

## Love Types, Psychological Well-Being and Self-Concept

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The present study examines the relationships of love dimensions, well-being and self-concept of Sistan and Baluchestan University employees. The sample size of this research consists of 138 employees (88 male and 50 female) that were selected at random. The Triangular Love Scale, Psychological Well-Being Questionnaire and Self-concept Scale were applied to collect the data. The results revealed that there was found a significant positive correlation between personal growth and commitment, and also autonomy had a positive significant with passion, but negative and significant correlation was emerged between positive relationship with others sub-scale and passion. Moreover, results illustrated that feeling of shame and guilt sub-scale had positive and significant correlation with intimacy, passion, and commitment dimensions. Abilities, self-acceptance, present, past and future, and total scores of self-concept significantly were correlated with commitment dimension. The results of One Way ANOVA illustrated that young employees obtained more scores on intimacy, passion and commitment dimensions in comparison to middle age employees and also young employees showed higher mean scores in comparison to adult employees on commitment dimension.

**Keywords:** Love Types, Well-Being, Self-Concept.

Psychologists introduce the love as a basic and positive emotion, but they are not in agreement with a common viewpoint about its concept and types. Cultural psychologists more emphasized on love and there is seen some cultural differences about the concept of love and moreover love meaning varying from a historical era to another age. Freud defines the psychological health as ability of adoration and work, and according to Maslow need to adoration is not only a response to deficiency, it is rather a process that arouse via impulses to lead self-actualization (Dietch, 1978; Rafienia, & Asghari, 2007). "According to Shaver, Morgan & Wu (1996) love is one of the most famous subjects in our songs, movies, and everyday lives. Most people in many different cultures accept love as a familiar human experience. Love is an emotional reaction that seems as basic as anger, sadness, happiness, and fear" (Baron,

Branscombe, Byrne and Bhardwaj, 2010). Sternberg (1986) provided a triangular model of love and he believes that each love relationship is composed of three basic dimensions that are present in varying degrees in different couples. One dimension is intimacy, the closeness two people feel and the strength of the bond that holds them together. The second dimension, passion, is based on romance, physical attraction, and interest in sexual matters. The third dimension, commitment refers to cognitive factors like the decision that you love and want to be with the other person by having a commitment to maintain the relationship on a lasting basis (Baron, Branscombe, Byrne & Bhardwaj, 2010).

Psychological well-being is a relatively complex concept with a variety of components and it can be measured in terms of positive

psychological symptoms (such as being able to enjoy things and to let go of worries) or satisfaction with life, but increasingly multidimensional scales are used which include concepts such as autonomy, self-acceptance and relations with others (Ryff & Keyes, 1995; Tennant et al., 2007). The dimensions of well-being are: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance. All of these factors can be considered as key components that make up the definition of psychological well-being (Rathi & Rastogi, 2007).

The origins of self-concept theory, and consequent research, are reputed to have been formalized by James in 1890 (Bracken, 1996; Hattie, 2000; Tamini, Khan & Mohammadyfar, 2009). "James is regarded in history for his development of the idea or philosophy of the 'self' and the development of the 'self' into a cohesive theory (Bracken, 1996)". "James hypothesized that there is a hierarchical order to the 'self' starting at the lowest tier with the 'material self, followed by the 'social self' with the 'spiritual self' being the last tier (Bracken, 1996)".

May be love is very important in our lives especially it has some effects on our psychological health and moreover might increase the level of our self-confidence, self-concept and self-esteem. Many researchers showed that love or romantic relationship has obvious effect on psychological states and results of studies demonstrated that love has an impact on interpersonal relationships, moreover, it promotes well-being and self-image. Fricker and Moore (2002) suggested that the Eros love-style had a direct positive effect on relationship satisfaction and an indirect positive effect on relational satisfaction via sexual satisfaction, while ludus and avoidant attachment both exhibited direct negative effects on relationship satisfaction, and indirect negative effects on relationship satisfaction via sexual satisfaction. In a study

