commitment?

5. For men, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion and decision/commitment?

Definitions of Terms

Intimacy refers to the feelings of closeness, connectedness, and bondedness in romantic relationships (Sternberg, 1986).

Passion refers to the feelings of sexual desire, romance, physical attraction, and sexual consummation within a romantic relationship (Sternberg, 1986).

Decision/Commitment refers to the decision that one loves another and, in addition, the commitment to maintaining that love (Sternberg, 1986).

Sex role or gender role is a psychological construct referring to an individual's experience of or degree to which one regards himself or herself as masculine and/or feminine (Katz, 1986).

Instrumentality is the construct of the aspect of a person's personality that includes the socially desirable traits stereotypically associated with men. Examples of these traits are to be independent, active, decisive, dominant, competitive, and worldly. Spence and Helmreich conceptualize this as one aspect of a person's personality (Spence & Helmreich, 1978).

Masculinity is the construct of the aspect of a person's personality that includes the socially desirable traits stereotypically associated with men, such as

ambitious, self-reliant, independent and assertive (Bem, 1974). Bem (1981) conceptualizes this as a schema or lens through which a person experiences the world.

Expressiveness is the construct of that aspect of a person's personality that includes the socially desirable traits stereotypically associated with women. Examples of these traits are to be dependent, passive, indecisive, submissive, helpful to others, caring for relationships and compassionate. Spence and Helmreich conceptualize this as an aspect of a person's personality (Spence & Helmreich, 1978).

Femininity is the construct of that aspect of a person's personality that includes the socially desirable traits stereotypically associated with women, such as affectionate, gentle, understanding and sensitive to the needs of others (Bem, 1974). Bem (1981) conceptualizes this as a schema or lens through which a person experiences the world.

Androgynous is the term referring to the gender role of a person possessing a significantly large quantity of both masculine and feminine attributes (Bem, 1974).

Undifferentiated is the term referring to the gender role of a person possessing a significantly low quantity of both masculine and feminine attributes (Bem, 1974).

Hypotheses

The purpose of this study is to research the interrelationships among gender, gender role, love, sexual satisfaction, age and length of relationship. Although Sternberg (1988) found women scored significantly higher than men on the aspect of intimacy, three other researchers found no differences between men and women (Acker & Davis, 1992; Chojnacki & Walsh, 1990; Grau & Kumpf, 1993). Because the majority of previous research suggests that there is no difference between men and

women regarding intimacy, it is hypothesized that there will be no differences between women and men in their reports of being intimate.

Chojnacki & Walsh found women scored significantly higher than men on the construct of decision/commitment and no significant differences between them for passion. Others found no difference between men and women for both decision/commitment and passion (Acker & Davis, 1992; Grau & Kumpf, 1993; Sternberg, 1988). Because the majority of previous research suggests that there is no difference between men and women regarding passion and commitment, it is hypothesized that there will be no differences between men and women in their reports of passion and decision/commitment in their relationships.

Several studies found that people with the gender role of androgyny reported being more intimate in their relationships than people with other gender roles (Rubin et al., 1980; Sollie & Fischer, 1985; Stokes, Childs, & Fuehrer, 1981). Fischer and Narus (1981) found androgynous and sex-typed individuals were similar with regards to self-disclosure, but scored significantly higher in self-disclosure than undifferentiated individuals. Williams (1985) found males and females high in femininity, regardless of masculinity, reported more intense feelings of intimacy. Previous research suggests that there are differences among the gender roles and their reports of intimacy, but, at the same time, report differences among which gender roles report greater feelings of intimacy. Due to the conflicting results of previous studies, it is hypothesized that there will be differences among the gender roles and the reports of intimacy.

Oliver and Hyde (1993) found no differences between men and women regarding sexual satisfaction, so it is hypothesized that there will be no difference

between men and women regarding sexual satisfaction. Several studies found that androgynous individuals of either gender report the greatest sexual satisfaction, and so it is hypothesized that individuals of both genders who are classified as androgynous will report experiencing greater sexual satisfaction in their relationships (Hurlbert, 1991; Rosenzweig & Dailey, 1989; Rosenzweig & Lebow, 1992).

Kaplan (1979) states that love is the best aphrodisiac, and comfort and intimacy increase sexual satisfaction. Thus, it is hypothesized that increases in scores on the love scales (intimacy, passion, commitment/decision) will correlate with an increase in sexual satisfaction for both genders.

The null hypotheses are as follows:

Ho 1: There are no significant differences between men and women in intimacy, passion, decision/commitment, as measured by the Sternberg Triangular Love Scale (STLS), and sexual satisfaction, as measured by the Index of Sexual Satisfaction (ISS).

Ho 2: For women, there are no significant relationships among gender role, as measured by the Personal Attributes Questionnaire (PAQ), and intimacy, passion, and decision/commitment, as measured by the STLS, and sexual satisfaction, as measured by the ISS.

Ho 3: For men, there are no significant relationships among gender role, as measured by the PAQ and intimacy, passion, and decision/commitment, as measured by the STLS, and sexual satisfaction, as measured by the ISS.

Ho 4: For women, there are no significant relationships among intimacy, passion, and decision/commitment, as measured by the STLS, and sexual satisfaction, as measured by the ISS.

Ho 5: For men, there are no significant relationships among intimacy, passion, and decision/commitment, as measured by the STLS, and sexual satisfaction, as measured by the ISS.

Significance

If, as Carl Jung (Hall, 1986), Erich Fromm (1956), and Sandra Bem (1977) said, the most healthy individuals have developed, nurtured, and balanced the feminine and masculine aspects of their personality, then it is important that we more fully understand their role in love and sex, two of the most basic of human experiences. Knowledge regarding gender roles and how they affect specific aspects of loving relationships can contribute to our understanding of romantic relationships.

Brody (1978) suggested that true intimacy requires the abandonment of traditional gender roles. If it is found that certain gender roles indeed do appear to limit a person's ability to fully love another, then continuing to increase the freedom of people to nurture and develop both the instrumental and expressive aspects of themselves, is an even more important endeavor. Bem (1977) stated that when gender no longer functions as a prison, for both women and men, then people can accept the fact that they are human and gender can move from figure to ground. It can also be a step toward unraveling this enigma that we call love.

Assumptions and Limitations

This study is based upon several assumptions. One is that the concept of gender role is not a bipolar or unidimensional construct with masculinity at one end and femininity at the other, but that of a multidimensional construct where it is

possible to have significantly high or low amounts of the traits of masculinity and/or femininity. It also assumes that the extent to which people feel and express love in their romantic relationships operates upon a continuum. The third assumption is that sexual satisfaction also operates upon a continuum. The last assumption is that graduate and undergraduate students will respond similarly to the questionnaires.

There are several limitations to this study. The first is that self-report questionnaires are used in this study. The second limitation is that college students in the southwest area of the country were the participants in the study. Consequently, the results of this study may not be generalizable to other populations.

Summary and Overview of Remaining Chapters

In summary, this study evaluated the relationships among love, utilizing Sternberg's Triangular Theory of Love, gender roles and sexual satisfaction. It also evaluated the correlations among age, length of relationships, love and sexual satisfaction. Furthermore it evaluated the differences between men and women regarding these constructs.

Chapter II is a literature review beginning with different definitions and theories of love. It then evaluates the current literature regarding intimacy, passion, and decision/commitment. The following section reviews research regarding gender roles and its correlations with different aspects of a person's life. The next section reviews the literature regarding age, length of relationship, love and sexual satisfaction. The final section reviews the research of gender roles and the aspects of love and sexuality.

Chapter III delineates the methodology and describes the participants. It describes and provides reliability and validity information provided by the original authors regarding the three instruments used in this study. Finally, it describes the data analysis.

Chapter IV describes the data analysis and the results of the analysis. It also provides the coefficient alphas for each scale for the present study.

Chapter V discusses the results, including the differences and similarities with other research. It makes suggestions as to how the information may be of practical value. Finally, it suggests directions for future research.

CHAPTER II

REVIEW OF RELATED LITERATURE

Love

When thinking about the subject of love, the first question that comes to mind is probably also the most difficult to answer: "What is love?" Many who have studied the subject of love over the years have skillfully avoided defining it. Williams and Barnes (1988) state that they study relationships, not love, because love is elusive, undefinable and very personal. Berscheid, who has studied love for over 20 years, when asked 'what is romantic love?' replied, 'I don't know' (Berscheid, 1988).

There are many different types of love, the love of chocolate, the love of a pet, the love of country, the love of a beautiful day, and the love of people. Even when narrowing the focus to the love of people, there are significant differences, the love of a child, a parent, a friend or significant other.

Several terms are employed to differentiate between love of a significant other and other types of love. Companionate love, passionate love, romantic love and consummate love are all terms utilized to label this type of love. Nathaniel Branden defines romantic love as "a passionate spiritual-emotional-sexual attachment between two people that reflects a high regard for the value of each other's person" (1988, p. 220). Erich Fromm defines mature love as "the active concern for the life and growth of that which we love" (1956, p. 26).

Just as there are differences in terms describing love and definitions of love, there are also differences in conceptualizations of love. One theorist compared love to an addiction (Peele, 1988). Other theorists have suggested that there are two types of romantic love. Fromm (1956) called one type of love symbiotic union, where one needs the other person to simply exist and to help escape his or her aloneness. The other he called mature love, which is concern for the object of love. Maslow (1968) differentiated between deficiency love (D-love), a love arising from insecurity, selfishness, and a neediness to be loved and being love (B-love), an unselfish love, a love arising from the desire for self-actualization of oneself and one's partner.

Having delved deeper into the issue of romantic love, Lee (1977) purported that there are distinct types or styles of love. He ascertained differences among individuals regarding their personal and social expressions of love. He refers to these individual ways of loving as lovestyles. Although there are many combinations and nuances of lovestyles, the six main styles are Eros (attraction to the ideal physical partner), Ludus (playful and short-term), Storage (a slowly developing companionship), Mania (obsession and emotional intensity), Agape (dutiful with expectation of reciprocation), and Pragma (practical and purposeful).

Hazan and Shaver (1987) considered romantic love as similar to the type of relationship that one first experiences in infancy. Ainsworth, Blehar, Waters, and Wall (1978) proposed that infants become attached to their mothers in three ways. These styles of infant attachment are commonly referred to as secure, anxious/avoidant, and avoidant. Based on the work of Ainsworth et al., Hazan and Shaver conceptualized romantic love as an extension or reflection of the attachment

process that one experiences as an infant, and they suggest that adult relationships can also be categorized as secure, anxious/avoidant, and avoidant.

Another way of looking at love is from the perspective of the basic components of love. Fromm (1956) proposed love consists of the dimensions of caring, responsibility, respect and knowledge of the other. Rubin's (1970) concept was that love consists of an affiliative and dependent need, predisposition to help, and exclusiveness and absorption. Kelly (1983) suggested that love is composed of needing, caring, trust, and tolerance. Critelli, Myers, and Loos (1986), through factor analysis, determined five components of love: romantic dependency, communicative intimacy, physical arousal, respect, and romantic compatibility. From the perspective of attachment theory, Shaver and Hazan (1988) proposed love involves the three aspects of attachment, caregiving, and sexual intimacy.

Sternberg (1986) proposed a triangular theory of love consisting of the three components of intimacy, passion, and decision/commitment. In his geometric model each of the three components can be visualized as one of the vertices of an equilateral triangle with intimacy at the top vertex, passion at the lower left vertex and decision/commitment at the lower right vertex. (Sternberg states the placement of the constructs is arbitrary.)

Sternberg (1986) defined intimacy as encompassing the feelings of closeness, bondedness and connectedness in loving relationships. It can be viewed largely as the emotional investment aspect of the relationship. It reflects such experiences as the desire to promote the welfare of the loved one, high regard for the loved one, mutual understanding and sharing, emotional support, intimate communications, and valuing the loved one in one's own life. The list is not comprehensive nor must one

experience all of the listed feelings, but these are examples of the feelings that may be experienced in a loving relationship. Many of these feelings are not experienced independently of each other but in combinations with each other. Intimacy appears to be at the core of many relationships and it brings the "warmth" to loving relationships.

In Sternberg's theory the passion component is the aspect that leads to romance, physical attraction and sexual consummation. Although sexual needs may well be the predominate force of this component, especially in romantic relationships, needs for nurturance, affiliation, power hierarchies and self-actualization may also be aspects of passion. This component consists of both physiological and psychological arousal, since these two are difficult if not impossible to separate when referring to passion and sexual matters. This aspect tends to be more powerful early in relationships and to wane over time. Passion can be referred to as the "hot" component of loving relationships.

The decision/commitment component actually is two steps combined. The first is the decision that one loves another person. The latter is the decision to commit to maintaining that love. This aspect may not be as exciting as the passion or the intimacy, yet it is a very important aspect of loving relationships. It is this piece that carries one through the natural ups and downs in relationships. For most people decision/commitment is a result of the passion and the intimacy developed in the relationship. Because it tends to be more cognitive, it is referred to as the "cold" aspect of relationships.

The three components combined are all important aspects of a loving relationship and will vary depending upon many factors including the type of

relationship. The experience of a love relationship is very individualized, so the another and will vary across time within a relationship.

When combining the three constructs of the triangular theory of love, there are eight different types or states of love. Nonlove is simply the absence of love, such as in casual interactions between people. Liking results when one experiences only the intimacy aspect. This is not a casual feeling, but is as one might experience in a close friendship. Infatuated love is "love at first sight" or simply infatuation, the passion component. Empty love is a decision/commitment to another when there is not any passion or intimacy. This can be common in stagnant relationships. Romantic love is a combination of intimacy and passion, without the decision/commitment. Companionate love consists of intimacy and decision/commitment without passion. It is characteristic of long term, committed friendships. Fatuous love is a result of passion and decision/commitment without intimacy. This is typical of couples who meet and then move in together or marry two weeks later. Consummate love is complete love, a full combination of intimacy, passion and decision/commitment.

Intimacy

Levine describes intimacy as the "original glue of important relationships" (1991, p. 260). He states that when one is involved in an intimate relationship, one's internal state quiets. Psychological intimacy starts with one person's willingness to share inner experiences with another. Intimacy is enhanced when each person is able to experience the importance of the moment and it culminates with the combination of solace and pleasure. The effects of intimacy are time-limited and in order to be maintained need to be renewed regularly.

Since intimacy is a process that occurs over time, it is a state never totally achieved. There is a difference between an intimate experience and intimate relationship. An intimate experience is a feeling of closeness with another person. An intimate relationship is one where there are many intimate experiences across different aspects of that relationship (Schaefer & Olson, 1981). Levinger (1983) states that intimacy generates more intimacy and a lack of it contributes to isolation.

