

Exploring the Major Psychological Problems and Their Causes in Love from the Perspective of Social Psychology

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ABSTRACT

Love, an intimate relationship in human society, has a special psychological meaning for everyone and enables each individual to get a sense of belonging, self-worth and the spiritual needs of love and being loved. Most of the current papers are focused on the educational level of the orientation and correction of marital values, and there are many gaps in the analysis of the psychological effects behind, which are far from meeting the current needs for the solution of the marital dilemma in China. This article adopts a literature research approach to explore the psychological problems faced by people in romantic affairs, as well as the causes, from a social psychological perspective. It will provide constructive help and reminders for coping with romantic psychological disorders at the social, school, family, and individual levels. The research finds that: in love, people are always easy to be attracted to the advantages of one side of each other, and indulge in love that cannot be controlled. However, they always have disputes over communication, break up for economic reasons, and often lose themselves in love. Unreasonable use or unconscious indulgence of the halo effect, compulsive repetition, sunk cost effect, Maslow's hierarchy of needs theory, Freud's psychoanalysis theory, partners' effective communication barriers, Lucifer effect, etc. are the psychological root causes of love problems.

Keywords: social psychology, love psychology, love triangle theory, halo effect, Lucifer effect.

1. INTRODUCTION

In recent years, the marriage rate in China has been declining, while the divorce rate has been rising. According to the official Civil Affairs Development Statistics Bulletin 2019 issued by the Ministry of Civil Affairs, the data of national marriage and divorce registration in 2019 is shown below [1]. Compared with 2.269 million divorces in 2008, 4.461 million divorces were processed legally in 2018, an increase of 2.0% over the previous year. In 2019, the number of registered divorces in China continued to rise. In the third quarter of 2019, the number of registered divorces in China was 3.104 million pairs, a year-on-year increase of 7.1%. Through objective data analysis, it is found that there are mainly the following reasons: infidelity on one side, domestic violence, personality incompatibility, bad habits, values mismatch, economic pressure and long-term separation, which leads to the decline of people's sense of social belonging and life happiness index, and

even love phobia due to fear of separation and injury. To this end, the study of the psychology of marriage and love in western countries in recent years has resulted in great results, both theoretically and practically. But there have been few domestic studies on this area, essentially focusing on the education of romantic values and the correction of romantic orientations, such as: the relationship between college students' coping with the way of breaking up and their love values, and the psychological research on college students' coping with the way of breaking up, etc. Therefore, from the perspective of social psychology, this paper will use the thoughts of theory-influencing factor-countermeasure and the method of literature research to analyze and sort out the relevant data based on extensive data collection to explore the psychological effects of people in love and finally provide constructive help.

The specific research ideas are as follows. The first part is an introduction, which mainly explains the current state of the research in this field and the current shortboard, the research topic and scope, the research

significance and value and the literature review. The second part provides a theoretical exploration and framework construction and analysis of the influencing factors on the psychological phenomena and related famous experiments that are important in the process of marriage and love. The third part puts forward some constructive education strategies to help people understand the problems correctly from the four levels of society, family, school and individual. This article will lay a certain foundation for expanding our field of research in social psychology, thereby attracting more attention to the importance of mental health in romantic and elevating the quality of romantic and the marital well-being index as much as possible.

2. LITERATURE REVIEW

(1) Maslow's Humanistic Psychology

Human needs constitute a hierarchy whereby the emergence of anyone is premised on the need being fulfilled first at a lower level. Man is an animal in constant need. Except for a short time, he can rarely achieve complete satisfaction. After a desire is satisfied, it is often quickly occupied by another desire. Therefore, people's desire is endless. Maslow believes that people have five levels of needs: physiological needs; safety requirements; the need for love and belonging; the need for respect; the need for self-fulfillment. Moreover, Maslow's research also found that humanity is a double-edged sword and that if good environmental conditions are available, people will desire to show high-level qualities such as love, altruism, friendliness, generosity and integrity, but not vice versa. The good environmental conditions mentioned here should be conditions that are conducive to promoting many aspects of nature, society and physiology that promote self-fulfillment [1].

(2) Freud's research holds that human psychological structure is divided into three parts: id, ego and superego. "Id" is physical, instinctive and unconscious, lacking logic, only seeking satisfaction and ignoring social value. "Ego" is rational, sensible and controllable as opposed to the passionate self. "Superego" has the mission of supervising the ego, has a moral conscience, a sense of guilt, has the function of self-observation and planning the ideal for ego [1].