Marshall (2010) revealed that men's identification with mainstream Canadian culture was related with their own and with their partner's greater intimacy, at least in part because of their greater egalitarianism. Vice versa, women's identification with mainstream Canadian culture was related with their partners' lower intimacy. Moreover, women's identification with Chinese heritage culture was related with their greater commitment, and some evidence suggested that this was because of their greater gender role traditionalism. Philippe et al. (2010) demonstrated that harmonious passion was positively associated with the quality of interpersonal relationships within the context of the passionate activity, whereas an obsessive passion was unrelated to it. Results also showed that positive emotions experienced at work fully mediated the relation between harmonious passion and quality of interpersonal relationships. Obsessive passion was not associated with positive emotions. Some of the researchers explored the relationship between romantic involvement status, actual/ ideal self-discrepancy and psychological well-being. Findings demonstrated that romantically involved individuals reported closer to their ideal selves than who were not romantically involved. The reduced self-discrepancy reported by romantically involved individual was related to their experiencing higher levels of psychological well-being in comparison to romantically uninvolved individuals. Both groups rated their actual selves, closeness to their ideal selves, and psychological well-being. Furthermore, romantically involved individuals tended to report higher psychological well-being (Campbell, Sedikides, & Bosson, 1994). King and Noelle (2005) revealed that subjective well-being and ego development were related with intimacy imagery. Kim and Hatfield (2004) examined the relationship of love types and subjective well-being among Korean and American students. It was found out that

passionate and companionate love are related to subjective well-being i.e. life satisfaction was more strongly predicted by companionate love than by passionate love, no culture and gender difference was found in this overall relationship, but gender difference was found in the extent of the relationship between companionate love and life satisfaction, and between passionate love and emotional experiences, respectively. Researchers found out that individuals have reduced self-concept clarity after a breakup. This reduced clarity can contribute to emotional distress. The loss of the relationship has multiple psychological consequences, including the tendency for individuals to change the content of their selves and the feeling that their selves are subjectively less clear and even smaller (Slotter, Gardner & Finkel, 2010). Paul and Fischer (1980) found out that the high self-concept group scored higher than the low self-concept group in intimacy, internality, and acceptance of black identity. Conway-Turnera (1992) revealed that sub-factors of intimacy such as affection, friendship and a sense of empathy to be positively associated with self esteem. Aron, Paris and Aron (1995) showed that falling in love leads to an increase in self-efficacy and self-esteem. A lot of researches have shown that love as psychological phenomena predicting happiness, satisfaction and positive emotions. In a study Rafienia and Asghari (2007) examined relationship between types of love and subjective well-being among married students and the results revealed that intimacy love had a significant positive relationship with life satisfaction and significant negative relationship with negative emotions but passion love was not significantly related to subjective well-being dimensions. Moreover, results demonstrated that in female sample higher intimacy love had relationship with higher positive emotion and lower negative emotion but it did not emerge in male sample.

Some of the researches suggested that there is a gap in happiness with regard to gender, in a study Stevenson and Wolfers (2009) showed that there was emerged a gender gap in happiness in which women in the 1970s reported higher subjective well-being than did men. These declines have continued and a new gender gap is emerging-one with higher subjective well-being for men. Researchers demonstrated that women under 45 tend to be happier than men; but older women are less happy. Inglehart (2010) found out that in a pooled sample of 146,000 respondents from 65 societies, among the youngest group, 24 percent of the men and 28 percent of the women describe themselves as very happy; but among the oldest group, only 20 percent of the women describe themselves as very happy, while 25 percent of the men do so. Farooqi and Tamini (2010) found out that female students significantly obtained higher mean scores on life satisfaction, spirituality, happiness and optimism, personal growth positive relationship with others, autonomy and well-being than male students.