Historically intimacy has been defined in various ways and a consensus is yet to be reached. Across studies there are at least twenty definitions of intimacy (Register & Henley, 1992). In 1978 Lewis defined intimacy as mutual self-disclosure and other kinds of verbal sharing and demonstrations of affection. Schaefer and Olson (1981) stated that many times intimacy is defined as the level of sexual involvement, with the more sexual involvement of the couple, the more intimate the couple. Wong (1981) stated that communication and self-disclosure are two of the major components of intimacy. Traditionally some people have described intimacy in terms of sexual involvement, but Wong states that is not true intimacy but only a pseudo intimacy.

Waring, Tillman, Frelick, Russell, and Weisz (1980) identified self-disclosure as a fundamental aspect of intimacy. Other contributing factors included expression of affection, compatibility, cohesion and ability to solve conflicts. In a later study utilizing factor analysis, Waring, Patton, Neron, and Linker (1986) found that self-disclosure and intimacy were not the same, but self-disclosure accounted for more than 50% of the variance of the four dimensions of intimacy. In 1985 Helgeson (as cited in Helgeson, Shaver, & Dyer, 1987) reviewed the literature and found the common elements of self-disclosure, affection or sexuality, and expressiveness among

the definitions of intimacy. Camarena, Sarigiani, and Peterson (1990) define intimacy as emotional closeness. Rampage (1994) states that the most meaningful conceptualization of intimacy is that of it being a transient state which depends upon three conditions being met, an equality between partners, empathy for each other's experiences, and a willingness to collaborate regarding meaning and action.

Intimacy contributes to our quality of life (Bullard-Poe, Powell, & Mulligan, 1994) and is presumed to be the peak of mutual sharing and close feelings (Sherman, 1993). It is sometimes assumed to be essential to the ideal couple or family relationship (Schaefer & Olson, 1981). Intimacy is a major life goal for most men and women (Keller & Rosen, 1988; Peplau & Gordon, 1985). Reis, Senchak and Solomon (1985) conclude that intimate relationships are a common social goal and development of intimate friendships has positive consequences and a lack of them has negative consequences.

Intimacy seems to be experienced and desired across the life span. Camarena, Sarigiani and Peterson (1990) found a significant link between self-disclosure and emotional closeness in 8th grade boys and girls. Horowitz (1979) found that among outpatient clients, the most common reason people seek therapy was problems with intimacy. Waring et al., (1986) completed a study where they looked at couples' self-rating of intimacy and frequency of nonpsychotic emotional illness. They found that among those relationships which reported absent or deficient intimacy (31%), there was a significantly higher proportion of spouses with symptoms of nonpsychotic emotional illness than with all other reported levels of intimacy. Men living in nursing homes reported that social intimacy is rated as the most important type of intimacy to them (Bullard-Poe, Powell, & Mulligan, 1994).

Register and Henley (1992) completed a qualitative study looking for themes reflecting aspects of intimacy in past experiences of their subjects. They requested that the subjects write, in as much detail as possible, about the most intimate experience they had ever had. Seven themes emerged from their experiences: non-verbal communication, presence (awareness of the other party), time (a keen awareness of time), boundary (removal of boundaries between people), body (awareness and touching), destiny and surprise (a feeling that something unexpected had occurred and yet it was 'meant' to happen), and transformation (creation of something new). Of particular note was that one of the experiences of reported intimacy was with Jesus and another was with a dog.

Passion

Little is known about the construct of passionate love. Knowledge about it appears to be even more elusive than romantic love. Passionate love has been considered a risky business partly because it tends to be rather fragile and short lasting. Success with it feels wonderful and failure tends to be devastating. It seems to thrive on excitement and produce a mixture of many strong emotions such as euphoria, happiness, anxiety, panic and despair (Hatfield & Rapson, 1987).

As in the general construct of love, there are various, although fewer, definitions of passionate love. Some researchers defined passionate love as romantic attraction and sexual attraction (Byrne, 1971; White, Fishbein, & Rutstein, 1981). Berscheid & Walster (1978) wrote about passionate love as being a state of intense absorption in another and intense physiological arousal. Davis (1985) suggested that passion, as an aspect of love, is comprised of a cluster of three characteristics,

fascination (paying attention to another even when they have other things to do), exclusiveness (a special relationship that is different from all others), and sexual desire. Hatfield and Rapson (1987) defined it as the desire for union with another.

In order to gain some understanding of the construct of passionate love, it is valuable to step back into the theory of emotions. It is from that vantage point that most theorists' research on passionate love begins. Within the theories and research on emotions in general, there is disagreement as to which comes first, emotion or cognition (Izard, 1991). This also appears to be the situation regarding passionate love. In perusing the literature on passionate love, it is conceptualized from several different paradigms.

One way to look at passionate love is to conceptualize it as simply a very intense form of liking. Rubin (1970) and others feel that there are major qualitative differences between liking and passionate love, and passionate love can not simply be considered an extension of liking another person.

Much of the theory regarding passionate love has been developed by Berscheid and Walster (1974). Their method of conceptualization is that there is a physiological arousal and a cognition. Subsequent to the arousal and cognition is the attribution of that experience to a feeling, and in this case, to passionate love. Central to their concept is the emotion-arousal theory which states that almost any type of intense physiological arousal will stimulate an emotional experience. Thus, it takes two components for a passionate experience: arousal and appropriate cognition. People become physiologically aroused by many different stimuli. With each physiologically aroused state, a person can attribute an emotional experience to it and label it as a specific emotion. Given the proper circumstances one may then attribute this

experience to passion. This then gives the person the experience of the emotion of passionate love. The problem with this is that this may or may not be an accurate labeling of the preceding event.

There is considerable evidence that people experience a heightened sexual and/or passionate love attraction under conditions of high emotional arousal. Dutton and Aron (1974) completed a study where a female interviewer contacted males who had just crossed a bridge, either a potentially fear-arousing suspension bridge or a non-fear arousing low bridge. It was requested that they complete a questionnaire including making up stories about pictures from the Thematic Apperception Test. The stories were then analyzed for content. The content of the stories of the men who had crossed the high bridge had significantly more sexual content than the stories for those who had crossed the low bridge. They also made significantly more attempts to contact the interviewer than the control group. There were no significant differences between the groups when a male interviewer approached them. Dutton and Aron completed another study using a possible electric shock as the fear producing stimulus and obtained similar results. Their conclusion was that people experiencing a condition of anxiety will increase their attribution of that anxiety to passion in the presence of a sexually exciting stimulus.

White, Fishbein, and Rutstein (1981) completed a similar study looking at whether exercise (the arousal) would influence feelings of being attracted to another person. The men in the exercise stimulated group were significantly more attracted to the attractive woman and significantly less attracted to the unattractive woman than the control subjects. They repeated the study to ascertain if there would be differences between a positive arousal (a comedy routine), a negative arousal (a tape

of a violent incident), and a control group (readings from a text book). As in the previous study there were significant differences between the aroused groups and the non-aroused groups, but not between the two groups of aroused subjects. It appears from these studies that passionate love/sexual desire are heightened from several forms of arousal including both positive and negative stimulation.

Along a similar vein, Kellerman, Lewis and Laird (1989) completed a study of mutual eye gazing and feelings of passionate love. Their study was based on the theory that one emits a behavior and then feelings are produced by that behavior, such as after one smiles, one feels happy, or after one frowns, one feels angry. They had five groups of subjects, who did not know each other, each gazing at the other person. They were instructed to either look at the partners hands or eyes, count eye blinks, or gaze into each others eyes. The group who gazed into each others eyes significantly increased their feelings of passionate love.

Another way to conceptualize what happens in the experience of passionate love, from a slight variation of the behavior-then-feeling perspective, is simple positive reinforcement theory. The attraction theorists have generally agreed on the idea that people are attracted to others who are reinforcing to them. Byrne (1971) explained attraction as a simple linear function where attraction equals the number of positive reinforcements times the strength of positive reinforcements. The more reinforcement one receives, the stronger the attraction (Berscheid & Walster, 1974).

Berscheid and Walster (1974) stated there is an inherent problem with this theory. The logic of this theory may be good, but it does not seem to be consistent with human experiences. Although some people manage to fall madly in love with others who apparently are positively reinforcing, others, "with unflinching accuracy,

seem to fall passionately in love with people who are almost guaranteed to bring them suffering" (Berscheid & Walster, 1974, p. 359).

Hatfield and Rapson (1987) looked at it from the perspective that one cannot separate emotions and behaviors because they are intricately involved with each other. Especially in the case of passionate love, emotions and behaviors are aspects of the same fluid circle, with each nourishing and contributing to the other. Their proposition is that passionate love and sexual desire are really of the same nature, closely linked, and inseparable. Hendrick and Hendrick (1987) suggested that trying to separate love and sex is like trying to separate fraternal twins. They are not the same, but there is certainly a unique and powerful bond. Love and sex can interact with excitement and joy in such a way as to create peak experiences of sensory and emotional pleasure (Izard, 1991). To put it another way, love is the best aphrodisiac (Kaplan, 1979).

Commitment

Across the literature, the term commitment is frequently utilized without a specific definition. It has been defined as "the tendency to maintain a relationship and to feel psychologically 'attached' to it" (Rusbult, 1983, p. 102) or the expectations for relationship continuity (Winn, Crawford & Fischer, 1991). Helm states that "a commitment involves attention to each's needs with loving support one for the other as each experiences growth" (1986, p. 419).

Rosenblatt (1977) stated that there is a distinction between commitment to a person and commitment to a relationship such as commitment to the institution of marriage or conforming to external pressures such as the expectations of others. He

stated that these types of commitment are different, and may influence each other. Commitment can also vary in strength. Rosenblatt goes on to state that one value in making a commitment is that once one has made the commitment, then it frees the individual from having to make further decisions and this in turn allows the person to focus energy on other issues.

Johnson's (1991) theory stated that motivation to continue a relationship is dependent upon three factors. Personal commitment is the feeling that one wishes to continue the relationship. Moral commitment is when one feels one ought to stay in the relationship. Structural commitment is the feeling that there is no other choice but to stay in the relationship.

In a study of married couples, Robinson and Blanton (1993) found essentially two different kinds of commitment. One is a commitment to the institution of marriage and the other is a more personal commitment, a commitment to the other person, not specifically to the marriage itself. Some of the couples described that during difficult times the personal commitment waned and the commitment to the institution of marriage was what maintained the relationship.

The majority of the studies regarding commitment evaluate it from the perspective of a set of theories called social exchange theories. In general these theories suggest that what one invests in and receives from a relationship directly affects how one feels about the relationship, including the levels of commitment.

In the equity-inequity theory, a person's appraisal of the relationship includes both one's own rewards and costs and the rewards and costs of the partner. If this is unbalanced the "overbenefited" person will perceive the reward-benefit ratio as inequitable and become uncomfortable. This person will experience this discomfort

as guilt and shame. The "underbenefited" person will also perceive the ratio as inequitable, and will experience the inequality with feelings of anger and exploitation. As the equality of the relationship becomes unbalanced, the satisfaction in the relationship lessens, which in turn lessens the commitment (Floyd & Wasner, 1994). Floyd and Wasner found support for this theory suggesting that feelings of commitment to an intimate relationship are a direct result of feeling satisfied and rewarded in that relationship.

Sabatelli and Cecil-Pigo (1985) found that the perceived equality of outcomes in a relationship accounted for the highest percentage of variance in levels of commitment. Also evaluating the equity theory, Winn, Crawford and Fischer (1991) found that people in inequitable relationships related more discomfort than people in equitable relationships, and commitment was greater for the overbenefited individuals than it was for the underbenefited individual.

Stafford and Canary (1991) looked at commitment from the perspective of the amount of energy expended by the partner to maintain the relationship or the presence of maintenance factors (positivity, openness, assurances, network and tasks). They found that assurances by the partner was the best predictor of commitment in the relationship.

Another major model for predicting relationship commitment is the investment model developed by Rusbult (1980). The investment model proposes that people satisfied with their relationship obtain rewards from the relationship, perceive few costs in the relationship, and it meets their personal standard of what constitutes a good relationship. In addition, she proposed that relationship stability is related to a

lack of attractive alternatives to the relationship, significant investment (time and energy) in the relationship, and high satisfaction of the relationship.

In 1980 Rusbult found that commitment to relationships increased as the amount of investment in the relationship increased and diminished as the value of alternatives increased. Relationship costs did not affect the amount of commitment in the relationship. In a later study Rusbult (1983) found that commitment increased as satisfaction and rewards increased. Again changes in cost did not affect commitment. Rusbult, Johnson, Morrow (1986) conducted a similar study with a more diverse population to test the generalizability of the theory. This study supported the previous two studies and was consistent for various groups of people: males and females, married or single, across age ranges, education levels and income levels, length of relationship, and a variety of types of relationships. Lawrence Kurdek (1992) found similar results in a study of lesbian and gay couples.

Age and Length of Relationship

Two individual factors that may influence people's experiences of intimacy, passion, and commitment are their age and the length of their romantic relationship. Sternberg's theory of love (1986) includes the feature of how these three components tend to vary over time in the relationship. Each depends upon the quality of the relationship. Initially in a relationship there is no intimacy. As time progresses, intimacy grows and develops and, subsequently, increases rather dramatically. At some point in time, in a successful relationship, it peaks and then continues to increase, but at a much slower rate. In an unsuccessful relationship, it peaks and then declines. Passion displays a similar pattern, although initially it tends to increase

more rapidly than intimacy. Commitment follows the same type of pattern, but initially it develops more slowly and peaks later in the relationship. Passion develops first, intimacy second and commitment third with each of them tending to rise at a much slower rate later in the successful relationship, and to display a sharp decline in a languishing relationship.

Acker and Davis (1992) studied age, length of relationship and stage of relationship and their interactions with love. They found that in general intimacy declined over the length of the relationship but actually increased with more committed stages of the relationship. Passion also tended to decline over the length of relationship, but only for females. They found that the major distinction for commitment was it being stronger in marital relationships than in non-marital relationships. The one significant finding for age was that younger subjects reported more intense feelings of passion than older subjects.

Other studies also suggest that love aspects change across the age span. Age and love styles were studied with certain styles, Mania (dependent) and Agape (altruistic), decreasing with age. The other styles, including Eros (passion), Ludus (game-playing), Storage (companionship), and Pragma (practical), did not change across the age span (Butler, Walker, Skowronski, & Shannon, 1995). In another study, age was negatively associated with marital satisfaction (Kamo, 1993).

One study found that older respondents ($M = 64.7$) experienced stronger feelings of emotional security and loyalty and a decrease in feelings of sexual intimacy than middle aged ($M = 45.4$) or young ($M = 28.2$) subjects. They also found that the young respondents communicated more than middle aged or older respondents (Reedy, Birren, & Schaie, 1981).