(3) Fiske's Big Five Personality Theory

Goldberg (1992) calls it a revolution in personality psychology. The investigators found approximately five traits that could cover all aspects of the description of personality. The first one is openness having such qualities as imagining, aesthetic, emotional enrichment, courtship, creation, intelligence. The second one is conscientiousness demonstrating due diligence, accomplishment, self-regulation. The third one is extraversion demonstrating such traits as enthusiastic, social, decisive, active, risky, optimistic. The fourth one

is agreeableness having trust, altruism, straightness, adherence, modesty and other traits. The fifth one is neuroticism which is difficulty in balancing emotional traits such as anxiety, hostility, depression, self-awareness, impulsion and fragility, i.e. It lacks the ability to maintain emotional stability, and has the characteristics of a personality disorder [1].

3. ANALYSIS OF MAIN PROBLEMS AND PSYCHOLOGICAL REASONS IN LOVE

3.1 Love transiency

Why does it happen that many people like one another for a short period of time, but after a period of time find that each other actually has many disadvantages not being their own ideal partner? This was mainly the result of the halo effect. When people just start to like someone, in fact, they just like the advantages of one aspect exhibited by the other, but after the amplification of the halo effect, they will feel that the other has all the advantages [2], thus causing interpersonal cognitive impairment. This narrow consciousness, which results from the halo effect, silently affects our perceptions and evaluations of others in everyday life, and this illusion was confirmed in impression-forming experiments by H. Kelly and S.E. Ashi, psychologists at MIT. The halo effect in love is mainly the result of generalization, expansion and positioning of personal subjective inferences besides the fact that people have too little information about each other. It is characterized by three aspects: obscurity, superficiality, and diffusivity. Such psychological phenomena as "projective tendency", "first impression", "stereotyped impression", "judgment by appearance" and "circular confirmation" should be observed and avoided before falling in love, when a person is truly objective and fully informed before making a decision.

3.2 Many of the same mistakes made unconsciously

Did you find that your partner is often similar to your father or mother in a relationship, and that every time you quarrel with your partner, you start with a similar question? From the perspective of cognitive neuroscience, this phenomenon is called compulsive repetition, which is a neural defense mechanism. It tries to make the traumatized history of the past have a perfect ending by repeating history. In terms of love meaning being particularly prone unknowingly to develop deep and strong interactions with a certain type of person, most likely because these individuals have psychological characteristics related to significant people in our growth (e.g. parents). When it appears in life, it gives us a second chance to heal the psychological trauma suffered in the past and make up for the regret and satisfaction of the past through the deep emotional interaction with them [3]. There are three main reasons for this problem to form.

Firstly those experiences in the past are familiar and so constantly repeated. Secondly, people are more inclined to assess their current status with their past experiences. Thirdly, satisfying those benefits that negative situations bring to themselves. So compulsive repetition can be understood as the constant replication of the pattern of relationships that a person forms as a child. Thus the path of an individual's life is fundamentally determined by various experiences at the beginning of life, both positive and negative. What's more, a basic understanding develops in the young minds of children, that is, the relationship between marriage and couples, perhaps just like their parents. So to get rid of those addictive repetitive behaviors, the key is to go back to the original situation to accept and overcome the original unrecognized or unrecognized emotions, experience and fully express your inner feelings, and then release the negative emotions to achieve conscious and reasonable control in repetitive behaviors [3].

3.3 Conflicts often occur for economic reasons

This is a conflict between self fulfillment and love, as argued in the literature review by Maslow's theory of need that maximal gratification is felt only when one's potential is fully fulfilled and manifested. Although it is not to say that one is qualified to talk about love only after having completed self fulfillment or wealth freedom, a certain degree of self fulfillment will indeed facilitate the meeting of a better love.

3.4 Misunderstanding due to communication barriers

There are five communication modes: flattering; blame type; super-rational; interruption type; consistent communication, in which consistent communication is the best interpersonal communication style because it is based on improving self-worth. In the state of congruent communication, it is easy to foster a model of equal communication between ourselves and others that is self-conscious, responsible, open-minded, and caring for ourselves and others. Correct and effective communication is therefore an effective emotional aid.

3.5 Indulge in love even when injured

One of the common phenomena in love is the reluctance to let go even when both have felt that the other is no longer a good candidate for a suitable partner or spouse. This is the sunk cost effect. The more a person pays for a relationship, the higher the sunk cost, he, in turn, sees the relationship more important, leaving himself increasingly exhausted, eventually leading to a deep set of sunk costs in a period of romantic relationships that fail to sober. Although sunk cost effects are generally regarded as irrational decision-making phenomena, there may also be rational reasons for their

occurrence. Because decision-makers may continue to invest additional costs due to rational considerations of learning lessons or maintaining their image, and sunk cost effects may also be rational choices made by decision-makers when information is limited or uncertain [4]. The factors affecting sunk costs mainly include the characteristics of sunk costs, situational factors, individual differences and cultural differences, which are essentially the psychological significance of sunk costs in decision-makers. So to avoid the harm it causes, it is necessary to have conscious control over the actions and decisions one makes at a critical time, avoid indulgence, and learn to reject.