Based on a review of studies of self-concept, Marsh (1990a) found that males have significantly higher physical ability, physical appearance, and math self-concepts for all age groups ranging from preadolescence through early adulthood, whereas females have higher verbal self-concept scores. A study conducted by Liu and Wang (2005) and obtained result showed that there was a significant main effect for gender, with female students having significantly higher perceived academic effort (academic self-concept subscale) than their male counterparts. Researchers showed that low self-concept clarity was independently associated with high neuroticism, low self-esteem, low conscientiousness, low agreeableness, chronic self-analysis, low internal state awareness, and a ruminative form of self-focused attention. Consistent with

theory on Eastern and Western self-construal, Japanese participants exhibited lower levels of self-concept clarity and lower correlations between self-concept clarity and self-esteem than did Canadian participants (Campbell et al., 1996). Tamini, Khan and Mohammadyfar (2009) conducted a cross-cultural study entitled self-concept and personality type among Irani and Indian bank employees, obtained results showed that on health and sex appropriateness and worthiness the mean scores of Indian bank employees were higher than Iranian bank employees, but Iranian bank employees obtained higher mean scores on abilities, beliefs and convictions, and sociability than their Indian counterparts.

Results of different studies illustrated that love has a strong relationship with health especially happiness, satisfaction with life and psychological well-being and also love increases the level of self-esteem and some dimensions of self-concept, so the present Study explores the relationship of love, well-being and self-concept among employees of Sistan and Baluchestan University.

### Research Questions:

1. Is there any significant correlation between love dimensions and well-being?
2. Is there any significant correlation between love dimensions and self-concept scale?
3. Is there any significant difference between female and male employees on love dimensions?
4. Is there any significant difference between female and male employees on well-being and its sub-scales?
5. Is there any significant difference between female and male employees on self-concept and its sub-scale?
6. Is there any significant difference on love dimensions with regard to age level?

7. Is there any significant difference on well-being and its sub-scales with regard to age level?

8. Is there any significant difference on self-concept and its sub-scales with regard to age level?

### Method

#### Sample:

The sample consists of 138 employees from Sistan and Baluchestan University (88 male and 50 female). The age ranges between 20 and 50 years and they were selected at random.

#### Tools:

*Love Dimensions Scale:* This scale was constructed by Sternberg (1997) to assess the dimensions of love. This scale includes three components namely, Intimacy, Passion and Commitment. This scale has 45 items and each to be rated from strongly agree (5) to strongly disagree. For intimacy, the reliabilities are at all at least 0.90. For passion, all at least 0.80. For commitment, all but one (the exception is 0.79) are over 0.80 and overall scale reliabilities are 0.95 or over with one exception, which is 0.93. In the present research the reliability for intimacy 0.908, for passion 0.904, for commitment 0.947 and the overall reliability of this scale by Cronbach's Alpha coefficient method was found 0.962.

*Psychological Well-being Questionnaire:* It was developed by Zanjani-Tabassi (2004) to assess the psychological well-being of students. This questionnaire has 77 items that each item is to be rated from strongly agree (5) to strongly disagree (1). This questionnaire includes 6 sub-scales namely: satisfaction with life, spirituality, happiness and optimism, personal growth, autonomy and positive relationship with others. The whole reliability of this research is 0.94 and this coefficient for sub-scales is ranged from 0.90 to 0.62 (Tamini, 2005). In the present research the overall reliability of this

questionnaire by Cronbach's Alpha coefficient method was 0.878.

*Self-concept Scale:* It was developed by Rastogi (1979) and this scale has 51 items and the items rating from strongly agree to strongly disagree. This has 10 constructs namely, Health and Sex Appropriateness, Abilities, Self-confidence, Self-acceptance,

Worthiness, Present, Past & Future, Beliefs and Convictions, Feeling of Same & Guilt, Sociability and Emotional. Reliability of the scale by split-half method following Spearman-Brown Prophecy formula was found to be 0.87. In the current study the reliability of the scale by using Cronbach's Alpha method was 0.878.