Two studies found no effects for age and experiences of love. One studied only 15 to 21 year olds, suggesting there is little change throughout the adolescent time period (Sandor & Rosenthal, 1986). The other study evaluated only the one aspect of passion (Wang & Nguyen, 1995).

Love, Gender, and Gender Role

Because relationships are so enticing and yet so challenging, another way to consider romantic love is to look at the differences between men and women in loving relationships. Traditionally it is thought that men are more interested in the sexual aspects of relationships and women are more interested in the love aspects of relationships (Coleman & Ganong, 1985). The research does not tend to support these generally held beliefs nor are the findings of the research consistent.

In one study by Coleman and Ganong (1985) regarding the feelings and behaviors of men and women in heterosexual love relationships, no significant differences between men and women were found. Cochran and Peplau (1985) studied values in heterosexual relationships and found that women and men were similar in their valuing attachment in loving relationships.

Some differences have been found between men and women. Morais and Tan (1980) evaluated ideal loving relationships and found that women value their independence more than men, and men want women to be more sensitive. Cochran and Peplau (1985) also found that women placed significantly more importance on maintaining their independence than men.

Sternberg (1988) found limited differences between men and women and what is characteristic of them in love relationships. His subjects were 84 volunteers, equal

numbers of men and women, primarily heterosexual, from the New Haven, CT area, who were currently involved in a close relationship. In this study there were no significant differences between women and men regarding the components of passion and decision/commitment, but women gave higher ratings to the component of intimacy. Others testing Sternberg's theory of love and utilizing his Triangular Love Scale found that women scored significantly higher than men on the aspect of decision/commitment and marginally higher ($p < .09$) on the passion scale (Chojnacki & Walsh, 1990).

Utilizing Sternberg's theory and a German version of Sternberg's Triangular Love Scale, Grau and Kumpf (1993) found no differences between men and women regarding what is characteristic of them in loving relationships. Acker and Davis (1992), sampling 204 adults (111 female, 93 male) from Florida, had similar results of no difference between women and men.

Other research suggests some significant differences between men and women regarding the experience of love. Dion and Dion (1975) found that women experience stronger feelings of love and euphoria than men. Rubin, Peplau, and Hill (1981) found that men tended to fall into love more readily than women, and women tended to fall out of love more readily than men. In one study completed by Critelli, Myers, and Loos (1986), it was found that women were more emotionally expressive in their relationships with men, especially in the aspect of communicative intimacy (communication and comfort with partner).

Looking at the individual components of Sternberg's triangular theory, there is some research regarding each component and the differences between women and

men. There is more research on the subject of intimacy than either of the other two constructs.

Although in same-sex friendships, women report significantly more intimacy than men (Williams, 1985), Caldwell and Peplau (1982) found no differences between men and women in the number of friends or time spent with friends. They did find that women placed more emphasis on emotional sharing than men, and men placed more emphasis on activities and doing things together.

In conceptualizing self-disclosure as an aspect of intimacy, Stokes, Childs, and Fuehrer (1981) found that amounts of self-disclosure is not associated at all with gender. Derlega, Durham, Gochel, and Sholis (1981) found that men were more self-disclosing on masculine topics (assertiveness, aggressiveness, sex and business) than women, less self-disclosing on feminine topics (emotionality and sensitivity to others), and men and women were about equal on neutral topics (tactfulness, logical thinking, and defending beliefs). Rubin, Hill, Peplau and Dunkel-Schetter (1980) found that both men and women in dating relationships reported that they had disclosed fully to their partners, yet in evaluating what had been disclosed, women actually disclosed more than men.

Changing focus to the second construct in Sternberg's theory, passion, there is little research. In one aspect, Sprecher and Metts (1989) found that men tended to be more romantic than women. Hendrick and Hendrick (1991) found women expressed stronger feelings of passion than men did. The research beyond this tends to focus on sexuality alone.

Results of studies regarding the third construct, decision/commitment, of Sternberg's theory are not consistent. Rusbult found no differences between men and

women regarding commitment in loving relationships, agreeing with the findings of Sternberg's studies (1983; Rusbult, Johnson, & Morrow, 1986). Floyd and Wasner (1994) found that women expressed stronger feelings of commitment than men. Hendrick, Hendrick, and Adler (1988) found that men's commitment to a relationship increased with self-satisfaction in the relationship and women's commitment increased only with both self and partner satisfaction in the relationship. Duffy and Rusbult (1986) studied heterosexual and same-sex sexual relationships and commitment. They found that women, regardless of sexual orientation, felt more committed to their relationships than men. With each of the individuals, strength of commitment was associated with greater relationship satisfaction.

In looking at studies of commitment and sexuality, there is support for the theory that equity and sexuality have a significant positive relationship. Hatfield, Greenberger, Traupmann, and Lambert (1982) studied feelings of equality (each member feeling they have a "good deal") in a relationship and feelings of being satisfied sexually (feel more loving and close after sex). Couples in equitable relationships report being more satisfied with their sexual relationships than people in inequitable relationships. In other studies of equity in relationships, it was found that equity is related to greater sexual contentment, earlier sexual involvement and less indulgence in extramarital affairs (Hatfield, Traupmann, & Walster, 1979; Walster, Walster, & Traupmann, 1978).

Since there are conflicting results from studies regarding the differences between men and women in love relationships, another aspect of people that may be useful for understanding this concept is that of gender role. For human experiences such as health (Harrison, 1978), violence (Apt & Hurlbert, 1993; Boye-Beaman,

Leonard, & Senchak, 1993; McConahay & McConahay, 1977), loneliness (Berg & Peplau, 1982), reaction to horror films (Mundorf, Weaver, & Zillman, 1989), fear of success (Cano, Soloman, & Holmes, 1984), mental health (Kurdek, 1987; Thomas & Reznikoff, 1984; Waelde, Silvern & Hodges, 1994) and self-esteem (Bailey, Hendrick, & Hendrick, 1987; Payne, 1987), gender roles have significant relationships.

Several researchers have studied gender roles to determine if they might affect romantic relationships, love, or aspects of love. Coleman and Ganong (1985) looked at several different aspects of love such as awareness of love feelings, expression of love, willingness to express feelings, and toleration of faults. They found that androgynous subjects were more loving than the three other gender roles on all assessed aspects of love. Bailey, Hendrick, and Hendrick (1987) found correlations with gender roles and Lee's styles of love. Masculinity positively correlated and femininity negatively correlated with the Ludus (game playing) style of love. They also found that femininity positively correlated and masculinity negatively correlated with the Mania (dependent, possessive) style of love.

Some researchers have looked at the connection between gender roles and relationship satisfaction. Baucom and Aiken (1984) found that for each gender, both femininity and masculinity significantly correlated with relationship satisfaction. They also found that femininity had a higher correlation than masculinity. Parmelee (1987) found that femininity and androgyny for men had positive effects on relationship satisfaction. She also found that masculinity for women was somewhat related to relationship satisfaction.

Other researchers evaluated the expression of gender roles between partners in their current relationship. Vonk and Van Nobelen (1993) evaluated sex roles of a person in the world in general and sex roles as descriptions of self-with-partner. They found that there were differences between how people would report their gender roles with these two different situations. Higher levels of femininity and lower levels of masculinity were reported in the descriptions of self-with-partner. These were also associated with higher levels of relationship satisfaction. They suggested people behave in more feminine ways in relationships than they do in the world in general.

Rusbult, Zembrodt, and Iwaniszek (1986) studied the impact of gender roles and dissatisfaction in relationships. Femininity was associated with either trying to improve the quality of the relationship or waiting for the relationship to improve. Masculinity was associated with a tendency to leave the relationship or to simply allow the relationship to deteriorate.

In focusing on the three individual aspects of the triangular theory, there appear to be differences in feelings and expressions of intimacy depending upon the gender role of a person. Some researchers have looked at the gender role combinations within couples. Tesch (1985) looked at couples and classified each member of the couple into one of the four categories of sex role. She looked at the sex role pairing of the couple and its correlation with intimacy. The couples where both members were classified as undifferentiated were lower in intimacy than all other types of couples. Couples consisting of androgynous males and feminine females reported the most intimacy. An important note is that couples consisting of androgynous males and androgynous females were not assessed because in this sample only two couples were in this category. Kurdek and Schmitt (1986) also studied

couples, both heterosexual and same-sex relationships, and found that androgynous and feminine couples reported more relationship satisfaction than masculine or undifferentiated couples.

In studying the relationship between gender roles and intimacy for an individual, there are conflicting results among the studies. Several studies found that androgynous subjects reported more self-disclosure than all other sex roles (Rubin et al., 1980; Sollie, & Fischer, 1985; Stokes, Childs, & Fuehrer, 1981). Fischer and Narus (1981) reported that androgynous and sex-typed individuals were similar in their reports of intimacy, but both were significantly higher than undifferentiated individuals. Williams (1985) reported that males and females high in femininity, regardless of the masculinity aspect, described more intense feelings of intimacy. Her findings suggest that masculinity has no relationship to feelings of intimacy.

Rubin et al. (1980) assessed subjects that were coupled for egalitarian or traditional sex-role attitudes. They found that men and women with egalitarian sex-role attitudes were more self-disclosing than men and women with traditional sex-role attitudes. Self-disclosure was also strongly related to reported love for their partner.

Love, Gender Role, and Sexual Satisfaction

Little empirical research is available regarding the aspect of passion. Although there is a saying that there is no aphrodisiac like love, very few researchers have combined the aspects of love and sexuality to evaluate their impact upon each other. There is research regarding who does what with whom and how often (Leary & Snell, 1988), but not very much about the why.

Bailey, Hendrick, and Hendrick (1987) studied the relationships among sex, gender roles, sexual attitudes and love attitudes. In that study they found that love and sexual attitudes are related to the constructs of masculinity and femininity. In the Sexual Attitudes Scale there are measures for four aspects of sexual attitudes: Sexual Permissiveness (acceptance for casual sex with multiple partners), Sexual Practices (responsibility and a variety of activities), Communion (joining of two people in close physical and spiritual harmony), and Instrumentality (sexual behavior is primarily for personal pleasure). There were positive correlations for both masculinity and femininity and Communion, and negative correlations for both masculinity and femininity and Permissiveness. Sexual Practices was positively correlated with masculinity only and Instrumentality (sex for personal pleasure) was negatively correlated with femininity.

McConahay & McConahay (1977) evaluated the relationship between sex-role rigidity and sexual permissiveness and did not find a significant relationship. Pleck, Sonenstein, and Ku (1993) studied males with traditional attitudes toward masculinity and found that more traditional attitudes correlates with more sexual partners in the past year, a less intimate relationship, and a greater belief that the relationships between men and women are antagonistic.

Along similar lines as that research, Leary and Snell (1988) looked at gender roles and sexual behavior. They found that instrumentality was associated with greater sexual experience, including the frequency of sexual intercourse and oral sex, number of sex partners, age at first intercourse, and more relaxed feelings about having sex. Although Lottes (1993) completed a similar study looking at the current differences between women and men and sexual behaviors, she found no difference

between men and women on such sexual behaviors as age of first intercourse, frequency of intercourse, oral sex participation, and reactions to recent sexual intercourse. Hurlbert (1991) evaluated differences in sexual satisfaction between sexually assertive and sexually nonassertive women, finding that sexually assertive women reported more sexual desire, higher frequencies of sexual activities and orgasms, and greater marital and sexual satisfaction.

Marecek, Finn, and Cardell (1983) state that gender roles are less frequent and less prominent in gay and lesbian relationships than they are in heterosexual relationships. In one study, Jones and De Cecco (1983) found that 87% of the subjects who were gay or lesbian also had androgynous sex roles.

Kirkpatrick (1980) studied the relationship between gender roles and sexual satisfaction in women. In her study, there was no difference in women's gender role as measured by the M-F scale of the Minnesota Multiphasic Personality Inventory (MMPI) and sexual satisfaction, but there was a significant positive relationship between sexual satisfaction and a belief of equality between the sexes.

Rosenzweig and Lebow (1992) studied gender roles and sexual satisfaction among lesbians. Their results were that women who were either androgynous or feminine were significantly more sexually satisfied than those that were classified as undifferentiated. Rosenzweig and Dailey (1989) found that androgynous individuals reported being significantly more sexually satisfied than sex-typed individuals.

Summary

Although there are various ways of conceptualizing love, Sternberg's triangular theory encompassed the major aspects that others have proposed in their

theories and found in their research. Although it contains fewer components than some, such as Lee's (1977) theory with six styles of loving, and approaches the subject differently from others, such as the attachment theory, it incorporated valuable flexibility for different types of relationships and for changes over time.

The research is inconclusive regarding the differences between men and women in the aspects of intimacy, passion, and decision/commitment. There is some evidence that women are more intimate in their relationships than men, yet this is not consistently the case. There is a paucity of research on the aspect of passion, so conclusions are difficult to make. The few studies that do exist suggest that there may be no difference between the sexes with regards to passion. With the third aspect of decision/commitment, it appears that either there is no difference between men and women in their feelings of commitment, or women seem to feel commitment more strongly than men.

In evaluating the impact of age and length of relationship, it appears that there is a negative correlation with passion and age for women, and a negative correlation with passion and length of relationship for both genders. In addition, there may be a negative correlation between intimacy and length of relationship.

From the research it seems clear that gender roles are intimately involved with a person's feelings of some aspects of love and sexuality. More research studying gender roles may be able to shed light on the conflicting results of employing gender alone. The research supports the theory that people with undifferentiated gender roles do not experience their relationships as intimately as people with other gender roles, and that people with feminine gender roles experience more intimacy. The question

that remains is how does the gender role of masculinity factor into a person's experience of intimacy. So far the research is inconclusive.

There is little research integrating how love and gender roles affect sexual satisfaction. There is support for the theory that certain aspects of love, such as equity and relationship satisfaction, increase sexual satisfaction. A couple of studies suggest that women who are sexually assertive or have androgynous or feminine gender roles or beliefs are more sexually satisfied. This study will simultaneously assess all three factors.

CHAPTER III

METHOD

This chapter presents the information regarding the participants, the procedures, the instruments for this study and the procedures for data analysis.

Participants

The participants were 303 undergraduate and graduate students from two large state universities in the Southwestern United States. Participants were volunteers solicited from education and social science classes during the spring and summer semesters of 1996. The only other special requirement for the participants was that they were currently involved in a romantic relationship.

Three hundred three questionnaires were returned, with a small variety of data incomplete, including some of the demographics and some of the questionnaires. Because some of the analyses did not depend upon all information, all packets of questionnaires were included in the analyses. For this reason many of the sums do not equal the total of 303.