3.6 Love often loses its freshness over time

The love triangle theory [5] proposed by Sternberg, a social psychologist at Yale University, holds that love consists of three basic components: passion, intimacy, and commitment, in which passion is the sexual element in love and the obsession with emotion. Intimacy is the warm experience that can be brought about in a love relationship. Commitment refers to the decision, expectation or guarantee to maintain the relationship. Sternberg classified love into eight different types based on different combinations of these three components: obsession; like; empty love; romantic love; Love of friendship; woolly love; no love: none of the three components; complete love: all three components. Therefore, to harvest long-term and happy love, people should pay attention to passion, intimacy, and solemn commitment to each other in daily life, all of which are indispensable.

3.7 Easy to lose yourself in love

In the summer of 1971, Professor Philip Zimbardo, a psychology professor at Stanford University, set up a simulated jail in the University basement and recruited 24 mentally and physically healthy volunteers, who were randomly divided into two groups: jailers and inmates, and put them in an experimental jail [6]. The goal of this experiment was to spend two weeks as required by certain rules and observe their psychological changes. Although "jailers" were not used to calling people at first, they soon became strong, impatient, commanding, and even escalated into violence, not only as a habit, but also as entertainment. There was a "rebellion" at the beginning of the experiment, but it failed. Later, prisoners became more and more silent and numb and gradually accepted the fact that power belonged only to prisoners. This phenomenon was called the Lucian effect, that is, human behavior was shaped by the environment and role they were in. In special situations, people's willpower cannot compete with the power of situations.

There are five factors that lead a person to change his or her behavior, including depersonalization, subjection

to authority, peer needs, role identity, rationalization of self-defense. Thus unlike the situation, which can change one's character gradually, the situation can change one's behavior at once [7]. Stanford Prison experiments have shown that situational factors have a significant impact on the shaping of personality. In the social situation in which we are, for the individual, one needs to reflect on ourselves constantly and avoid the dissimulations and distortions of personality. This often happens silently in love and marriage. For example, if one party does not have the ability of economic independence and depends on the other party to live, it may feel guilty at the beginning, while the other party may complain at the beginning, but it will gradually take this for granted as time goes by. Over time, one party defaults to being a full-time wife, while the other party habitually assumes that it should make money, which leads to an unequal marriage. Or either party will gradually habituate and thereby continue to swallow after a prolonged period of domestic violence, and the applicator will gradually escalate [8]. The purpose of love is to make both sides become better themselves, rather than one side living with the other. It is to find like-minded people to move forward together after running in with each other, rather than win each other's love and material giving, so as to give up their original life principles and personality and turn themselves into the type they like in each other's eyes. So both sides should maintain economic independence and personality independence, stick to their careers and hobbies, and strive to become more excellent themselves [9].

4. CONCLUSION

Through analysis and summary, it can be concluded that the halo effect, sunk cost effect, compulsive repetition, communication barrier, unreasonable application of Lucifer effect and love triangle theory and Maslow's demand theory or involuntary involvement are the psychological root of love problems. So first, be as sensible as possible before starting a relationship, listen to other people's advice, and don't gamble. However, people in love often lose themselves and change themselves to please the other. Therefore, in the event of emotional problems, timely and effective communication should be made to repair the cracks. If delayed and unable to alleviate, consideration should be given to letting go, otherwise, the more depressed and unable to wake up. Love, with excessive force, is cataplexy and should therefore go out of the terrors of love's projection identity. Establishing long-term well-being with a partner needs to be based on respect for each other, support and trust, giving each other enough private space, having congruent values and views of life, a good physical foundation, and a healthy physical and mental state, even requiring a democratic, equal, and freely inclusive family environment. The limitation of this paper is that there are few examples. Thus future research directions should

incorporate more examples to analyze more romantic psychology problems and their causes, and give more effective coping strategies. At present, domestic research mainly focuses on the educational level of college students' love conflict, lovelorn coping styles and love values. Therefore, future research can strengthen the in-depth analysis of subconscious psychological activities in love from the perspective of social psychology and explore more scientific and effective countermeasures.

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