## Results

**Table 1. Pearson Correlation Coefficient between Psychological Well-being Sub-scales and Dimensions of Love among Employees (n=138)**

Variable	Satisfaction with life	Spirituality	Happiness & Optimism	Personal Growth	Positive relationship with others	Autonomy	Total WB
Intimacy	0.09	0.071	0.028	0.022	-0.15	-0.074	0.016
Passion	-0.014	-0.041	-0.065	-0.025	-0.298**	0.20*	-
Commitment	0.138	0.116	0.063	0.20*	-0.159	0.016	0.118
							0.093

\*\*p<0.01, \*p<0.05

**Table 2. Pearson Correlation Coefficient between Dimensions of Love and Self-concept Sub-scales among Employees (n=138)**

Variable	Health & sex appropriateness	Abilities	Self-confidence	Self-acceptance	Worthiness	Present, Past & Future	Believes	Feeling of shame & guilt	Sociability	Emotional	Total self-concept
Intimacy	-.026	.159	.012	.117	.121	.113	.084	.330**	.033	.142	.170
Passion	-.115	.009	-.091	.038	.035	.084	.030	.223*	-.017	.113	.050
Commitment	.091	.205*	.093	.249*	.171	.214*	.041	.320**	.088	.161	.248*

\*\*p<0.01, \*p<0.05

The results of table-1 show that there is a significant positive correlation between personal growth and commitment ( $r=0.20$ ,  $p<0.05$ ), and also a significant positive

correlation was found out between autonomy and passion ( $r=0.20$ ,  $p<0.05$ ), but results showed negative and significant correlation between positive relationship with others and



**Table 3. Mean, SD and t Value of Male and Female Employees on Love Dimensions (n=138)**

Variable	Gender	Mean	S.D	t value
Intimacy	Female	40.0682	6.55796	0.699
	Male	39.3000	5.51528	
Passion	Female	35.7159	7.97835	0.926
	Male	34.4800	6.67080	
Commitment	Female	41.0990	6.76814	0.707
	Male	40.2400	6.84690	

passion( $r=-0.298$ ,  $p<0.01$ ). As shown in table-1 there was not found out any significant correlation between other sub-scales of well-being and three dimensions of love.

As seen in table-3, there is no emerged any significant difference between female and male employees on intimacy ( $t=0.699$ ,  $p>0.05$ ), passion ( $t=0.926$ ,  $p>0.05$ ), and commitment dimensions ( $t=0.707$ ,  $p>0.05$ ).

The results of table-2 show that feeling of shame and guilt sub-scale had positive and significant correlation with intimacy ( $r=.330$ ,  $p<0.01$ ), passion( $r=.223$ ,  $p<0.05$ ), and commitment dimension ( $r=.320$ ,  $p<0.01$ ). Eventually the results of Pearson correlation revealed that abilities ( $r=.205$ ,  $p<0.05$ ), self-acceptance ( $r=.249$ ,  $p<0.05$ ), present, past

and future ( $r=.214$ ,  $p<0.05$ ), and total scores of self-concept scale ( $r=.248$ ,  $p<0.01$ ) had significant correlation with commitment dimension. But results did not emerge any significant correlation between other sub-scales of self-concept and dimensions of love.

The results of table-4 shows that there is no any significant difference between male and female employees on satisfaction with life ( $t=1.315$ ,  $p>0.05$ ), spirituality ( $t=-1.066$ ,  $p>0.05$ ), happiness and optimism ( $t=1.329$ ,  $p>0.05$ ), personal growth ( $t=1.119$ ,  $p>0.05$ ), positive relationship with others ( $t=-0.227$ ,  $p>0.05$ ), autonomy ( $t=0.616$ ,  $p>0.05$ ), and total scores of well-being ( $t=0.828$ ,  $p>0.05$ ).

**Table 4. Mean, SD and t Value of Male and Female Employees on Well-Being and its sub-scales (n=138)**

Variable	Gender	Mean	S.D	t value
Satisfaction with life	Female	45.5227	6.24219	1.315
	Male	44.0000	7.03635	
Spirituality	Female	29.6705	4.62308	-1.066
	Male	30.5200	4.27255	
Happiness & Optimism	Female	50.2045	5.79151	1.329
	Male	48.58.00	8.52150	
Personal Growth	Female	22.7159	3.49367	1.119
	Male	21.9000	5.03559	
Positive relationship with others	Female	14.7045	3.70820	-.277
	Male	14.8800	3.34810	
Autonomy	Female	23.3295	4.32507	.616
	Male	22.8600	4.26189	
Total WB	Female	1.8615E2	21.44522	.828
	Male	1.8274E2	26.12592	