There were 221 participants from one university and 82 participants from the other university, including 266 undergraduate and 37 graduate students and 76 men and 227 women. The males ranged in age from 18 to 51, and the females ranged in

age from 18 to 54. Table 1 contains information regarding age means and standard deviations.

Table 1

Age Means and Standard Deviations Total and According to Gender

Sample	<u>N</u>	Mean Age	Standard Deviation
Total	303	24.5	6.34
Males	76	24.8	5.97
Females	227	24.5	6.48

The racial diversity of the participants included 81.6% Caucasians, 8.5% Hispanics, 4% Native American, 1.7% African-American/Black, 1.2% Asian-American/Asian, and 2.5% Multiracial. Of those specifying multiracial, 3 or 0.7% of the total stated they were Native American and Caucasian. One person did not specify race and the others stated Middle Eastern-American, Chicano-American, Caucasian-Mexican-Indian, and Korean-Irish-Scottish. Table 2 summarizes the information regarding race.

Table 2

Demographic Information Regarding Race

Ethnicity	<u>N</u>	%
African-American/Black	5	1.7
Asian-American/Asian	4	1.2
Caucasian	246	81.6
Hispanic	26	8.5
Native American	12	4.0
Multiracial	8	2.5
Unspecified	2	0.5

Being in a romantic relationship was a condition for inclusion in the study, so the demographics included a question regarding how long a person had been in the relationship. Two hundred ninety-five participants responded to this question. The mean length of relationship was 4.03 years, and the range was one month to 28 years. Table 3 contains a summary of the information regarding length of relationship.

Table 3

Length of Relationship in Years Total and According to Gender

	<u>N</u>	Mean	<u>SD</u>	Range
Total	295	4.03	4.85	1 month to 28 years
Males	72	3.18	3.90	1 month to 27 years
Females	223	4.30	5.09	1 month to 28 years

Among the demographic questions was one requesting sexual orientation. Three hundred and one participants stated a heterosexual orientation. One participant designated bisexual, and one participant designated "other" and wrote in "bicurious."

Procedure

The participants were volunteers recruited from education and social science classes. Each volunteer was given a packet of forms during regular class time and then asked to complete them during the same class period. The one other criterion that the students needed to meet in order to participate in this study was that they were in a romantic relationship. Although the intent was to allow the students to self-define romantic relationship, several students stated they were married and so they did not qualify. The additional verbal instructions given to them was that being married could still qualify as a romantic relationship, and those who chose to complete the packets were then included in the study.

The packets consisted of the following: instructions, informed consent, demographic questionnaire, Personal Attributes Questionnaire, Sternberg's Triangular Love Scale, and Index of Sexual Satisfaction. Each questionnaire was complete with its own set of instructions. The packet took approximately 10 to 20 minutes to complete. In the packets the order of the three instruments was counter-balanced to help control for possible order effects.

The packets were coded and screened for completeness and scorability. Although the majority of the participants completed all the information, some of them did not. Missing information was treated as that, and it was decided to utilize the available information. If there were enough missing data to invalidate an individual questionnaire, then that specific questionnaire was not utilized. The most common missing information was the Index of Sexual Satisfaction ($n = 285$ out of 303 participants). A few people stated it was too personal and did not want to answer the questions. Several people wrote on the questionnaire that they did not have sexual intercourse and so the questions did not apply to them. At times during the administration of the study the question was asked regarding the appropriateness of the questionnaire when the couple did not have sexual intercourse. The verbal instruction was to answer the questions in the context of whatever type of sexual relationship the couple had.

Instrumentation

Sternberg Triangular Love Scale

The Sternberg Triangular Love Scale is a self-report measure originally developed by Robert J. Sternberg (1988). It includes three subscale scores, intimacy,

passion, and decision/commitment. The original scale consisted of 72 statements to which the participants could assign ratings to items on a scale of 1 (not at all) to 9 (extremely), with intermediate points of 3 (somewhat), 5 (moderately) and 7 (quite). An example of an item from the intimacy scale is " I have a comfortable relationship with _____." An example of an item from the passion scale is "I fantasize about _____." An example of an item from the commitment scale is "I view my relationship with _____ as permanent." Thirty-six of the statements reflect feelings and 36 reflect actions. Twelve of the statements were written to measure intimacy, twelve to measure passion, and twelve to measure decision/commitment. The questions are intermixed in the scale. Sternberg revised this scale to increase reliability and validity of each subscale. Aron and Westbay (1996) further revised the scale, and it is their version that was used in this study.

In Sternberg's revision, some of the items were changed and three new items were added to each subscale increasing the number of items to 15 for each subscore. The participants were 101 adults from New Haven, CT, including 51 women and 50 men. The overall mean for intimacy was 7.39 with a standard deviation of 1.19; passion was 6.51 with a standard deviation of 1.65; and commitment was 7.20 with a standard deviation of 1.50. The coefficient-alpha reliabilities for characteristic features of actual relationships were .91 for intimacy, .94 for passion, and .94 for commitment, and .97 overall. Because the actions aspect of the scale is not to be used in this study, it will not be referred to again. The intercorrelations among the scales for the feelings aspect are .71 for intimacy-passion, .73 for intimacy-commitment, and .73 for passion-commitment.

For external validation Sternberg correlated scores on the Sternberg Triangular Love Scale (STLS) with Rubin's Liking and Loving Scales and a scale for satisfaction. As expected the STLS correlated more highly with the loving scale than the liking scale. The correlations for STLS and Rubin's Liking and Loving Scale were .61 and .70 for intimacy, .59 and .82 for passion, and .56 and .71 for commitment, respectively. Correlations with the overall score for the satisfaction scale were .76 for intimacy, .76 for passion, and .67 for commitment.

Arthur Aron and Lori Westbay (1996) revised the STLS. Using the factor analysis and factor loadings in Sternberg's (1988) own research, they selected the items from the original scale that had high factor loadings ($> .50$) on each scale's own factor and were originally predicted to load on that factor. This resulted in retaining 19 questions, so the revised version of the scale has 19 items. Coefficient alphas for the three scales are .85 for intimacy, .84 for passion, .92 for decision/commitment. Correlations among the three scales were .61 intimacy-passion, .71 for intimacy-decision/commitment, and .57 for passion-decision/commitment.

Aron and Westbay (1996) found convergent and discriminate validity with their version of the STLS. They utilized the 68 love prototype features developed by Fehr (1988) and factor analyzed it, distinguishing three factors which they entitled intimacy, passion and commitment/need. They then correlated the love features scale with STLS, for characteristic features of actual relationships and common conceptualizations of love in general. For the actual relationships, STLS subscales and the love features scale, the correlations were .51 for passion, .37 for intimacy, and .50 for commitment, all significant at $p < .01$, lending support for convergent

validity for the STLS. For the actual relationship versus the concept of love, the cross-correlations for the STLS were .02 for passion, .22 for intimacy, and .14 for decision/commitment, none of which were significant, lending support for discriminate validity of the scale. It is the shortened, 19 item version of the scale that was used for this study.

Personal Attributes Questionnaire

The Personal Attributes Questionnaire (PAQ) was originally developed by Janet Spence, Robert Helmreich, and Joy Stapp in 1974. Originally a 55 item self-report questionnaire, it was developed to distinguish between stereotypical, socially desirable gender related personality traits for men and for women. It is comprised of three scales, masculinity (stereotypical and socially desirable traits of men), femininity (stereotypical and socially desirable traits of women), and masculine-feminine scale (traits which are present in both males and females, but are not necessarily socially desirable).

The respondents are to rate themselves on each pair of contradictory characteristics as to where they fall on the continuum within a range of five points. An example of an item for one pair is "1. not at all aggressive-very aggressive." The questionnaire is separated into three eight-item scales labeled Masculinity (M) (later changed to Instrumentality), Femininity (F) (later changed to Expressiveness), and Masculinity-Femininity (M-F). Each item is scored from 0 to 4, with a range of 0 to 32 points for each scale.

For determining the classification of an individual, the authors recommend distinguishing the median point for each of the scales for the current participant

group. Those scoring above the median on the Instrumental, but not the Expressiveness, scale are classified as Instrumental. Those scoring above the median on the Expressive, but not the Instrumental, scale are classified as Expressive. Those scoring above both medians are classified Androgynous, and those scoring below both medians are classified as Undifferentiated (Spence & Helmreich, 1978). The authors recommend that if a single sexed or a small group is utilized then their medians may be used. The median for the masculinity scale is 21 and for the femininity scale is 23. For assessing internal consistency, alpha coefficients for men and women were reported as .85 and .94 for the instrumental scale, .79 and .84 for the expressiveness scale, and .53 and .85 for the masculine-feminine scale, respectively (Spence, Helmreich, & Stapp, 1975).

The current version of the PAQ is a shorter form of the original containing 24 items. The correlations for the longer scale and the shorter scale were .93, .93, and .91 for the instrumental, expressive and masculine-feminine scales, respectively. The Cronbach alphas for the shortened version are instrumental, .85; expressive, .82; and M-F, .78 (Spence & Helmreich, 1978). It is the current shorter version that was used in this study. The obtained median scores from the participants in this study were utilized for classification into the four gender role groups.

Index of Sexual Satisfaction

The Index of Sexual Satisfaction (ISS; Hudson, Harrison & Crosscup, 1981) was developed in 1974 by Walter Hudson primarily to be utilized as a clinical and research tool to assess the degree of problems in the sexual component of the relationship of a couple. It was developed to be as sexually specific as possible and

yet respectful of the privacy of the individuals. It was also developed to be utilized with a very heterogeneous group of individuals with various attitudes, morals, and sexual experiences.

The ISS is a 25-item self-report questionnaire designed to assess problems from the point of view of the respondent. Each statement is scored on a scale of 1 (rarely or none of the time) to 5 (most or all of the time). Examples of items from the questionnaire are "My sex life is very exciting" and "I feel that my sex life is lacking in quality." Approximately half of the items are structured in the positive direction and half in the negative direction to help control for response sets.

For scoring, the first task is to reverse score the positively worded items. The total score is then computed, $S = \text{sum of } Y - 25$, where Y is the obtained item score. The scoring is continuous whole numbers ranging from 0 to 100. The authors suggest a cut off point of 28 to 30 for classifying a person as probably having sexual problems in the relationship. An important note is that the lower the score, the higher the reported sexual satisfaction in the relationship.

Reliability and validity were examined by completing three separate studies with 1167 participants (Hudson, Harrison, & Crosscup, 1981). The coefficient alphas for the three samples were .93, .91, and .92 with an average of .92. The test-retest reliability was found to be .93 with a sample size of 79.

For assessing the discriminate and construct validity of the scale, it was administered to a group of clients along with two other measures of sexuality that are not intended to measure sexual satisfaction, the Index of Marital Satisfaction (a measure of marital discord) and the Sexual Attitudes Scale (a measure of liberal vs. conservative orientation toward human sexuality). Approximately half ($N=49$) of

these clients were reporting sexual problems and were clinically assessed to have sexual problems, and half (N=51) of these clients were not reporting sexual problems and clinically assessed to not have any significant sexual problems.

In comparing the two groups, the mean scores for the ISS scale for those with sexual problems and those without was 41.5 and 15.2, respectively. The difference was significant at $p < .001$. The mean scores for the Index of Marital Satisfaction scale for those with sexual problems and those without was 45.0 and 23.1, respectively. This difference was significant at $p < .001$. The mean scores for the Sexual Attitude Scale for those with sexual problems and those without were 27.4 and 22.6, respectively. This difference was not significant. These statistics assist to evaluate the ISS and its ability to discriminate between the two groups.

In evaluating the correlations between the measures, the ISS scale correlated highly, .76, with the group of clients with clinically significant sexual problems. The other two measures, Index of Marital Discord and Sexual Attitudes Scale, correlated with the same group, $r = .52$ and $r = .16$, respectively, but to a statistically significant ($p < .0001$) lesser degree. The other two scales correlated significantly less with the group with sexual problems, so this suggests good construct validity for the ISS measure.

Analysis of Data

Data analysis consisted of a combination of multivariate analysis of variance (MANOVA), correlation, and multiple regression (MR).

Question 1: Are there significant differences between men and women in intimacy, passion, decision/commitment, and sexual satisfaction?

For this question, a MANOVA was completed with the independent variable (IV) of gender, and the dependent variables (DVs) of intimacy, passion, decision/commitment, and sexual satisfaction. A correlational analysis was completed for the variables of age, length of relationship, intimacy, passion, decision/commitment, and sexual satisfaction. The original design was to covary age and length of relationship, but the generally small correlations between the covariates and the dependent variables suggested they were not worthwhile covariates, so they were deleted from the analysis. In addition, the data for the variable of age did not meet one of the assumptions for a multivariate analysis of covariance (MANCOVA).

Question 2: For women, is there a significant relationship between gender role and the constructs of intimacy, passion, and decision/commitment, and sexual satisfaction?

Question 3: For men, is there a significant relationship between gender role and the constructs of intimacy, passion, and decision/commitment, and sexual satisfaction?

For the second and third questions, the IV of gender role was sorted into the four gender role categories of instrumentality, expressiveness, androgyny, and undifferentiated. A MANOVA was completed for each gender with the IV of gender role and the DVs of intimacy, passion, decision/commitment, and sexual satisfaction. Tukey's Studentized Range Test was performed to determine the significance among the gender role groups.

Question 4: For women, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion, and decision/commitment?

Question 5: For men, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion, and decision/commitment?

For the fourth and fifth questions, multiple regression was completed for each gender with the IVs of intimacy, passion, decision/commitment, and the DV of sexual satisfaction. Each of the IVs was entered into a full-model regression equation for determination of the individual variance contributed by each IV, and partial correlation coefficients were determined. In addition, coefficient alphas were determined for each of the scales.

CHAPTER IV

RESULTS

This chapter describes the results of this study. This study evaluated the similarities and differences between men and women regarding love, as defined by intimacy, passion, decision/commitment, and sexual satisfaction. The purpose was also to examine the differences in how people experience each of these constructs within the personality constructs of instrumentality, expressiveness, androgyny, and undifferentiation. Finally, it also evaluated whether the age and/or the length of relationship of the participants was a significant factor in the experiences of love, sexual satisfaction, or gender role.

The participants were 303 students, 76 men and 227 women, enrolled in education and social science classes from two large universities. Their ages ranged from 18 to 54 and their lengths of relationship ranged from one month to 28 years.

The first procedure was to determine descriptive statistics for each of the scales. Table 4 lists the means and standard deviations for the variables of intimacy, passion, decision/commitment and sexual satisfaction by gender. For the variables of intimacy, passion and commitment, the higher the scores, the more intense the reported feelings. For sexual satisfaction, the lower the score, the more reported sexual satisfaction in the relationship.

Table 4

Means and Standard Deviations of Intimacy, Passion, Decision/Commitment, and Sexual Satisfaction by Gender

Scale	Men		Women	
	Mean	<u>SD</u>	Mean	<u>SD</u>
Intimacy	7.37	1.60	7.74	1.28
Passion	6.82	1.76	7.11	1.44
Commitment	7.06	2.37	7.71	1.78
Sexual Satisfaction	31.23	23.91	26.55	19.10

Note. For the men, $n = 76$ for intimacy, passion and commitment, and $n = 75$ for sexual satisfaction. For the women, $n = 226$ for intimacy, passion and commitment, and $n = 210$ for sexual satisfaction.

Table 5 lists the descriptive statistics for the Personal Attributes Questionnaire, including the means, standard deviations, and medians for each gender. For the variables of instrumentality and expressiveness, the higher the score the more that aspect is characteristic of that person.

Table 5

Means, Standard Deviations, and Medians of Gender Role

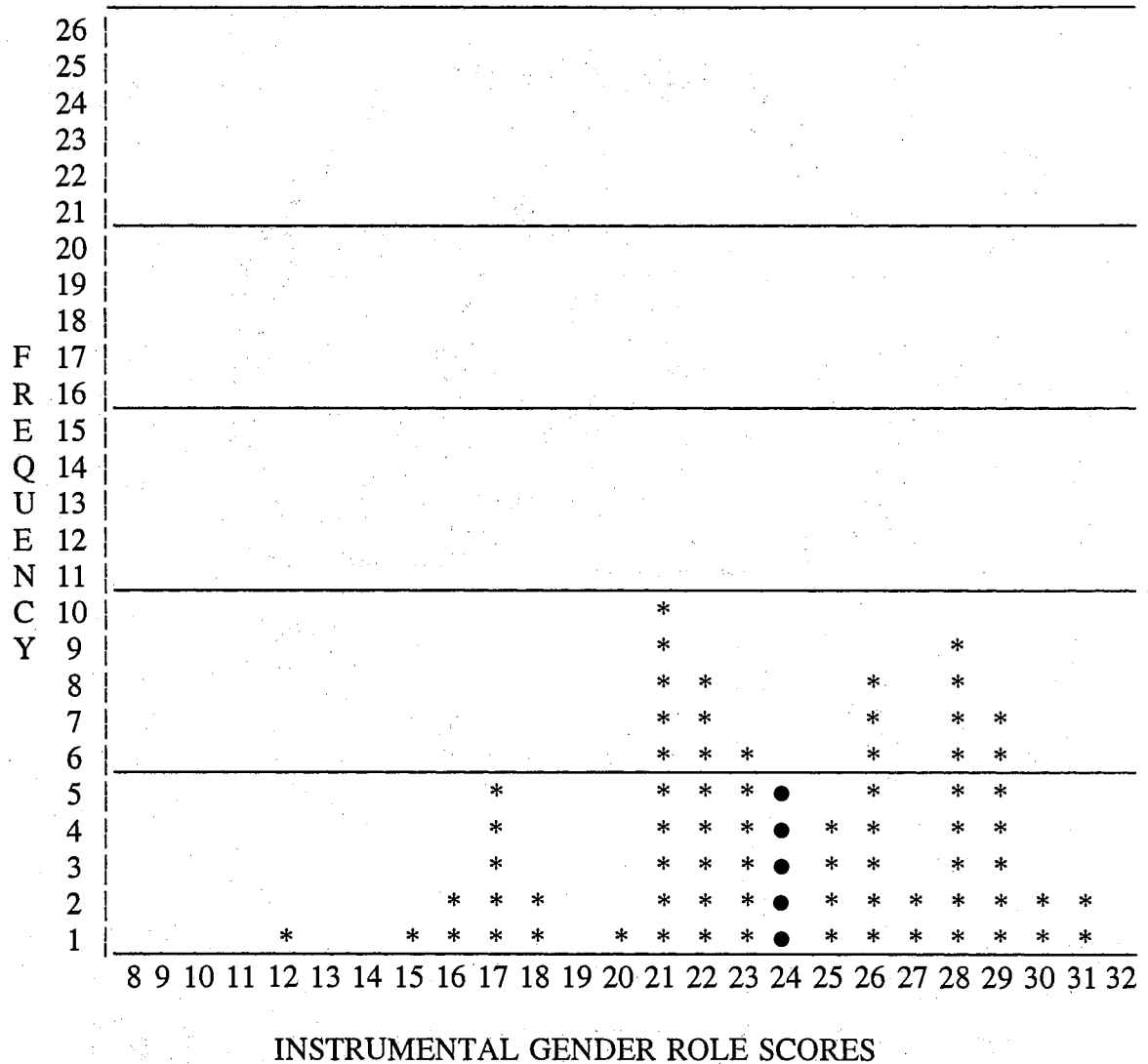
	Mean	<u>SD</u>	Median
<u>Men</u>			
Instrumentality	23.77	4.28	24
Expressiveness	23.65	3.97	24
<u>Women</u>			
Instrumentality	20.92	4.18	21
Expressiveness	25.82	4.17	26

Note. For the males, $n = 75$ and for females, $n = 225$.

Tables 6 and 7 portray the frequency distribution of the gender role scores for instrumentality and expressiveness for men. Tables 8 and 9 portray the frequency distribution of the gender role scores for instrumentality and expressiveness for women.

Table 6

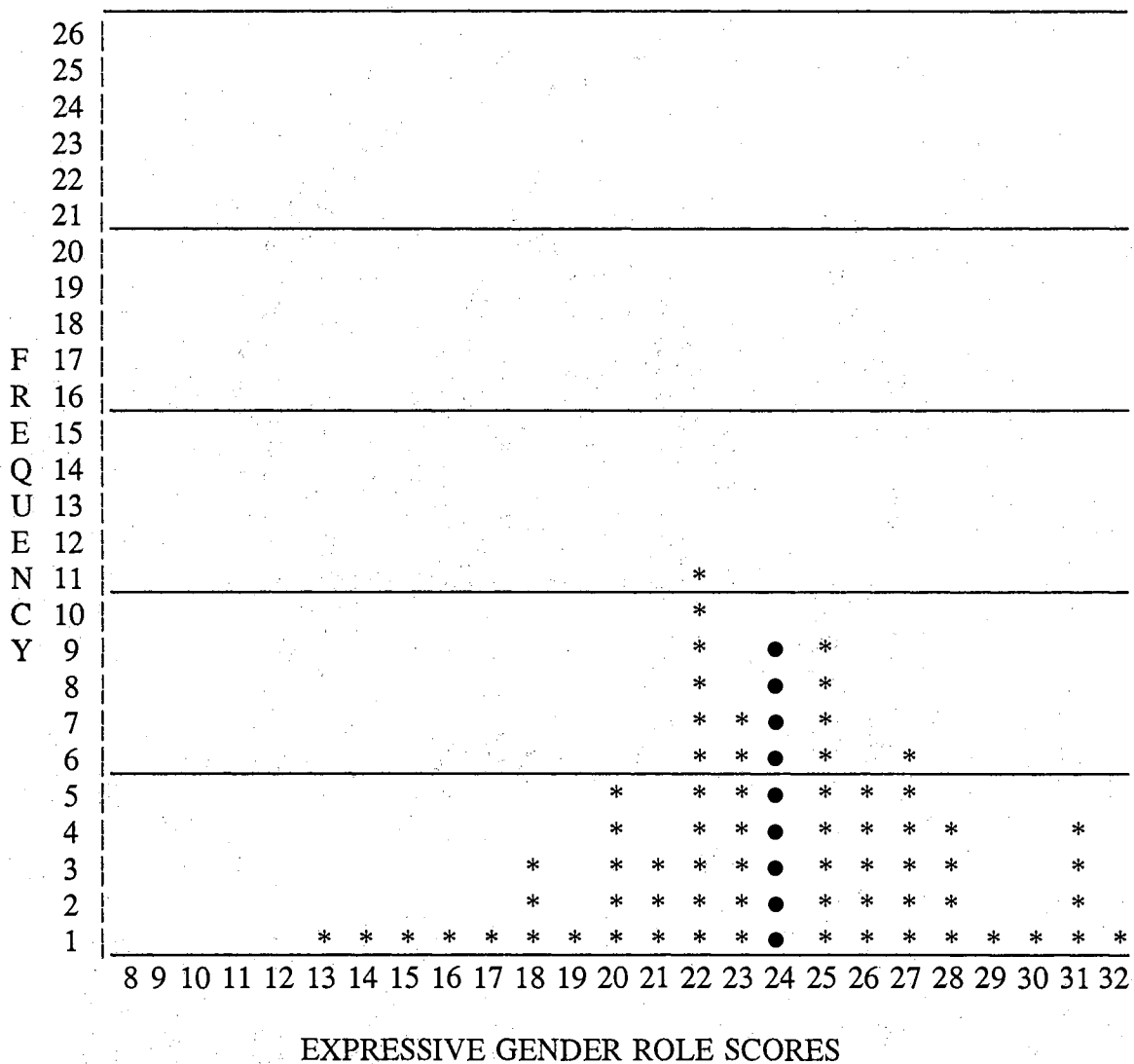
Frequency Distribution of Instrumental Gender Role Scores for Men



Note. $n = 75$; ● = median score (24).

Table 7

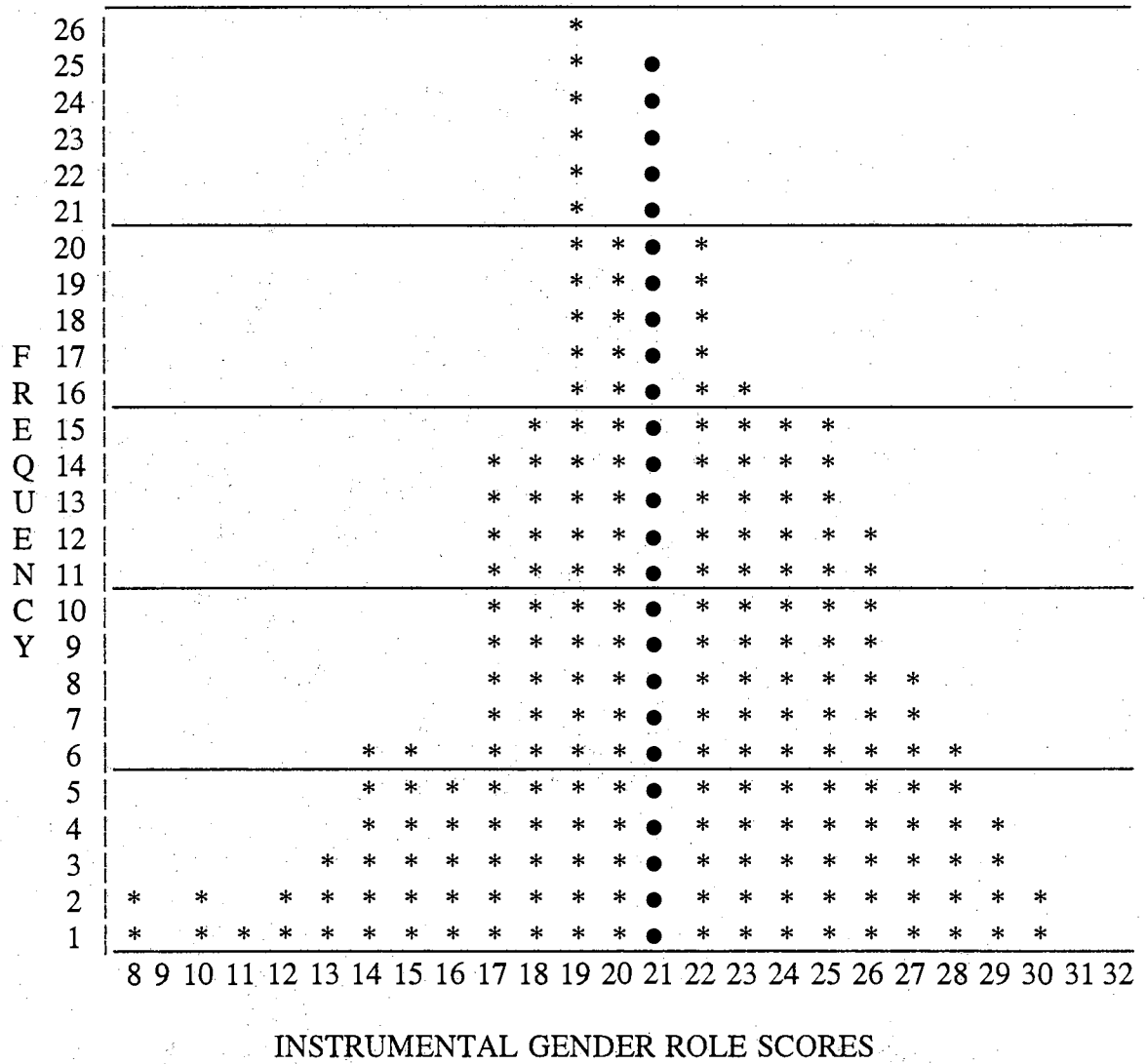
Frequency Distribution of Expressive Gender Role Scores for Men



Note. $n = 75$; ● = median score (24).