**Table 5. Mean, SD and t Value of Male and Female Employees on Self-concept and its sub-scales (n=138)**

Variable	Gender	Mean	S. D	t value
Health & sex appropriateness	Female	17.4318	2.95092	0.556
	Male	17.1200	3.03476	
Abilities	Female	22.0341	3.73689	-0.179
	Male	22.1600	4.35356	
Self-confidence	Female	12.6705	2.62929	2.010*
	Male	11.7200	2.74077	
Self-acceptance	Female	11.5227	1.52359	0.795
	Male	11.2400	2.66159	
Worthiness	Female	17.2159	2.89450	-0.482
	Male	17.4800	3.41210	
Present, past & future	Female	13.0227	2.44469	0.576
	Male	12.7600	2.79621	
Believes & convictions	Female	5.7614	1.59016	-0.907
	Male	6.0200	1.64739	
Feeling of shame & guilt	Female	16.1591	3.30408	-0.001
	Male	16.1600	3.66094	
Sociability	Female	9.7841	1.94433	-2.057*
	Male	10.5600	2.42571	
Emotional	Female	11.4432	2.96670	0.335
	Male	11.2600	3.28143	
Total self-concept	Female	1.3705E2	17.41905	0.166
	Male	1.3648E2	22.09926	

\*p&lt;0.05

As it is observed from Table-5 that Female employees scored higher on self-confidence sub-scale as compared to Male employees, both groups are statistically different on self-confidence sub-scale ( $t=2.010$ ,  $p<0.05$ ), indicating that Female employees had more self-confidence than Male employees, but Male employees scored higher on sociability sub-scale as compared to Female employees, they are statistically different on sociability sub-scale ( $t=-2.057$ ,  $p<0.05$ ), indicating that Male employees were more sociable than Female employees. Eventually results did not reveal any significant difference between Female and Male employees on health and sex appropriateness ( $t=0.556$ ,  $p>0.05$ ), abilities ( $t=-0.179$ ,  $p>0.05$ ), self-acceptance ( $t=0.795$ ,

$p>0.05$ ), worthiness ( $t=-0.482$ ,  $p>0.05$ ), present, past and future ( $t=0.576$ ,  $p>0.05$ ), believes and confictions ( $t=-0.907$ ,  $p>0.05$ ), feeling of shame and guilt ( $t=-0.001$ ,  $p>0.05$ ), emotional ( $t=0.335$ ,  $p>0.05$ ), and total scores of self-concept ( $t=0.166$ ,  $p>0.05$ ).

For responding to the sixth question of this research One Way ANOVA test was applied and results revealed that there was significant difference at least between two groups on intimacy [ $F(2.135=3.293$ ,  $p=0.04)$ ], passion [ $F(2.135=3.764$ ,  $p=0.026)$ ], and commitment dimensions [ $F(2.135=7.120$ ,  $p=0.001)$ ]. For clarification of these differences Tukey Post Hoc test was run and results illustrated that Young employees (20-30 years old) obtained more scores on

intimacy, passion and commitment dimensions in comparison to Middle age employees (41-50 years old) and also young employees showed higher mean scores in comparison to Adult employees (31-40 years old) on commitment dimension.

To respond to the seventh question of this research One Way ANOVA test was applied and results revealed that there was not emerge any significant difference among three age levels on satisfaction with life [F(2.135=0.769,  $p>0.05$ )], spirituality [F(2.135=0.077,  $p>0.05$ )], happiness and optimism [F(2.135=0.648,  $p>0.05$ )], personal growth [F(2.135=2.638,  $p>0.05$ )], positive relationship with others [F(2.135=0.450,  $P>0.05$ )], autonomy [F(2.135=2.303,  $p>0.05$ )], and Total scores of well-being [F(2.135=0.797,  $p>0.05$ )].