Table 8

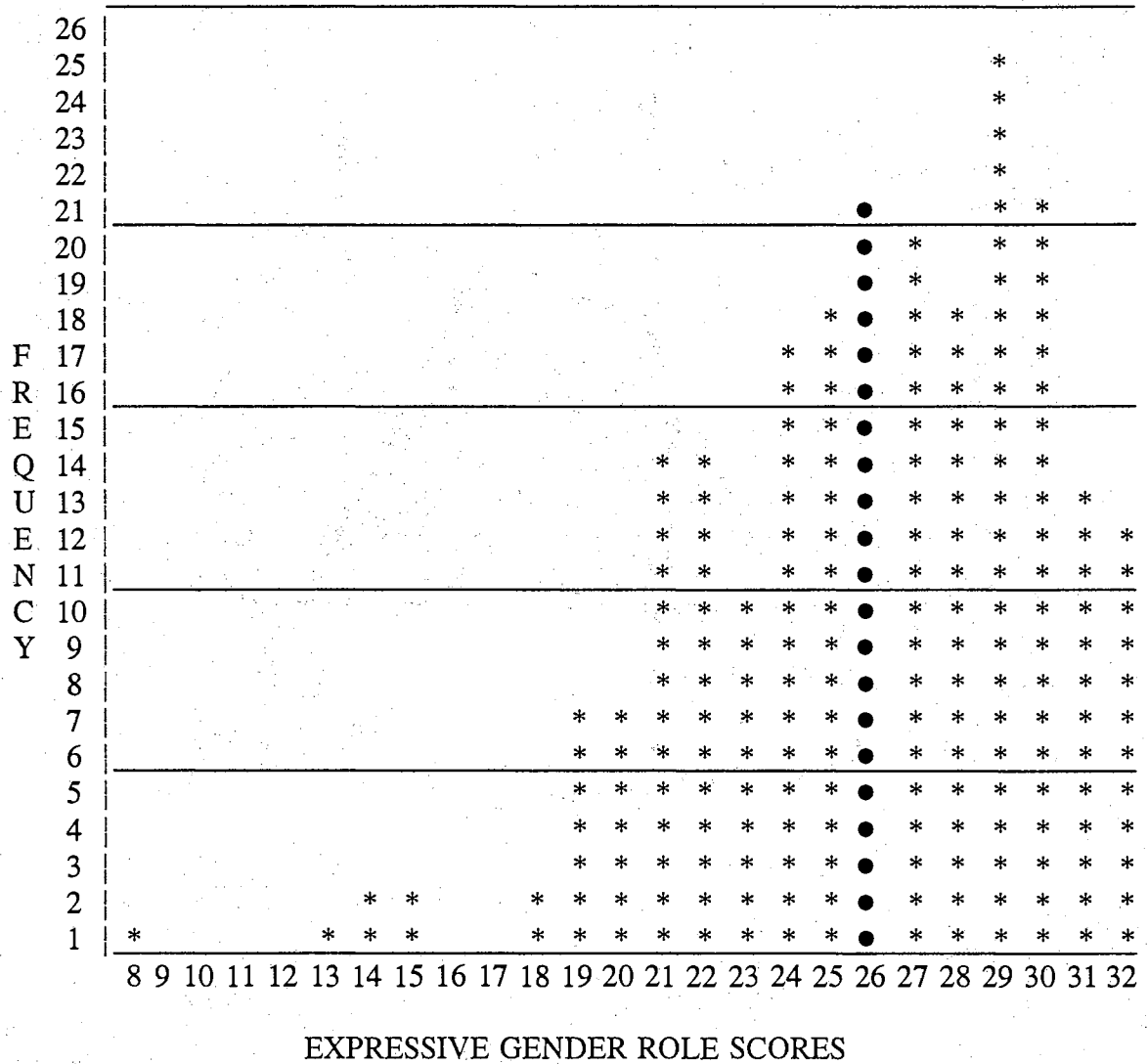
Frequency Distribution of Instrumental Gender Role Scores for Women



Note. $n = 225$; ● = median score (21).

Table 9

Frequency Distribution of Expressive Gender Role Scores for Women



Note. n = 225; ● = median score (26).

Coefficient alpha was completed for each scale. For Sternberg's Triangular Love Scale, the coefficient alpha was .865 for intimacy, .894 for passion, and .952 for decision/commitment. For the Index of Sexual Satisfaction, the coefficient alpha was .929. For the Personal Attributes Questionnaire, the coefficient alphas were .750 for instrumentality and .805 for expressiveness.

Research Question 1

Are there significant differences between men and women in intimacy, passion, and decision/commitment, and sexual satisfaction?

This question was evaluated by a MANOVA with gender being the independent variable. The dependent variables were intimacy, passion, decision/commitment, and sexual satisfaction.

The original design was to covary age and length of relationship, partly because it was theoretically interesting and partly to ascertain their significance as a covariate. Pearson product-moment correlation coefficients were computed among all the variables. However, the correlations between age, length of relationship and most of the dependent variables were very small, ranging from .001 for commitment for women to -.265 for passion for women. There were two significant correlations. For women, there was a significant negative correlation between age and passion and a significant negative correlation between length of relationship and passion. Additionally, there was a correlation between age and length of relationship.

The generally small correlations between the covariates of age and length of relationship and the dependent variables suggest that these were not worthwhile covariates. According to Keppel and Zedeck (1989), if a potential covariate does not correlate with the dependent variable by more than $r = .2$, then it reduces the power of the ANCOVA, and it is better to delete the covariate from the analysis. Additionally, for each of the four DVs, when comparing regression slopes between males and females, the variable of age did not meet the assumption of homogeneity of regression slopes. Thus, age and length of relationship were omitted from the

analysis and a MANOVA was completed. Tables 10 and 11 list the correlations of the variables for women and for men, respectively.

Table 10

Summary of Pearson Correlation Coefficients for All Variables for Women

	Intimacy	Passion	Commit	Sexual Sat	Covariates	
					Age	Relat
Intimacy	1.00					
Passion	.71*	1.00				
Commitment	.77*	.70*	1.00			
Sexual Sat	-.49*	-.58*	-.41*	1.00		
Age	-.06	-.27*	.001	.03	1.00	
Relat	-.05	-.24**	.10	.12	.66*	1.00

Note. For the variables of intimacy, passion, and commitment, $n = 226$; for sexual satisfaction, $n = 209$; for age, $n = 225$; and for relationship length, $n = 222$.

* $p = .0001$, ** $p = .0002$

Table 11

Summary of Pearson Correlation Coefficients for All Variables for Men

	Intimacy	Passion	Commit	Sexual Sat	<u>Covariates</u>	
					Age	Relat
Intimacy	1.00					
Passion	.88*	1.00				
Commitment	.82*	.75*	1.00			
Sexual Sat	-.54*	-.60*	-.32**	1.00		
Age	.01	-.16	.16	.18	1.00	
Relat	.06	-.04	.21	.21	.64*	1.00

Note. For the variables of intimacy, passion, commitment and age, $n = 76$; for sexual satisfaction, $n = 75$; and for length of relationship, $n = 72$.

* $p = .0001$, ** $p = .005$

The overall MANOVA was significant, [Wilks' Lambda, $F(4, 279) = 2.55$, $p = .04$]. When evaluating the effects of the individual variables, intimacy and commitment were significant (see Table 12). For the variable of intimacy, there was a significant difference between genders, with women reporting more feelings of intimacy in the relationship than men. For the variable of commitment, there was a significant difference between genders, with women reporting more feelings of commitment in the relationship than men. There were no significant differences between men and women on the variables of passion and sexual satisfaction.

Table 12

Degrees of Freedom, F value, and Significance Level for Intimacy, Passion, Commitment, and Sexual Satisfaction

Scale	df	F	p value
Intimacy	1, 282	5.56	.02
Passion	1, 282	2.33	.13
Commitment	1, 282	8.20	.005
Sexual Satisfaction	1, 282	2.86	.09

Research Question 2

For women, is there a significant relationship between gender role and the constructs of intimacy, passion, decision/commitment and sexual satisfaction?

This question was evaluated by a MANOVA with gender role group the independent variable. The dependent variables were intimacy, passion, commitment, and sexual satisfaction.

The women were sorted into gender role groups by computing the median point for the entire female participant group for each of the two scales of instrumentality and expressiveness of the Personal Attributes Questionnaire. Those scoring equal to or above the median on the instrumental (21), but not the expressive (26), scale were classified as instrumental, Group 1 ($n = 51$ or 23%). Those scoring equal to or above the median on the expressive, but not the instrumental, scale were classified as expressive, Group 2 ($n = 58$ or 26%). Those scoring equal to or above the median on both scales were classified as androgynous, Group 3 ($n = 72$ or 32%). Those scoring below the median on both scales were classified as undifferentiated, Group 4 ($n = 44$ or 20%).

The MANOVA was significant, [Wilk's Lambda $F(12, 532) = 1.81, p = .04$]. When evaluating the effects of the individual variables, sexual satisfaction was the significant factor (see Table 13). There were no significant differences among the gender roles for the variables of intimacy, passion, and decision/commitment.

Table 13

Degrees of Freedom, F values, R², and Significance Level for Intimacy, Passion, Commitment, and Sexual Satisfaction for Women by Gender Role Group (n=227)

Variable	df	F	R ²	p
Intimacy	3, 204	1.91	.03	.13
Passion	3, 204	1.68	.02	.17
Commitment	3, 204	1.44	.02	.23
Sexual Satisfaction	3, 204	2.72	.04	.05

For the post hoc analyses, Tukey's Studentized Range Test was completed. For the variable of sexual satisfaction, there were significant differences between the gender role groups of instrumentality (Group 1) and undifferentiated (Group 4) (see Table 14). The scores for sexual satisfaction for women in the instrumental group ($\bar{M} = 22.33$) were significantly lower than those in the undifferentiated group ($\bar{M} = 32.56$). There were significant differences between the gender role groups of androgynous (Group 3) and undifferentiated (Group 4). The scores for sexual satisfaction for women in the androgynous group ($\bar{M} = 24.04$) were significantly lower than those in the undifferentiated group ($\bar{M} = 32.56$). In addition, the scores for sexual satisfaction for the women in the instrumental and androgynous groups were significantly lower than those in the undifferentiated group.

Table 14

Means and SD for Intimacy, Passion, Decision/Commitment and Sexual Satisfaction for Women According to Gender Role Group

Group	Intimacy		Passion	
	Mean	<u>SD</u>	Mean	<u>SD</u>
1. Instrumental	7.78	1.26	7.10	1.46
2. Expressive	7.86	0.99	7.43	1.05
3. Androgynous	7.95	1.29	7.12	1.65
4. Undifferentiated	7.39	1.41	6.77	1.40

Group	Decision/Commitment		Sexual Satisfaction	
	Mean	<u>SD</u>	Mean	<u>SD</u>
1. Instrumental	7.81	1.47	22.33	16.45
2. Expressive	7.93	1.51	28.62	18.33
3. Androgynous	7.91	1.73	24.04	18.88
4. Undifferentiated	7.28	2.11	32.56	22.21

Research Question 3

For men, is there a significant relationship between gender role and the constructs of intimacy, passion, commitment and sexual satisfaction?

This question was evaluated by a MANOVA with gender role group the independent variable. The dependent variables were intimacy, passion, commitment, and sexual satisfaction.

The men were sorted into gender role groups by using the method of computing the median point of the entire participant group of men for each of the two scales of instrumentality and expressiveness of the Personal Attributes Questionnaire. Those scoring equal to or above the median on the instrumental (24), but not the expressive (24), scale were classified as instrumental, Group 1 ($n = 17$ or 23%). Those scoring equal to or above the median on the expressive, but not the instrumental, scale were classified as expressive, Group 2 ($n = 24$ or 24%). Those scoring equal to or above the median on both scales were classified as androgynous, Group 3 ($n = 22$ or 29%). Those scoring below the median on both scales were classified as undifferentiated, Group 4 ($n = 18$ or 24%).

The MANOVA was significant, [Wilk's Lambda $F(12, 178) = 1.84$, $p = .04$]. Tukey's Studentized Range Test was performed to determine the effects of the individual variables. Intimacy, passion, and commitment were the significant variables (see Table 15). There were no significant differences among the gender roles for the variable of sexual satisfaction.

Table 15

Degrees of Freedom, F values, R², and Significance Levels for Intimacy, Passion, Commitment, and Sexual Satisfaction for Men by Gender Role

Group

Variable	<u>df</u>	<u>F</u>	<u>R²</u>	<u>p value</u>
Intimacy	3, 70	5.48	.19	.002
Passion	3, 70	5.20	.18	.003
Commitment	3, 70	3.19	.12	.03
Sexual Satisfaction	3, 70	1.90	.08	.14

For the variable of intimacy, there were significant differences between the gender role groups of instrumentality (Group 1) and expressiveness (Group 2) and the gender role groups of instrumentality (Group 1) and androgyny (Group 3) (see Table 16). The men in the instrumentality group had the lowest scores on the intimacy scale ($\underline{M} = 6.31$), followed by the expressive group ($\underline{M} = 7.96$), with the highest in the androgynous group ($\underline{M} = 8.00$).

For the variable of passion, there were significant differences between the gender role groups of instrumentality (Group 1) and expressiveness (Group 2) and the gender role groups of instrumentality (Group 1) and androgyny (Group 3). Men in the instrumental group had the lowest scores on the passion scale ($\underline{M} = 5.73$), followed by the androgynous group ($\underline{M} = 7.39$), with the highest in the expressive group ($\underline{M} = 7.62$).

For the variable of decision/commitment, there was a significant difference between the gender role groups of instrumental (Group 1) and expressive (Group 2). Men in the instrumental group had the lowest scores on the commitment scale ($M = 5.72$) and men in the expressive group had the highest scores on the commitment scale ($M = 8.06$).

Table 16

Means and SD for Intimacy, Passion, Decision/Commitment and Sexual Satisfaction
for Men According to Gender Role Group

Group	Intimacy		Passion	
	Mean	<u>SD</u>	Mean	<u>SD</u>
1. Instrumental	6.31	2.15	5.73	2.04
2. Expressive	7.96	1.16	7.62	1.53
3. Androgynous	8.00	.95	7.39	1.22
4. Undifferentiated	7.02	1.52	6.40	1.70

Group	Decision/Commitment		Sexual Satisfaction	
	Mean	<u>SD</u>	Mean	<u>SD</u>
1. Instrumental	5.72	3.02	36.76	24.78
2. Expressive	8.06	1.77	23.83	19.20
3. Androgynous	7.30	2.15	25.38	22.18
4. Undifferentiated	6.88	2.10	38.22	26.58

Research Question 4

For women, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion, and decision/commitment?

This question was evaluated by multiple regression with sexual satisfaction being the criterion variable. Intimacy, passion, and decision/commitment were the predictor variables.

The regression analysis, utilizing a full regression model, was significant with all of the variables included in the model, $[F(5, 200) = 24.216, p = .0001]$. The adjusted R^2 for the full equation is .362 indicating that approximately 36% of the variance in sexual satisfaction is accounted for by the variables in the model. The variable that was significant was passion, $p = .0001$. Increases of passion correlated with increases in sexual satisfaction. When completing an all possible regression model for the variables, passion accounts for approximately 34% of the variance in sexual satisfaction. Although not significant at the .05 level, intimacy ($p = .055$) accounted for approximately 1% of the variance in sexual satisfaction. The standardized regression equation is: $\text{predicted iss} = -.197 (\text{intimacy}) - .498 (\text{passion}) + .083 (\text{commitment})$ (see Table 17).

Table 17

Parameter Estimate, Regression Coefficient and P value for Variables for Women

Variable	Parameter Estimate	Regression Coefficient	p value
Intercept	130.596	14.97	.0001
Intimacy	-2.766	-1.93	.06
Passion	-7.186	-5.68	.0001
Commitment	.905	.85	.40

Research Question 5

For men, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion, and decision/commitment?

The question was evaluated by multiple regression with sexual satisfaction being the criterion variable. Intimacy, passion, and decision/commitment were the predictor variables.