For responding to the eighth question of this research One Way ANOVA test was applied and results revealed that there was significant difference at least between two age level of employees on sociability sub-scale [F(2.135=4.874,  $p=0.009$ )], Tukey Post Hoc results showed that Adult employees (31-40 years old) obtained more scores on this dimension in comparison to Middle age employees (41-50 years old). But results did not demonstrate any significant difference among three age levels on health and sex appropriateness [F(2.135=1.090,  $p>0.05$ )], abilities [F(2.135=0.327,  $p>0.05$ )], self-confidence [F(2.135=2.402,  $p>0.05$ )], self-acceptance [F(2.135=1.343,  $p>0.05$ )], worthiness [F(2.135=0.824,  $p>0.05$ )], present, past and future [F(2.135=2.725,  $p>0.05$ )], believes and convictions [F(2.135=0.560,  $p>0.05$ )], feeling of shame and guilt [F(2.135=2.059,  $p>0.05$ )], emotional [F(2.135=0.398,  $p>0.05$ )], and total scores of self-concept [F(2.135=0.312,  $p>0.05$ )].

### Discussion

The results of this study showed that there was a significant positive relationship

between personal growth and commitment, and also a significant positive relationship was found between autonomy and passion, but results revealed a negative and significant relation between positive relationship with others and passion. There was no significant relationship between other sub-scales of well-being and three dimensions of love. The results of this study have coordination with the research of Campbell, Sedikides and Bosson (1994); King and Noelle (2005) and Kim and Hatfield (2004). It seems that love base on commitment increase the personal growth. In an indigenous culture like Sistan and Baluchestan (Iran) individual who have higher personal growth tend to be committed to their partner and moreover, this type of culture emphasizes more on loyalty. Independency might have impact on passion love and moreover, independent individuals prefer to have romantic relationship with other base on passion and sex, while individual who have positive relationship with others do not prefer this type of love.

The results of current study are in conformity with the research of Conway-Turnera (1992); Aron, Paris and Aron (1995). Obtained results from this study demonstrated that feeling of shame and guilt had positive correlation with three dimensions of love, our knowledge about this issue is incomplete and we cannot obviously explain the causes of it, so it is suggested that next studies clear this ambiguity. Individual who have commitment to their partner receive more positive feedback from their partner and moreover they have trust each other.

There was no emerged any significant difference between female and male employees on intimacy, passion, and commitment dimensions. It seems that gender cannot determine type of love among employees. But despite of gender, age has a great impact on type of love i.e. young employees (20-30 years old) obtained more scores on intimacy, passion and commitment



dimensions in comparison to middle age and adult employees. In fact sense of falling in love begins from late of puberty and in the beginning of adolescence and by increasing the age it diminishes.

The results of this study demonstrated that there was no any significant difference between male and female employees on satisfaction with life, spirituality, happiness and optimism, personal growth, positive relationship with others, autonomy, and total scores of well-being and also same results was emerged for age level of employees.

Female employees scored higher on self-confidence sub-scale as compared to Male employees, but Male employees scored higher on sociability sub-scale as compared to Female employees. Eventually results did not reveal any significant difference between Female and Male employees on health and sex appropriateness, abilities, self-acceptance, worthiness, present, past and future, believes and confictions, feeling of shame and guilt, emotional, and total scores of self-concept. In the age of technology female employees have more freedom and authority, and moreover females show their abilities and capabilities in the workplace so these increase their self-confidence. In a culture like Baluchestan it is expected that male employees to be more sociable and have more responsibilities in the workplace than females.

Results showed that Adult employees (31-40 years old) obtained more scores on sociability dimension in comparison to Middle age employees (41-50 years old). But results did not demonstrate any significant difference among three age levels on health and sex appropriateness, abilities, self-confidence, self-acceptance, worthiness, present, past and future, believes and convictions, feeling of shame and guilt, emotional, and total scores of self-concept. Adult employees are more sociable than middle age; it seems that early of adulthood is time of intimacy and

having strong social relationship with others, while sociability after this age would decrease and people tend to be more conservative.

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