The regression analysis, utilizing a full regression model, was significant with all of the variables included in the model, [$F(5, 65) = 10.195, p = .0001$]. The adjusted R^2 for the full equation was .3964 indicating that approximately 40% of the variance in sexual satisfaction is accounted for by the variables in the model. The variable that was significant was passion, $p = .0057$. Increases of passion correlated with increases in sexual satisfaction. When completing an all possible regression model for the variables, passion accounts for approximately 35% of the variance in sexual satisfaction. The standardized regression equation is: predicted iss = $-.355$ (intimacy) - $.583$ (passion) + $.399$ (commitment) (see Table 18).

Table 18

Parameter Estimate, Regression Coefficient and P value for Variables for Men

Variable	Parameter Estimate	Regression Coefficient	p value
Intercept	123.132	7.35	.0001
Intimacy	-3.547	-1.01	.32
Passion	-8.318	-2.86	.0057
Commitment	2.726	1.53	.13

Due to differences in sample sizes between the women and the men, additional analysis for questions 4 and 5 is valuable to determine if the results are directly comparable. For questions 4 (For women, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion, and decision/commitment?) and 5 (the same question, except for men), the same variable, passion, was significant. The R^2 s are similar, (for women, $R^2 = .362$; for men, $R^2 = .396$). The parameter estimates are similar (see Tables 17 and 18). The conclusion is that the results of the analyses are comparable, and the two groups are similar.

CHAPTER V

DISCUSSION

This chapter presents a summary of the study, conclusions and discussion of the results, implications for theory and practice, limitations, and recommendations for future research.

Summary

This study evaluated the similarities and differences between men and women regarding their experiences of love and sexual satisfaction. Although love has many different definitions or, as some feel, eludes defining, this study was based upon Robert Sternberg's Triangular Theory of Love. He defined love as being composed of three primary constructs, intimacy, passion, and decision/commitment. It examined whether men and women experienced love, as defined by these three constructs, similarly or differently. It evaluated the correlations between age and length of relationship of the participants and their experiences of love and sexual satisfaction. It examined the similarities and differences of love and sexual satisfaction within the personality constructs of instrumentality, expressiveness, androgyny, and undifferentiation. Finally, it evaluated the influence of intimacy, passion, and commitment on sexual satisfaction.

The participants were 303 students, 76 men and 227 women, from two large Southwestern universities. Their ages ranged from 18 to 54 and their length of relationships ranged from one month to 28 years. The students were volunteers from education and social science classes and asked to respond to three questionnaires, plus a short demographic questionnaire. The three questionnaires were the Sternberg Triangular Love Scale (revised) (Aron & Westbay, 1996), the Personal Attributes Questionnaire (Spence & Helmreich, 1978), and the Index of Sexual Satisfaction (Hudson, Harrison & Crosscup, 1981). The one other criterion the students needed to meet was that of being in a romantic relationship.

Data analysis consisted of multivariate analysis of variance, correlation, and multiple regression.

Conclusions

Question 1: Are there significant differences between men and women in intimacy, passion, decision/commitment and sexual satisfaction? The results of this study suggest that women experience stronger feelings of intimacy and commitment in romantic relationships than men. It suggests that the experiences of passion and sexual satisfaction are similar for men and women. Additionally, for men, age and length of relationship are not significantly correlated with the experiences of love, as defined by intimacy, passion and commitment, or sexual satisfaction. For women, age and length of relationship were significantly correlated with passion, but not with intimacy, commitment or sexual satisfaction. The results of this study suggest that women experience more passion at a younger age than at an older age and earlier rather than later in relationships.

Question 2: For women, is there a significant relationship between gender role and the constructs of intimacy, passion, decision/commitment and sexual satisfaction? The results of this study suggest that a woman's gender role does not influence her experiences of intimacy, passion or decision/commitment. This study suggested that a woman's gender role is significantly correlated to her experience of sexual satisfaction. In this study, the women who were classified as instrumental and androgynous reported significantly higher levels of sexual satisfaction than those with the gender role of undifferentiated.

Question 3: For men, is there a significant relationship between gender role and the constructs of intimacy, passion, decision/commitment and sexual satisfaction? The results of this study suggest that a man's gender role does not influence his experience of sexual satisfaction. The results of this study suggest that a man's gender role does influence his experiences of love, as defined by intimacy, passion and decision/commitment. Men who were classified as expressive or androgynous tended to experience more intimacy and more passion in their relationships than men who were classified as instrumental. Men who were classified as expressive tended to experience more commitment in their relationships than men who were classified as instrumental.

Question 4: For women, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion, and decision/commitment? The results of this study suggest that, for women, there is a significant correlation between

intimacy, passion and commitment and sexual satisfaction. In addition, this study found that there is a significant relationship between passion and sexual satisfaction with passion accounting for approximately 34% of the variance in sexual satisfaction.

Question 5: For men, is there a significant relationship between sexual satisfaction and the constructs of intimacy, passion, and decision/commitment? The results of this study suggest that, for men, there is a significant correlation between intimacy, passion and commitment and sexual satisfaction. In addition, this study found that there is a significant relationship between passion and sexual satisfaction with passion accounting for approximately 35% of the variance in sexual satisfaction.

This study supports, in part, the results of Sternberg's study (1986). In this study, as well as in his study, women reported significantly stronger feelings of intimacy than men. This is in contrast to several other studies reporting no difference between men and women regarding their feelings of intimacy (Acker & Davis, 1992; Chojnacki & Walsh, 1990; Grau & Kumpf, 1993).

For the variable of passion, in addition to this study, three other studies (Acker & Davis, 1992; Chojnacki & Walsh, 1990; Sternberg, 1986) reported no differences between genders and their experiences of passion. Hendrick and Hendrick (1991) found that women reported stronger feelings of passion than men.

With regards to the aspect of commitment, this study supports the results of Chojnacki and Walsh (1990) and Duffy and Rusbult (1986), who also found women reporting more feelings of commitment than men. These results regarding commitment are in contrast to the findings of three other studies (Acker & Davis,

1992; Grau & Kumpf, 1993; and Sternberg, 1986), who report no differences between men and women regarding their feelings of commitment.

This study supports the other research that men and women report no differences in sexual satisfaction (Oliver & Hyde, 1993).

In evaluating the experiences of love and sexual satisfaction and their relationship to age and length of relationship, this study supported, in part, the study by Acker and Davis (1992). They also found that passion decreased with age for women, but they found it decreased with age for men, too. However, this study found passion did not decrease with age for men. Acker and Davis found passion decreased over time in the relationship for women only, as did this study. Another study found a decrease in sexual intimacy, a close cousin to passion, with age (Reedy, Birren, & Schaie, 1981). This is in contrast to the findings of two other studies (Butler, Walker, Skowronski, & Shannon, 1995; Wang & Nguyen, 1995), who found no difference in passion across the age span.

An interesting result of this study is that neither age nor length of relationship is a significant variable with regards to intimacy, commitment and sexual satisfaction. This suggests that people as young as 18 and as old as 54, or those in short or long-term relationships, can have similar feelings of intimacy, commitment and sexual satisfaction, and the ability to experience each of these is not dependent upon age or length of relationship.

Looking at love through another concept, the personality traits of instrumentality and expressiveness, may provide more information to clarify some of the inconsistencies in the research. In this study, for women, there were no significant differences among the gender roles as far as their experiences of intimacy,

passion, and commitment. Also in this study, for men, there were significant differences among the gender roles for their experiences of intimacy, passion and commitment.

The results for men are more consistent with previous research than the results for women. One study of college students found people who were in the androgynous category displayed more loving behavior, such as awareness of feelings and expressions of love, than any of the other three gender roles. This study did not look at men and women separately (Coleman & Ganong, 1985). In another study on friendships of college students, androgynous and sex-typed individuals experienced more intimacy than undifferentiated individuals (Fischer & Narus, 1981). A third study of same-sex friendships among college students found that those with the gender role trait of expressiveness, regardless of masculinity, experienced more intimacy (Williams, 1985). These results are consistent with the results of this study for men, but not for women.

For the construct of commitment, a study completed by Rusbult, Zembrodt, and Iwaniszek (1986) found that people with a masculine gender role tended to leave unsatisfying relationships more than those with expressive gender roles. This could generally be construed as commitment. This finding is supported by this research, but, again, for men only.

Considering the interaction of gender role and sexual satisfaction, this study found that for men there was no difference in reported sexual satisfaction for the different gender roles. It also found that women with an instrumental or androgynous gender role reported more sexual satisfaction than women with an undifferentiated role.

One study assessing men and women found that, for women, androgynous and feminine gender roles were associated with more sexual satisfaction. They also found that men with androgynous gender roles reported more sexual satisfaction than all other roles, and men with feminine gender roles reported more satisfaction than men with undifferentiated gender roles (Rosenzweig & Dailey, 1989).

The research on gender roles and sexual satisfaction tends to focus more on women. One study found women who were more sexually assertive reported an increase in sexual satisfaction (Hurlbert, 1991). Another found no difference for women, using the M-F scale of the MMPI for classification in gender role (Kirkpatrick, 1980). In a study of lesbians, it was found that androgynous or feminine gender role participants reported more sexual satisfaction than undifferentiated participants (Rosenzweig & Lebow, 1992).

One interesting finding was that the suggested critical value on the Index of Sexual Satisfaction for differentiation between whether one has or does not have a sexual problem is 28-30, and for this study and another study (Rosenzweig & Dailey, 1989), those in the undifferentiated gender role group scored above the suggested critical value with means of 32.56 for women and 38.22 for men for this study and 38.35 for Rosenzweig and Dailey's study. In addition, this study found men in the instrumental gender role group scored above the suggested critical value with a mean of 36.76. This suggests that those people whose gender role is undifferentiated, and men whose gender role is instrumental, tend to have more clinically significant sexual problems.

One of the prevailing thoughts about the advantage of being androgynous is the increased ability of a person to be flexible. Two studies (Rosenzweig & Dailey,

1989; Vonk & van Nobelen, 1993) suggest that people exhibit differing quantities of instrumentality and expressiveness depending upon the situation, especially between being in the world at large and being in loving relationships. It makes some sense that instrumental traits may be more effective in the world-at-large self, whereas the expressive traits may be more valuable in intimate, interpersonal relations. Having the ability to be flexible when the situation arises invites utilizing differing aspects of one's personality to optimize any given situation.

In conclusion, there continues to be inconsistency in the results of research regarding gender role and experiences of love and sexual satisfaction. Although not totally supported by this study, it seems relatively consistent that those with androgynous gender roles tend to find more intimacy and more sexual satisfaction in relationships than those with an undifferentiated gender role. There continues to be considerable inconsistency regarding the aspects of instrumentality and expressiveness alone.

This study found that gender role influences a man's experience of love. Men with more expressive traits reported stronger feelings of intimacy, passion and commitment. A man's gender role is important for him to appreciate the fullness and richness of love.

This study also found that a woman's gender role influences her experiences of sexual satisfaction. Women with androgynous or instrumental traits, the more assertive aspects of personality, reported greater sexual satisfaction.

There was little research looking at love and sexual satisfaction, but there is a common belief that women need intimacy and commitment to be sexually involved and satisfied in relationships, and men do not. This study did not support that belief.

This study supported the idea that, for women and men, intimacy, passion, and commitment are correlated with sexual satisfaction and to a similar degree. In addition, passion is predictive of sexual satisfaction and contributes to approximately one third of the variance in sexual satisfaction. The results of this study suggest, when comparing experiences of love and sexual satisfaction, there are more complex phenomena than simply being male or female.

Implications

There are several important implications from this study. In evaluating the differences between men and women regarding their experiences of intimacy, passion and commitment, there is considerable discrepancy in the research. One goal of this study was to determine if gender role may be one of the factors contributing to the conflicting results. It does support the theory that, at least for men, gender role is a significant factor in their experiences of intimacy, passion and commitment. In that light, it would seem that directly comparing men and women without taking gender role into consideration may conceal the true nature of the differences and similarities between men and women and how they experience these three aspects of love. In other words, the differences between them is apparently more complex than simply being male and female, but correlates with the more significant aspects of personality.

There is considerable controversy regarding sexuality and its similarities and differences between women and men. This study suggests that in the domain of sexual satisfaction, men and women report similar feelings. For women, being more instrumental in the sexual relationship enhances sexual satisfaction. For men and

women, passion contributes to sexual satisfaction, and intimacy, passion and commitment are correlated with sexual satisfaction.

This study suggests several implications for therapeutic practice. From a psychological aspect, for men having difficulties in their intimate relationships, helping them nurture and intensify their more expressive traits may be a method for enhancing the relationship. For women having difficulties in the sexual satisfaction aspect of their relationships, helping them nurture and enhance their expression of instrumental traits in the sexual relationship may help them enhance their sexual satisfaction. In general, it appears that gender roles other than androgynous limit a person's ability to fully experience love and sexual satisfaction. Encouraging a person to more fully develop both expressive and instrumental traits may enhance their romantic relationships.

For men and women expressing dissatisfaction in their sexual relationship, or maybe simply desiring to enhance it, looking at the aspect of passion in their relationship could be valuable. If it is indicated, creating and enhancing passion may help contribute to increasing sexual satisfaction. Being aware of the need for passion and for the tendency for passion to decline over time, especially for women, suggests it could be valuable for women and men to work actively to enhance their feelings of passion.

In addition, this study suggests that people tend to be consistent across time in their abilities to be intimate and to commit to a relationship. It would be valuable for people to assess their current levels of intimacy and commitment and be aware that they tend to remain constant.

Limitations

There were several interesting factors that emerged during the course of conducting this study. There was a considerable difference in the sample sizes between men ($N = 76$) and women ($N = 227$). This difference may be due to naturally occurring differences between the genders enrolled in education and social science classes. It may be a reflection of the differences of the number of people involved in a romantic relationship, or willing to admit to being involved in a romantic relationship. It may be a combination of these factors.

One of the limitations of this study was that participants self-identified being in a romantic relationship. In addition, the term "romantic relationship" produced some difficulties because several people may have self-selected out of the study stating they were married and thus not in a romantic relationship. Some people could have selected out before the extra verbal instructions were given. Although probably the numbers were rather small, maybe another choice of terms or more specific instructions would be less confusing. This is also a sad commentary on how some people feel toward their marriage.

An unexpected finding was that of the differences in relationship length between men and women. Women stated they were in the relationship, on the average, one year longer than the men. It is interesting that this is so different.

The original intention was to survey enough participants in same-sex sexual relationships to be able to look at the similarities and differences between same-sex and different-sex relationships, but all but one person selected a heterosexual sexual orientation. Given the general statistics of between 3 and 10% of the population being gay or lesbian, it was expected that 10 to 30 people would designate a same-sex

sexual orientation. The method of data collection could have influenced the answers to the question. The demographic questionnaire was the first sheet in the packet, and some people might have felt their confidentiality was going to be compromised. Although it was never stated in any of the materials or presentations that this was a study of heterosexual or male-female romantic relations, it is possible that gays and lesbians made assumptions that lead them to choose not to participate.

Another limitation was that the number of completed Index of Sexual Satisfaction surveys was 285, eighteen (one male and seventeen females) less than the total number of participants. What were the criteria for not answering it? Several people wrote on the questionnaire that they did not have sexual intercourse, and so it did not apply to them. One person asked if he had to answer it, and the response was no. Some might have found it too personal to answer.

This study was limited by the questionnaires being self-report measures. This may lead to spurious correlations or shared method variance.

Future Directions

There continue to be many inconsistencies among the studies regarding the issues of love, gender and gender role. It appears that for women there is more consistency in their experiences of intimacy, passion and commitment than there is for men. In attempting to compare their experiences, looking at the personality traits of instrumentality and expressiveness seems to add valuable information regarding their experiences, particularly for men.

Two studies (Rosenzweig & Dailey, 1989; Vonk & van Nobelen, 1993) suggested that gender role is even more complex than that. They found that in

different areas of life, such as in intimate relationships or at work, people tend to be more expressive or more instrumental. McCreary (1990) found that gender role also appears to vary over the life span depending upon the role demands of any given time period, such as parenthood or phase of professional development. One suggestion for further study is to consider gender role in the specific context of the romantic relationship, including the emotional aspect and the sexual aspect, and possibly include evaluating other role demands.

In looking at the finer points of commitment, a couple of researchers suggested that there are different aspects to commitment. One is a commitment to a person, and the other is a commitment to the institution of marriage itself (Robinson & Blanton, 1993; Rosenblatt, 1977). One study looked at married versus unmarried couples and found couples who were married expressed stronger feelings of commitment than those who were not married (Acker & Davis, 1992). Evaluating these differences in a relationship may provide more information regarding the discrepancies in results concerning commitment.

A topic related to commitment is that of length of relationship and stage of relationship. It was suggested that stage of relationship would be more meaningful than length of relationship (Acker & Davis, 1992). This study did not find a significant correlation between length of relationship and commitment. It is suggested that future studies focus upon the potentially more meaningful aspect of stage of relationship rather than length of relationship.

This study was not able to compare same-sex and other-sex romantic relationships. Evaluating similarities and differences between men and women in

same-sex and other-sex relationships would provide more information regarding experiences of love and sexual satisfaction.

Although why questions are difficult to answer, the finding that passion decreases for women over time is intriguing and merits further study. One idea is that it could correlate with some external circumstance, such as childbirth or employment.

In conclusion, from this study it appears that for women, there is more consistency regarding feelings of intimacy, passion and commitment in relationships and more variability in their feelings of sexual satisfaction. For women, having more of the personality traits of instrumentality seems to increase their sexual satisfaction.

For men, there is more consistency regarding feelings of sexual satisfaction and more variability regarding their feelings of intimacy, passion and commitment. For men, having more of the personality traits of expressiveness, regardless of instrumentality, seems to increase their experiences of intimacy, passion and commitment in a relationship. The personality traits of instrumentality and expressiveness contribute to the understanding of the variability of these traits within each gender.

For both sexes, intimacy, passion and commitment correlate with sexual satisfaction, and passion appears to contribute about one third of the variability of feelings of sexual satisfaction. Being aware of these differences and similarities contribute to our understanding of men and women and their experiences of the enigma that is called love.

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APPENDIX A
COVER LETTER

Dear Research Participant,

This is a research project designed to collect information about personality characteristics of people and their experiences of love and sexuality. The researcher is also interested in how these aspects of people interact with each other. This research is approved by the Institutional Review Board (IRB) of Oklahoma State University. The IRB is a committee composed of at least 15 members whose purpose is to insure that you are not harmed in any way by participation in this research.

I would very much appreciate your help in this research for my doctoral dissertation. Participation is entirely voluntary. Understanding the many demands made upon your time, I have designed this survey so as to minimize the time required to complete it. Participation will take approximately 20 to 30 minutes.

I want to assure you that your responses will be completely anonymous and confidential. No one, not even the researcher, will know your name. Please do not write your name on any of the research questionnaires. Only the consent form, which you are asked to turn in separately, requires your signature. The results of this study will be reported as group data, not individual responses.

Thank you. I appreciate your assistance.

Sincerely,

Terrie Varga, M.Ed.

APPENDIX B
INFORMATION SHEET

INFORMATION SHEET

The Department of Applied Behavioral Studies supports the practice of protection of human participants in research. The following information is provided so that you can decide whether you wish to participate in the present study.

The researcher is interested in collecting information about personality characteristics of people and their experiences of love and sexuality. The researcher is also interested in how these aspects interact with each other. You will be asked to complete a short questionnaire that will provide the researcher with some background information about you. You will also be asked to complete other questionnaires. One is a list of personality characteristics that you are to rate how much each one is like or not like you. Another one is a list of statements regarding how you might feel towards your current partner. For these you are asked to rate how characteristic they are of you in your current romantic relationship. The other questionnaire has a number of statements regarding your sexual relationship and asks you to rate each statement regarding your feelings about your sexual relationship with your partner.

Participation will take approximately 20 to 30 minutes. It is completely voluntary. However, your decision to take the time to complete the study will provide valuable information. You may choose to not participate, or you may begin but then withdraw at any time with no penalty. Your responses will be completely anonymous and confidential. No one, not even the researcher, will know your name. Please do not write your name on any of the forms or response sheets, except the consent form. No attempt will be made to attach your name to responses. The results of this study will be reported as group data, not individual responses. Please keep this sheet for your own information. Please sign and date the consent form and turn it in separately from the rest of the packet.

If you should have any questions about this study, please contact Terrie Varga at 405-372-2098 or Dr. Al Carlozzi, Department of Applied Behavioral Studies, Oklahoma State University, at 405-744-6036. If you have any questions regarding your rights as a research participant, please contact Jennifer Moore at the OSU University Research Services 405-744-5700. To obtain information regarding the results of the study, please contact Terrie Varga or Dr. Al Carlozzi. Your cooperation and efforts are greatly appreciated.

This information sheet is yours to keep. At this time you may choose to continue your participation in this study or you may stop. Your answers will remain fully anonymous and confidential.

THANK YOU FOR YOUR TIME
YOUR EFFORTS ARE GREATLY APPRECIATED

APPENDIX C
CONSENT FORM

CONSENT FORM

The Department of Applied Behavioral Studies supports the practice of protection of human participants in research. The following information is provided so that you can decide whether you wish to participate in the present study.

The researcher is interested in collecting information about personality characteristics of people and their experiences of love and sexuality. The researcher is also interested in how these aspects interact with each other. You will be asked to complete a short questionnaire that will provide the researcher with some background information about you. You will also be asked to complete other questionnaires. One is a list of personality characteristics that you are to rate how much each one is like or not like you. Another one is a list of statements regarding how you might feel towards your current partner. For these you are asked to rate how characteristic they are of you in your current relationship. The other questionnaire has a number of statements regarding sexual relationships and asks you to rate each statement regarding your feelings about your sexual relationship with your partner.

Participation will take approximately 20 to 30 minutes. It is completely voluntary. However, your decision to take the time to complete the study will provide valuable information. You may choose to not participate, or you may begin but then withdraw at any time with no penalty. Your responses will be completely anonymous and confidential. No one, not even the researcher, will know your name. Please do not write your name on any of the forms or response sheets, except the consent form. No attempt will be made to attach your name to responses. The results of this study will be reported as group data, not individual responses. Please keep this sheet for your own information. Please sign and date the consent form and turn it in separately from the rest of the packet.

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I have read these instructions and understand my rights. I further understand that I may keep the information sheet that outlines my rights as a research participant.

Date

Participant's Signature

APPENDIX D
DEMOGRAPHIC INFORMATION

Demographic Information

Please provide the following information about yourself.

1. Gender: male _____ female _____
2. Age _____
3. Race (Please check one):
 - Caucasian _____
 - Hispanic _____
 - African American _____
 - Native American _____
 - Asian _____
 - Multiracial (Please specify) _____
4. Are you a:
 - Graduate Student _____
 - Undergraduate Student _____
5. Sexual Orientation:
 - Gay _____
 - Lesbian _____
 - Bisexual _____
 - Heterosexual _____
 - Other _____
6. How long have you been in your relationship with your current romantic partner? Years _____ Months _____

APPENDIX E

STERNBERG TRIANGULAR LOVE SCALE

STERNBERG TRIANGULAR LOVE SCALE

Using the following scale, please rate each of the following statements regarding the strength of your feelings in your current romantic relationship.

not at all somewhat moderately quite extremely
1 2 3 4 5 6 7 8 9

1. My relationship with my partner is very romantic. ____
2. I have a relationship of mutual understanding with my partner. ____
3. I receive considerable emotional support from my partner. ____
4. I adore my partner. ____
5. I expect my love for my partner to last for the rest of my life. ____
6. I cannot imagine ending my relationship with my partner. ____
7. I view my relationship with my partner as permanent. ____
8. My partner is able to count on me in times of need. ____
9. I find myself thinking about my partner frequently during the day. ____
10. Just seeing my partner is exciting for me. ____
11. I find my partner very attractive physically. ____
12. I idealize my partner. ____
13. I am certain of my love for my partner. ____
14. I have decided that I love my partner. ____
15. I am committed to maintaining my relationship with my partner. ____
16. There is something almost "magical" about my relationship with my partner. ____
17. I have confidence in the stability of my relationship with my partner. ____

18. I feel emotionally close to my partner. ____

19. I give considerable emotional support to my partner. ____

APPENDIX F

PERSONAL ATTRIBUTES QUESTIONNAIRE

PERSONAL ATTRIBUTES QUESTIONNAIRE

The items below inquire about what kind of person you think you are. Each item consists of a pair of characteristics, with the letters A-E in between. For example:

Not at all artistic A...B...C...D...E Very artistic

Each pair describes contradictory characteristics-that is, you cannot be both at the same time, such as very artistic and not at all artistic.

The letters form a scale between the two extremes. You are to choose a letter which describes where you fall on the scale. For example, if you think you have no artistic ability, you would choose A. If you think you are pretty good, you might choose D. If you are only medium, you might choose C, and so forth.

- | | | |
|--|-------------------|--|
| 1. Not at all aggressive | A...B...C...D...E | Very aggressive |
| 2. Not at all independent | A...B...C...D...E | Very independent |
| 3. Not at all emotional | A...B...C...D...E | Very emotional |
| 4. Very submissive | A...B...C...D...E | Very dominant |
| 5. Not at all excitable in
in a major crisis | A...B...C...D...E | Very excitable
in a major crisis |
| 6. Very passive | A...B...C...D...E | Very active |
| 7. Not at all able to devote
self completely to
others | A...B...C...D...E | Able to devote
self completely
to others |
| 8. Very rough | A...B...C...D...E | Very gentle |
| 9. Not at all helpful to
others | A...B...C...D...E | Very helpful to
others |
| 10. Not at all competitive | A...B...C...D...E | Very competitive |
| 11. Very home oriented | A...B...C...D...E | Very worldly |
| 12. Not at all kind | A...B...C...D...E | Very kind |
| 13. Indifferent to other's
approval | A...B...C...D...E | Highly needful of
other's approval |

14. Feelings not easily hurt	A...B...C...D...E	Feelings easily hurt
15. Not at all aware of feelings of others	A...B...C...D...E	Very aware of feelings of others
16. Can make decisions easily	A...B...C...D...E	Has difficulty making decisions
17. Gives up very easily	A...B...C...D...E	Never gives up
18. Never cries	A...B...C...D...E	Cries very easily
19. Not at all self-confident	A...B...C...D...E	Very self-confident
20. Feels very inferior	A...B...C...D...E	Feels very superior
21. Not at all understanding of others	A...B...C...D...E	Very understanding of others
22. Very cold in relations with others	A...B...C...D...E	Very warm in relations with others
23. Very little need for security	A...B...C...D...E	Very strong need for security
24. Goes to pieces under pressure	A...B...C...D...E	Stands up well under pressure

APPENDIX G

IRB FORM

OKLAHOMA STATE UNIVERSITY
INSTITUTIONAL REVIEW BOARD
HUMAN SUBJECTS REVIEW

Date: 03-20-96

IRB#: ED-96-091

Proposal Title: GENDER AND GENDER ROLE AS RELATED TO INTIMACY,
PASSION, COMMITMENT, AND SEXUAL SATISFACTION

Principal Investigator(s): Al Carozzi, Terrie Varga

Reviewed and Processed as: Exempt

Approval Status Recommended by Reviewer(s): Approved

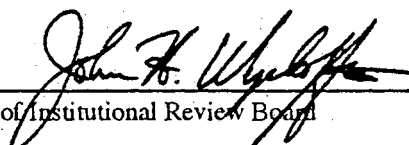
ALL APPROVALS MAY BE SUBJECT TO REVIEW BY FULL INSTITUTIONAL REVIEW BOARD
AT NEXT MEETING.

APPROVAL STATUS PERIOD VALID FOR ONE CALENDAR YEAR AFTER WHICH A
CONTINUATION OR RENEWAL REQUEST IS REQUIRED TO BE SUBMITTED FOR BOARD
APPROVAL.

ANY MODIFICATIONS TO APPROVED PROJECT MUST ALSO BE SUBMITTED FOR
APPROVAL.

Comments, Modifications/Conditions for Approval or Reasons for Deferral or Disapproval
are as follows:

Signature:


Chair of Institutional Review Board

Date: March 21, 1996

2

VITA

Terrie Anne Varga

Candidate for the Degree of

Doctor of Philosophy

Thesis: GENDER AND GENDER ROLE AS RELATED TO INTIMACY,
PASSION, COMMITMENT, AND SEXUAL SATISFACTION

Major Field: Applied Behavioral Studies

Biographical:

Education: Graduated from Putnam City High School, Oklahoma City, Oklahoma in May 1970; attended Oklahoma State University, Stillwater, Oklahoma from 1970 to 1972; received Bachelor of Arts degree in Psychology from the University of Oklahoma, Norman, Oklahoma in May 1974; received a Master's of Education in Counseling Psychology from the University of Central Oklahoma, Edmond, Oklahoma in May 1979; attended Oklahoma City Community College, Oklahoma City, Oklahoma in 1988; attended Oklahoma City University, Oklahoma City, Oklahoma in 1988. Completed the requirements for the Doctor of Philosophy degree with a major in Counseling Psychology at Oklahoma State University in December 1997.

Experience: Occupational Therapy Assistant at Willow View Hospital; Social Worker for the Department of Human Services; Psychotherapist at Sunbeam Family Services Group Home for Adolescents; Counseling and Psychological Services Coordinator at Emerson Teen Parent Program; Graduate Assistantships at Oklahoma State University.

Professional Memberships: American Psychological Association, student member.